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MUNICIPALITY OF THE MONTH: MONT-TREMBLANT, PAGE 20



Ville de
MONT-TREMBLANT

March Break Special Feature: P27

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WHAT'S ON MY MIND...

Susan MacDonald, Editor

For the life of me, I cannot understand what would possess a person, or a group of people, to burn down a church. What satisfaction could possibly be gained by such a mindless and shameful act? Over the past few years, St. John's Anglican Church in Shrewsbury has been callously vandalized on several occasions, ripped apart and disfigured, in spite of the efforts of the dedicated souls who have done their best to protect it. Now, it is gone, and where once stood a vital, historic element of a community, you will find only a charred memory. It is likely that whoever is responsible for this travesty must be hoping to escape any legal consequences; as of this time, no further developments have evolved regarding this case. But justice comes in various ways, and it is my hope that these culprits, if they escape the law, will forever have to live with the guilt and the karmic consequences of their wretched and dishonorable actions.

In Sochi, nine athletes from the Laurentians are participating in the XXII Olympic Winter Games as part of our Canadian Olympic team. They are challenging the world, on the slopes and in the arenas, and proving themselves to be among the top contenders. As of today, this awesome group of extraordinary athletes has earned nine medals; four gold, three silver and two bronze, and the games have only just begun. While the participants strive for the medals, friends, families and supporters also deserve a mighty recognition for their dogged determination to be on hand at Sochi to cheer on the Canadian team. Their efforts just to get there have been phenomenal, and for the competitors this extra encouragement from familiar faces must make all the difference. Congratulations to our athletes; you are all winners and we are so proud of you!

And on another high note, we are very excited to introduce you to a new feature in Main Street. Starting this month, we will be adding a special municipal feature and taking you on a tour of the Laurentians, highlighting in turn, each municipality across the region. Month by month, we will be visiting the various towns and villages and focusing on what makes each one unique. We will be sharing a bit of their history, words from their mayors and describing many of the local events and activities. Mont-Tremblant, which is celebrating its 75th anniversary this year, is our first feature, so please take a look at their news and events on pages 20 and 21. In March, we will be featuring Lachute, and bringing you up-to-date on what's new and exciting in that area of our Laurentians.

We have also given our news section a makeover, and encourage everyone to participate by sending in your local stories, events and news bits. We would be thrilled to list them under your municipal headings.

Well, that's it for this month. The groundhog says we are in for more wintry weather, so be sure to get out and enjoy the rest of this glorious season.

Enjoy the read...



Winter madness

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Writer's Profile: Michele St. Amour



I have always been intuitive and sensitive to my environment. My life is filled with joy and contentment having discovered the sought-after "Holy Grail." It was not always so. My unconventional experiences took me on a journey that opened my mind and spirit to go beyond the collective. My genetic cocktail of Native American and Celtic ancestry encouraged an unconventional, multi-cultural approach and exploration of life and its events. This exploded upon my personal "dark night of the Soul" experience.

This metamorphosis was long, involving psychological and spiritual healing forcing me to delve deeply into inner worlds and come to an understanding of what the human experience was all about. I explored and studied a depth of consciousness few have the fortune to know. My search for the meaning of my experiences was the beginning of my quest for a deeper knowing. A rapid, successive series of conscious realizations was the result of my years of self-exploration. This has settled today with a natural, deep connection to nature and a simple knowing that guides me today.

I run programs for self-empowerment, personal growth, as well as professional training in natural medicine. The Chakaura Institute of S.O.U.L. (chakaura.com) outlines the various training programs, seminars and workshops I offer. I run a clinical practice as well as mentorship programs to help others discover and empower themselves. I welcome and support those wanting to approach health in a natural way and to understand the deeper meanings to their life experiences. All my activities have their goals centered on self-empowerment through knowing, experiencing and continued practice and education.

My interest in helping others raise their self-awareness brought me to Jack's door a few years back, offering my services as a writer for Main Street. Jack accepted me enthusiastically and I have not looked back since.

I believe that health is a continual process of staying strong spiritually, mentally, and physically and that one must stay in harmony with oneself, other people, and our natural environment.

Oshtalo...



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Exactly What is a Registered Retirement Savings Plan?

A Registered Retirement Savings Plan (RRSP) is a Canadian account, with tax advantages, for holding assets (savings and investments). Approved assets include savings accounts, guaranteed investment certificates (GICs), bonds, mortgage loans, mutual funds, income trusts, corporate shares, foreign currency and labour-sponsored funds.

RRSP's are designed to help employees and self-employed people better plan for their retirement by encouraging them to save in advance. The restrictions applicable to them are stipulated in the Canadian Income Tax Act.

Taxation

There are certain rules and regulations that pre-determine the maximum contribution an individual is allowed to make each year. Further restrictions are applicable to the timing of those contributions, the type of assets allowed and the eventual conversion to a Registered Retirement Income Fund (RRIF) at age 71.

RRSPs are a popular way to reduce an individual's annual income tax burden because contributions to these accounts (RRSPs) are deductible from taxable income for the year in which they are claimed where as investment income (interest and dividends) and capital gains earned in the plans are exempt in the year they are earned. The drawback



is, the built-up contributions become taxable income as soon as these funds are withdrawn from the RRSP. This is the same tax regulation that is applied to Registered Pension Plans established by employers.

Effects from wikipedia

RRSPs have four effects:

1. Taxes on earned income, i.e., income from employment or self-employment to the extent contributed to the plan, are deferred until they are eventually withdrawn from the plan. Taxes are deferred through a deduction claimed in calculating taxable income, i.e., amounts contributed are not subject to income tax in the year they are contributed.
2. Income earned inside the plan is not taxed while within the plan.
3. The contributor's marginal tax rate when withdrawing funds may be higher (or lower) than the tax rate the contributor paid when making the original contribution.

Canada has a variety of programs available to retired people whose benefits decrease as their income increases. By deferring the income until retirement, the additional income created at that time may reduce those benefits.

ACROSS CANADA

Greenhouse producers seek light during darkest days

Now that Canada is in the midst of the shortest and coldest days of the year, light and heat management are a priority for producers who operate greenhouses. Managing supplemental lighting to promote growth is not as simple as flipping a switch - it's an art form.

From December to February, greenhouse producers require supplemental lighting every day for about 18 hours. The 24-hour average temperature is the most important thing to monitor in winter production. If it's too warm for the plant in relation to the light received, the plant burns more sugar than it produces.



"There is no advantage in providing more hours of light per day, as an excess of light might result in a loss of yields," said Audrey Boulianne, Production Coordinator at Savoura, a Quebec company specializing in greenhouse tomatoes.

Increasing energy costs, changing weather patterns and greater consumer demand for local, fresh and organic produce mean more sophisticated and efficient growing solutions are needed

to compete with countries with plentiful sunshine and lower farm labour costs. As agriculture and food preferences evolve, greenhouse operators must also adapt.

The future of supplemental lighting is centred on finding an alternative to high-pressure sodium (HPS) lamps, which is the traditional artificial light in commercial greenhouses.

Light-emitting diodes (LEDs) have the potential to replace high-energy consuming systems, such as HPS lamps, and are already used in commercial greenhouses in some European countries, as well as experimentally in the United States and in Canada. This new technology may result in earlier flowering, faster root growth, more economical use of space and increased yields.

GE Lighting, in collaboration with the Government of Canada, McGill University and Savoura, conducted research involving the use of LED lighting technology in commercial greenhouses. The research results validated LED technology's significance on improved growing efficiencies and reduced operational costs.

According to GE Lighting, LED as a lighting application in commercial greenhouses is an exciting and emerging market for the technology, but one that requires additional incubation for full economic development. It will prove to be of great value to the agricultural community in the future.

Boulianne mentions that the combination of the two light sources showed the best results in terms of crops. Contrary to HPS light, LED light doesn't emit heat and can be installed vertically, along the plant.

"In Canada, we have to heat our installations during winter and ventilate in summer," said Boulianne. "Greenhouse producers are high-energy consumers all year. A mix of the HPS and LED lights could benefit us over the long-term. Our choice will depend on the cost of installing this new lighting system in our operation. We'll look at the option for sure when planning for our new sites. It will represent a major change in our production technique."

If LED light is one day commercialized for greenhouses in Canada, we may see it used as a complement to HPS light and growth in this hybrid lighting system.

NDP palliative care motion building support across party lines

The New Democratic Party's push for a national palliative care strategy is gaining political support from members of all political parties. MP Charlie Angus (Timmins-James Bay) has led the push for a national strategy on improving access to palliative and hospice care with his parliamentary Motion 456. This past week, the motion was seconded by some MPs from the Conservative and Liberal caucuses.

Angus says this cross-party support is a good start.

"All across Canada we see the need for quality palliative care. The federal government has a key role to play in working with the Provinces and territories on improving health care services. In an intensely partisan Parliament it is good to see that we are able to gain support from members of other parties."

Although the palliative care motion has received support from individual Conservative and Liberal members, neither party has officially endorsed the New Democratic Party's initiative. Angus is looking forward to debate on the motion in the spring to help the other parties understand the significance of improving access to quality palliative care.

"Ottawa has been missing in action on this file for too long. I am looking forward to working with members of all parties on pushing forward on a plan to improve the ability of Canadians to have quality, community and family-based care as loved ones are dying."

CONCERNING QUEBEC

FQM elects local mayor to its Board of Directors

Mr. Scott Pearce, mayor of the Township of Gore, was elected to the Board of Directors of the Federation of Quebec Municipalities (FQM) as the representative for bilingual municipalities. "It is an honour for me to represent these municipalities at the FQM," said Mr. Pearce.

This is the first time since 2000 that a mayor of the MRC d'Argenteuil was elected to this board; the last was Mr. Florian St-Onge, who for many years, held various positions on the Board of Directors of the FQM.

Mr. Pearce says he will seriously and enthusiastically represent all eighty-three (83) municipalities presently designated with bilingual status throughout Quebec. This responsibility is very important to him and he has been a staunch supporter of this issue, going so far as to exchange several discussions on this subject with Madame Diane De Courcy, the minister responsible for the Charter of the French language, during her March 2013 visit through the Laurentians.

"I am very happy to participate in decisions that affect all municipalities and to take part in the progress of cases that will improve living conditions for all citizens," concluded Mayor Pearce.

REGIONAL NEWS

Canada represented by Laurentian Athletes at Sochi Olympic Games

Out of the 221 athletes chosen to represent Canada at the Olympic games in Sochi, Russia, 43 came from Quebec, including nine top-picks from the Laurentians.



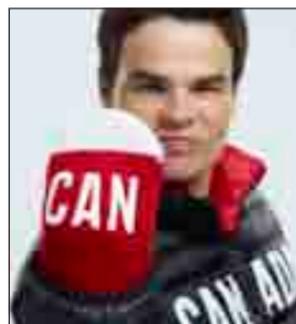
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Snowboarding Slalom
Mont-Tremblant



Alexandre Bilodeau
Freestyle Skiing
Rosemère



Erik Guay
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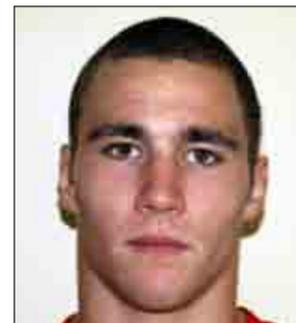
Ariane Lavigne
Snowboarding Slalom
Lac-Supérieur



Marie-Pier Prefontaine
Alpine Skiing
Saint-Sauveur



Brittany Phelan
Alpine Skiing
Mont-Tremblant



Charles Reid
Slope-Style Skiing
Mont-Tremblant

In snowboarding, the veteran Jasey-Jay Anderson (Mont-Tremblant) will be making his fifth appearance at the Olympic Games, competing in the parallel giant slalom and giant slalom. He will be defending his title as gold medalist in parallel giant slalom. On the ladies side, Ariane Lavigne (Lac-Supérieur) will also participate in these events. In Vancouver in 2010, Ariane had lived the Olympic adventure as a forerunner. In slope-style, Charles Reid (Mont-Tremblant) will be competing in his first Olympic games.

In alpine skiing, the Laurentians will be represented by Erik Guay (Mont-Tremblant) and in the women's division, by Brittany Phelan (Mont-Tremblant) and Marie-Pier Préfontaine (St. Sauveur).

In ski moguls, Alexandre Bilodeau (Rosemère) and Mikael Kingsbury (Deux-Montagnes) will be the focus at these games. Bilodeau will be defending his Olympic champion title, facing Kingsbury, the reigning world champion.

The female hockey goaltender from Boisbriand, Charline Labonté, will try to help the Canadian team retain their gold medal, won in Vancouver at the 2010 Olympics.

CLD Reports Drop in Visits at Tourist Information offices

Despite a large attendance of 43,029 visitors at the Pays d'en Haut tourist offices in 2013, located at Autoroute 15 exits (Piedmont / St. Sauveur and Ste. Adèle), the influx decreased by 8% compared to last year.

Various factors seem to explain this decline including: the closure of the office of Ste. Adèle for two weeks for major interior renovations, warm temperatures late in the second quarter of the year when a visitor decrease of 15% was recorded, and the increasing use of technological tools.

According to Martin Bujold, tourism commissioner of the CLD Pays d'en Haut, technological means are now valuable and indispensable. "Today, visitors are increasingly using the web and social media to keep informed. The tourism tab of our website was visited by 51,383 people in 2013, an increase of 3% compared to 2012. We also noted an increase of 64% in respect to the use of mobile devices and an increase of 129% with a tablet to view the mobile version of our website. Finally, the number of people who "liked" our Facebook page and followed us on

Twitter increased respectively by 20% and 30% compared to last year.

Sources noted that the frequency of physical visits to tourist offices in America and Europe had also dropped. However, the retention rate greatly increased. In 2013, 9 out of 10 visitors had been welcomed at a destination in one of the 10 municipalities of the MRC compared to a retention rate of 74.5% in 2007.

These results allow us to conclude that we must remain vigilant and continue to invest in promotion in order to maintain and increase our tourism, while constantly renewing our complementary technology.

MUNICIPAL HAPPENINGS

ARUNDEL

Arundel citizens protest smart-meter installations

On January 9, 45 people gathered at the Arundel United Church to watch the movie "Take Back your Power, by Josh Del Sol (www.takebackyourpower.net/). This documentary shows hidden realities behind the deployment of smart meters in British Columbia and the U.S.



Smart meters are microwave-emitting devices put on or beside people's homes and businesses without their consent. A number of citizens have reported illnesses following installation. Headaches, insomnia, ear-ringing, heart palpitations, nausea, muscle and joint pain and electrical-shock sensations coursing through their bodies are among the most frequent symptoms. It should be noted that most of these people were in perfect health before the new meter was installed. They also report that these symptoms decrease or disappear in a smart-meter-free area, only to re-appear when "re-exposed."

These meters are presently being deployed in the province of Quebec. Thousands of citizens and an increasing number of municipalities are refusing to accept them mainly for the following reasons:

1. An increasing amount of studies show that the frequency and intensity, which these meters use are harmful to your health.
2. There is overwhelming evidence that once installed your hydro bill increases.
3. Hydro-Quebec would know what appliances you use and when you use them.
4. They have been linked to numerous fires in Ontario and British Columbia (and a first recently reported in QC).

Opposition to these meters is growing quickly not only in Quebec but worldwide. The movie night in Arundel was one of many similar evenings being held across the province. This event was organized by the dedicated volunteers who founded "Arundel-Huberdeau Refuse," a citizen's group asking for an immediate moratorium on the roll-out of smart meters.

Special guests who were present to answer questions after the movie, were Véronique Riopel and Francine Lajoie, co-founders of "Laval/Laurentides Refuse," (<http://lavalrefuse.wordpress.com/>). This group was created in March 2012 to inform citizens on the impacts of electromagnetic pollution and the risks associated with the implementation of smart meters. Laval/

Laurentides Refuse believes every citizen should have the right to keep, or to retrieve, his analog meter at no cost. Citizens should not have to be subjected, in their own homes, to the emissions of waves from neighboring smart meters as recommended by the American Academy of Environmental Medicine.

One has to ask, in a democratic society like ours, where has people's freedom of choice gone, if they cannot make choices in their own homes?

BROWNSBURG

Brownsburg Qc. Memories

Did you know that Brownsburg, now Brownsburg-Chatham, was named for Mr. George Brown? He built a grist mill on the west river and served a very wide area. He and his family settled here many years ago. Did you also know that A.L. (Gat) Howard was the man to start the industries in Brownsburg with the Dominion Cartridge Co., the forerunner of C.X.L. and C.I.L., and built his home on the corner of Main Street and Maple Avenue, which became the social club in our time?

Did you also know that the beautiful little village of Dalesville, north of Brownsburg, was named for Mr. Dale in the 1880's?

Many of these stories, in words and pictures, are available on the Facebook group site of Brownsburg Qc Memories. Here, we have helped renew families, friends and "Brownsburgers" over the generations. Many have moved away but their love of Brownsburg is very evident in the posts on our site. We have 363 members on our site and they have lots of interesting things to share. They are from all over Canada, USA, Great Britain, Scotland, and all the local areas such as Louisa, Dalesville, Pine Hill and other places, too numerous to mention. Everyone is welcome.

Brownsburg, a very active community, has suffered a lot from the closure of C.I.L., which employed many people from Brownsburg, Lachute and the surrounding area. Orica is now the main employer in the town. Brownsburg still has a very dedicated group of citizens who curl, are members of the Canadian Legion and help support the businesses that remain.

If you wish to see all that we have to offer join us on the Facebook site **Brownsburg Qc Memories** and you will not be disappointed. Come join us and share your posts and pictures with us; they do not need to be historic, just interesting. You may find a long lost relative.

On Aug 2: 10 am & Aug. 3: 4 pm, "Brownsburg Qc Memories" has accepted the invitation to participate in the reunion with Lachute As We Remember to be held at the Lachute Flea Market. To register for the reunion, call 450 409-1027. You do not need to be a member of the site to register.

GORE

Tragedy in Gore

It is with great sadness that we learned that the St. John's Anglican Shrewsbury Church, built in 1858,



burned to the ground on Sunday, January 12. The municipality of Gore is offering a \$5,000 cash reward for any information leading to the arrest of the person or persons responsible for burning down the Shrewsbury Church. Anyone with information relating to this crime is urged to contact the Municipality of Gore at 450 562-2025 or the Sureté du Quebec InfoCrime hotline at 1 800 711-1800.

HARRINGTON

Lost River Community Centre March 2: 9 am - noon - Monthly breakfast at the Lost River Community Center. The menu will be scrambled eggs, bacon, ham, pancakes, fruit, toast, juice, tea and coffee. Adults \$6, children \$3.

March 17: The Lost River Community center will be hosting their annual St. Paddy's Day corned beef supper with all the trimmings. The cost of this Irish feast is \$17 and the event is BYOB. There will be music, dancing and sing-a-longs. Don't forget the "Wearing of the Green" contest and the Irish potato toss. Come on along and get full of the blarney with the LRCC that night. Doors open at 5, dinner at 6.

LACHUTE

Lachute Kindergarten Registration

Kindergarten registration was held at the Laurentian Elementary School in Lachute on Thursday, January 30, 2014 between 4 pm and 7 pm. If you did not get a chance to register your child, please call the school as soon as possible to set up an appointment at 450 562-2401 ext. 5915. For more information on the documents needed to register your child, please consult the school website: www.swlauriersb.qc.ca/schools/laurentian

A Special Concert... The Four Seasons Of Vivaldi and magnificent movie themes... under candlelight!

Performed by the "Ambitus" string quartet. Saturday March 22: 8 pm at St. Anastasie Church, 174, Bethany, Lachute.

Tickets (\$25) are available at Fleuriste Bernard Tessier, 533, rue Principale or at the door. For information please call: 450 419-9148 or visit www.concertchandelle.com.

MORIN HEIGHTS

Soccer Registration: February 15 & March 15: 11 am - 2 pm

Advance Notice: Morin Heights Scouts Bottle Drive coming in April. Date will be announced.

Theatre Morin Heights - Play Reading at Restaurant La Grange, 2 Meadowbrook, Morin Heights. Wednesday, Feb 19 at 7 pm. Try your hand at play reading or just relax and listen in. Come early for dinner or enjoy coffee & dessert/drinks & snacks **Penny Rose, 8 Vivaldi, Morin Heights, 450 226 2746 pennyrose@jenanson.com**

Morin-Heights Viking Loppet The 42nd edition of the Loppet Viking, a part of the "Tour de ski des Laurentides," will be held on Sunday, February 23. The municipality of Morin-Heights and the Viking Ski Club are proud to invite you to participate in this classic ski event. Challenge yourself or try to win a medal in your age/gender category - three classic cross-country courses are offered: 10, 20, and 33 km.



Photo by Mr. Wolfgang Hasentein

The cross-country ski capital is expecting about 600 participants and our great team of 140 volunteers will once again be ready to assist and cheer on. Come enjoy this great winterfest! Register now, as registration is limited. Includes start/finish bus shuttle, on-trail snack/drinks, post-race meal and much more!

For more information call Catherine Maillé at 450 226-3232 ext. 102 or visit www.skiloppet.com.

PIEDMONT

The municipality of Piedmont is also offering a program to encourage parents to use cloth diapers instead of disposables. This is in accordance with the guidelines of its family policy as well as in the interests of environmental protection, quality of life for future generations and to meet the needs of its population. The city of Piedmont is pleased to offer families within its territory a policy of financial support for the purchase of a set of reusable diapers.

The implementation of this program is a continuation of a series of initiatives undertaken by the municipality. To dramatically reduce the waste from landfills and protect natural resources, Piedmont is proud of this initiative and encourages families to participate in this program. Reusable diapers are also used to encourage manufacturers in Quebec and thus minimize the transport of goods.

The municipality Piedmont will reimburse a maximum of \$150 per child for the purchase of a minimum of 24 diapers.

Admission to the program

- Be a permanent citizen of the City of Piedmont and parent of a child less than twelve months at the time of application for the child and have proof of residence (copy of driver's license or tax bill).

(continued)

- Attach proof of child's birth (copy of birth certificate or birth registration).
- Photocopy of the invoice - it must demonstrate the name and address of the retailer, the purchase date and the number of purchased diapers.
- One grant will be awarded per child for a maximum of \$150.
- Deadline to apply is within 90 days after purchase.
- The reusable diapers must have been purchased after January 1, 2010.
- Complete the "Support Program buying reusable nappies" available at City Hall and available on the website at the following address: www.municipalite.piedmont.qc.ca under Recreation Department.
- The City of Piedmont will pay a maximum of \$1,800 per year to this policy.

PRÉVOST

Winter camp registrations

This year's winter camp will be taking place between March 3 and 7 at l'école Val-des-Monts. Registrations are currently underway, until 21 February 2014. Hurry, places are limited. To register, click on the leisure listings on the website or present yourself at the recreation department.

Registration for Baseball:

The Association is signing up youngsters between the ages of 4 and 17 for the upcoming baseball season. From March to May, there will be practices in gymnastics and the team formations. The regular season will run from May through September.

Registrations are from February 3 - March 14. Please fill out the registration form available on the website www.ville.prevost.qc.ca/pages/sports and follow the rest of the directives to complete your inscription. Fees apply.

SAINT ADÈLE

Severe Accident on Autoroute 15

On January 27, severe weather conditions and icy roads were the cause of a 47-vehicle pile-up on Autoroute 15, just outside of Ste. Adèle. Traffic came to a complete standstill for hours as police and emergency responders tended to the 64 injured victims and helped 33 trapped people from their vehicles. The scene was a nightmare, repeated further south on the same highway in Mirabel, with another 30-car-collision. There have been a multitude of severe accidents recorded in the Laurentians so far this winter and people need to increase their awareness when driving in extreme winter conditions.

Drivers are asked to use extreme caution during winter and when possible, to stay off the roads altogether in severe weather. The more cars on the roads, the higher the risk becomes for an accident. Reduced speed and increasing the distance from the car in front of you are appropriate safety procedures to follow. Ensure your tires are in peak-performance condition and that your vehicle is well maintained with plenty of gas. Always carry an emergency kit with first-aid supplies, some kind of lighting and a blanket. You never know when they might be necessary.

Please drive cautiously - lives depend on it!



ST. ADOLPHE D'HOWARD

Carnival snowmen are back in St. Adolphe d'Howard

The municipality of St. Adolphe d'Howard is proud to announce the return of its traditional Bonhomme Carnaval for the 2014 edition. With a team of volunteers, headed by Mrs. Alida Audet, who alone has crafted



over 1000! The bonhomme is on sale right now, in several businesses in the municipality, the City Hall, Recreation Centre, Mount Avalanche and Outdoor Centre at a cost of \$2. It will give you access to all activities during the weekend of February 14, 15 and 16. Some activities have an additional cost. Wear your bonhomme proudly!

For more information about programming the Carnival 2014 we invite you to consult the pamphlet of "winter fun" on the website of the municipality www.stadolpheedhoward.qc.ca or call 819 327-2626.

SAINT AGATHE

The **Théâtre le Patriote**, originally known as Théâtre de la Sablière, has been presenting shows with some of the biggest names in music, comedy and theatre since 1967. A little note of interest regarding Le Patriote is that it



has changed its name and logo several times since its beginning: 1967-1969 - it was known as La Sablière Théâtre D'Été; 1970 -1971 - Le Patriote de Ste-Agathe; 1971-1978, Le Patriote de Ste-Agathe but had a new logo); 1979-2001 - Patriote; 2002-2012 - Le Patriote; 2011 - Théâtre Le Patriote de Ste-Agathe; 2012 - Le Patriote - Le theater des grands de chez nous.

No matter the name, this venue has become extremely well known on the Quebec cultural scene and has had many amazing entertainers grace its stage. Large and spacious, it can seat up to 600 spectators. Visit www.theatrepatriote.com to discover who will be coming to town next. Address: 258 rue Saint-Venant Ste-Agathe des Monts J8C 3K6. Tel: 819 -326-3655 or 1 888 326-3655.

SAINT DONAT

Winter racing and triathlon in Saint Donat a success!

On February 1, the first stage of the Quebec Cup Triathlon ITU Format (International Triathlon Union) got off to a sunny start at 8:30 am on beautiful Lake Archambault and was followed shortly afterwards by the departure of the classic winter triathlon and a 5 km and 10 km run. The event was well documented by Jean -Michel Jorda, director of "Outdoor Sports."

For the ITU Triathlon (snowshoe 5 km, skate 12 km and cross-country skiing 6 km), the biggest winner in the men's division was Pierre- Olivier Boily (Sherbrooke), with a time of 1:07: 44, while among women, the race was won by Annie Gervais (St -Jean-sur-Richelieu), with a time of 1: 21: 09. Reviews from the runners following the event confirmed that the race was not the easiest, but pleasurable at every stage.

The classic triathlon (run 5 km, skate 5 km and cross-country skiing 6 km), which received popular support with over one hundred participants on the start line, denotes the growing enthusiasm for this new winter sport. Martin Ladouceur (Magog) won this event in the men's division with a time of 54: 49, while Julie Houde, (Magog), won the women's event with a time of 1: 10: 36.

On the running side, two Montrealers won the 10 km race; in 37 minutes by Hendrick Spoering in the men's division and 49:45 in the women's, by Natasha Feier. In the 5 km, Christopher Audet (Waterloo), aged 15, took the first in men's with 22: 48, while a woman from St. Férréol -les- Neiges, won her division in 23: 04.

Full results are available on the Sportstats site.

Youth

Now a tradition that accompanies all the events organized by Endurance Aventure in Saint -Donat, a youth challenge was also held Friday, January 31 in which more than 250 young people in primary and secondary schools in Saint -Donat conducted a "multi-challenge" outdoors on the site of the winter triathlon at Pioneer Park.

You can view images and videos from the event on our website: www.enduranceaventure.com.

SAINTE-LUCIE-DES-LAURENTIDES

David Graham announces his candidacy for the federal Liberal nomination in the riding of Laurentides-Labelle.

"I am happy to confirm my intention to become the Liberal candidate in Laurentides - Labelle, where I grew up and where I still call home," he said. "It's an honour for me to have the opportunity to meet with my neighbours and participate in the improvement of our communities."

David Graham, the son of Sheila Eskenazi and Joseph Graham, was born in Ste-Agathe-des-Monts in 1981 and grew up in Ste-Lucie. He currently works for Liberal MP Scott Simms and continues to travel the Laurentians every week, meeting a large number of people across many communities. He has been involved with the Liberal Party for many years, and recently



served on the data team for Justin Trudeau's leadership campaign.

"I am proud to be from the Laurentians," he added. "It's why you can find me at events like the Laurentian Medical Foundation's Dragon Boat festival or driving for Operation Red Nose in Mont-Tremblant, and why I love skiing in the woods at home or exploring the linear park. There's no better feeling than being at home with the people we love and appreciate. The people of the Laurentians work hard and I enjoy spending time with the people I grew up with. I look forward to the opportunity to be able to take the concerns of the residents of the Laurentians to the floor of the House of Commons."

Laurentides - Labelle is the federal riding stretching from Ste-Anne-des-Lacs in the south to north of Ste-Anne-du-Lac to Notre-Dame-du-Laus in the west. The date of the nomination has not yet been announced by the Liberal Party but will take place before the next federal election, currently scheduled for October 19th, 2015. You can view David's facebook page at www.facebook.com/daviddebgraham.

SAINT SAUVEUR

Laurentian Ski Museum seeking volunteers

The Laurentian Ski Museum is currently seeking volunteers to join its team. Under the supervision of the curator, volunteers will actively participate in the development and preservation of collections. Interested individuals must be careful, rigorous and interested in the history of skiing and be available during the day.

Please contact the museum if you are interested. You may also become a major player in preserving the history of skiing in the Laurentians.

Laurentian Ski Museum: 30, rue Filion, St. Sauveur; 450 227-2564, ext. 222. info@museduski.com.

VAL DAVID

Winter Farmers' Market

The next Winter Farmers' Market in Val David will take place on April 12: 10 am - 1 pm. This will be followed by the last winter market day of the year, on May 10, also 10 am to 1 pm. Buy directly from the producers and transformers for real quality food. Over 30 vendors selling meats, poultry, dairy products, breads and more will be on site at the St. Jean-Baptiste Elementary School, 2580, rue de l'église. Look forward to spring and the re-opening of the Summer Market May 31 - October 11 between 9 am and 1 pm on rue de l'Académie, facing the church.

WENTWORTH

INVITATION TO ALL THE CITIZENS OF WENTWORTH!

By participating in the Municipality and Family Health Challenge, Wentworth wishes to mobilize young families of the township to adopt healthy lifestyle habits.

"Health and Wellness of the population of Wentworth means a lot to us. That is why we chose to take part in this vast movement," explains the Mayor of Wentworth, Mr. Marcel Harvey. "I hope that citizens will take action by joining this Healthy Challenge" concludes Mr. Harvey.

The Health and Wellness challenge will be held from March 1st to April 11. Register before March 1 at DefiSante.ca.



Simply Words on Paper An Economically Stagnant Tourist Paradise: Cuba

Jim Warbanks - Main Street

We recently returned from a short winter break in Cuba. Rather than contrasting the benefits of white sand and warm weather with abundant white snow and frigid temperatures to those who have persevered here, I will simply focus on the state of the Cuban economy.

Cuba does have undeniable assets that are essential precursors to sustained economic development and prosperity. The literacy rate is very near 100%. The education system is exemplary. Cubans have access to a comprehensive health care system that is the envy of most countries. The medical schools graduate such an excess of doctors that medical practitioners who toil on projects across the globe provide a significant economic benefit. To our shame, the infant mortality rate in Cuba is substantially lower than in Canada. It is dramatically lower than in the United States.

Embargo: The United States has maintained an economic embargo against Cuba for a half-century that has substantial economic impact. Until the collapse of the Soviet Union, Russia provided grandiose levels of economic aid and support. After a period of serious economic hardship, China, and to a certain extent Venezuela, now help sustain the struggling economy. Despite political stability and enviable natural assets, Cuba has never achieved economic prosperity, far from it.

Why is this so? Socialism, with its rigid emphasis on central planning and public ownership of resources, is the villain. There remain no purely socialist countries today. All have ultimately failed. With emerging globalization, every economic model is a hybrid, to a greater or lesser extent. Capitalist countries (even the United States) have also adopted certain beneficial socialist measures.

Tentative measures: Under President Raoul Castro, tentative liberalization measures have been announced and timidly implemented. Plans included firing over one million state employees, over 20% of the active workforce. A certain level of private sector self-employment initiatives was to be allowed in compensation. The iron grip of government control remained, with extensive rules and regulations applied to precisely 178 occupations, ranging from baby sitting and washing clothes to shoe shining and repairing umbrellas. Three new activities "outside the government sector" (the Cuban government apparatus cannot extend itself to say "private sector") have more recently been added: tile work, party planning and insurance agents.

Despite the uncertainties associated with self-employment, the majority of Cubans appear to believe that it is better to be self-employed than to work for the government. The wholesale dismissal of state employees has been slowed, with the timeline extended to five years. One reason may be that many of the new self-employed were not on the government payroll. Many can count only on subsistence-level self-employment, with minimal economic benefit.

Downsizing: Political philosopher Friedrich A. Hayek has emphasized that "central plans fail with unforeseen and unintended consequences because all variables are not known or even knowable to the central planners." Despite this obvious impediment, Cuban bureaucrats charged with implementing the continuing downsizing, intend to retain efficiency committees to determine the ideal number of employees in each function. Separate committees will then decide who should be dismissed.

As author Jose Abel has stated, "It is quite a conceit to believe, as central planners do, that one individual, or one ministry, or one central committee, can gather and understand all available information to design an efficient economic system."

Ironically, Cuba relies very heavily on Chinese economic assistance. Yet, the meteoric rise of China's economy is mainly due to its decision to loosen control of the economy, allow private ownership and approve accumulating profits, while maintaining strict political control.

Religious nature: Socialism has thrived for a time in Cuba, and other countries in South and Central America, because the benefits of capitalism were limited to an elite, and never extended to the average rural resident. Selling the idea of a fair distribution of wealth to the poor when they see evident inequality is relatively easy. Despite some short term gains, poverty is never really allayed in a socialist environment, in part due to the lack of personal motivation to excel. Another reason, seldom emphasized, is the quasi-religious nature of socialism. Any suggestion that it is a failed system elicits a fanatic reaction among adherents, despite evidence to the contrary. As author Frank Worley Lopez has stated, "We need to convert them from the religion of oppression to the practicality of liberty."

Though we may not have the warm, sunny winter climate of Cuba, we do not suffer under the yoke of an omnipresent government apparatus, even in the pervasively over-taxed and over-regulated "nanny state" we so readily complain about in Quebec. Be thankful for that.



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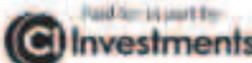
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Fukushima Update - Special Report

The Crisis That Keeps On Giving

By David MacFairlane - Main Street

Fukushima, Japan, may seem to be very far away. It is, in fact, on the other side of the Pacific Ocean, about 11 hours flight time from Vancouver. However, due to the impact it is having on the lives of us citizens of North America, it might as well be like having a volatile neighbour living next door.

As has been pointed out before, there are three major problems at Fukushima: 1) Three reactor cores are missing and likely burned through the containment chambers and are now burning into the earth below; 2) Radiated cooling water has been leaking into the groundwater and the Pacific Ocean for almost 3 years, and; 3) Eleven thousand spent nuclear fuel rods, the most dangerous things ever produced by humans, are stored in the buildings and must be removed. Each of these problems, alone, if unchecked could result in a radiation event unlike any radiation exposure humans have ever experienced. There is no way this situation is even remotely under control. It is unprecedented, and is by far the worst nuclear catastrophe in history.

If the missing cores, called corium lavas, reach the aquifer beneath Fukushima, they could cause a "super-heated, pressurized steam, hydro-volcanic explosion" and the resulting water contamination could require the evacuation of nearby Tokyo, with its 40 million population. The relentless flow of radiated water, 300 tons daily, (272,000 litres), into the Pacific Ocean is the largest, single contributor of radionuclides into the marine environment ever observed, according to the French Institute for Radiological Protection and Nuclear Safety. The radioactive ocean plumes have already reached the shores of North America. All marine life has been radiated and many species are dying. China and South Korea have banned fish from Japan. If an accident occurs while removing the spent rods, the resulting chain reaction could not be stopped and airborne radiation will spread around the globe.

Former Prime Minister, Morihiro Hosokawa, has claimed access to a secret Russian document containing evidence of radiation killing polar bears and other animals in the Arctic region. The Alaska Marine Science Symposium, in January 2014, discussed the disease outbreaks and deaths amongst Arctic seals never seen before and attributed to Fukushima radiation. Professor Fisher, oceanographer at the University of Alaska, commented, in January, on Alaska Public Radio about the unusually high mortality rate of seals and walrus. The US Geological Survey has reported skin lesions and hair loss in 28% of Alaskan polar bears, non-viable eggs and elevated rates of embryo mortality in sea birds and high mortality rates (20-30%) of adult, female musk ox. In January, over 400 dead dolphins were washed up on the shores of northern Peru. They seem to have decomposed in the ocean before reaching land. In the past two years, many hundreds of dolphins and thousands of sea birds have died along these coasts. "Never in my 40 years as a fisherman have I seen anything like this," said the president of the Association of Artisanal Fishermen in Puerto Eten, Peru. After months of testing, the governments have not yet released results.

Where is our Canadian government in this? Don't we deserve full disclosure?

Aliments Lebel

"Aliments Lebel Inc. bought by Scotsburn Cooperative Services Ltd."

The City of Lachute presents an update on the forthcoming sale of the company, Les Aliments Lebel Inc. to Scotian Scotsburn Co-operative Services Ltd. Mayor Carl Peloquin, and the founder of Aliments Lebel Inc., Gaétan Lebel, wish to inform the media and the public of upcoming events on this important transaction.

Mr. Lebel is confident in the intentions of the cooperative, Scotsburn, about respect for local autonomy in production, as well as his desire to preserve the quality of Lebel products and respect the fundamental values of the company, as well as its employees and partners across Quebec. Gaétan Lebel explained that production will continue at the plant in Lachute and he will take care to ensure the transition would be smooth. President of Scotsburn Services Ltd., Doug Ettinger, meanwhile ensures that 160 jobs at the plant in Lachute will be secure.

The mayor of the City of Lachute, Carl Peloquin, congratulates Mr. Lebel for making the company a leader in the dairy industry, notably that the "lachutoise" company is the largest distributor of ice cream in Quebec and it is, moreover, the only producer of popsicles in the province. It will keep the brands, Lebel, Lowe, Iceberg, Ideale, Crème de la Crème and Originale Augustin.

Mr. Peloquin said he is pleased that a company of the caliber of Scotsburn Services Ltd. has invested in our city. He believes that the strategic geographical position of the City of Lachute will prove to be an advantage for Scotsburn, which attempts to export its products to western countries. "Considering our location, it will open the door to the Ontario market and the West to Scotsburn," said Mayor Peloquin, who believes that this transaction will not only benefit the cooperative, but also provide visibility of the economic plan for the municipality. In this sense, the City of Lachute intends to work closely with the new economic partner. Dany Brassard, CEO of CLD d'Argenteuil commented, "the security of 160 jobs is excellent news for our economy! It is therefore with great satisfaction that we welcome this new business in the aftermath of the Forum for the economic revitalization of Argenteuil."

Founded in 1986 by Mr. Gaétan Lebel, the company undertook in 1997 to purchase the Lowe Dairy, upgrading the facilities in 2000. In 2008, Aliments Lebel Inc. had grown to become the giant it is today.

For its part, the Scotsburn Dairy was founded April 12, 1900, when a small group of local farmers met in the village of Scotsburn, Nova Scotia. They decided to start a dairy, whose primary goal was to produce butter from the milk supplied by producers of the village.

The company has grown over time, acquiring other companies, which eventually became the Scotsburn Dairy Group (SDG - www.scotsburn.com), now the largest producer and distributor of dairy products in the Maritimes. SDG is also the largest manufacturer of ice cream in Eastern Canada. Some of their products are distributed nationally and internationally.

Aaron Remer Accompanies Prime Minister Stephen Harper to Israel



Mr. Remer with Prime Minister Stephen Harper. Facebook site.

Also traveling with Mr. Remer, were many representatives of Canada's House of Commons and Senate as well as approximately 30 members who were representing prominent Canadian religious groups.

Reunion August 2 -3

"Lachute as We Remember" Gathering

May Rodger - Main Street

Below is a picture of the first aircraft to land in Lachute, Quebec, on November 13, 1919. There will be many more pictures such as this to be seen at the "Lachute as We Remember" reunion to be held on August 2 and 3.



First aircraft to land in Lachute

The reunion will be held on the grounds of the Lachute Flea Market. This event is open to everyone who has any connection to Lachute and the area. Registration will start at 10 am on Saturday morning. There will be a very slight charge of \$20 and children 17 years and under will be admitted free, when accompanied by a paying adult. This is to cover a few minor essential expenses. The restaurant and the bar on site will be open for both days. There will also be a designated area for those wishing to camp for the weekend.

Family photos

The days will be full with viewing some very old photos of Lachute and surrounding areas. We are hoping to have many old family pictures as well from these areas. Some pictures on display have probably not seen the light of day for many, many years and, in any case, have never been seen by many. There is so much history from Lachute, Carillon, Saint André, Brownsburg, Gore and all the small communities surrounding Lachute.

On the "Lachute as We Remember" facebook site, we have been given the privilege to see pictures taken by Brent Reilly from around the area. These pictures are similar to being introduced to the surroundings from a whole new perspective; places long forgotten, old buildings that say so much, the industries that marked Lachute and many forgotten memories that have been reborn, through his photography.

facebook site

With over 1400 viewers on this facebook site, many have kindly posted their own memories of Lachute; pictures from their school days, of their ancestors, how land was cleared and even walking cows through the bush before the land was cleared. There are so very many stories to be told relating to this area such as pictures of cows grazing in front of the Court House, pictures of the train stations that played a major role in the development of the area. These will all be available for viewing at the reunion, with many more surprises that are in the works, as this is written.

Are you interested in joining us for the weekend of August 2 and 3 to see all of this history and take part in the entertainment that is being organized?

Registration

Please register for this event by calling 450 409-1027 and leave your name and number of people attending. If you are on facebook, you may also register on the site. It is as simple as that! Mark it on your calendars and make it a family event. Rain or shine, you will have a roof over your head. Tell your friends; bring them with you. This is going to be an event that will make history for the generations to come. Why not be a part of it?

We are looking forward to seeing many of you on August 2 and 3, re-connecting with old school chums, sharing stories and so much more.

This aircraft was the first to land in Lachute, in 1919. It is featured on the "Lachute as We Remember" facebook site.

Still Time to Register for PALLIACCO'S Trek Under the Stars



More than twenty teams have registered for the second edition of Palliaccio's Trek Under the Stars (Randonnée sous les étoiles), which will take place on Saturday, February 15, from 5 pm - 9 pm at Domaine Saint-Bernard. The love-themed event will take place during a wonderful and surreal full moon evening. There is still time to register, either as a team or as individuals.

During the meeting held at Domaine Saint-Bernard, the two Honorary Co-Chairs, none other than Mr. Guy Corneau and Mr. Peter Duncan, both internationally renowned, expressed what motivated each of them to involve themselves in this fundraising event.

Guy Corneau, psychoanalyst, lecturer and well-known author, battled cancer himself. He talked about his struggles, his moments of despair and hope, and the importance of an organization like Palliaccio to help people coping with cancer, end of life patients, caregivers and people who are in bereavement. He said that he had a lot of support and encouragement during his many years of illness and that today, he wishes to give back. He can relate to and feels very close to the mission and vision of Palliaccio.

Peter Duncan, who was also Honorary Co-Chair for last year's first edition of the Trek Under the Stars, with Ed Monaghan, a retired surgeon, wished to get involved once again with an individual from the health sector. Peter grew up in Mont-Tremblant, devouring the ski slopes when he was just a wee-bit of a little boy and he speaks with great pride and emotion of his mother who still lives in the region and who he visits regularly. Peter Duncan is asked to embrace many different causes. He must make difficult choices, but he immediately accepted when Palliaccio approached him. Palliaccio is an organization that has set up shop in Mont-Tremblant and recently in Sainte-Agathe-des-Monts. All of the money raised from this event will remain with Palliaccio and will serve to offer an increasing amount of services to its clientele.

Trek Under the Stars consists of a trek of more than seven kilometers on cross-country skis, on snowshoes or on foot, where two stops are planned, one to taste a little surprise and the other to enjoy an excellent cup of hot wine. A shorter two-kilometer route is planned as an alternative for those who might prefer a lesser challenge. Participants on the shorter route will make their way to Abri Herman-Deshaies to taste the hot wine and will then return on the same path. Upon their return participants can enter the Velan Pavilion where an astronomer will be waiting to show them the moon, the stars and maybe some planets through a powerful telescope. It all ends with a wine, cheese and terrine at the Grand Saint-Bernard and the unveiling of the team that raised the most money and door prizes.

The success of an event like Trek Under the Stars depends on the number of participants, but also on the people who involve themselves and give the best of themselves.

To register as a participant, to make a donation or to learn more about Trek Under the Stars or about Palliaccio, visit Palliaccio's website at www.palliaccio.org or contact Palliaccio by phone at 819 717-9646 or toll free 1 855 717-9646. Please note that accommodations at reasonable prices are available - follow the link on the website.

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Licensed financial advisors must complete continuing education programs to help them keep on top of new financial products, rules and regulations, and industry trends. If they do not comply, they are subject to stiff penalties, including fines and loss of license.

To ensure that the firm and financial advisor you are dealing with have met the appropriate requirements and are licensed to provide certain services, visit the following websites:

- The national registration search, at <http://www.securities-administrators.ca/nrs/nrsearch.aspx?id=850>, lists all registrants (individuals and firms) in Canada, except for those registered solely with the Ontario Securities Commission (OSC).
- A list of those registered in Ontario is available at http://www.osc.gov.on.ca/en/Investors_check-registration_index.htm.
- The Investment Industry Regulatory Association of Canada member list: <http://www.iiroc.ca/industry/Pages/Dealers-We-Regulate.aspx>.
- The Mutual Fund Dealers Association of Canada member list: <http://www.mfda.ca/members/members.html>.
- La Chambre de la sécurité financière (Québec only): <http://www.chambresf.com/en/>.

To find out whether a financial advisor has been disciplined by securities administrators, check the Canadian Securities Administrators' Disciplined Persons list <http://www.securities-administrators.ca/disciplinedpersons.aspx>.

NDP Proposing to Cap ATM Fees

New Democrats are committed to making life more affordable for citizens and recently proposed to cap ATM fees in the House of Commons.

"Nobody should have to pay \$2 or \$3 to withdraw their own money from a bank machine," said MP Mylène Freeman (Argenteuil-Papineau-Mirabel). "It's a simple measure that will leave more money in citizens' pockets."

The NDP proposal would cap ATM fees so they're never more than 50 cents per withdrawal - a fair amount for both banks and consumers.

Unfortunately, despite the support of numerous consumer protection groups, this motion was rejected Tuesday evening by the Conservatives who chose to side with the banks rather than consumers.

"The Conservative government missed a perfect opportunity to concretely help Canadian consumers," said NDP Consumer Protection critic, Annick Papillon (Québec). "We hope the Conservatives will listen to reason and include our ideas in their next budget."



Dr Ed Monaghan, Peter Duncan, co-president (of honour), Guy Corneau, co-president (of honour), Daniel Charbonneau, director of cross-country skiing at Mont-Tremblant and several volunteers. Tim Pepper, co-organizer (centre) explains the Trek Under the Stars that will take place February 15, at Domaine Saint-Bernard.



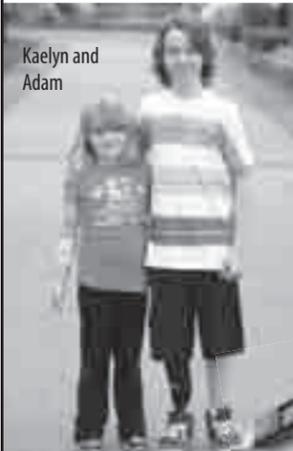
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Regarding management of vessels on our lakes and rivers.

Conservatives Rejected New Democrat Parliament Member Marc-André Morin's Motion M-441 to Review Vessel Operation Restriction Regulations

By voting against a motion to review the Vessel Operations Restriction Regulations, the Conservatives are once again abandoning our communities and opposing a more efficient management of our lakes and rivers

Motion M-441 calls for a review of the current management process for vessel operations on our waterways to offer municipalities a faster, more predictable and more efficient tool. It comes after numerous requests by municipalities, organizations and shoreline residents who said they were discouraged with the process. The idea is not to prohibit recreational boating but rather to enable the local community to better manage it.

Marc-André Morin, MP for Laurentides-Label, said he is disappointed by the Conservatives' blatant lack of interest in reforming the flawed process. According to him, the current process prevents the efficient management of our waterways and disturbs the peace of our shoreline communities.

Since motion M-441 was tabled in the spring of 2013, a number of stakeholders have offered their support. Municipalities across Canada supported the motion through resolutions. "It was a simple way to give municipalities better control over the use of motor boats on their waterways - unfortunately the Conservatives voted against it," said Mr. Morin.

Despite this defeat, New Democrats will continue to listen to their communities and work to improve the management of our waterways.



The English Link Info-Santé: 8-1-1

Kim Nymark - Main Street

As I was searching for a topic for this month's column, I noticed how many people around me were sick with either the flu or the common cold. Everyone seemed to be complaining about the over-crowded health system. After each complaint,

I asked if they were aware of the 8-1-1 Info-Santé service. To my surprise, most had never even heard of it so I felt I would re-present Sheila Eskenazi's article printed in July 2011 regarding this wonderful bilingual service. Following is most of Sheila's timely article:

Do you use the services of Info-Santé? If you are English-speaking, probably not.

Info-Santé is the bilingual, province-wide telephone help line for answers to health questions. Since 2008 it has been accessible through a simple three-digit number, 811, which immediately provides the option to "Press 9" for service in English. 2011 statistics indicate that 24,000,000 calls are answered annually. However, the English-speaking population accesses these services proportionately less than their French-speaking neighbours.

If you have a non-urgent health question, your first thought should be to call Info-Santé. Health-care professionals are on duty 24 hours a day, 7 days a week, to answer your call. And, while there is a single number for the whole province, questions of a local nature are transferred to someone familiar with the resources available in the area.

While no illness can be diagnosed over the phone, lots of concerns can be addressed and responded to with an authority that is not available through a simple Google search, where the reliability of the information can sometimes be questionable. Do you want to learn about the risks of immunization? About the symptoms of common illnesses? About how to protect yourself from infectious disease? Info-Santé can provide you with answers to these and many other questions, more than I can think of to pose.

In many cases, these answers will be referred to the appropriate place within the health and social services network. True to its name, the network is a fully integrated web of services designed to help you maintain your health and well-being, both physical and mental. Too often, we complain that we are unable to find a doctor and resort to over-use of the emergency department of the hospital. While there is a recognized doctor shortage in Quebec and elsewhere in Canada, there are many ways to access the help we need. Although knowing that this is a widespread problem doesn't help us in our search for a doctor, it should perhaps encourage us to look for alternatives in non-urgent situations so that the doctors we do have can concentrate on the important medical needs of patients.

The overburdened system requires a complete "re-engineering," which is actually underway, at least in some respects. One of these is the Info-Santé line. By encouraging people to ask questions and to get referrals to the agencies and services that they need, when they need them, the pressure on the family practitioner and emergency services is reduced, allowing those services to be more available in the circumstances when they are genuinely required, such as accidents and sudden events such as heart attacks and strokes. The health professionals at the other end of the telephone line can guide you through dealing with fevers, simple infections, or other daily health concerns and also tell you when a visit to a doctor or the hospital is really called for.

Don't hesitate to try out the Info-Santé line by calling 811, pressing 9 for service in English, and asking your questions. If your phone does not allow you to dial 811, dial: 514-521-2100. You are likely to be pleasantly surprised by the courtesy and efficiency of the person on the other end of the line.

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



About Sainte Adèle

Chris Lance - Main Street

At the January city council meeting, local Mont-Rolland residents presented a complaint about road cleaning in their sector. The residents claim they are driving on skating-rink roads in Mont-Rolland. Councillor, John Butler, speaking for the absent Mayor Charbonneau, said he would investigate but he thought certain roads are missed

or forgotten and then cleaned later. To add to our tough winter road conditions, in mid-January, a driver and passenger drove over the viaduct Saint-Joseph heading to Mont-Rolland, lost control, and their SUV crashed through the rail and ended up on the Auto-route 15 south bound lane. Luckily, the two suffered minor injuries. Bad weather conditions were blamed. Driving this winter can be hazardous.

It has been a rough winter with lots of bitter cold, rain, sleet and snow. So much snow and cold that vacationing to "warmer climates" is fully booked. What to do?

Well, if you are young, you can compete on skis. Axisboutique.ca is holding 5 events for slope-style ski and snowboard competitions. The cost per event is \$39.99. There are two events left: Ski Morin Heights on Saturday, March 1 and the final Saturday, March 8, at Avila. You can go to their website for more information.

"Les Plaisirs d'Hiver" continues on Lac Rond on rue du Chantecler. From 11 am to 3 pm on Sunday, February 16, you will get a visit from Disney de la Tohu-Bohu. You can see mini farm animals and slide down inflated rubber slides. There will also be snow pulls, but there will be a charge for that event.

On Sunday, February 23, there will be trampoline apparatus, sail boarding, hot chocolate, mascots and snow pulling events. Go to Ste. Adèle's website for more details throughout the month of February.

EVANN has opened a training centre for men, women and children (over 4 years-old). MNA and cross-fit - you will learn Asian combating strategies and learn to box. You even get free boxing gloves with your 1st year membership. The club is located opposite city hall. Call 450 229-1515 or go to www.evann.ca. This could be a perfect outlet for those of you suffering from winter road rage.

Bagni Spa Station Sainte, on des Melezes (450 229-4477) has a "special" for after ski or, I guess after boxing, at \$21.75 + tax from Monday to Thursday after 5pm. Friday to Sunday it's \$27 + tax. They also have massage en soiree starting at \$88.50 + tax. You can get more information at www.bagnispa.com

And finally, after all the boxing, ski racing, Lac Rond skating, cross country skiing, shoveling and complaining, for unfit, lazy and winter haters, there is still Bingo on Tuesday, Thursday and Sundays in the shopping centre (450 229 -7095).

The great sport of dining out is always a fun winter option. After all, isn't this the time of year that is great for inactive TV sports watching - Olympics, the Habs, the Raptors? Just about everyone has one breakfast out every week.

Don't forget Valentine's Day. Time to get the flowers, chocolates and reservations in order for the big day. Here are a few of my favourite dining spots: Esmeralda sur-le-lac (Italian - 450 229-5151); Aux Deux Oliviers (Italian - 450 745-0466); Chez Milot (450 229-2838); Restaurant Juliano (Italian - 450 229-4320) and Recto-Verso (seasonal cuisine 450 229-9555). There are many more great eateries around town so head out and eat locally. You might even bump into our Mayor Charbonneau, quietly sitting at a table near you. Just smile and wave and remember he got in last November without a vote. Does that mean he is doing everything right?

Enjoy the rest of the winter months. I hope that spring will bring us warm temperatures and fewer clothes.



News Wire From Weir

Claudette Pilon-Smith - Main Street

News Wire from Weir

Our Firemen - Angels of Mercy



This photo presents the group of men and women that ensure fires do not destroy our forests, homes, or God forbid, take people's lives. They have been trained to protect the citizens of Arundel, Barkmere, Huberdeau, Montcalm and Sixteen Island Lake. They do a very good job and we are fortunate to have such dedicated and responsible people around us. These firefighters put their lives at risk for us and we should all remember that and be grateful to them. Some firefighters regularly visit residences to verify if fire alarms and fire extinguishers are up to par. This precautionary measure is a wonderful safety initiative. These men and women have been trained, and continue to update their training, to prevent fires and they are very security minded about what should or should not be done to protect citizens. Let's be grateful.

If you have any questions about your security, please call your local municipality and they will have someone contact you. We now have a new fire chief for these sectors mentioned, Mr. Yves Robitaille of Weir. He is a retired (31 years) member of the Montreal force. Welcome to our communities!

Living with diabetes is complicated

What would you do with FREE time away from some of the daily worries and burden of treating diabetes?

FREEDOM-2 is a clinical research study investigating an innovative approach to delivering a possible treatment for type 2 diabetes that doesn't require needles or even pills. This study is now enrolling.

You may be able to take part if you:

- are between 18 and 80 years of age
- have been diagnosed with type 2 diabetes for more than 3 months
- have been taking metformin (a type of oral medication for diabetes) for more than 3 months.

The study of this investigational new drug will last for approximately 1 year, and you will receive care from a dedicated team of medical staff. There will be 12 visits to the study centre:

Investigational product, examinations, and medical care relating to the study will be provided at no cost to you.

If you would like to help us in our research to develop a diabetes treatment that has the potential to be simpler and more convenient, please contact:

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Lori's Lookout Spring Break Fun

Lori Leonard - Main Street

Why not take a reprieve from texting, emails, iPhones and iPads and spend quality time with your kids? It's well worth it for the cherished family memories.

Great ideas for those inclement days of freezing rain, sub-zero temperatures or snowstorms:

Create your own orange pomanders - Their delicious scent will make your closets and drawers smell wonderful, or you can give one as a gift to someone who is ill.

Orange Pomanders

Materials:

- 1 orange
- Tape
- knitting needle or nail
- 1 oz. whole cloves
- 2 feet of ribbon - cut in half
- spices (cinnamon, nutmeg, ginger)



Put a piece of tape around the orange.

Add a second piece, dividing the orange into quarters. Next to tape, poke holes close together in orange with nail/knitting needle and put a clove into each hole. Remove tape and roll the pomander in cinnamon, nutmeg and ginger mixture. Lay ribbon in the paths you left and tie up the pomander. Place in a cool, dark closet until it is hard and dry. It will last for years.



Make beautiful mushroom prints

Materials:

- Construction paper
- fresh round mushrooms
- hair spray
- sharp knife
- bowls

Cut off stems. Place mushrooms gill side down on paper (use different colors of paper). Place bowl over mushrooms, leave overnight. Next day, carefully lift caps off paper &

check the lovely design. Gently spray hair spray 1 foot from paper to keep from smudging. Let print dry, spray 1 or 2 more times to protect design.

Special family movie/popcorn night or bake night - Rent an entertaining family movie (comedy or classic) and help the kids make some snacks to enjoy while watching; their very own flavored popcorn, veggie sculptures, yummy cookies or chocolate doodles.

Feed our feathered friends. Help your kids identify the various types of birds in your area such as cardinals, blue jays, grosbeaks, chickadees, sparrows and others by attracting them to your birdfeeder. Cardinals, blue jays and other birds with strong beaks like berries and seeds. Sparrows and mourning doves enjoy small to medium seeds. Nearly all birds that feed in trees and bushes favour the small, black oil sunflower seeds, while birds that forage on the ground prefer white millet. Sparrows will eat almost any types of seeds.

Attention Moms: Make a delicious, healthy crock pot dinner and let it simmer for hours to give you more time to be with your kids.

Layered Mexican Casserole

- 2 cans (15 oz) hominy corn drained
- 1 can (15 oz) black beans, rinsed/drained
- 1 large can diced tomatoes with garlic, basil and oregano, undrained
- 1 c thick, chunky salsa
- 1 small can tomato paste
- ½ tsp ground cumin
- 3 large tortillas
- 2 c shredded Monterey Jack cheese
- ¼ c sliced black olives (optional)

Place double sheet of foil on bottom of crockpot to make lifting of tortilla stack easy.

Stir hominy, beans, tomatoes, salsa, tomato paste and cumin into large bowl.

Press 1 tortilla on bottom of slow cooker (edges turned up). Top with 1/3 of hominy mixture, 1/3 of cheese. Repeat layers. Press remaining tortilla on top. Top with remaining mixture. Set aside cheese. Cover and cook slowly for 6-8 hrs. Sprinkle with remaining cheese and olives. Cover & let stand 5 min. Pull out tortilla stack with foil handles. Enjoy!



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Les Contacts de Lori

Lori's Links

CALL LORI'S LINKS AT 450.224.7472
 (Referrals are free)

e-mail: lori.leonard@sympatico.ca
 web: www.lorislinks.com

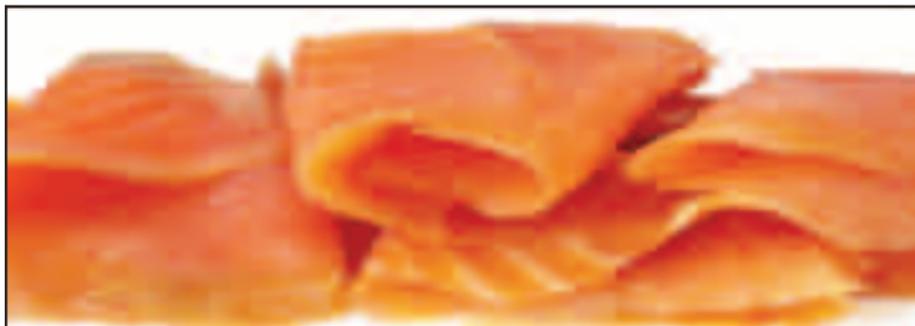
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Journey into the "Great White"

Ilania Abileah - Main Street



For the past six years, Dominique Normand has been visiting and working with the Cree people in the north. In her words, "the Cree people have become my second family." This year, she was invited by the Mistissini Cree Community to join the annual snowshoeing "Journey of Wellness," a journey from which each participant comes back a changed person. Dominique will document the journey by producing a film about it.

The "Journey of Wellness" is a long-term expedition combining snowshoeing, practicing the ancestral Cree ways and traditional lifestyle. It is an opportunity to reflect on one's life, heal, repair and let go of dependencies. In her quest to meet with the inner-self and the "Great White," she will be walking for thirty days, an average of 13 kilometres per day, in polar temperatures that can drop to - 45 C, within a group of people that support and help each other, coached by forest survival guides. In preparation for the trip, Dominique carved her own traditional snow shovel, made her own traditional bags, prepared herself physically and mentally, as well as trained herself to film in extreme cold.

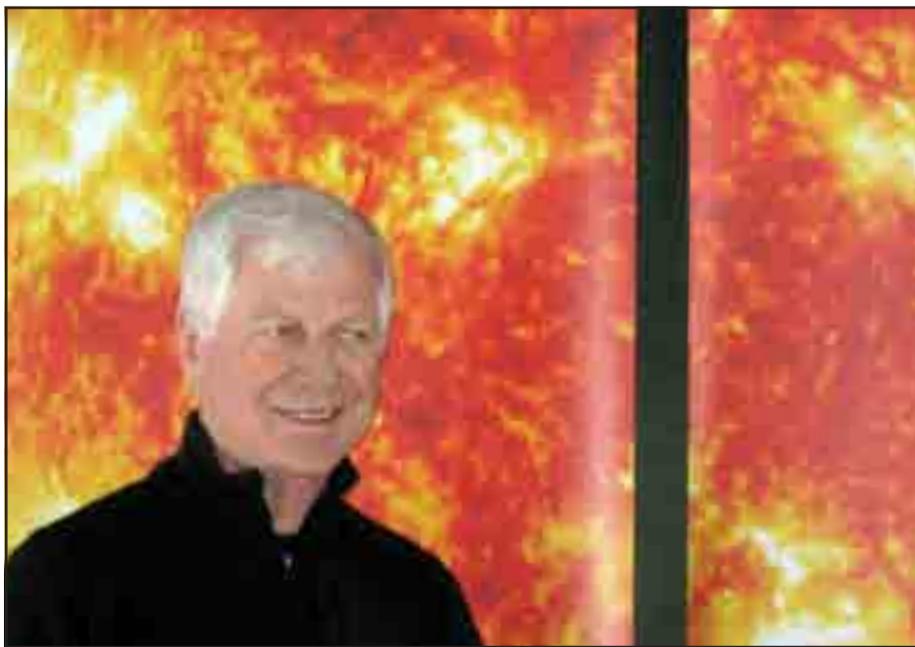
Dominique has been immortalizing the Cree traditions in her paintings and workshops for the past few years, making short films reflecting the unique culture of the Cree people. She wishes to share her admiration and respect for their lifestyle of support and brotherhood. She will also create a new series of paintings for an exhibition, and will give a series of talks and film projections. In addition, Dominique is planning another major art project on "Native American Women." Dominique Normand's activities may be followed on her sites: www.dominiquenormand.ca and www.dominiquenormand.com blog. We raise our hats to you Dominique! Bonne Voyage Dominique!

Note: The Mistissini community is located on the shore of Lake Mistassini, a 10-hour drive northwest of Montreal. Mistissini means "Big Rock" after a landmark boulder that has served as a landmark for generations. Lake Mistassini is 150 km long and 35 km wide; it is the largest natural lake in Quebec.

Laurentian Club Report Light on the Sun

Sheila Eskenazi

Despite the treacherous road conditions, a hardy group of Laurentian Club members turned out on January 27 for Rémi Lacasse's presentation about our star, the Sun.



With many photographs, graphs, charts, animations and short videos, the audience was led through a short course on the Sun. Against a backdrop of a photo of the Sun nearly 2 metres across, Rémi Lacasse asked the audience how big the Earth would be if at the same scale, then held up a small marble to illustrate the tiny size of our home planet, which, at that scale, would be 165 metres (550 feet) away from the Sun.

This was followed by an explanation of the physical properties of the Sun, whose core is a roiling mass of nuclear fusion at a temperature of 15,000,000°C, while the surface, visible to us, is a cool 5,800°C. The technology of current telescopes and satellites has allowed remarkable photographs and videos to be taken of the Sun's surface and the movement across its surface, including sunspots and solar flares.

Rémi Lacasse was the instigator of the Pavillon d'astronomie Velan at the Domaine Saint-Bernard in Mont-Tremblant and is the founder and president of the Mont-Tremblant astronomy club. He is also the current Chair of the Fédération des Astronomes Amateurs du Québec, and has dedicated his retirement to his interest in astronomy, particularly astrophotography. You can see some of the pictures he has taken on his website at www.astrorl.ca

Please join us for our next meeting, at Trinity Church in Ste-Agathe, on Monday, February 24 at 1:30, when Heather Darch, curator of the Missisquoi Museum in Stanbridge East, will describe QAHN, an umbrella group helping Anglophone community organizations protect and promote their history and heritage. Look for our notice on page 25 of this issue for more information.

Open Doors at Univers Jeunesse

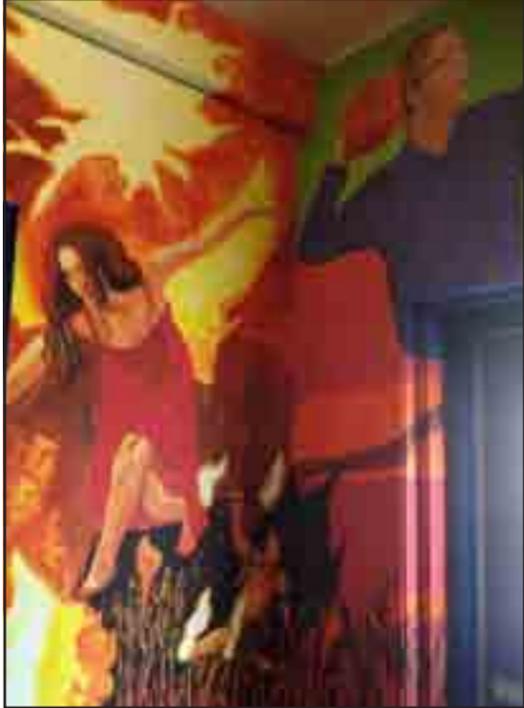
The young members (aged 11 to 17 years) of Univers Jeunesse have created a mural in collaboration with Sophie Boivin, a muralist artist from the Argenteuil region.

This amazing project was made possible due to the efforts of three young people who participate on the youth committee; Sophie Presseault, Cloée Lalonde and Mathieu Martin.

A meeting was held with Mme. Sophie Boivin to brainstorm the project and to select possible themes; the final choice was based on the four natural elements of earth, water, fire, and air. A photo session was conducted with the youth and re-worked in Photoshop by Sophie Boivin, to create the images. Using an overhead projector, the young enthusiasts traced the image onto the wall and then painted the mural using techniques taught by Mme. Boivin.

This project commenced on October 15 and was finished on Dec. 20, 2013. A total of 16 teenagers participated in the completion of the mural. Mr. St-Denis, owner of Décor St-Denis in Lachute, helped sponsor the project by supplying Benjamin Moore paint. A big thank you to him for his support!

We would like to take this opportunity to remind you of our mission, which is to provide a safe environment offering sanctuary and preventative solutions for young people aged 11 - 17 years living throughout the Argenteuil region; to meet their individual needs and to help them link together. We offer support and listening activities.



The new team in 2014 is Sabrina Provost (special education technician), Marlene Dagenais (social worker training), Rémi Vaillancourt (Sr. Community Recreation), Christine Pesant (Technician delinquency intervention) and Francine Bergeron (Director).

Thanks to a contribution from the Ville de Lachute, who we sincerely thank, we were able to make leasehold improvements to the bathroom and flooring.

Anyone wanting to explore the wonderful opportunities offered by Univers Jeunesse is invited to stop by the centre, located at 70, ave. Hamford, Lachute. You may also call 450 562-3078 or visit the website at universjeunesse.com. Regular opening hours are Monday to Friday: 3 pm - 9 pm, Saturday: 1 pm - 5 pm. Every second Friday, Disco Night: 6:30 pm - 10:30 pm (\$2).

UPCOMING ACTIVITIES AT UNIVERS JEUNESSE

- **February 14: 4:30 pm - Chinese Fondue Dinner and chocolate.** (\$1).
- **Spring Break - March 3 to 7**
Monday: 8 am - 5 pm - Tube slides at Mont Avila (\$5). Limited seating.
Free Activities: supper at a cabane-à-sucre, burger and pizza dinners, outdoor floor hockey, evening movies and spaghetti dinners plus other fun activities and meals. Open Tuesday and Wednesday 1 pm - 9 pm and Thursday 1 pm to 11 pm. Friday Disco: 6:30 pm - 10:30 pm. (\$2).



Dining Out

Ilania Abileah - Main Street

Maison 1890 - Sainte Agathe

Ilania Abileah - Main Street

As we entered the restaurant, one of my guests said, "This place makes me feel good right away"! The tables varied in shape and colour and fit well together; they were all old-country style with no harsh lines or colours. A wooden bench at the entrance, the counter dividing the service and dining areas, was made of thick, polished, natural wood. The seating arrangements are designed to accommodate a group of friends or a meal for two. The service was very friendly, professional and prompt.

We were led to the table and menus on a clipboard were placed in front of us. A basket, with a sliced baguette wrapped in a cloth-napkin, arrived shortly afterwards. We opted for the featured Lamb Burger



Lamb Burger Plate

(\$13.95) served with a special, creamy sauce, roasted potatoes, roasted small onions and green salad. When the burger plates arrived, one guest took a bite and uttered, "Oh my God," and continued to savour every bite. My other guest had requested no bread and received hers with asparagus and mushrooms; she also enjoyed everything on her plate.

We chose the desserts from the display counter: a lemon meringue tart, an apple-crumble and the chocolate-melt. They were all very tasty but the lemon tart won! To complement our meal, we had café-latté, which was very nicely served, an aromatic herbal tea and a regular coffee.

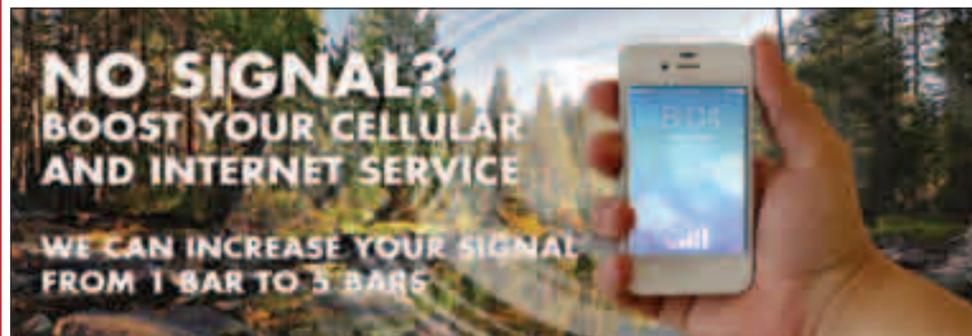
All in all, it was a flavourful experience to savour and the prices were right too! We shall be back! My guests were from Ottawa and lamented that they had nothing this good back home.

The hosts, Tania & Chef Charon, also offer take-out food, packaged delicacies and catering services. Opening hours: Tue. & Wed: 10 am to 6 pm, Thurs. - Sat: 10 am to 10 pm. (Sunday: reservation only, minimum 15). Closed Mondays! It would be a good idea to reserve your table in advance. Maison 1890, 114 rue St. Vincent, Ste-Agathe-des-Monts. 819 324-1890. info@maison1890.com.



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Out & About

Ilania Aibileah - Main Street

Les Respectables - St. Jérôme

Les Respectables, a rock group founded in 1991, had taken some time off after seventeen years of touring, recording and composing. They are back and

Tocadéo - St. Jérôme

Tocadéo is a vocal quartet with René Lajoie, Dany Laliberté, Benoit Miron and Patrick Olafson. The program, titled, "Au nom des hommes," is a combination of songs composed for them by Christian Marc Gendron and Mario Pelchat. **Sun. Feb. 23: 3 pm.** \$35. Salle André-Prévost, 535 rue Filion, St. Jérôme. 450 432-0660. www.enscene.ca

Brasser Brassens - St. Adolphe d'Howard

Two musicians who pay tribute to Georges Brassens: Sonia Painchaud (vocals and accordion) and Hugo Blouin (vocals and contrabass). **Sat. Mar. 15: 8 pm.** L'Ange Vagabond: 1818 chemin du Village, St. Adolphe d'Howard. 819 714-0213. www.facebook.com/langevagabond

Music

Ol'Blue Eyes - L'Ange Vagabond - St. Adolphe d'Howard

This group pays tribute to Frank Sinatra and revives some good "oldies." The musicians are: Maude Locat (piano), Roxanne Roy (vocals), Sébastien Pellerin (contrabass) and Éric Thibodeau (drums). **Sat. Feb. 15: 8 pm:** \$20. L'Ange Vagabond, 1818 chemin



Ol'Blue eyes

du Village, St. Adolphe d'Howard. 819 714-0213. www.facebook.com/langevagabond.

Alan Gerber - Ste. Marguerite-du-Lac-Masson

Spend an evening listening to pianist/singer, Alan Gerber, and experience his virtuosity through the music of Bob Dylan, John Lee Hooker, Lou Reed and others. This Blues artist combines perfect technique with a great stage presence. Reserve early since there are only 25 seats available. **Sat. Feb. 15: 7 pm:** \$45 for a 4-course meal, taxes included. Café O'Marguerites: 12 chemin Ste-Marguerite, Ste. Marguerite-du-Lac-Masson. 450 228-4888. www.cafeomarguerites.com

Duo Fortin-Poirier - Val Morin

Tickets may still be available for **Sat. Feb. 15: 8 pm.** \$32. Théâtre du Marais: 1201 10^e Avenue, Val-Morin. 819 322-1414. theatredumarais@cgocable.ca.

Emilie-Claire Barlow -St. Jérôme

This Jazz singer presents her program, "Seule ce soir," winning album of the year 2013. She will perform songs such as: Petit matin, Des croissants de soleil, La belle dame sans regret and others. **Sat. Feb. 15: 8 pm.** \$38. Salle Antony-Lessard, 101 place du Curé Labelle, St. Jérôme. 450 432-0660. www.enscene.ca.

Ingrid St-Pierre - Escapade

L'escapade is a show including music from Ingrid St. Pierre's second album. The show was nominated as ADISQ 2013 "Show of the Year." **Sat. Feb. 22: 8 pm.** \$37. Théâtre du Marais: 1201 10^e Avenue, Val-Morin. 819 322-1414. theatredumarais@cgocable.ca.



Les Respectables

planning to record two new albums in 2014. Musicians: Stephane Beaudin (drums), Stephane Dussault (bass) and Sebastien Plante (vocals) will give a special concert in St. Jérôme. Stephane Dussault was impressed with what ICI par les arts has been doing for youth and has decided to help spread the word about this important youth/art center. **Sat. Feb. 22: 6 pm - 11 pm.** Tickets \$20 or VIP \$50, available at the Salle Michel Clément - ICI par les arts, 712 rue St. Georges, St. Jérôme. 450 569-4000. Contact: Michael Robert-Cassidy michael@iciparlesarts.co www.iciparlesarts.com.

Cabaret Night - St. Adolphe d'Howard

Cabaret at L'Ange Vagabond with Daniel Langlois, Patrick Baldwin, Julie Brouillard and other guest artists. **Sat. Feb. 22: 8 pm.** Admission is free (voluntary contribution appreciated). L'Ange Vagabond, 1818 chemin du Village, St. Adolphe d'Howard. 819 714-0213. www.facebook.com/langevagabond.

Frederic Bednarz & Natsuki Hiratsuka - Prévost

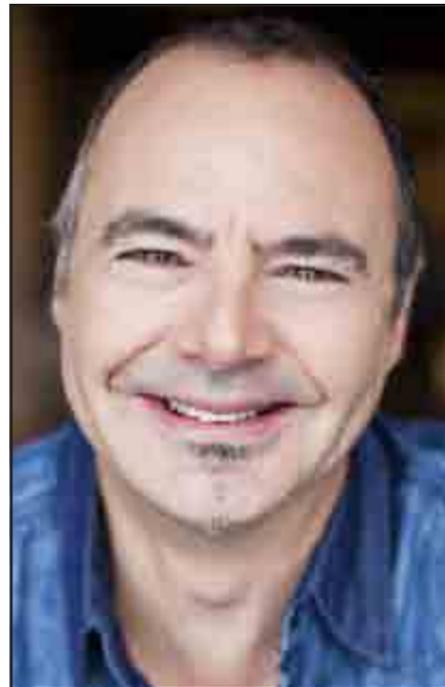


Frederic Bednarz & Natsuki Hiratsuka

The duo, Frédéric Bednarz (violin) and Natsuki Hiratsuka (piano), will play music by Schubert, Franck and Kreisler. Both musicians have played in various countries around the world including Canada. Frédéric Bednarz has won awards and prestigious prizes at world-renowned competitions, was violin soloist in the Atlantic Symphony Orchestra and has been a member of the Molinari Quartet since 2007. Natsuki Hiratsuka taught for many years at Brown University in Rhode Island. **Sat. Feb. 22: 8 pm.** \$30. Diffusions Amal'Gamme, Salle Saint-François-Xavier: 994 rue Principale, Prévost. 450 436-3037. diffusionsamalgamme@videotron.ca.

Michel Fournier - Val Morin

Michel Fournier plays the intimate and passionate music of Schumann. Michel has performed with several orchestras, and has given numerous recitals in



Michel Fournier

Canada, Europe, the United States and other countries. He re-discovers the expressive possibilities of the piano keyboard over which his fingers play with emotion. Michel Fournier wins audiences of all ages, sharing his love of music with his warm, witty humour. The young pianist, Yogane Lacombe, will open the concert. **A concert not to be missed! Sat. Mar. 1: 8 pm.** \$37. Théâtre du Marais: 1201, 10^e Avenue, Val-Morin. 819 322-1414. theatredumarais@cgocable.ca

The Bluebell Sisters - Val Morin

These girls will delight you with their retro 50s & 60s Swing, "shubidubidu," and the music of Big Mama Thornton, Little Richard, Jerry Lee Lewis, Patsy Cline, Wynona Carr, Hank Williams, Elvis Presley, etc. Four sisters: Lily (vocals), Emilie (piano), Blanche (bass), Marie-Christmas (saxophone) and their brother, Dave (drums). **Sat. Mar. 8: 8 pm.** \$15. Théâtre du Marais: 1201, 10^e Avenue, Val-Morin. 819 322-1414. theatredumarais@cgocable.ca

Robert Charlebois - St. Jérôme

The great Charlebois celebrates his career with "Fifty years - Fifty songs." It will be an evening of fifty songs derived from his extensive repertoire. The audience is invited to choose, by Internet, which songs they wish to hear. A full-size orchestra will accompany the electrical energy of Charlebois. This concert was previously scheduled for Mar. 1, but is now being presented on **Thurs. Mar. 20: 8 pm.** \$50. **Please note: the Robert Charlebois concert scheduled for April 19 in Ste. Agathe is SOLD OUT.** Salle André-Prévost, 535 rue Filion, St. Jérôme. 450 432-0660. www.enscene.ca

Elisapie Isaac -Val Morin

After her first album sold over 25,000 copies, Elisapie launched her second one, "Travelling Love." It won 2013 Album of the Year. Four musicians will accompany her on stage as she presents the pop of the north in English, French and her native Inuktitut. **Sat. Mar. 22: 8 pm.** \$42. Théâtre du Marais: 1201, 10^e Avenue, Val-Morin. 819 322-1414. theatredumarais@cgocable.ca.

Guy Bélanger - St. Jérôme

Harmonica player, Guy Bélanger, along with his musicians, presents the "Dusty Trails Tour." **Sat. Mar. 15: 8 pm.** \$35. Salle Antony-Lessard, 101 place du Curé-Labelle, St. Jérôme. 450 432-0660. www.enscene.ca.

Premier Ciel plays "Harmonium's" music - St. Jérôme

Seven musicians enjoy reviving the music of Harmonium, with the authorization of Serge Fiori. They are returning to St. Jérôme by public demand. **Sat. Mar. 15: 8 pm.** \$46. Salle André-Prévost, 535 rue Filion, St. Jérôme. 450 432-0660. www.enscene.ca.

Steve Hill - Matt Andersen - Kim Churchill - St. Jérôme

Three guitarists/song writers unite for this show to bring you a memorable evening. The young Australian, Kim Churchill, guitar virtuoso, Steve Hill, and Blues star, Matt Andersen, will share the stage in this energy-filled concert. **Sat. Mar. 22: 8 pm:** \$35. Salle André-Prévost, 535 rue Filion, St. Jérôme. 450 432-0660. www.enscene.ca

Alain Caron - Mont-Tremblant

This is a six-string bass-musician who was one of the founders of the group, UZEB, and winner of the Oscar Peterson prize. In 2013, he launched the album "Multiple Faces" on which he worked with the group that accompanied him on tour: Pierre Côté (guitar), John Roney (keyboard) and Damien Schmitt (drums). During the tour, he was inspired to compose the eight pieces included on the album. **Mar. 1: 8 pm.** Église du Village: 1829 chemin du Village, Mt-Tremblant. 819 429-5972.

Michael Nerenberg at La Grange - Morin Heights

Michael Nerenberg returns to La Grange with his velvet voice, playing accordion and keyboards **Fri., Feb., 21, 6:30.** Restaurant La Grange: 2 Meadowbrook, Morin-Heights. 450 226 5005. www.lagrangemorinheights.com.

Opera direct from the Metropolitan

Prince Igor by Alexander Borodin:
A Russian epic at the time when
the Russian nation was founded.
Gianandrea Noseda conducts a cast
including: Yaroslavna (Oksana Dyka),
Konchakovna (Anita Rachvelishvili),
Vladimir Igorevich (Sergey Semishkur),
Prince Igor, the courageous leader
(Ildar Abdrazakov - star bass/baritone),
Prince Galitsky (Mikhail Petrenko),
Khan Konchak (Štefan Kocán). **Sat.
Mar. 1: noon.** Duration: 250 min.



Opera Prince Igor

Werther by Massenet: Conductor:
Alain Altinoglu. Cast: Sophie (Lisette
Oropesa), Charlotte (Elina Garanča),
Werther (Jonas Kaufmann), Albert
(David Bižić), Le Bailli (Jonathan
Summers). Jonas Kaufmann and Elina
Garanča perform together for the
first time in this new production of
Werther, by Goethe. Kaufman takes the
role of a romantic poet and Garanča
is Charlotte. **Sat. Mar. 15: 12:55 pm.**
Duration: 195 min.

Pine Cinéma: Phase 2, 1146, rue
Valiquette, Ste. Adèle 855 739-7463;
and Cinéma Carrefour du nord: 900
Boulevard Gringo, St. Jérôme. Adults:
\$25, seniors: \$23.

450 436-5944. www.cinemapine.com.
www.cinemast-jerome.com/horaire

Visual Art & Fine Crafts

**David Roffey, Olivier Morin, Dave
Todaro, Dominique Normand et al -
St. Adolphe d'Howard**

This month you can view paintings
by David Roffey, Olivier Morin, Dave
Todaro and Dominique Normand, as
well as sculptures by Luis Paniagua,
Andrée Gauthier Schmekel and others.
The new "Apollon & Apollinaire"
Gallery presents an eclectic variety
of artwork and fine crafts as well as
local produce: 1950 ch. du Village, St.
Adolphe d'Howard. For information call
514 927-6654 or 514 435-7070.



Painting by David Roffey



Echelon Parle moi d'Amour - Painting by Ilania Abileah

**6th "Parle-moi d'amour" -
St. Sauveur**

This is an annual exhibition and
auction of artwork donated by
Laurentian artists who create a painting
especially for this event. The final
event/auction takes place at the Chalet
Pauline Vanier in St. Sauveur on **Thurs.
Feb.20: 5 pm.** Everyone is welcome!
450 227-1996.

**The Ladies of Dunany -
Brownsburg-Chatham**

The "Ladies of Dunany" are back at
Faim-Fino until Mar.23. This time, they
present winter scenes. Restaurant Faim-
Fino, 338 rue des Érables, Brownsburg-
Chatham. 450 407-0708. For more
information call La Société culturelle
du Pavillon des Jardins: 450 495-8022
scpj@live.ca - scpj.wordpress.com.



Ladies of Dunany by Annabelle Wood

**Cross-Stitch
Embroidery -
Morin Heights
(See page 28)**

There is a very
special exhibition
at the Salle du
souvenir in the
Morin-Heights
Library. This cross-
stitch embroidery
exhibition
will continue
throughout
the **month of
February.**

**Gérard Fournier -
Mont Laurier**

Artwork by
Gérard Fournier
will be exhibited
until **Mar. 1.**
Maison de la
culture: 385 rue
du Pont, Mont

Laurier. 819 623-2441. [ceml@lino.
sympatico.ca](mailto:ceml@lino.sympatico.ca), www.expomontlaurier.ca.

**Marie-Andrée Côté & Claude Sarrazin
- Val David**

Marie-Andrée Côté, plus a tribute to
artist, Claude Sarrazin, will continue
until **Sun. Feb. 23.** Opening hours:
Wed. - Sun: 11 am - 5 pm. "Centre
d'exposition de Val David, 2495 rue de
l'Église, Val David. [www.culture.val-
david.qc.ca](http://www.culture.val-david.qc.ca). 819 322-7474.

Group Art Exhibition - St. Faustin

Until **Mar. 23**, the center features
a group exhibition by twenty-five
artists. Maison des Arts et de la
Culture Saint-Faustin, 1171 rue de
la Pisciculture, Saint-Faustin-Lac-
Carré. 819-688-2676.
www.maisondesarts.ca.



"LOVE" at ICI par les Arts - St. Jérôme

In February, this gallery will feature
a group-show on the theme of
"Love" and, in March, there will be a
group exhibition by Laurentian Women
Artists to mark International Women's
Day. Opening hours: Mon. - Wed. 9 am
- 5 pm. Thurs. 9 am - 9 pm, Friday: 9
am - 5 pm and Saturday: 11 am - 4 pm.
Closed Sundays! ICI par les arts: 712
rue St. Georges, St. Jérôme. 450 569-
4000. www.iciparlesarts.com.

**Laurentian Museum of Contemporary
Art - St. Jérôme**

This is an exhibition of the work of
Alain Laframboise that is comprised of
photographs, collages and sculptural
assemblies done throughout a thirty-
year career. **Feb. 9 - Mar. 23.** Musée
d'art contemporain des Laurentides,
101 place du Curé Labelle, St.
Jérôme. Opening hours: **Tue. - Sun:
noon to 5 pm.** 450 432-7171. [www.
museelaurentides.ca](http://www.museelaurentides.ca).

Winter Festivals

Winter Pleasures - Ste. Adèle

The festival "Plaisirs d'hiver" continues
on **Feb. 16 and Feb. 23** on Lac Rond de
Ste. Adèle. On **Feb. 16: 11 am to 3 pm**,
there will be special presentations for
children. On **Feb. 23: 1 pm to 4 pm**,
fun activities including trampolines,
giant kites, mascots and free hot
chocolate. www.ville.sainte-adele.qc.ca

**For the next edition covering
the period Mar. 14 - Apr. 12,
please submit info by Feb. 21
to ilania@IlaniaAbileah.com.
450 226-3889.**

Victoria's Quilts Canada

**Claudette Smith-Pilon -
Main Street**

Chinese astrology - 2013, Year of the Tiger. What a year!

We started the year moving back to our first work place of 5 years ago; the community hall of Grace Church in Arundel welcomed us back. We had to find storage space for what we require to make our quilts and we did find a place to store our supplies. We thanked the people from Résidence Vallée de la Rouge in Huberdeau for their warm welcome and for the time we spent with them, which was much appreciated by our volunteers.



During 2013, we achieved our 300th quilt. Incredible talent for quilting, creativity in pattern choices, an eye for colours and a determination that we are comforting cancer patients - that is what our ladies have. Our workdays are works of art, the reigning ambiance is uplifting and the camaraderie is heart-warming. We have ladies that would not miss a session for the world. Our volunteers are angels to all cancer patients in the Laurentians. We will continue what we are doing until medical researchers find a cure for cancer.

In God we trust.

If you would like to order a quilt as a gift for a cancer patient, please contact Gloria Staniforth at 819 687-3955 or Claudette Smith-Pilon at 819 687-3148 and we will be more than diligent to fill the order and ask our volunteers to put their talents to work.



A Library Addict

Grif Hodge - Main Street

Some new books at Jean-Marc Belzile Library in Lachute to be borrowed for free by residents of Gore, Lachute, Harrington & Wentworth.

Over the past three years I have enjoyed sampling the excellent selection of new books that Emilie Paquin and her staff have added to the English book collection. This month I am highlighting some historical adventures. Check the catalog or the shelves to find other tales by the same authors.

Author	Title
Coulter, Catherine	Valcourt Heiress; a medieval romance
Galbaldon, Diane	The Scottish Princess; the Lord John Grey series
Farrow, John	River City
Ford, Richard	Canada; a novel
Hoffman, Alice	Red Garden; stories set in Blackwell, Mass.
Rowland, Laura	Roh Ronin's Mistress; a novel of Feudal Japan
Stachniak, Eva	Winter Palace; a novel of Catherine the Great
Vanderhaeghe, Guy	Good Man; a Saskatchewan novel

NEW FICTION

Davidson, Craig - Cataract City: a novel

Owen and Duncan are childhood friends who have grown up in picturesque Niagara Falls, known to them by the grittier name, Cataract City. In adulthood their paths diverge. Owen manages to stay above the law and becomes a police officer, while Duncan sinks deep into the town's underworld. Inevitably, they find themselves pitched against each other.

Crace, Jim - Harvest: a novel

Winner of the National Book Critics Circle award and shortlisted for the Man Booker prize in 2013. Riveting! This is an unusual setting with characters carrying a powerful theme.

"Jim Crace has made me understand, at a personal level, what it must have been like for the villagers facing foreclosures, being driven out of their homes to make way for much more profitable sheep. This is the astonishing story of the last harvest of a group of villagers, who do not even know that they are facing impending disaster, until it is too late. It is also the tale of how a random act of idiocy has far-reaching and unintended consequences. It is a parable for our times." Goodreads

Kepler, Lars - The Fire Witness

A Joona Linna thriller set in Sweden. The events focus around a group of wayward girls who are confined to a rural residence. On page 222, the author describes, in her own words, what Detective Linna is facing; a girl, who once slashed two people in the face with a broken bottle, has taken a tiny boy from his mother and is hiding somewhere with him. The police have concluded they are dead. No one is looking for them.

Messier, Denis - The Mighty Goblin

I can't honestly say that I feel this book is everyone's cup of tea. It wasn't mine. It's a novel about an entrepreneur who discovers a new mission late in life - vigilantism. The story begins in the 1930s and follows Johannes Barcelo through a hard childhood that includes incest and other abuse. Despite these obstacles, he grows into a successful businessman with a tire recycling business that attracts the attention of the mob. The characters often have simplistic motivations, almost always based on vengeance. For example, a chance meeting with a priest leads to a new occupation - hunting down members of a pedophile ring. The story's unusual combination of plot elements is certainly interesting with an intriguing, if under-developed, vigilante tale.

Slaughter, Karin - Unseen: a novel

The book starts with Lena Adams and her husband, Jared Long, being attacked in their home. GBI detective, Will Trent (posing as an undercover thug), is first on the scene. Will is working at the hospital in Macon trying to figure out if Big Whitey is a real criminal mastermind. The author does a great job of keeping us guessing as to who is the real bad guy and which cops are good or bad.



STRICTLY BUSINESS

By Lori Leonard

Welcome to...

Boutique Zula owner, **Joel Danan**, who opened the boutique in October 2013. The boutique sells attractive and affordable women's handbags, gloves, scarves, hats and costume jewelry. 75 ave. de la Gare, local D8, St. Sauveur. 450 232-1892.

Les Marmitons, owned by **George Cottin** that opened on December 15. They offer a wide assortment of delicious prepared food such as porc au caramel, mushroom risotto, lamb confit, potatoes dauphinois, osso bucco, boeuf bourguignon, onion pies and lots more. Les Marmitons: 707 Village Rd. Morin Heights. Call 450 644-0408.

Isabelle Lapointe, owner of the new salon, **Zisany Beauté**, 936 rue Valiquette, Ste. Adèle. The salon offers hairdressing, esthetics, facials, electrolysis, waxing, pedicures and manicures, fancy nails and lots more. Gift certificates are available. For a great haircut, see hairstylist, **Stella Weiler**. 450 229-0434, www.zisanybeaute.ca, info@zisanybeaute.ca

Congratulations!

Happy 10th anniversary to **Normand Durocher** who is celebrating the 10th anniversary of his business, **SND Consultants Inc.** - 36 Ave. au Pied de la Côte, St. Sauveur. They assist small to medium sized businesses with their strategic plans, organizational development, human resources, conflict resolving and much more. 450 227-7523.

Sylvie Bolduc was recently appointed as the new Director General of the **Laurentian SADC**. The SADC assists entrepreneurs who seek help for their new businesses and projects. Phone: 450 229-3001, www.sadclarentides.org.

New Concepts:

Café de la Gare, 1000 rue St. Georges, Ste. Adèle, is offering new "super-spectacles" for \$30 (\$15 for entertainment only). Live musicians will be featured, storytelling and much more. It's a great place to stop for some of their famous apple pie, grandma's old-fashioned soup or some yummy hot chocolate or espresso if you are out cross-country skiing and need to warm up. Open daily from 10 am - 5 pm. Please call **Jody** at 450 229-5886 for reservations.

La Maison de Bamboo owner, **Josée Lefrancois** will focus on bamboo bathroom vanities, kitchen counters and unique décor items, all made from bamboo. You will now be able to see these items and choose your own colors, textures



and styles in-store. To make room for these new items, home furnishings are liquidated up to 60% off regular prices. The store is located at 9 Lanning Ave., local 101, St. Sauveur. 450 227-9009, www.lamaisonbamboo.com.

Did you know?

The **Laurentian Ski Museum** team is currently seeking volunteers with an interest in ski history to help classify artefacts, identify ski equipment and review old photos for two hours each week on Wednesday or Thursday. If you are interested, call **Pierre Urquhart** at 450 227-2564, ext. 225.

If you suffer from pain from headaches, migraines, back problems or any other such pain, visit osteopath **Elise Gingras** (well-hidden secret), 692 Avila Rd., Ste. 201 in the **Action Sport Physio** office. Elise works on Monday, Wednesday and Friday from 8 am until 1 pm. For an appointment call 450 227-0778, www.piedmont@actionsportsphysio.com.

Distributions Y.D.M. has moved to 156 Rte. 117 in Ste. Anne des Lacs. Owner, **Yves De Montigny**, offers imported, beautiful, exotic and Canadian wood flooring. 450 227-4123.

SAINT-ADOLPHE-D'HOWARD: Whatever you wish: the main residence or family cottage. On a plot that is surrounded by lake views and 2 minutes' walk to the beach, accessible for \$35/yr, for nature lovers. Many improvements have been recently made. Come see! \$179,000 MLS 14901486

STE-ANNE-DES-LACS: Impeccable, just 5 minutes to Saint-Sauveur. Original features: wooden crown moulding, cathedral ceilings, skylights and fireplaces. Ceramic floors in double garage with electric opener. Large, partially landscaped lot. Mature trees, total privacy. \$529,900 MLS 10339472

Raymond Sanches 450 530-1291
rsanches@sutton.com

jkd

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A Lifetime With Animals The Champ

Susan MacDonald - Main Street

Anyone who has owned one or more animals will likely agree that emergencies are most likely to occur when the vet office is closed. I have no idea why this bizarre and expensive phenomenon happens, but with years of experience, I have

finally accepted that it just does.

My first litter of Shetland Sheepdogs was born at 8 pm on a Wednesday night, one full week before the expected delivery date. Although everything seemed fine, within hours I had lost the two little females and the remaining male was fading quickly. The vet on call was out on another emergency and it was 11 pm or so before we were able to meet him at the clinic. By then, the 5-½ oz. pup was in crisis and had suffered 2 seizures.

After milking out the mother and feeding the pup, the vet did what he could and sent me home with the final words that "miracles do happen but don't get your hopes up." It was heart-wrenching leaving the puppy looking so tiny and vulnerable but there was nothing else I could do. The next morning, I made the dreaded call and was shocked to learn that the puppy had survived the night and I should go and pick him up. It took all of seven minutes before I was out the door.

The little bundle, nestled comfortably on a mini hot water bottle, fit into the palm of my hand. I was given a 5-minute tutorial on "newbie puppy 101," a baby formula recipe, medications and some good luck wishes. I was on my own.

The first few days were daunting and I made many mistakes. Too much formula resulted in diarrhea and not enough caused constipation. There was a bout of pneumonia from milk inhalation and an eye infection, both of which required miniscule amounts of antibiotics. Unable to provide body heat on his own, he lived in a makeshift incubator and required feedings every three-four hours around the clock. He survived it all, and it was during a 2 am feeding while I was watching the movie, Rocky, that he finally got his name - Champ.

Jacinthe Dugal-Lacroix Shares her Passion

Ilania Abileah - Main Street

Jacinthe Dugal-Lacroix has been drawn to drawing and painting since childhood. However, once she discovered sculpting a new venue of expression opened up for her. She now devotes most of her time to sculpting, in particular the human body in motion, which is the main source of her inspiration. She kneads, molds, and works the clay to create sculptures that evoke feelings. She works in her studio, surrounded by the quietude of nature that gives her the peace of mind to shape her thoughts with her hands.

Her gallery allows her to be in direct contact with customers, which is very important to her since she savors exchanging views with the public. Jacinthe welcomes people to her gallery to view and share her passion for her art. She celebrates the human body in movement and the lifecycle of women. She depicts a mother's love, serenity, simplicity, and hope. Her drawing skill can also be seen in works hanging on the walls of the gallery. She also creates interesting, mini sculptures; one may be worn on a scarf as a pendant or displayed on a stand. For the past few years, Jacinthe has exhibited her sculptures in numerous shows around the world, including Paris, New York, Colorado, Nevada, Toronto, England, Florida, Mexico, Canada and others. And now, as of last year, we can see her creations right here in the Laurentians, in her gallery, on Main Street St. Sauveur. Sculpture du Lac Gallery, 261-2 Rue Principale, St. Sauveur. 450-340-1632 www.sculpturedulac.com.



Within a week, we were old pros. Each morning, I would pop Champ into my housecoat pocket and we would head to the kitchen to heat up his bottle. Feeding and toilet duties done, he would settle down for his nap while I prepared for the day. I found it quite appropriate that I happened to be working in a Montreal daycare at the time because Champ was unofficially enrolled for the next two weeks. My mom somewhat graciously took over after that until he was old enough to stay home alone.

Champ grew into a beautiful, but extremely large adult, resembling a collie more than his own breed in both size and temperament. Happy-go-lucky, he enjoyed life to the fullest and was always eager to please. He was also one of the few dogs I have ever owned who loved going to the vet where he continued to be known as their "miracle pup."

I bred Shelties successfully for the next several years until my "girls" were retired from breeding. Unable to part with them, or increase my numbers, they were spayed and remained with me for the duration of their lives. Their legacy lived on in their puppies; many entered the competitive world, some became service dogs for the handicapped and all were placed in loving homes.

Throughout those years, I enjoyed many happy moments with the dogs but thankfully, was never faced with another emergency.

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MONT-TREMBLANT

MAYOR'S MESSAGE • NEWS • HISTORY



Luc Brisebois

A Word from the Mayor

Live and Move at Mont-Tremblant!

I am pleased to present to you, in just a few lines, the City of Mont-Tremblant and its varied universe. This region is a popular place for workers, families, tourists and business people and with its exceptional beauty is the pride of our residents who, with their warm and dynamic welcomes, make it a world-class destination.

Mont-Tremblant has a seven-pole character and unique vocation, which complement each other harmoniously. The features and

attractions of these jewels meet the diverse tastes of residents, vacationers and visitors. Families who reside in the territory enjoy the many services that meet their every need. Their children can even get an education from kindergarten to college, all in close proximity to a host of year-round activities.

A huge playground with much more than skiing!

Located in the heart of nature, Ville de Mont-Tremblant is a paradise and offers a variety of activities for all tastes! At the moment, we are talking about skiing, snowshoeing, hiking, sledding, skating, art and music. But, in the summer, there is biking, hiking, canoeing or kayaking, camping, golf, swimming, fishing and much more. There is everything you need for an unforgettable experience rich in local flavor.

Discover the national park of Mont-Tremblant, the oldest and largest in Quebec, and Domaine Saint-Bernard - fabulous sites for hikes of all kinds. The Domaine Saint-Bernard Pavilion includes the astronomy Pavillon Velan, where, away from the lights and pollution of the cities, you can see an exhibition on the birth of the universe and observe the wonders of the sky.

A superb network of more than 80 kilometers of trails connect the Tremblant Resort and the village core (multi-use trails) and downtown Mont-Tremblant (Le P'tit Train du Nord) to the eco-tourism park of Domaine St. Bernard.

For art, a permanent art gallery is located in the village center, housed in the Place de la Gare, where you can watch the artists at work. The Alphonse-Desjardins room also offers exhibitions of artists and crafts-people from here, and elsewhere, throughout the year. The village church is the main cultural venue where Première Scène Mont-Tremblant presents a very colorful program each year.

Ville de Mont-Tremblant presents a mountain of activities during all four seasons! The beautiful scenery, fresh air and enthusiasm of our dynamic and passionate people create unforgettable memories, guaranteed.

No matter where you come from, I wish you a warm welcome "home" in Mont-Tremblant!

Luc Brisebois,
Mayor of Mont-Tremblant

History

The Story of "Trembling Mountain"

Mont-Tremblant, "trembling mountain" was given its name by the Native American people, who had inhabited the region for several thousand years before the arrival of the first settler, parish priest, Antoine Labelle (1872). Although today, tourism is behind the major economic flow of the area, forestry and agriculture were the primary resources during its early settlement.

Familiar points around town bear the names of some of the honorary citizens of the city: Boulevard du Docteur-Gervais was named in honour of the physician, Joseph Eugène Gervais, the father of the oldest resident of Ville de Mont-Tremblant, Gaston Gervais, who passed away on January 22, 2003, at the age of 103 years; the Salle Anna-Archambault (room) in Curé-Mercure High School was named after Anna Archambault, the wife of Dr. Gervais; Daniel Lauzon Park was named after Daniel Lauzon, a native of Mont-Tremblant (Lac Mercier), an accomplished athlete who died at the age of 27. He was a courageous man who inspired others to fully live every moment of their lives; Saint-Jovite was named after the martyr of the same name. Saint Jovite, and his brother, Saint Faustin were martyred by Hadrian, the emperor of Rome from 177 to 136 A.D.

The Ville de Mont-Tremblant was founded on November 22, 2000. It resulted from the merger of the municipalities of Lac-Tremblant-Nord, Mont-Tremblant, the Paroisse de Saint-Jovite and the Ville de Saint-Jovite. However, with Bill 14 of the government of Quebec, which allowed citizens to have their say on the merger via a referendum held on June 20, 2004, the citizens of the former Municipalité de Lac-Tremblant-Nord decided to reconstitute their municipality. The reconstitution became effective January 1, 2006, by provincial government decree.

Over the years, Mont-Tremblant has become a renowned tourist destination during every season of the year and is frequented regularly by local Laurentianers as well. Cultural and sports events, music festivals, the casino and racetrack, great dining and ultimate accommodations make this part of the Laurentians the perfect get-away destination.

News

BÉBÉCOLO - for a Green Solution!

BÉBÉCOLO is a new program available for families of Mont-Tremblant that will now receive a grant when purchasing cloth diapers as part of an initiative aimed at reducing waste. Parents who participate in the program will receive a 50% refund of the purchase cost of cloth diapers to a maximum of \$ 100 per child 0-18 months of age.

"It's a great savings for parents and an important step that will reduce our carbon footprint. On average, it costs \$130 to bury one ton of waste. By re-directing the money back to the family, it reduces its residual ton (of materials) per child and it does not cost more to the municipality. This program therefore finances itself," said Mayor Luc Brisebois. "As the purchase of cloth diapers requires a bit of upfront investment, this program is a little interesting nudge for families who make this environmentally-friendly choice," said the mayor. "Therefore, BÉBÉCOLO becomes part of family policy as well as part of the sustainable development policy for the protection of the environment," argued Mr. Brisebois.

How to register

To obtain financial assistance from the Ville de Mont-Tremblant, parents must complete the registration form provided for that purpose, accompanied by the original invoice of cloth diapers made in 2014, proof of residence and a copy of the birth certificate of the child for which the request is made. In addition, parents will have to sign the environmental commitment of the city contract. Only one refund per child per invoice will be issued.

Procedure

To register for the program, parents may go to the environment service department at the city hall or send the application by mail to 1145 rue de Saint-Jovite, Mont-Tremblant, Quebec J8E 1V1. In the weeks following registration, a confirmation of eligibility and a cheque will be mailed.

Cloth-diapers: an eco-friendly choice!

From birth to potty, a baby uses from 5,000 to 7,000 disposable diapers, which represents up to one ton of debris to be buried. To produce that many diapers, five trees must be felled, 67 kg of crude oil and 25 kg of plastics must be used to produce all those disposable diapers, used by only one baby. A disposable diaper takes 200 to 500 years to decompose while a washable layer can be reused up to 200 times and totally decomposes in six months. The purchase of disposable diapers for one baby cost between \$1,500 and \$2,500 while the price of a set of cloth diapers and maintenance costs run between \$500 and \$1,000. Another benefit is diapers for a second child from the same family can be reused and therefore save even more money for his/her parents.

Several options are available to you !

Cloth diapers, made of bamboo fiber, cotton, terry velour, hemp or wool, are available on the market. Here are some places where it is possible to procure them: Miss Mom, Café au Lait and Walmart, all located in Sainte -Agathe -des- Monts.

For all information relating to BÉBÉCOLO program, simply call Environmental Services at 819-425-8614, extension 2604.

Health Care

Certified CPR/First Aid Course

Laurentians CARE will be offering a certified first aid /CPR course with Valery B. Hamel (Mesdemoiselles SURVIE), a certified facilitator from The Heart & Stroke Association on Sunday in the old Tremblant Village (144 Rue du Couvent - Salle des Loisirs) on March 2, between 9 am and 5 pm.

This workshop is limited to 12 participants and the cost is \$60. Please contact Laurentians CARE to reserve your place: toll free: 1 855-522-7372.



MONT-TREMBLANT

HEALTH • ARTS / CULTURE • ACTIVITIES

News

Two Mont-Tremblant Officers Receive Certificates of Honour

On February 4, two police officers of the City of Mont-Tremblant, Geneviève Paquette and Samuel Plamondon, received certificates for performing a



meritorious act, for saving the life of a teenager. Deputy Mayor, Theresa Barrette and Director of Police, Jean Desjardins proudly presented the certificates of recognition.

On June 23, 2013, these two officers responded to an emergency call where there was a young man of 15 years in cardio-respiratory arrest. "The young citizen was unconscious, had no pulse and was not breathing. Upon arrival at the scene, officer Geneviève Paquette, began resuscitation immediately while officer Samuel Plamondon used the defibrillator, three times. Following the electric shocks, the pulse of the victim returned to a normal pace. The paramedics then arrived on the scene and took charge of the adolescent. The policemen escorted the ambulance to accelerate transport to the Laurentian Hospital. The young man was then transferred to the Sainte-Justine Hospital, in Montreal. Two days after this event, the police department of Mont-Tremblant received a call from the health agency informing them that the young man was still alive and they no longer feared for his life. The person said that the initial efforts of the police officers saved the life of this teenager," testified the Director of Police Services, Jean Desjardins, during the presentation.

"You have both demonstrated good judgment and a great "know-how." Thanks to you, this family was re-united," said Deputy Mayor Therese Barrette.

"May your actions serve as an example and remain etched in our memories," are the words inscribed on both certificates.

The whole team of the City of Mont-Tremblant offers their most sincere congratulations to Jennifer and Samuel for their meritorious act!

Public Transport

A public transport system is offered from St. Jérôme to Mont-Tremblant. Please note that during the winter, weather conditions may interfere with certain routes, causing delays or cancellations. The security of passengers and drivers is a major priority and safety precautions must be followed at all times.



Call to Artists / Activities & Events

What to do in Mont-Tremblant

CALL TO ARTISTS: SYMPHONY ORCHESTRA OF THE LOWER LAURENTIANS

The registration period for the 2014 winter season is now open. If you are a musician or an intermediate amateur with fine mastery of an instrument, the **Symphony Orchestra of the Lower Laurentians** is joining with l'Harmonie Vents du Nord of Mont-Tremblant and the Théâtre musical de la Fondation MusicArt to prepare for a major extravaganza combining the arts of dance, theatre and music.

New musicians who will join the orchestra, already representing more than fifty musicians from the Laurentians, will have the choice to perform on Sundays in Boisbriand and / or Wednesdays in Mont-Tremblant. Registration/information:

Orchestre Symphonique des Basses-Laurentides: www.OrchestreSymphonique.com

La Fondation MusicArt: www.FondationMusicArt.com

Facebook: www.facebook.com/jeanf.reno

Harmonie Vents du Nord de Mont-Tremblant: www.VentsduNord.com

EVENTS AT TREMBLANT RESORT: 1000, CH DES VOYAGEURS, MONT-TREMBLANT, J8E 1T1, 1 866 356-2233, WWW.TREMBLANT.CA:

SATURDAY, FEBRUARY 15 TO SUNDAY, FEBRUARY 23

Washington Week - American School Break: Tremblant Resort. Welcome, American visitors! Many special activities planned both on and off the slopes to make your holiday week in Canada unforgettable.

FRIDAY, FEBRUARY 28 TO SUNDAY, MARCH 2

Races of the Quebec University Alpine Skiing Circuit, Tremblant Resort. Tremblant welcomes the Quebec university alpine skiing circuit on Erik Guay trail. GS races will be held on Friday and Saturday, slalom race Sunday. Laval, Montreal, McGill and Concordia universities will compete against each other during this 41st season of the circuit.

SATURDAY, MARCH 15

Local Hero, Tremblant Resort. Celebrate the marvels of the season with your friends and the staffers with the Adrénaline and Magasin de la Place boutiques. There will be a modified slopestyle event where you will be the judges: which boarders and skiers will compete for honors in the final to become the next local hero? BBQ, fun and camaraderie will be waiting for you. The only thing missing is you!

ALSO PLEASE SEE P 27: "FOCUS ON FAMILY" MARCH BREAK FEATURE.

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<p>JONES NEW YORK</p>			
<p>Hours</p> <p>M-T-W: 10 a.m. to 6 p.m.</p> <p>T-F: 10 a.m. to 9 p.m.</p> <p>S-S: 10 a.m. to 5 p.m.</p>	<p>TOMMY HILFIGER</p>		
<p>2450-2555, rue de l'Aulnaie Mont-Tremblant</p> <p>Intersection Hwy 117 and rue Latreille</p>		<p>MEXX</p>	
	<p>stokes</p>	<p>BCBGMAXAZRIA</p>	
<p>PUMA entrepôt</p>			
<p><small>* Non-outlet stores</small></p>	<p>Souris Mini</p>		

February 2014

main.street@xplornet.ca 21



About Food

Quinoa Greek Salad

Tiffany Rieder, Food Stylist, Chef & Recipe Developer - Main Street



Quinoa, arguably the reigning super food of the last few years is becoming a mainstay in the kitchen pantry. Quinoa, which is a seed, is prepared in the same way as a grain, and is often served as such. Unlike brown rice, quinoa takes no longer to cook than Basmati or Jasmine rice. Quinoa's high protein content makes it a great addition to a vegan or vegetarian diet. The following recipe is a meal in itself, but would do well as a side dish. I would serve it with a marinated pork loin or chicken breast. Just set aside a little vinaigrette in another container, and baste the meat just before cooking.

Recently I was looking for an interesting quinoa recipe on line when

I stumbled upon Bon Appetite's guide to common mistakes made when cooking quinoa. For simplicity's sake, I will just summarize what to do in order to cook it perfectly: Rinse quinoa in a fine-mesh strainer, as quinoa will slip through a regular colander. The quinoa-to-water ratio is 1:2, in other words 1 cup of quinoa for 2 cups of water. Add both to a medium saucepan, and bring to a boil. Turn heat down to low immediately, cover and cook for 15 minutes. Remove from heat. Drain the quinoa, once again, using a fine-mesh sieve. Return the quinoa

Quinoa Greek Salad

250 ml (1 cup) quinoa
500ml (2 cups) water*
1 ml (1/4 teaspoon) salt
1 medium tomato, diced
1/2 English cucumber, diced
125 ml (1/2 cup) kalamata olives, pitted, roughly chopped
1/2 yellow or red onion, diced
(3 oz) 100 g feta, diced

Vinaigrette:
60 ml (1/4 cup) lemon juice
125 ml (1/2 cup) extra virgin olive oil
2 cloves garlic, finely chopped
2.5 ml (1/2 teaspoon) dried oregano**
1 ml (1/4 teaspoon) dried mint
1 ml (1/4 teaspoon) dried dill
To taste, add salt, fresh pepper

to the pot, and let stand covered on the burner, which is now off, for another 15 minutes. This allows the quinoa to dry out slightly. Then fluff the quinoa with a fork, and serve, or let cool and use in a salad.

Cook the quinoa as directed above, and let cool. Add the cooled quinoa, tomato, cucumber, olives, onion and feta to a bowl and toss. Add the ingredients of the vinaigrette to a small jar with a tight fitting lid, and shake vigorously until homogenized. Set aside. Give it a few shakes just before serving, and pour it liberally over salad. Toss and serve.

*You can infuse the water used to cook the quinoa with herbs and spices, or replace the water with the same amount of broth. Try adding lemon, lime or orange zest to the water or whole spices that you remove once cooked.

**Dried herbs are convenient, but try using fresh herbs for the vinaigrette when able. Greek salad often call for green pepper, but my kids do not like it's bitter taste. I save the green for cooking, and use red, yellow and orange peppers for salads and crudites.



Tiffany Rieder: Food Stylist, Chef and Recipe Developer. www.wvstylisteculinaire.ca.



Strings & Things In the Market

Dale Beauchamp - Main Street

Before getting seriously interested in this stuff, I had no idea what to look for when purchasing a stringed instrument. While looks can grab your attention, you still have to "check under the hood." Even before starting your search you should give some thought as to why you're in the market. If you've been playing for a while, and are consumed with a love for making music, you're probably looking to upgrade. Unless you have an extra property you can unload, or, are retiring as a disgraced mayor of a large city, you can probably forget about buying a late 1930's Martin or mid 50's, Les Paul. But, if your budget for an acoustic has a bit of wiggle room, by all means consider purchasing a solid-wood instrument. If you're after an electric, you can often get great value from, for example, an Epiphone, and upgrade your electronics to get a darn close facsimile of a Gibson, at half the price or less. If you're just starting out, a few hundred dollars will get you something that will encourage, rather than discourage you in your new endeavor. Try to look for a solid wood top. Many imports now have them. Also, Quebec's own company, Godin, offers great value, with brands like Simon & Patrick, Art & Lutherie, Norman and Seagull; and they're built here. One of these, in the \$400 range, will satisfy anyone looking to get started. (They also have higher-end instruments that are played by the "stars").

Most factories ship instruments to the music store with a very basic "one-size-fits-all" set-up. That generally means that it won't be apt to buzz when any customer tries to play it off the rack. However, this isn't always the case. Any good music store can make quick rudimentary adjustments on the spot if something is out of kilter, although sometimes, a little more work is in order. In extreme cases, there may be a defect, such as a bad neck-set that requires returning the instrument to the supplier. Take your time trying different instruments. If you're patient, you'll notice differences in tone, neck-shapes and string spacing. You'll eventually find one that feels and sounds right for you. Keep your bill in case something's not right later on. Ask the salesperson about their guarantee and return-policies; there may be a bad tuner that keeps slipping, or a problem with the truss-rod or an issue with the pick-up selector switch a few weeks down the road.

We spoke about upgrading and the Epiphone electric guitar earlier... the same holds true for an acoustic guitar. More often than not, imported instruments come with plastic nuts and saddles. These can be replaced with natural bone or a popular synthetic product, Tusq. Both of these are much denser than plastic and will brighten your guitar's tone as well as increase its "sustain" (the duration of the note). Independent builders of quality, handmade instruments, usually opt for bone. If you're ever played a Taylor, the sound is great and generally, a Tusq has been used. Five-string banjos often have nuts made of pearl to help achieve that ultra-bright tone (commonly considered too bright for guitars). The only rule though, is that there are no rules; it all depends on what kind of sound you're after. I once put an ebony nut on a tenor banjo to get a darker tone for someone who wanted that.

A little footnote: before heading to a music store, get rid of any rings, zippers, belt buckles and the like that could scratch an instrument; the owner of the store will sincerely appreciate your thoughtfulness. Happy shopping!

Black History Month In Canada

February is Black History month in Canada, and our government invites all Canadians to participate in the festivities and events that honour the legacy of black Canadians past and present.

It is an opportunity to celebrate the many achievements of black Canadians who have contributed so much to the cultural diversity and prosperity of our country and served loyally and honourably in both the First and Second World Wars, in spite of the many barriers and restrictive recruitment policies they faced during those times.

Each year, Canada Post has issued special commemorative stamps to honour Black History Month in Canada. The 2014 series features two of the first communities of historic significance to black Canadians.

Africville was a community in Halifax, Nova Scotia, at the northern end of the historic Underground Railroad, composed of residents who had escaped slavery in the United States. It was a secret network of routes and safe houses that helped people escape slavery and reach freedom in Canada. The "railroad" began in the 1780s, and its peak function was between 1840-1860. The community struggled always for access to services and education and decent housing. In 1964, Halifax relocated 400 residents, ending the historical continuity of the community. More information is available at... <http://blackhistorycanada.ca/events.php?themeid=21&id=6>

Hogan's Alley, in Vancouver, was a four-block area forming the nucleus of Western Canada's first black Canadian community. From 1900 to the late 1960s it was an ethnically diverse neighbourhood, a vibrant destination for food and music, and the centre of the city's black families and businesses. Though small, it had a huge cultural impact on the city with a lively nightlife of blues, jazz and unique food. It, too, disappeared in the 1960s, to make way for new development. More information is available at many sites, including <http://jazzstreetvancouver.ca/events/17>.

It is a little known fact that Canadians of African descent were here before Samuel de Champlain's first voyage down the St. Lawrence in the mid-1600s and the number of prominent citizens who have contributed so greatly to the culture and renown of our country are too many to list here.

We salute this heritage.



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RELIGIOUS SERVICES



**Branch 171 Filiale
Morin Heights**

Feb. 15: 6 pm - Valentine's Day Supper
Feb 21: TGIF Smoked Meat Dinner.
Donation \$7.
Feb 22: 1 pm - Annual Snowball Game
followed by a warm-up bowl of chili.
Mar 15: 6 pm - St. Paddy's Day Dinner -
corned beef and cabbage. Donation \$15.
April 5: 6 pm - Italian Night Dinner.
Donation \$15.
For information on any event call
450 226-2213 (after 12 noon).

**Branch 70 Filiale
Lachute**

Feb 28: 6 pm - Smoked Meat Dinner, \$9
For information on any event, please call:
450 562-2952 after 2 pm.

**Branch 71 Filiale
Brownsburg**

Feb. 27: 7 pm - Card Party - All welcome.
Mar 4: 11:30 am - 1 pm - Soup Luncheon
Mar 16: St. Patrick's Day Brunch.
Everyone invited.
Bar/lounge is open on Fridays
from 3 pm - 9 pm.
2014 membership cards are available
at a cost of \$45 - hope to see some new
members on board in the new year.
For information, please call Sheila or
Trevor Holmes 450 562-8728.

**Branch 192 Filiale
Rouge River**

Feb 14: Happy Valentine's Day
Feb 15: 2 pm - General meeting
Feb 22: 5:30 pm - Valentine Supper
Feb 20: 2 pm - Ladies Auxiliary meeting
Cribbage every Tuesday night 7:30 pm;
cards on Wednesday at 1pm.
Darts will continue on Fridays of TGIFs
For more details call 819 687-3148.

MORIN HEIGHTS UNITED CHURCH
831 Village, Morin Heights
Sundays: 10:30 am - Weekly Services.
Coffee and conversation following service.

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

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or visit www.chabadsauveur.com

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale Lachute, pccweb.ca/mrmpc/
Rev. Dr. Douglas Robinson: 450-562-6797
Sundays: 10:30 am - Morning Worship -
Coffee hour to follow. All welcome.
Annual Lenten Services and Luncheons
on the theme: "Jesus' passion and death"

March 20: Rev Rd Buchanan
March 27: Rev.Cathy Hamilton
April 3: Rev. Paul Tidman
April 10: Fr. Terry Paquette
Lunch sittings precede/follow services.

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Sunday School: 10 am
Worship service: 10:45 am
Hymn Sing: 4th Sun each month - 7 pm

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH
757 du Village, Morin Heights
10 am music, Sunday School
Worship Service Sundays 11 am
Rector: Rev. Bryce Sangster 450 226 5307
email: wbsangster@hotmail.com

LACHUTE BAPTIST CHURCH
45 Ave. Argenteuil - 450 562 8352
Pastor Rénald Leroux
Sunday School - 9:45 am / Worship Service - 11 am

**ST. FRANCIS OF THE BIRDS
ANGLICAN CHURCH**
94 Ave. St. Denis, St. Sauveur 450 227-2180
Service Sundays 9:30. Rev. Bryce Sangster
450 226-5307 wbsangster@hotmail.com.

ST. SIMEON'S ANGLICAN CHURCH
445, rue Principal, Lachute
with Rev. Paul Tidman: 450-562-2917
Feb. 16: 10 am - Morning Prayer
Feb. 23: 10 am - Holy Communion

ST. ANDREWS EAST PRESBYTERIAN CHURCH
5 John Abbott Street, St. André d'Argenteuil
Info: 450 537-8560 Call for schedule.
Wednesday Prayer & Bible Study - 7 pm

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

**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.

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

HOLY TRINITY ANGLICAN CHURCH
12 Préfontaine St. West, Ste. Agathe
(corner of Tour du Lac and Préfontaine)
Rev. Canon Ralph Leavitt: 819 326-2146
Services every Sunday at 8 am
(Breakfast afterwards at a restaurant)
Also 10 am - music, Sunday school, coffee.
Christians of all denominations welcome.
Parking & elevator for handicapped.

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

ST. ANDREWS CHURCH, AVOCA
Feb. 16: 1 pm - Sunday services
March 23: 1 pm - Sunday services
April 16 - 1 pm -Midweek Easter Prayers
April 20 - 1 pm -Easter & Holy Communion

SAINT MUNGO'S CHURCH - CUSHING
Special dates to be announced

HARRINGTON UNITED CHURCH
March 9: 1 pm - Sunday services
March 19: 1 pm - Midweek Lenten Prayers
April 6: 1 pm - Holy Communion

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

LACHUTE UNITED CHURCH
232 Hamford Street, Lachute
Sundays: 10:30 am - Worship

ANGLICAN PARISH OF ARUNDEL & WEIR
Sundays: 10 am - Regular services at Grace Church.
Refreshments served in Parish Hall after the service.

Wed. March 5: 10 am -
An Ash Wednesday service will be held
at Grace Church.

Thurs. March 6: 2:30 pm -
A community study series for Lent titled
"Experiencing the Heart of Christianity." The series
will continue on following Thursdays at 12 chemin
Village, Arundel and will be jointly led by the
Reverend Georgia Copland of Arundel United Church
and Canon David Sinclair of Grace Church, Arundel.

Fri. March 7: 2 pm -
An ecumenical & bilingual service of prayer for the
World Day of Prayer will be held in Arundel United
Church. The women of Egypt have prepared this
service on the theme, "Streams in the Desert."
Refreshments will follow the service. All are most
welcome to attend - bienvenu à tous & toutes!

**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

ARGENTEUIL UNITED PASTORAL CHARGE
Rev. Cathy Hamilton
Regular Sunday services:
8:45 (Knox-Wesley, Grenville)
10:30 am: Lachute United
Call 450 562-6161 for information.

VICTORY HARVEST CHURCH
361 des Erables, Brownsburg-Chatham
Pastor Steve Roach 450 533-9161
Sunday Service 10:30 am
Call to confirm:
Wed 7 pm Prayer/Bible Study

**ANGLICAN CHURCHES
ALONG THE OTTAWA RIVER**
Holy Trinity, Calumet, St. Matthew's, Grenville.
Holy Eucharist: 9:15, alternating locations.
Holy Trinity, Hawkesbury - Holy Eucharist at
11 am every Sunday with Rev. Douglas
Richards (613 632-2329). Call the parish office
at 613 632-9910 for more info.

LOST RIVER PRESBYTERIAN CHURCH
5152 Lost River Road, Lost River
Services start 11 am: Eveyone welcome.

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819 687-3331
Rev. Georgia Copland
Sundays: 10 am - Worship service.

** There is no wheelchair access during winter.
We apologize for the inconvenience.

**ROUGE VALLEY PASTORAL CHARGE -
AVOCA UNITED CHURCH**
Jan. 26: 1 pm - Sunday Worship Service.

**PARISHES OF THE
LOWER LAURENTIANS**
All services are bilingual with gospel/bluegrass
music. All denominations welcome and we
look forward to seeing you and your family.

ST. AIDEN'S - WENTWORTH
86 Louisa Rd - Louisa

Feb 16: 10 am - Holy Communion
Mar. 16: 10 am - Morning Prayer
Apr. 6: 10 am - Morning Prayer
Apr. 20: 10 am - Easter Sunday -
Holy Communion

ST. PAUL'S - DUNANY
1127 Dunany Rd. Gore
Apr. 20: 2 pm - Easter Sunday,
Holy Communion

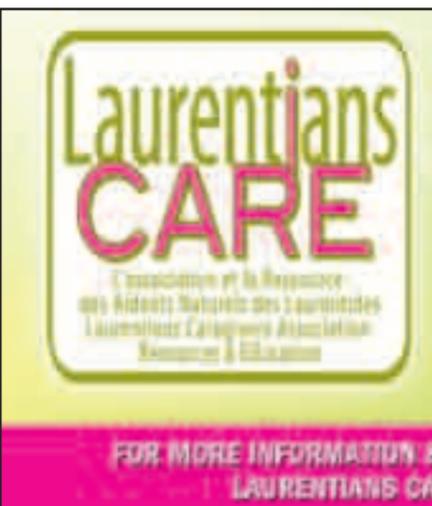
HOLY TRINITY - LAKEFIELD
4 Cambria Rd, Gore
Feb. 23: 10 am - Morning Prayer
Mar. 23: 10 am - Holy Communion
Apr. 18: 10 am - Good Friday:
Stations of the Cross

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Mar 9: 10 am - Morning Prayer
Apr. 13: 10 am - Morning Prayer

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



PAIX: To fend off violence!
You love your children, your partner, your family! You want to
avoid exposing them to violence! So stop and think... Do you
need help? PAIX is there to help you. To register for a group:
819-326-1400 or 1-800-267-3919 www.organismepaix.ca



**Laurentians
CARE**
Homecare Assistance
Care in a Residence
Accompaniment,
Supervision & Mobility Stimulation
Employment opportunities for Caregivers

For more information & registration please contact:
LAURENTIANS CARE AT 855.522.7372

**The 4 Korner's Family Resource Center is now open
in Sainte-Agathe-des-Monts**



Visit the office on Tuesdays from 8:30 am to 4:30 pm
to find health and social services in English.
Do you want to stay informed about what is happening
in the English Community? Send us your email address.
We are a cornerstone of the community!
50, rue Corbeil, Sainte-Agathe-des-Monts
Call us anytime at 819-324-4000 ext. 4330 or 1-888-974-3940
www.4kornerscenter.org kim@4kornerscenter.org



Serving families, youth,
and seniors in the
community since 2005



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ALCOHOLICS ANONYMOUS
ALCOHÓLICOS ANÓNIMOS**
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1 877 790-2526
Internet: www.aa87.org

**Gambling problem
in your family?**
Gam-Anon might help parents and
friends of compulsive gamblers.
514 484-6666 - 1 866 484-6664
www.gam-anon.org



Emerging Artists: do you have a project in mind?

The Carrefour Youth Employment agency in Argenteuil can guide you. Éric Poulin, the agent from Carrefour jeunesse-emploi (CJE) d'Argenteuil, would like to help young emerging artists to find the way to realizing their artistic project. Scholarships, awards, financial aid, links to agencies and courses; there are several resources available to help emerging artists and enable them to become professionals. It's free, easy and accessible. Please contact Eric at 450 566-5766 for an appointment.

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.

Gore Seniors Network

EAT & GREET: Takes place every last Monday of the month at 12:30 pm at the Trinity Community Centre, 2, Cambria Road in Gore. For more info contact Cécilia at 450 562-2161

Dany's Book Club

A monthly meeting including lively discussion and exchange of ideas about books. General area of Ste. Anne des Lacs. 450 224-5469.

Trinity Valentine Lunch

Saturday February 15: 12 - 2 pm
United Church Hall, 831, Chemin du Village Morin Heights
Home-made soup, sandwiches, squares, tea/coffee
Home-baking, gifts and draw tickets. This is a benefit event for Trinity Church Altar Guild. Adults \$7, Children \$3.



4 Korner
FAMILY RESOURCE CENTER

4 Korner News & Events

Kim Nymark - Main Street

The 4 Korner Family Resource Center is now open in Sainte-Agathe and Lachute.

Visit the offices on Tuesdays from 9 am - 3 pm. to find health and social services in English. Do you want to stay informed about what is happening in the English Community? Send us your email address. We are a cornerstone of the community! 50, rue Corbeil, Ste. Agathe and 508, rue Principale, Lachute. Call us anytime at 819 324-4000 ext. 4330 or 1 888 974-3940. www.4kornerscenter.org, kim@4kornerscenter.org.

New satellite office in Lachute

4 Korner Family Resource Center, a non-profit charitable organization dedicated to providing individuals and families living in the Laurentians with English information, resources and services, has opened its 2nd satellite office.

On January 30, the satellite office officially opened in Lachute at 508, rue Principale. This office is the result of the collaboration with partners around the Laurentian English Services Advisory Network Argenteuil (LESANA), the MRC d'Argenteuil, the city of Lachute, MNA Roland Richer and the hard work of dedicated volunteer, Ms. Edith Ury.

We are proud to be able to provide referrals and specific information to the Laurentian population. Our collection of pamphlets describing various English programs and services available in the region is constantly growing. Our knowledgeable staff can help you find what you are looking for and refer you to an appropriate service. We are constantly updating our health and social services directory, which includes a comprehensive list of services available in English throughout the Laurentians.



Gertrude Dore, Edith Ury and Sheila Eskenazi

On the occasion of the office's grand opening, the Senior Action Quebec (SAQ) honoured three dedicated Laurentian volunteers: Gertrude Dore, Edith Ury and Sheila Eskenazi. Each one has devoted many hours to their respective communities. The SAQ took this opportunity to recognize and thank them.

Our new Lachute office is open on Tuesdays from 9am to 3 pm.

For more information, please contact Kim Nymark or Edith Ury at 1 888 974-3940 or by email at info@4kornerscenter.org.

Thursday, March 13: 7 pm - Free English conference on Discipline, Child's Play

To live in harmony with your child, it is important to establish a strong bond of attachment and trust. When a child feels loved, valued and secure, when he sees that we believe in him and we can share moments of pleasure, he wants to collaborate and be a part of a relationship where everyone is attentive to each other's needs. Do not look any further; this is child's play.

The speaker, Brigitte Racine, defines what is meant by incentive-based discipline. By providing concrete and effective strategies, she warns parents against the negative effects of punishments and rewards. She emphasizes the benefits of remedial action, which brings out the best in your child thereby promoting family harmony.

The CHU Sainte-Justine, in collaboration with the 4 Korner Family Resource Center, will present this free, English conference at the St. Eugène Church, 148, Watchorn Rd., Morin Heights). **Mandatory registration: 1 888 974-3940 or by email at: kim@4kornerscenter.org.**



The Reverend Bryce Sangster, Frank Hollis - Rector's Warden, Ed Knight - People's Warden from St Francis of the Birds Anglican Church in St Sauveur presented a check for \$1000.00 to Maison des Jeunes. This money is a donation towards their Educational Resource Materials, generously donated by the St Francis Outreach Dinner participants.

ENGLISH COMMUNITY NEWS

To find out what is going on in and for the English community in the Laurentians, go to: <http://www.csss-sommets.com/english/70/English.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.

BADMINTON!

Join this group of ladies Mondays and Fridays at 9:15am at the St. Adolphe d'Howard Community Center on Rue de College. For more info call Betty Reymond at 450 226-6491 or Robin Bradley at 819 327-2176.

Come join us at Trinity Church Hall, 12 Préfontaine West, Ste. Agathe, Monday, Feb. 24 at 1:30 pm for:

HEATHER DARCH

Quebec Anglophone Heritage Network

Heather Darch, curator of the Missisquoi Museum in Stanbridge East, will describe QAHN, an umbrella group helping Anglophone community organizations protect and promote their history and heritage. Ms Darch will describe a project she coordinated called The Identity of English-speaking Quebec in 100 Objects.

She will also discuss her current project called Security for Heritage Organizations and Workshop Initiative.

The Club meets on the 4th Monday of every month, September through May (except December). Annual membership is \$25 per person. Guests \$10 per meeting. Come along and bring a friend. For those who are joining or renewing, please come early to help ease congestion at the door.

To learn more, visit our facebook page www.facebook.com/LaurentianClubofCanada or contact us at TheLaurentianClub@gmail.com.

LAURENTIAN CLUB OF CANADA



Laurentian Region Cancer Support Group

Groupe de Soutien du Cancer de la Région des Laurentides



February 2014 meeting for cancer patients, families and caregivers is SATURDAY AFTERNOON February 15 - 1 pm GROUP DISCUSSIONS St. Eugene Hall (rear entrance) 148 Watchorn, Morin Heights

NEXT MEETING: Saturday, March 15, 1 pm

Meetings are conducted in English ADMISSION IS FREE

For more information about meetings and the group's other services call June Angus 450-226-3641 Email: cancer.laurentia@yahoo.ca PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

DO YOU HAVE THE FLU?



Trial subjects sought for influenza treatment



We are looking for people currently experiencing **flu symptoms** to participate in our study.

If you are **aged between 18 - 64** years and your **flu symptoms started within the last 40 hours** then you may be eligible to participate.

Participants in the clinical trial will receive reimbursement for their travel expenses.

Call today for more information:



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450-420-0270

or email us at

mmallet@omnispec.ca



Child Fitness Winter Sports Injury Prevention

By Efrat Laksman, co-owner
Gym Action Fitness, St. Donat - Main Street

Winter sports such as skiing, snowboarding, sledding and skating are great activities for the whole family. Breathing in the cold air, playing in the white outdoors and the crunch of the snow under our boots is fun and exhilarating, but can also result in many injuries. Downhill skiing, for example, targets the knees; they are in constant contraction during a descent. Skating requires balance. Cross-country skiing is intense and targets the cardiovascular system. Inhaling cold air increases the intensity of the exercise and makes breathing more difficult.

Young kids should always be supervised, as it is easy to slip and twist an ankle, knee, back or neck. We know that children of all ages tend to start competing and daring each other when adults are not around. Don't just be around, join in and burn some calories. It is worth investing the money for a few lessons to develop the skills with a qualified instructor. We definitely don't want to pass on our errors to our children, when teaching them how to slow down while downhill skiing! Jumping is the most common cause of spinal and neck injuries among snowboarders and skiers. Don't attempt it, and forbid your children to perform stunts, if you have not been taught by a pro.

Similar to jumping, is falling! Learn how to fall correctly. There are too many factors out of our control and the likelihood of falling is quite high. Knowing how to fall properly is one way to avoid an unsafe collision. The softest parts of the body to fall on are of course the behind and on our side. Of course, if you have proper equipment, falling will be safer so ensure you wear proper padding and helmets. Personal equipment includes sunscreen for face and nose, dressing in layers, headbands and eye protection. If a slope is too steep or exceeds your level, take off your equipment and walk down the hill sideways.

The key to successful skiing and snowboarding is control. To have it, you must be aware of your technique and level of ability. The terrain, and others around you must also always be taken into consideration. Being in good shape will help prevent injuries. Ensure your children warm up properly and stretch at the end of each activity. Stay active all year round, vary your activities, and your body will be able to perform better. Have fun!

Entrepreneur Finally Gets Her Own Stables with Fierce Determination

"No," isn't in the vocabulary of Laura Mitchell. To realise her life-long dream she couldn't *ever* accept that it wasn't possible. At the end of 2013 Laura bought her own stables but not without a long struggle of searching & negotiating.

Laura began riding at 6 years old, following in both her mother's and grandmother's footsteps. From then on she was a bona fide barn rat, spending all weekends and holidays with horses, competing during the summer and teaching as a part-time job throughout her studies. Laura graduated from McGill University in 2005 and then travelled out west to Calgary to spend some time reflecting on her future. But the horses began to beckon and whinny. She spent the year working in stables around Spruce Meadows and decided she should follow her passion, but not without resistance from family and friends. She then came back east to obtain a Certificate in Equine Management from the University of Guelph in Kemptville and her coaching certification from Equine Canada. Now, the real world of the horse business began.

Laura worked in several stables gaining experience in all facets of the business, creating contacts and starting to make a name for herself in the area. All the while she was searching for the right kind of stables where she could build her own business. What was her vision of the "right" kind of stables? They needed to have both an indoor



and outdoor arena, several paddocks for grazing, at least 20 stalls and of course, a lounge for her customers to relax and socialise.

Laura finally located the ideal stables in Bellefeuille / St. Jérôme set on 11 acres and fulfilling all of her criteria, and it was for sale. She thought her struggle had finally ended when in fact it had just begun.

It took Laura eighteen months to convince the owner to lease her the stables, but in January 2013 she was delighted finally to be able to move her customers to the new facility. They range in age from 5- 75 years old, from raw beginners to adults who want to re-start riding but might be a bit fearful, to riders who compete on the regional and provincial circuits.

In the fall of 2013 the second part of the struggle began with endless tough negotiations to buy the stables. Armed with a guaranteed loan from the Financière Agricole she finally closed the deal on November 28!

Owen Campbell, her husband, who is an electrician, has quickly become *Mister Handyman* around the stables. Meanwhile, her customers are happily celebrating in the riders' lounge so if you want to join the fun contact:

Laura Mitchell Equine Services on Facebook or call: 450-566-5275.



SADC
Société d'Administration
des Laurentides

NOTICE OF APPOINTMENT

The SADC des Laurentides is proud to welcome **Sylvie Bolduc** as its new General manager.

After serving more than 23 years as a business manager with various recognized companies, Mrs. Bolduc worked as a corporate consultant for the SADC for almost 5 years. This allowed her to work closely with key business representatives and entrepreneurs in the region, but, most importantly, it helped her gain valuable experience and knowledge about regional economic challenges. The vast business experience and management expertise that Mrs. Bolduc adds to the SADC des Laurentides is sure to help the organization reach its objectives.

We wish you much success, Sylvie!

450-229-3001 | 1-888-229-3001
sadclautentides.org

What, oh WHAT to do Over March Break?

WITHIN THE LAURENTIANS

SATURDAY, MARCH 1 TO SUNDAY, MARCH 9: Tremblant Resort

Activities and entertainment organized for spring break. The Tremblant Snow School has a variety of programs for all ages and levels, for a safe and fun vacation on the slopes.

Meet Toufou: every day, 3 pm at Croisée des chemins.

Come and meet our mascot Toufou! Get an autograph and take pictures of the most famous white-tailed deer around.

Crazy Games: Monday to Friday, 3:30 pm - 4:30 pm at Place Saint-Bernard.

The whole family is invited to participate in team games

Saturday Night Fever: Saturdays, starting at 7 pm at Place Saint-Bernard.

Get ready to dance your heart out to our DJ's music mix on our open-air dance floor. Entertainment and upbeat music for the whole family. **Tremblant Resort:** 1000, chemin des Voyageurs, Mont-Tremblant. 1 866 356-2233, www.tremblant.ca.

WEDNESDAY MARCH 5

Geronimo Stilton: 10:30 am at the Mont-Laurier Library

It's school break! Children from 6 to 12 years old are invited to read, have fun and laugh with the one and only Geronimo Stilton! (In French only). Free admission. **Mont Laurier Library:** 385, rue du Pont, Mont-Laurier: 819 623-1833 www.villemontlaurier.qc.ca/services-municipaux/module-qualite-de-vie/bibliotheque.html

SATURDAY, MARCH 8

Reptile Exhibition: Lachute

Come visit Monsieur Reptile's educational reptile zoo. Carrefour Argenteuil 505, Bethany, Lachute. 450 562-5205. www.carrefourargenteuil.com

SUNDAY, MARCH 9

Family Sunday at the Museum

A guided tour of the art exhibition plus a creative workshop for children; 2 pm to 4 pm. March 9 exhibition: Alain Laframboise, workshop: museum in a box. Rates: \$10 for 3 persons and \$5 more for each additional person. Registration mandatory. **Musée d'art contemporain des Laurentides** - 101, place du Curé-Labelle, St. Jérôme. 450 436-1512, ext. 3315 | www.museelaurentides.ca

OUTSIDE OF THE LAURENTIANS

Montreal International Children's Film Festival: March 1 - March 9

For an incredible school break, the FIFEM offers over 50 of the best movies for children: comedies, drama and animation from the four corners of the globe, not to mention film education workshops and meetings and autograph sessions with actors and directors. Cinéma Beaubien, 2396, rue Beaubien E. Mtl. 514 967-8893

Les Trois Jours de Casteliers: March 6 - March 9

An international puppet festival showcases performances featuring artists from around the world. Théâtre Outremont, 1248, rue Bernard W. Mtl. 514 270-7779

Rideau Canal Skateway - weather permitting

World's largest skating rink! For information and ice-conditions call 613 239-5234.

Canadian Museum of Nature: March 1 - 16, special for Spring Break - "Live the Science" Cast a dinosaur fossil, prepare plant specimens or create a mini diorama. **Museum:** 240 McLeod Street, Ottawa - 613 566-4700.

Disney Land - a favourite destination for the entire family. Build your own vacation package. Lake Buena Vista, Florida. 1 407 939-5277 or Disneyworld. disney.go.com.

Botanical Gardens: This magnificent garden includes Chinese, Japanese and First Nations gardens, greenhouses, a touch garden with braille labels for the blind, alpine garden, arboretum and more.

If you're a Montreal resident you can get the Accès Montréal card for \$8 yearly which offers discounts on entry fees for these installations and many other local services and attractions. **4104 Sherbrooke East:** Metro Pie-IX, 514 872-1400 Schedule and rates vary throughout the year.

Biodôme: Four eco-zones: tropical forest, Laurentian forest, polar world and St. Lawrence marine ecosystem. Essentially, this is an indoor zoo, recently renovated with new interactive info-terminals. **4777 av. Pierre de Coubertin:** Metro Viau, 514 868-3000. **9 am - 5 pm.** Rates vary and can include package deals with the Botanical Garden, Planetarium, Insectarium and Olympic tower.

Insectarium: A bug's world. Popular field trip for schools. **4581 Sherbrooke East** (inside the Botanical Garden), Metro Viau or Pie-IX, 514 872-140. The Insectarium is inside the Botanical Garden and access is included with some Botanical Garden tickets.



\$13 SUNDAYS!!

SUNDAY NIGHTS

\$13

Every Sunday starting at 3:00 pm.
\$13 ticket / Rental equipment \$13.
For all age categories. Plus taxes.

TAMARACOUTA SCOUT RESERVE
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MARCH BREAK CAMP
March 3 - March 7

We offer a fully animated program for all youth to enjoy. Crafts, games, survival, sports and FUN!!

Fully heated facilities, catered meals and amazing animators will make this an experience of a lifetime!

Register by Feb 28

ASK ABOUT OUR FAMILY DISCOUNTS!

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Boys & Girls 6-13
Monday to Friday
8:30am - 4:30pm

Residential Camp
Boys & Girls 8-13
Includes accommodations & all meals, Monday lunch through Friday lunch

Activities

- Crafts
- Cross country skiing
- Snow shelters
- Outdoor games
- Snowshoeing
- Hiking
- Survival
- Tubing
- Movies
- Friendship
- FUN!

Register by email at reservations@tamaracouta.com or call 1 866 438-4096. Space is limited so please do register soon.



Colours Threading the Generations

By Jane Marengi

"I feel like the Grandma Moses of cross-stitch!" This was the remark made by my 84-year-old mother when the possibility of an exhibit of her work became a reality.

The beauty and relaxation brought about through the art of needlework has threaded itself throughout her life since childhood. Growing up in Alexandria, Egypt, in an aristocratic Greek environment, created a setting where the women of the family spent much of their time creating beautiful, fine needlework, sometimes even incorporating threads of gold. My grandfather's family was in the cotton business and produced the raw material used for the creation of these pieces.

Cross-stitch was commonly used to make table centerpieces or runners, amongst other things. After retirement, my mother decided to renew some of the pieces she had inherited from her grandmother and great aunts and that was when an inspiration took hold. She started applying the techniques she had learned as a young woman at the Arts Déco in Paris, using textile drafting to create her designs. Her greatest pleasure was, and remains, the point when colours are selected and laid out like a palette of paints.

As you will see, this joy in the art of applying colour connects many of the women in this family. Her mother was a master of colour in her creation of smocked dresses (sold to such stores as Liberty's of London and to such people as the cousin of King Farouk of Egypt as well as British royalty). This mastery is one of the many aptitudes that have been passed down to the grandchildren.

In her initial pieces, inspiration came from nature. Flowers, butterflies and birds were common themes. However, at one point, there was a shift in interest. My teenage niece decided to step into an adventure and accepted a position as a nanny, in Italy. She was exploring photography at the time and took some photos that she sent back to us. One of these so pleased my mother that she decided to try to replicate the theme in a cross-stitch. And so another adventure was born.

From that point she used her many overseas voyages to inspire unique interpretations of the places that spoke to her. She also used the creations of another granddaughter whose preferred form was through mandalas...much colour there again.

It is quite wonderful to be able to actually see the threads that link the various times and people in a family. We often come across the results of searches in the form of family trees. This one is threaded through colour.

kia.ca >

15TH ANNIVERSARY SALE

THROWBACK PRICING

PAYMENTS LIKE THEY WERE 15 YEARS AGO

BEST NEW SUV

(35,000 - \$60,000)



Sorento SX shown

THE NEW 2014 SORENTO

hwy / city 100km* 7.1L/10.4L

THROWBACK PRICING

WAS \$157 **\$122** BI-WEEKLY for the first 15 MONTHS

6-SPEED AUTOMATIC 0% financing

Includes Variable Throwback Pricing Incentive. \$122 bi-weekly payments include \$1,120 Throwback Pricing Incentive. Payments are based on 2014 Sorento 2.4L LX AT FWD (SP578E). 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to \$157. Principal balance of \$3,154 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*



Sportage SX Luxury shown

THE NEW 2014 SPORTAGE

hwy / city 100km* 7.0L/10.0L

THROWBACK PRICING

WAS \$144 **\$97** BI-WEEKLY for the first 15 MONTHS

1.49% financing

Includes Variable Throwback Pricing Incentive. \$97 bi-weekly payments include \$1,504 Throwback Pricing Incentive. Payments are based on 2014 Sportage LX MT FWD (SP51E). Financing for 84 months. Offer includes \$750 loan credit. After 15 months, bi-weekly payments increase to \$144. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*



Rondo EX Luxury shown

THE ALL-NEW 2014 RONDO

hwy / city 100km* 6.2L/9.4L

THROWBACK PRICING

WAS \$126 **\$86** BI-WEEKLY for the first 15 MONTHS

0% financing

Includes Variable Throwback Pricing Incentive. \$86 bi-weekly payments include \$1,280 Throwback Pricing Incentive. Payments are based on 2014 Rondo LX MT (SP51E). Financing for 84 months. Offer includes \$750 loan credit. After 15 months, bi-weekly payments increase to \$126. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

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\$13.99

2 SMOKED MEAT

\$9.99

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10" SUB OR SPAGHETTI

\$4.99

Tuesday

CLUB SANDWICH OR FISH & CHIPS

\$7.49

Wednesday

PIZZA CHICKEN

\$4.49

Thursday

PITA/GYRO

\$3.99

Friday

PIZZA

\$1.99

Every day

APPLE PIE

\$.69

Safe Practices While Snowmobiling Guarantee Success!

In recent years, the sport of snowmobiling has been constantly evolving and adapting to new realities. Tighter rules, regional discussions, awareness and increased monitoring are part of measures to improve the framework for the practice of this activity to make it more respectful of residents and safer for users.

For a safe and enjoyable practice promoting harmonious co-existence with local residents, it is critical that snowmobilers adapt responsible behaviors including respecting speed limits and hours of traffic regulations, by wearing a helmet at all times and by refraining from driving while impaired. It is also essential to avoid crossing any unsafe water.



Signs are important, both on the trails and on the road. They are there to give you a wealth of useful information, essential to everyone's safety. Snowmobilers must pay attention!

The Law regarding off-road vehicles provides for serious fines to offenders:

- \$100 for not wearing a helmet.
- \$500 for, in the case of an adult, allowing a child under 16 years to drive a snowmobile.
- \$100 for, in the case of a driver 16 or 17 years, operating a snowmobile without holding a certificate of competence .
- \$500 for, in the case of an adult, allowing or tolerating a driver 16 or 17 years to drive a snowmobile without holding a certificate of competence.
- \$100 for illegally driving a snowmobile on a public highway.
- \$250 for a modified exhaust system of a snowmobile.
- \$500 for selling a non-compliant exhaust system.
- \$400 for driving on private property without the owner's permission or, in the case of being the owner of the snowmobile, allowing or tolerating another driver using his/her machine to pass on private property without the permission of the owner.
- \$250 for driving a snowmobile on an accepted public road but without holding a valid driving license.
- \$100 for illegally circulated within 30 m of a dwelling without the owner's permission or within 100 m, in the case of a new footpath after December 31, 2011.
- \$100 for circulating the trails at night, between midnight and 6 am, unless a settlement of a MRC allows different hours of traffic .
- \$250 to own a snowmobile without a valid liability insurance of at least \$500,000.
- \$100 for consuming alcoholic beverages on a snowmobile or on a trailer or a sled towed by a vehicle.
- \$250 for an altercation with a peace officer or a trail supervisor.
- \$250 for refusing to obey an order to stop.
- \$250 for any speed or any act likely to endanger the life or safety of persons or damage property when using a snowmobile, sled or trailer towed by such a vehicle.

In terms of fines for speeding on a snowmobile, they are progressive:

Maximum speed permitted: art.27: 70 km/h

Fines: 90 km/h = \$65 and 120km/h = \$275.

*** Additional charges are not included in the above fine amounts ***

Other safety-practices include not walking alone and to notify a relative or a neighbor of your route and expected time of return. If you get lost, stay calm and make sure others can see you by leaving your snowmobile headlights turned on. It is strongly advisable to carry a survival kit when starting a hike. This kit should contain a basic set of tools, spark plugs, first aid items, a knife, a nylon rope that can be used for towing, a saw or an ax, a map and compass (and / or GPS), matches in waterproof wrapping, flashlight, whistle and a treated aluminum cover.

During long trips, you can also bring a pair of snowshoes, light signals, a rescue shelter (tent or tarp) and high-calorie foods, such as chocolate and dehydrated food bags.



Healthy Channels Bronchitis and Acupuncture

Christopher Garbrecht, Ac. - Main Street

This month I would like to keep writing about lung problems because the winter is when I see the most patients for these types of problems. This time I will be explaining about bronchitis, which is a fairly common problem people can have after a cold or the flu.

Bronchitis is an inflammation of the bronchial tubes, which is the connection for the air between the trachea and the lungs. The inflammation makes breathing more difficult, because the lining of the bronchial tubes becomes swollen and produces a large amount of mucus. These factors also create a deep cough. For most people, bronchitis can last from 2 to 3 weeks and then goes away. The cough, however, can last a bit longer. Bronchitis happens most commonly during the fall and winter, mainly because it often appears after a cold or the flu. A virus most frequently causes bronchitis, therefore it is contagious and antibiotics are not prescribed. It is also important to keep in mind that bronchitis can also be a sign of asthma and that bronchitis can become worse and turn into pneumonia.

The symptoms of bronchitis are a deep cough, which is often worse when lying down or when the air outside is cold and dry. The expectorations can be clear, yellow, or green. Sometimes there can also be a general unwell feeling with shivering, tiredness, loss of appetite, headaches, and physical soreness. Often there is chest pain and a feeling that the lungs are tight, which can create a state of shortened breathing. Even if bronchitis generally heals itself within 2 to 3 weeks, it is a good idea to consult a doctor, especially if there are other symptoms such as a strong and sustained fever, difficulty breathing or choking when lying down, blood in the expectoration, a strong pain in the chest, and/or a general feeling of tiredness that gets worse over time.

Children and the elderly are most at risk of having bronchitis. Anyone with an immune system weakened by chronic stress or another disease is also at risk. People with asthma, chronic bronchitis, emphysema, or heart problems should also take precautions.

The best prevention is to not smoke. Also be careful of the quality of the air you breathe, whether from second-hand smoke, wood-fire stoves, or smog in the air. It is a good idea to reinforce your immune system with rest, physical exercise, and good food. Also, the best way to prevent colds and the flu is to wash your hands frequently, touch your face as infrequently as possible, and stay away from confined spaces where someone is sick. For a nocturnal cough, it is best to use a humidifier in the bedroom and keep the level of humidity in the air around 30 to 50%. It is also important to drink at least 8 cups of water and hot liquids per day. Taking a hot bath can also help. Cough syrups are actually not recommended for bronchitis and never for children, as the cough helps to get rid of the mucus and the virus. If sleeping is too disturbed however, a cough medicine can be useful in bringing relief.

Acupuncture can help in prevention, by strengthening the immune system and reducing stress. It is also useful as a treatment in helping to reduce the inflammation, strengthen the lungs, and ease the cough.

Acupuncture info: see my blog at acupuncturevaldavid.blogspot.com or call me at 819-322-3081.

Games & Puzzles Sudoku

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

January answers

6		7	3			5	9	
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	1	4				5	8	9



The Story Behind The Senate and Corruption

Joseph Graham - Main Street,
joseph@ballyhoo.ca

An old adage says power corrupts and absolute power corrupts absolutely. When power is concentrated in too few hands, we suffer and it is always in our interest to fight the tendency power has to corrupt our leaders. We can do that only by making sure that power is shared. We are lucky in Canada that we have many levels of government and media sharing power, fighting each other, and keeping each other accountable. In light of that, is it time to reconsider our Canadian Senate?

In sixth-century England, the king depended upon advisers called Witen, aristocrats and wise men, for help in governing. Under the Normans, this group eventually became the parliament. By the 1200s, its members included representatives of towns and counties as well as the original aristocrats. King John, the absolute ruler, was also ruler of Anjou in France. England was simply a part of his domain, but in 1204 he suffered a defeat, losing Anjou to the House of France. He reacted by increasing taxes and demands upon his English subjects to finance a war to regain Anjou, but the English aristocrats objected. We remember John today as the evil king in the stories of Robin Hood, and as the king who was forced to sign the Magna Carta, limiting his power. By the 1300s the representatives of towns and counties formed a separate assembly called the House of Commons and the aristocrats maintained their power in the House of Lords.

In the 1640s, the people rebelled and set up a republic under Oliver Cromwell, but it did not last and a new king, Charles II, and the House of Lords were reinstated with the king's role further diminished, leaving virtually all the power to the lords. Their house would maintain a veto, which it lost only in the early 1900s.

In the early Canadian colonies, the governor, representing the king and parliament, named a legislature to advise him. The legislature comprised community leaders, similar in some ways to the aristocrats of England, but in fact they were leaders of industry and commerce. Under the legislature was the House of Assembly, set up to hear what the common people had to say. It was an elected body modeled to some degree on the British House of Commons. In both, voters had to be property-holding males, but here in Canada, that meant the majority of men could vote, while in Great Britain most people were still tenants living on ancient private feudal estates and could not vote. During that period the Canadian House of Assembly was more representative of the people than was the British House of Commons.

When proper representative democracy began here in 1848, the House of Assembly gained the power to choose who would become the prime minister and who would form the cabinet, but that did not eliminate the governor or the legislature. After Confederation, the Assembly became the House of Commons and the legislature became the Senate. Over time, virtually all power was transferred from the governor to the prime minister, and the House of Commons took over naming people to the Senate.

As with the House of Lords in the UK today, senators are not elected. In our case, they are named to represent the various provinces. Because in principle they are chosen for their experience, they form a unique body that has the capacity not only to share thoughts on new legislation but also to introduce laws for consideration by the House of Commons. People criticize the Senate because it is not elected and because it seems like an expensive, redundant, antiquated institution, but in fact, aside from the very inappropriate, even cynical appointments made to the Senate by the current prime minister, most of the time senators are much more qualified and capable of assisting in the governance of our country than are the members of the House of Commons. This is so for three reasons. Firstly, they were chosen for their proven qualities, not in a popularity contest but by governments that, historically, were not contemptuous of our political institutions. Secondly, they do not have to face re-election. Their assistants are directed towards research rather than towards what the polls are saying. Thirdly, they are ultimately only an advisory body that, therefore, does not risk being corrupted by power.

We have always depended on another check on power, the media, with outlets such as this newspaper. Today, however, powerful corporations have consolidated most newspapers and other national media to the point where they are no longer a reliable safeguard. Editors are no longer allowed to express their own opinions. It is not surprising that the corporate owners of these media outlets are often among the most motivated to eliminate the Senate and other safeguards, because the corporate leaders have become way too powerful. They have crushed the union movement, eliminated productive jobs by hiring cheaper workers in poorer countries and are focused upon exploiting our natural resources as though doing so is creating wealth, when in fact it is simply stealing our common property.

Coupled with this, they have taken control over the members of the House of Commons through massive media blitzes that destroy any political group that wishes to fight for our rights. Their objective is to reduce our party system to two virtually identical parties, just as they have succeeded in doing in the UK and in the United States.

That brings us back to the adage that power corrupts.

This is not the time for us to insist on any major changes in our governance. There is too little power in the hands of the people and any change will only aid the powerful. It is time, instead, to overcome our cynicism and stand up to those who are abusing power, to become involved in the political parties and to make sure we are heard.



I'm Just Saying On the Road to Nowhere

Ron Golfman - Main Street

A once proud people, so many Québécois have lost the memory of what it was like to be under the boot of a ruling party that used paranoia and non-existent scenarios to prolong its mandate. French Quebec has every right never to be subjugated again, as it was by the English minority before the Quiet Revolution, but the emancipation has already been achieved, the repression is over.

With general acceptance of Bill 101, the fact that most institutions are led by French CEO's, the rate of bilingualism of English Quebec standing at over 90%, and a common agreement that this is a French province, the current fear factor is a frenzied attempt to rally the population against a shadow, a puff of smoke. I cannot help but wonder why baseless propaganda, with the intention of polarizing people by averring that "you're either with us, or against us," (simply a tool for attaining a P.Q. majority in the next election), is not seen as nothing more than mass manipulation.

Rural Quebec is beautiful, yet this is the place where much of the pro-Bill 60 support exists. One comment made recently was that "Montreal is just not French enough." What does that mean? We live in North America but pretend we are in France. How do such people differentiate between Anglos and tourists, or has it stopped mattering? Do we just build a moat around Quebec to keep "les autres" out?

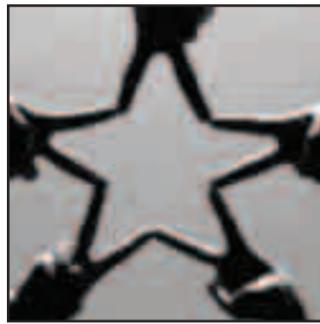
Now that Lucien Bouchard has said this is a bad idea, even "Jocko" Parizeau, who famously blamed the "oui" loss on Anglos and ethnics, has difficulty with Bill 60 in its present form, does Ms. Marois have some political delusion that she is the reincarnation of Joan of Arc? Rene Levesque must be rolling over in his grave screaming, "it's supposed to be a just society".

Under the guise of making us all equal, which means uniform by giving up free will and thought, the P.Q. has many believing in this generic road to ruin. Bill 60 feels more like a template to say, if you "others" all go away, we'd have no need for this action. What's next? Banning the colour red because it's a federalist colour?

Fear mongering has sidetracked attention to the real social and economic issues we face in this beautiful province. Infrastructure woes, a deficit and a tax system which touch the sky in height, unemployment and 10 hour waits in emergency rooms are just some of our common problems, but only here are they allowed off the agenda, to be replaced by frenzied, polarizing rhetoric.

The new Quebec Ms. Marois desires has, and i'm just saying, arrived. Citizens wearing scarves are being harassed and threatened with "go home", speaking English on a Montreal street gets you yelled at, and in some cases attacked. How long before Quebec passports are issued and green onions are checking your I.D.?

This article is intended to wake you up in the hope that, as tempting as it is to hit the 401, we will stand up and fight for democracy, inclusion and mutual success in our lives. Replace "I can't take it anymore" with "I won't take it anymore," and stand tall. Equality, not social tyranny, is the only way we'll succeed and survive.



A Youthful Perspective Behind the Wheel

Yaneka McFarland - Main Street

Freedom within your grasp; you can finally see it now. Soon, the last string holding you back from independence will be severed. At last, no more worries of asking your parents for lifts, the only hurdle now, is requesting the car keys.

The principal rule of thumb is to drive responsibly!

When we begin driving courses in order to obtain a "learner's permit," one of the first things we are told is that the leading cause of accidents among people our age is speeding. In addition to this, "distractions" (texting, for example) are other leading causes of death on the road. This extremely dangerous, yet shockingly common activity has now become an individual category due to the rising number of accidents caused by texting while driving.

Furthermore, since April 2008, a new law has been implemented to strictly forbid the use of any handheld cellular device while driving a vehicle. If anyone is caught simply holding their phones, or any other such device, there is a fine of \$115 to \$154, plus a loss of three points on your licence. For those of us just starting to drive, we only have a small margin of four points to begin with.

Despite the clear danger of taking your eyes off the road for even a split second, as well as the possible ramifications, it is astonishing to note how many people you can witness still using their phones while behind the steering wheel.

Think it's only teens? Think again. A study conducted in the United States found that one out of every five drivers, of all ages, confessed to actually surfing the web while driving! Consequently, twenty percent of drivers are a danger to society.

This is a serious issue, one that has spread on a global scale. The worst thing is, many people don't see the problem and don't realize how fast things can change in a blink of an eye.

Consider this: if you are traveling approximately 88 km per hour and you answer a text or call for five seconds, you will have driven a distance equal to the length of a football field without even looking at the road.

While you are sitting and reading the paper, this sounds completely mad. Nonetheless, think about it the next time you reach for your phone when in your car. However tempting it may be, do not answer that text or call or even have your phone in your hands when you are behind the wheel.



Main Street Money: Ladies' Investment and Financial Education Access Growth Potential South of the Border

Developed by Christopher Collyer, BA, Certified Financial Planner, Investment Advisor, Manulife Securities Incorporated

The once stagnant U.S. economy is now showing signs of life and even continued growth, presenting a timely opportunity for Canadian investors. Gaining access to one of the world's largest and most diverse financial markets offers the potential

to both diversify your investments and benefit from significant growth and returns over time. Here are four reasons why many experts are optimistic about investing in the U.S. today.

Reasons - Favourable economic signals: Economic indicators in the U.S., including employment, housing and consumer confidence, have shown improvement in 2013. For example, in its second-quarter advanced estimate for 2013, the Bureau of Economic Analysis reported that real gross domestic product (GDP - the output of goods and services produced by labour within a country, minus inflation) in the U.S. increased by 1.7 per cent. This increase in real GDP primarily reflected positive contributions from personal consumption expenditures (PCE), exports, non-residential fixed investment, private inventory investment and residential investment.

Positive trends were also noted by Investor Economics in its 2013 Household balance sheet report. According to the section U.S. versus Canada: an inflection point: "For the U.S., the near future looks more promising than the recent past" and "The U.S. is on the mend. House prices are trending higher, as are the employment rates and the economy itself, helping U.S. equity markets to new heights." These observations suggest that the U.S. economy is moving in the right direction for opportunistic investors looking to take advantage of a promising situation.

Strong corporate balance sheets: Since the market crash of 2008, many large U.S. corporations have improved their balance sheets by reducing their borrowing. In addition, they embraced more efficient ways of doing business, streamlining their operations in response to trends in the U.S. and global economies. With sustained economic growth now returning, "leaner" companies are well positioned to achieve growth and profits. The average debt-to-equity ratio in 2008 was 2.01, compared to an average of 1.05 today, according to Bloomberg, as at July 31, 2013. That speaks directly to positive financial health, and lower debt can mean higher profits that can be passed on to investors.

Low interest rates: Economists are optimistic that the U.S. Federal Reserve's ongoing policy of low interest rates may help fuel continued confidence, since it makes it cheaper for businesses to borrow money to either spend or invest.

By reducing the cost of borrowing and helping increase demand for goods and services, low interest rates mean that American companies stand to earn higher profits and potentially reward investors.

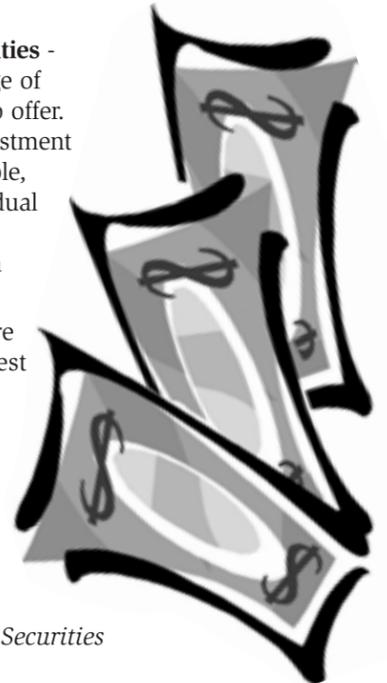
Global diversification: Investing in U.S. multinationals has some strategic benefits for people interested in diversifying their portfolios globally. According to Globe Sales 2012, approximately 40 per cent of the revenues generated by U.S. corporations listed in the S&P 500 Index now come from their overseas operations. This suggests that U.S. multinationals are very successful at capitalizing on global opportunities. Another significant benefit is that investors can access the growth potential of foreign markets while still enjoying the protection of strict U.S. financial accounting standards. Rigorous accounting standards improve transparency and help provide investors with a clear picture of a company's overall financial health. This insight allows for more informed decision-making and increases confidence in the investment choices you make.

Strategies To Invest And Capitalize On Opportunities - There are a number of ways you can take advantage of the investment opportunities the U.S. market has to offer. How you decide to invest will depend on your investment goals, as well as your tolerance for risk. For example, you can purchase shares or bonds issued by individual companies, or you can choose a mutual fund that invests in a larger number of businesses or you can choose a suitable U.S. exchange traded fund (ETF).

The economic signals in the U.S. suggest there are significant opportunities. How you decide to invest will depend on what you are looking to achieve and how much risk you are willing to accept.

Please forward questions to christopher.collyer@manulifesecurities.ca or you can call me at 514-788-4883 or my cell 514-949-9058. I wish you continued success in 2014.

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



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BOYD, Ross N.

Died peacefully at his home in Ottawa, Ontario on January 15, 2014.

He was born in Montreal, Quebec on January 2, 1964. Dear son of the late Garth Boyd and Nancy (Muir). Ross is also survived by his two sisters, Diana (and her two children, Victoria and Christopher McMahon) of Toronto, Ontario and Laurie and her husband, Jim Hill, of Newport Beach, California. A memorial service will take place at a later date in Lachute, Quebec.

CAMPBELL, Anne (nee Christie).

Passed away, in her 86th year, on January 23rd, 2014 after a brief hospital stay. Pre-deceased by her husband, Donald, of 40 years and her brother, Bob. Remembered by her 4 children, Donalda, Christina, Janice (Bruce Cassidy) and Jeff as well as 4 grandchildren and 2 great-grandchildren. Private cremation and burial. Arrangements entrusted to Collins, Clarke, MacGillivray, White, 5610 Sherbrooke St. West in Montreal.

CHAMPAGNE, Carl

Dear Carl passed away peacefully on January 7, 2014 at the CSSS des Sommets, Ste. Agathe-des-Monts, Qc. Dear brother of Joan McArdle (Albert) and the late Bill (Kathy) and beloved nephew of Bob and Vera Evans. Deep gratitude and thanks to all Carl's dear friends and neighbours for all their help throughout his illness. A special thank you to Julia Stuart for her care and compassion. A memorial service will be held at a later date. In Carl's honour, donations may be made to the Grace Anglican Church in Arundel. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

CROOKS, George Edward

In peace with his family by his side on Saturday, February 8, 2014 in his seventy-eighth year. Beloved husband of Wendy Armitage. Dear father of Georgie (Sue), Connie and Cathy (Mark). Loving grandfather of Krystel, Ashley and Jimmy. Also survived by his sister Marj (Brent Cruise). A memorial service was held on Wednesday, February 12, at St. Paul's Church, Dunany, Qc. A reception followed at the Wentworth Community Center. In lieu of flowers donations to the charity of your choice would be appreciated by the family. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.



Survey Reveals that Canadians Enthusiastically Endorse Palliative Care



New Harris Decima survey shows near unanimous Canadian support for end of life care.

Canadians across the country are almost unanimous with 96% of Canadians supporting Palliative Care in a recent Harris/Decima survey. Timmins-James Bay MP Charlie Angus says that now is the time for parliament to follow Canadians as he leads a parliamentary fight for a national strategy on improving access to palliative and hospice care with his parliamentary motion M-456.

"All across the country Canadians understand the importance of palliative care in their lives. This is a clear message for the Liberal and Conservative parties to join the NDP motion calling for the federal government to take a more active role in end-of-life care."

Additional Highlights from the survey show that Canadians believe that end of life care: Helps a patient manage their choices along the way (93%); Greatly reduces the stress and burden placed on the family (93%); Improves quality of life for patients (94%); Should be provided in the patient's setting of choice (93%); and Should be integrated for all people with chronic, life-limiting conditions (90%)

Angus is now calling on this Pan-Canadian consensus be reflected in parliament so that the Canadian government can provide the badly needed leadership on this issue.

"Canadians see Ottawa has been missing in action on end-of-life care for too long and this survey shows a clear desire for change. My motion calls for the Federal government to play a key role in working with the Provinces and Territories on establishing best practises and targets that should be met."

The Harris/Decima survey was conducted for The Way Forward, a three year nation-wide initiative that is working with healthcare professionals and governments to integrate high quality hospice palliative care earlier into the ongoing care of Canadians with serious life-limiting illness.



MEMORIAM - THOMAS SMYTH

In loving memory of dear husband, father, father-in-law and grandfather who passed away 4 years ago on March 2, 2010.

*When thoughts go back as they often do,
We treasure the memory we have of you.
This day is remembered and quietly kept,
No words are needed, we shall never forget.*

Sadly missed, always remembered and loved by your wife Doreen, daughters Cindy (Derek), Heather (Hal) and grandchildren Tyler, Taylor and Courtney.

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MEETING FOR PEOPLE IN MOURNING: Palliaco offers coffee groups for mourners, 1st Tuesday of each month, 7 pm, open to all in the MRC des Laurentides at 2280 Labelle Street, Mont-Tremblant. For more information and reservations, please contact Louise Lefebvre at 819 717-9646, toll free 1 855 717-9646.

SPCA Laurentides Labelle

Tribute to the SPCA Laurentides-Labelle founder

It is with deep sadness that the team at the SPCA Laurentides-Labelle learned that the founder of this organization, Jean Cole, passed away on January 24, at 95 years of age.

Jean Cole was well-known within the pet protection network as well as the Laurentian community at large. Her passion and dedication towards pets impressed many. For a long time, she responded to calls from her neighbourhood and beyond regarding roaming or hurt animals. She went and picked them up herself and sheltered them in a small space she had found in Sainte-Agathe-des-Monts. Recognizing so many animals were in dire need of assistance, in 1984, she and a team of pet lovers founded the SPCA Laurentides-Labelle, located in the former municipal water treatment plant, on Demontigny Street. As a volunteer, she managed the SPCA LL for 20 years, working tirelessly to provide a better life to those cats and dogs who had been abandoned, hurt or mistreated. Even after she retired as head of the SPCA LL, at age 86, she continued to help out during difficult situations, such as pet seizures.

The team at the SPCA Laurentides-Labelle expresses their deepest sympathies to the family and numerous friends of Jean Cole.

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Happy News at the Laurentian Literacy Council!

Doreen Kennedy and Martine Rathé are recipients of a \$200 travel grant (each) from the Literacy Volunteers of Quebec. This allocation of funds is to help with their studies at the Laurentian Literacy Council.



Marlene Dagenais, Director of the Literacy Centre, and Doreen Kennedy.

February at Jean-Marc Belzile Library

In February, the City of Lachute is playing matchmaker and invites people to fall in love with over 400 reading suggestions submitted by the staff and users of the Jean-Marc Belzile Library. Each of the suggestions will be identified with a sticker "Coup de coeur," so it will be very easy for fans to identify these popular titles.

It is a practical way to bring the library staff and users of the library together, while showcasing unsung public literary treasures. Besides the bestsellers that receive wide media coverage, there are many works of all styles and for all ages that deserve to be discovered.

Great prizes to be won!

- two gift certificates valued at \$ 50, redeemable at one of the member-businesses of the Business Development Corporation (SDC) of Lachute;
- a copy of the book, *Love: the great book of love*, by Leo Bormans;
- a double pass for two conferences on the 2014 winter-spring cultural program

Who knows... maybe this year your Valentine might be a literary one! Visit the Jean-Marc Belzile Library to find your next favorite heart!

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Geezer's Corner Granny's Country Medicine

Dale Dawson - Main Street

I was born during the depression in a yellow house on the corner, near where the rutted dirt road wound its way around the lakeshore. The

birth had complications so a doctor was summoned from town ten miles away. Doctors did house calls back then. His immediate task was to save my mother. I can applaud him for that, but he casually deposited me on top of the wood stove and that bothered me some. He could have checked the stove for fire first! The man grumbled something about me being a lost cause because of my unattractive shade of blue and returned to help Mother.

It was just lucky for me that my old Granny was present with her bottle of medication (brandy). I had my first drink the minute I was born and it was a dandy. I chug-a-lugged a couple gulps of that homemade hooch and coughed violently expelling debris from my throat, nose and ears. Man - that cleaned out the pipes! The speculative mourners who had gathered to see me off were impressed as they watched me turn from blue to red then start yelling and sputtering. I don't know why more physicians don't keep a jug of Granny's home remedy in their medicine kit, in case a crisis should arise. As soon as I was old enough to have a back pocket, I had a flask tucked away for emergency use; I've had many emergencies over the years.

Special medication

Uncle Glen vowed that he proudly watched me attempt to scoff the bottle back out of Granny's hand. He also commented that he was going to get a dozen bottles of that "special brandy" and set up a practice. The medic managed to save my mother, but he was slow, as he lacked Granny's talent and medication. He was baffled by my miraculous recovery. Granny huffed at him, "Lost cause indeed," as she tucked the medicine bottle back in her purse.

We didn't trudge off to a hospital just to be ignored in an emergency room for ten hours in those days. Minor wounds, like a carelessly amputated finger or a broken nose, didn't require a tedious trip to town for professional help. Granny's joy juice was a great painkiller. Just wrap the wound in black tape and follow the directions on the bottle. In a matter of minutes, you would be dancing about asking strangers, which way was home. I would like to add that it also did wonders for one's singing voice. The first Barbershop Quartet (and I may be off on the math here) that I've ever heard was comprised of a one-legged sawyer and the six happy loggers who were carrying him.

Bureaucratic clown

Modern medicine crept into our lives and I well remember the very day that it started in our area. I was six years old in that one-room school house across the lake. Everything was great until SHE showed up. "She," was a nurse that the government had hired to interfere in our lives, a practice that goes on until this day. Governments were just as clever in those days as they are now. Some bureaucratic clown justified his existence by making a boneheaded decision. He ordered the tonsils removed from any little urchins who could be caught.

I was innocent in those days. When the teacher lined us all up, I should have high-tailed it out of there, but I had to learn everything the hard way. I'd like to add that the nurse was as sour as last year's eggnog. Someone had obviously done something obscene to her Corn Flakes. There was never an assembly line that moved with such speed. "Open your mouth and say ah," she growled as she stabbed my upper lip with a chunk of soft wood. It was a formality. We all needed our tonsils out.

Young and naive

Of course, country people were always suspicious of any idea the government came up with, so most of the children's parents conducted their own test. As an example, our neighbour, Jim, would holler, "Hey kids, do any of you have a sore throat?" "No, Dad," they would all shout and that would be the end of it. My mother was young and naive at the time and believed that the government had our best interests at heart. I'll give my old granny full marks for trying to save me from a useless operation. She went to war with my mother over it, but it was one of the few battles she lost. My tonsils ended up in a garbage can in the city hospital along with thousands of others. But I was one of the lucky ones, as I had Granny's painkiller at home.

Thank you from the Staff at Morin Heights Elementary School



What a week we had! February 3-7 was staff appreciation week at MHES, and did we ever feel special. On Monday we had homemade baked goods brought in by parents. They were delicious.

On Tuesday we were treated to a homemade lunch of lasagna and ceasar salad made by a wonderful parent, Diane Plante. Thank-you so much!!

On Wednesday we were treated to another wonderful home-made lunch with a Spanish theme, prepared by the PPO committee and more wonderful parents.

Thursday, we dined on homemade soup and bread for lunch, and fresh warm beaver tails brought to us by another parent, Carol Aird. Principal Christian St-Pierre had 2 massage therapists come in and we each received a 15 min. massage.

On Friday morning Mr. St-Pierre went around to all classrooms and served all staff fresh coffee and cookies. Needless to say we had a wonderful week.

A big thank-you to all who took the time to send in wonderful treats and gave so freely of their time. We surely felt appreciated.

From the Morin Heights Elementary School staff.

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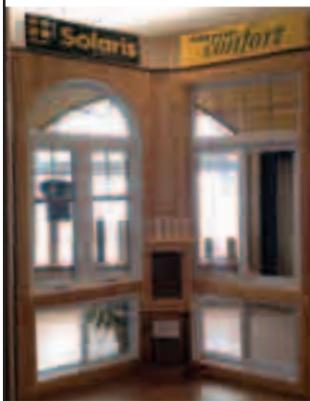


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Run For Cover... on Shelter Shelter and Aging

Frans Sayers - Main Street

Our life force may be timeless but our bodies are not. We age, and the capacity to interact physically with our environment diminishes. This is a great challenge we must all face. The many ways we have to make life easier have changed but the

problems addressed are much the same. In arranging our shelters we can make the necessary adjustments using the knowledge and technology at our disposal.

The ideas expressed by Rudolph Steiner, Carl Jung, Alfred Adler, and a legion of other luminaries owe a great deal to the natural world and the varied expressions of recognition, understanding, and action.

The very social nature of our species contains in itself certain subtle contradictions. We may crave solitude but need social interaction in order to have purpose, definition and, ultimately, share in the wonder that is life. The design and building of healthy, safe, and holistic shelters has always been a challenge. The way that flow is configured within a structure and the manner in which the occupants are able to function with ease and comfort has a lot to do with the functions themselves.

Access to healthy materials and a profound understanding of how these materials (or combinations thereof) are of benefit is of great importance. (Leed, Passive House, Bau-biologie etc. are evolving approaches) The popular design models that we have been working with have unfortunately not kept pace with real needs and seem to be addressing material goals while giving lip-service to the "green" movement as long as it is profitable to the share-holders (private and public).

There is an unfortunate trend to look at "seniors" as a separate breed with special needs. Yes, seniors need help in transitioning from an active and engaged life to a more isolated and physically more challenging one. Along with the obvious physical problems there are the devastating effects of Alzheimer's, dementia and a host of other difficult and painful afflictions. Running up flights of stairs while clutching a bag of groceries is, for some, a slow climb in which every step and breath is appreciated and each landing becomes a place to rest and get ready for the next ascent. There are health benefits in stair-climbing, but for many this is no longer the case.

However, there are many things we can do, not break the bank, and ease the rough edges somewhat.

Living on one level with easy access to the outdoors is one simple step. Universal design principles benefit both the infirmed and the healthy. The kitchen can be configured such that a wheel-chair can be accommodated easily. Perhaps the most challenging room to retro-fit and make universal is the bathroom. The need for cleansing and other bodily functions are common to all and any design improvement that makes it easier is welcomed. Having the door open out from the bathroom makes it safer if one inside has a fall needing assistance, and grab bars can be easily planned for and installed in a manner that is integral to the design of the room itself. The Vancouver door-knob ban is a case in point. Lever action handles are much easier than round knobs to grab and use, in all conditions. An elbow or knee can easily engage a lever handle whereas a round and smooth knob becomes a practical impossibility in adverse conditions.

No-one wants to be a burden, and one way to help in this aspect is to assure the presence of mobility aids and sensible, safe conditions for living and continuing to be of value. Contact with family and friends are now made easier with the new tablets on the market (not the medicinal kind). Even those with rheumatoid arthritis have little difficulty composing e-mails and exploring the world through the internet. However, there is no substitute for human contact and warmth, and in seeking out solutions we should, hopefully, be directing our energies toward a more inclusive and respectful society as reflected in our shelters.

Pouring less money into philosophical and damaging exercises (Bill 60-Quebec) and real money into education, health and social awareness will only be good for us all. In defining our differences and legislating things that should not concern government we are wasting precious time and energy that could be used instead to create conditions for understanding, health and mutual respect. Underneath it all, we are more similar than dissimilar.

The body may fail but the spirit remains as youthful as the day we entered this life. Rock-on!

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Become a "French for the Future" Ambassador!

The application period for the 2014 National Ambassador Youth Forum (NAYF) is officially open. French for the Future is looking for 30 bilingual high school students from across Canada to represent their communities during the 11th annual NAYF and to undertake the challenge of being the organization's newest ambassadors!

The purpose of the NAYF is to bring together students in grade 11 enrolled in French Second Language and French First Language programs to engage in cultural and linguistic exchanges.

The 2014 NAYF will be held in Sudbury, ON. at the Laurentian University, from August 7 to 12. It will be organized by French for the Future with the support of the young and very dynamic Stephanie Benoit.

To participate, please visit www.french-future.org for information and application form. There are no registration fees, and travel, food and lodging are provided for all participants. Applications must be received before April 30.

CONGRATULATIONS!



Lyndsay Wood was last month's winner of the gift certificate to Baton Rouge Saint Sauveur.

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My Health in Mind Now is the time to take up a challenge!

Lucie Lafleur - Main Street

Were you among those who made a resolution to take your health in hand in 2014? If so, how are you doing so far? If you are not doing so well, don't panic! Whether you want to eat better, be more active or perhaps quit smoking, get a boost from the two challenges listed below.

5/30 Health and Wellness Challenge: from March 1 to April 11

By registering with the Health and Wellness Challenge, over a 6-week period, you commit to:

Eating at least 5 portions of fruits and vegetables minimum of 5 days a week.

At least 30 minutes of daily physical activity a minimum of 5 days a week.

Improving your lifestyle balance by setting a goal of your choice.

By registering, you increase the chances of your municipality winning and have a chance to win numerous prizes. In addition, you will also benefit from free support, including the Health Challenge Passport, provided exclusively at IGA supermarkets, the www.healthchallenge.ca website and weekly motivational e-mails.

The dynamic actress and program host, Mélanie Maynard, has accepted to be the spokeswoman of the 2014 Health Challenge. She invites you to register on your own, as a family, or as a team with friends or colleagues, before March 1 at www.healthchallenge.ca.

Quit to Win Challenge: from March 1 to April 11

This positive and motivational campaign invites you to make a commitment to stop smoking. You also have the chance to win one of the numerous prizes, including a trip to a sunny destination. As a participant, you have exclusive access to a personal online file, the series of motivational e-mails on the www.defitabac.ca website and all the brand-new, revised support and information tools provided in limited quantities by Jean Coutu pharmacies. Register at www.defitabac.ca before March 1, it's free of charge!

Not to be missed this month

Plaisirs d'hiver in Lachute

For the fourth consecutive year, the City of Lachute offers winter festivities for the whole family at Parc Barron, on February 8 & 9 from 1 pm to 5 pm. For more details, visit the calendar section of Lachute's website.

**Arena Gilles-Lupien
(Brownsburg-Chatham)**

Open skating (free)

Mon: 3:30 pm - 4:30 pm.

Tue: 3:45 pm - 4:45 pm.

Ages 50+ Tue: 2:45 pm - 3:45 pm
and Thurs: 3:30 pm - 4:30 pm.

Open skating (kids \$1, adults \$2,50)

Sat: 11 am - 12:15 pm.

Sun: noon - 1:15 pm.

Open hockey (free)

Thurs: 4:30 pm - 5:20 pm (ages 16+)

Fri: 4:30 pm - 5:20 pm (for ages 15-)

**Arena Kevin-Lowe-Pierre-Pagé
(Lachute)**

Open skating (free)

Tues. and Thurs: 3:30 pm - 4:30 pm.

Ages 50+ Mon and Wed: 3 pm - 4 pm.

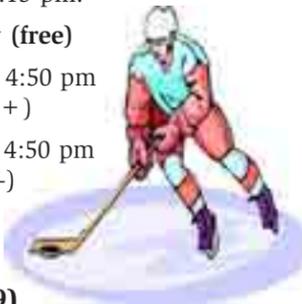
Open skating (kids \$1, adults \$2,50)

Fri: 6 pm - 7:15 pm.

Open Hockey (free)

Mon: 4 pm - 4:50 pm
(for ages 16+)

Wed: 4 pm - 4:50 pm
(for ages 15-)



Open Skating and Hockey Schedule (450 562-5249)

Cholesterol Prevention Conference at the CSSS d'Argenteuil

The Healthy LifeStyle Team of the CSSS d'Argenteuil frequently plans conferences (in French) to help you embrace a healthy lifestyle. The next conferences will take place at the La Source room of the CSSS d'Argenteuil presented by Caroline Brutsch, nutritionist, and Pascale Bellemare, Kinesiologist:

March 19: 7 pm and April 15: 1:30 pm: Before Our Arteries Clog (cholesterol)

Registration at 450 562-0271 - hurry, places are limited!

For any questions or suggestions, contact Lucie Lafleur at llafleur@argenteuil.qc.ca or at 450 566-0530, extension 2306.

You missed the last column? Find it at www.argenteuil.qc.ca.



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Garden Talk Shedding Light on Mushroom Cultivation

June Angus - Main Street

Most fresh mushrooms available locally come from Canadian farms where they are grown indoors 365 days a year. Avid gardeners looking for a little bit of adventure can also try growing their own mushrooms indoors at home. Since most areas

around a house are too warm in summer, mushroom cultivation can be a good winter project.

While we treat mushrooms as if they are a vegetable by sautéing them in stir-fries or slicing them into salads, they are actually an edible fungus. There are thousands of species of fungi in the world, but only a very few are edible. So beware of wild mushrooms. Most are poisonous and it takes a lot of experience to recognize the edible varieties. If you are very keen on the wild ones, only go picking with a real expert or browse for interesting specimens at local farmers' markets.



How Mushrooms Grow

Mushrooms start from spores - not seeds - that are so tiny you can't see individual ones with the naked eye. To germinate, the spores rely on substances such as sawdust, grain, straw or wood chips for nourishment. A blend of spores and these materials is called spawn.

The spawn supports the growth of mushrooms' tiny, white, threadlike roots, called mycelium. To produce a crop, the spawn is then applied to a growing medium. Depending on the mushroom type, the substrate might be straw, cardboard, logs, wood chips, or compost with a blend of materials such as straw, corn cobs, cotton and cocoa seed hulls, gypsum, and nitrogen supplements.

The three types of mushrooms that are easiest to grow at home are Oyster, White Button, and Shitake. While the method for growing each mushroom is similar, the ideal growing medium differs. Oyster mushrooms grow best in straw; Shitakes grow best on hardwood sawdust; Button Mushrooms grow best in composted manure. These different growing media reflect the different nutritional needs of each species.

You can buy kits with everything you need ready to grow your chosen variety. Most will come with detailed instructions. The best sources are online retailers or specialty organic gardening shops.

If you are up for a challenge, you can take a more do-it-yourself approach.

As a beginner, start by buying spawn rather than spores. Growing mushrooms from spores takes more time and practice, and is best suited for a seasoned mushroom grower. Spawn is available from online retailers, gardening supply stores, or specialty organic shops.

Acquire the appropriate growing medium for your chosen variety of mushroom. Warm up the substrate. Place it into a shallow baking pan or plastic garden tray. Mix the spawn into the growing medium with your fingers. Place the tray on a heating pad set to about 21°C. Leave the setup in a dark environment, such as a cabinet, for about three weeks so that the mycelium can become well established.

Next cover the growing medium with a handful of potting soil and spray the entire mixture with enough water to dampen it thoroughly. You can place a damp towel over the tray to prevent moisture loss. Move the growing container into an environment that is dark and cool (about 12°C to 15°C). A basement usually works well for this, but a cabinet or drawer in an unheated room will also work. Since most areas around the home are too warm in summer, growing mushrooms can be a good winter project.

Check for growth progress a few times a week and spray with water as necessary to keep the growing media moist. In a few more weeks, you should see small mushrooms appearing. Continue to keep the cultivation environment moist, cool, and dark to encourage their growth. When the mushroom caps separate fully from their stems, they are ready to harvest. Pick them gently by hand; it is best to rinse them before cooking or eating.

Edible mushrooms are actually good for us. They are low in fats and carbohydrates, have no cholesterol and are a good source of vitamins, minerals and antioxidants. According to "Mushrooms Canada" a non-profit devoted to everything about cultivating mushrooms, we consume about 3.5 pounds of mushroom per capita annually.

So whether you pick some up at the store or decide to grow your own...now is always a good time to enjoy mushrooms.

NATURAL HEALTHY LIVING

BY MICHELE C. STAMOUR
Naturopathic Energy Therapist,
RPNP, Educator and Speaker

Health, Lifestyle and Today

www.chakaura.com
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The Oneness of Science, Consciousness & Spirituality for Health

I remember a time when I believed that who I saw looking back in the mirror was who, and all, I was. My personal journey brought me to realize that while disease manifested physical symptoms, it actually stemmed from something subtler. My thoughts were creating all sorts of emotions, putting such stress on my body. A lengthy period of prolonged nervous tension resulted in symptoms of fatigue, appetite loss, then depression arose, finally resulting in burn out. The years I was treated with allopathic drugs in an attempt to "fix" my physical body never worked, for the cure was not going to come from a physical source. The true core of health lay at a much subtler level, which some call "energetic." If I wanted to heal, the cure would have to reach the source of my problem, and today, I know this is found in what many describe as the energy field. Some call this their aura but in fact, it is more complex than that.

The physical being is a materialization of the human body that some refer to as our "energy body." The energy body has many layers that emanate from centers called chakras. The knowledge of chakras is still found in various cultures, especially in the East-Indian tradition. It is said to have originated from the Upanishads and described as the ancient Hindu scriptures, establishing the core teachings of Vedanta. Chakras are everywhere in our body but there are 7 major chakras, which are associated with thoughts, activities and emotions. These are vortexes of energy, created by major energy-pathways, much like electrical wiring inter-connecting throughout our body. The seven main chakras, from the crown (top of our head) to our root (our pelvic area), are considered the most important of hundreds in the body. All our chakras work collectively in the same manner as our physical body parts. The major chakras are responsible for our level of awareness and our state of health. Each person has his/her own personal energetic fingerprint, or chakra pattern, with some chakras being fully functional and others not.

The seven major chakras are powerhouses of individual energy types and they line up and connect through our spine, becoming physical through the glands associated with them. Each major gland has an associated chakra feeding it energy. It is said the glands are the actual physical manifestation of its corresponding chakra.

WE are made of physical matter, energy and information (thought), as well as Soul; inseparable, and often described as the "Trinity." To achieve good health, all parts of what creates us must be recognized and addressed. The chakras are part of our inner core and when properly understood and managed, will guide a person through the Soul-essence pathways, up to greeting, and embracing, their "Soul- Self." Mystics and sages refer to this experience in symbolic messages often leaving the listener confused. But, the path to knowing is through the development of the chakras into powerhouses of energy eventually guiding us to the door of enlightenment. It is so important that as a society, we open our minds and explore the subtle energetic parts of ourselves to fully grasp our potential to become anything we want to.

I discovered two approaches to becoming healthy and regardless from which end one begins, the journey to health must include all parts. We cannot heal without this formula. Those parts begin at the Soul level; what is imprinted in your DNA and your Soul destiny upon birth. The second part is how you think, hence how you feel, which are found in your energy system and last, is the physical needs of your body. You cannot heal if you only focus on one of these parts; you must discover and transform every part of you that contributed to your ill health or unhappiness. Science of body, chakra awareness and the soul housing your spirit life journey, are all of a one and must all be healed for full health. My ancestors taught that to be healthy, one must maintain a balance of body, mind and spirit!

Oshunda Michele C. St. Amour ©Feb2014



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Nature's Gift Sled Dogs

Rose Labrie - Main Street

This year, winter appeared too early for me, but I am certain that the winter sports lovers are overjoyed. Along with snow and the cold weather, comes the fun of skiing, skating, snowshoeing, snowmobiling and sled dog racing. In 2006, I

witnessed a dog-racing event, and though the entire day was fun and exciting, I was doubtful that the dogs were born to run and fully enjoyed this sport. Being an animal lover and protector, I did some research to get different opinions on this subject. Here are some interesting facts about sled dogs and the sport of sled dog racing.

History of Dog Sledding in Canada

The International Federation of Sled Dog Sports states that archaeological evidence shows dog sledding in Canada, North America and Siberia originated 4000 years ago. The Thule Inuit brought the first Canadian Eskimo dogs to Canada when they migrated to what is now Alaska. The people, and the dogs, depended on each other for survival and researchers suggest that life in Northern Canada may not have been possible without sled dogs.

The Inuit used dog sledding as a means of transportation to trade, hunt, fish and to monitor their trap lines in the Canadian Arctic wilderness. Later, they were used to deliver mail, supplies and news. In the 1870's the Royal Canadian Mounted Police began using them to patrol the Northern Canadian wilderness.

In the winter of 1925, when a diphtheria outbreak threatened Nome, Alaska, dog sled teams set out to retrieve the serum from Nenana. A statue of one of these dogs, named Balto, was built in New York City with an inscription that reads: "Dedicated to the indomitable spirit of the sled dog that relayed antitoxin six hundred miles over rough ice, across treacherous waters through arctic blizzards from Nenana to the relief stricken Nome. Endurance - Fidelity - Intelligence." This feat is commemorated through the annual Iditarod dog sledding race.

With the arrival of snowmobiles, the reliance on dogs for survival decreased. There is, however, an increase in the popularity of dog sledding as a sport and it is estimated that 40,000 mushers worldwide participated in races in 2003, an increase of 15,000 since 1997.

Today, several breeds are trained for sled racing, including the Alaskan Husky, Alaskan Malamute, Inuit Sled Dog, Chinook, Labrador-Husky, Samoyed and Siberian Husky. These dogs are trained from an early age to run with the pack. This builds speed and strength in the young dog to prepare it for its future on a dog sled team. They build a deep, muscular chest with an efficient aerobic-system that allows them to pull for hours at a time. The dogs truly enjoy the activity and can't wait until the musher hooks them up to the gang-lines.

All of this was very interesting to learn and helped to ease my mind about the sport. Many of these dogs also share a deep love with their human family and many are gentle with children, making a dog sled holiday a family affair. However, excitement runs high and children should always be well-supervised around these hard-working dogs.

CLASSIFIED ADS

Please note: rates for classified ads are \$25 for 1-25 words and \$50 for 25 - 50 words. Kindly email ads to msw_sue@yahoo.ca. Payments must be by cheque and mailed to Main Street, CP 874, Lachute QC J8H 4G5. Payment must be received before publication.

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Tamaracouta Scout Reserve, Mille-Isles seeking Summer Day Camp Director. Please contact Alison Bentley at 450 438-4096 or abentley@scouts.ca immediately for more information.

MISCELLANEOUS ITEMS FOR SALE
From manufacturer: one 8' barrel, cedar sauna complete with wood stove, no electricity required. Seats 6. Ask \$4400 or best offer.
Snow-blowers: John Deere - TRS-32 - asking \$750; MTD SnowFlite - 28", needs carburetor - \$240 or best offer; Toro 8 hp - 28", \$450.
2 box stoves: \$175 (each).
2 slow-burning wood stoves: \$250.
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Call 514 694-7883

BEGINNER'S QUILTING CLASS
6-week quilting course
Learn hand appliqué, piecing and quilting techniques from start to finish.
February 20 - March 27 - Thursdays from 1 pm - 4 pm at the Morin Heights Library. Cost: \$97. Price includes patterns and workbook but excludes materials. Call Eleanor: 450 226-3055.

CRAFT NIGHT

Looking to find like-minded people interested in getting together for a craft night. Why? To be social, meet new people, share ideas and to see what you're making! Ideally, this would be in the Pine Hill or surrounding area on Thursday evenings at 7 pm. Bring yourself and your project. Free! Please contact pinehillcraft@gmail.com.

WANT TO SAVE \$\$\$ on heating?

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Laurentians Caregivers The Greatest Gift of Unconditional

Love: the Gift of Saving a Life

Christina Vincelli, Laurentian Caregivers Association - Main Street

Happy Valentine's Day to the caregivers and personal support workers who share their unconditional love every day caring for a special person; Laurentians Caregivers Association's Valentine's gift to you, is our English, CPR workshops!

Laurentians CARE is proud to present CPR workshops this year throughout various communities in the Upper Laurentians. Many thanks to the Town of Morin Heights for once again, allowing Laurentians CARE to use the old CLSC facility, behind the St. Eugene church.

Another gift of love is making an investment in yourself by improving your knowledge so that one day you may be able to save the life of another.

This winter, why not register for a workshop that could help you prepare for emergency situations that could involve saving someone's life. If you are a caregiver (family member taking care of someone), a personal support worker or home-care-assistant, this is a must. What better way to kill the winter blues and at the same time make an investment in you?

Valery B.Hamel will be presenting our workshops. As a facilitator instructed by the Heart & Stroke Foundation Program, as well as a member of the Laurentian community from St. Adèle, she will explain, with simplicity and complete understanding, how CPR and First Aid measures work. The classes are most enjoyable and presented in a social and relaxed atmosphere, but you must bring your own lunch!

Laurentians CARE believes in personal investment through education and this is another program L-CARE is proud to present, in English, to the Laurentian community.

Laurentians Care Events -

Feb 23: 9 am - 5pm - First Aid /CPR Certified Course -

Presenting Valery B. Hamel (Mesdemoiselles SURVIE), a certified facilitator through the Heart & Stroke Association. The workshop will be held in the old Morin Heights CLSC, behind St. Eugene Church, 148 Watchorn Rd., Morin Heights. Participation is limited to 12 people. Cost: \$60, (book optional \$20).

Please contact Laurentians CARE to reserve. Toll free: 1 855 522-7372.

Feb 16: 2 pm - 4 pm - Annual General Meeting: A Look at Past Achievements - Looking towards a Bright Future

Rivière Rouge Legion #192, 79 chemin du Village, Arundel

March 10 & April 14: 10 am - 12 pm

English Support for Caregivers; for family members, volunteers and professional support workers

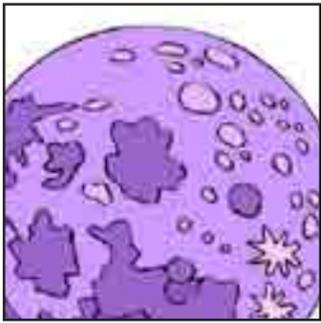
Open discussions on problem solving and lifestyle changes due to health challenges. Support groups for caregivers will focus on two distinct types of caregivers.

One group is specifically designed for the family-member caregiver supporting a loved one on a full or part-time basis. Another support group will be directed towards the personal support worker, or assistant, to the family caregiver. Both positions face unique and difficult situations and often feel isolated, especially in rural areas, where English support is limited. Having someone available to turn to for advice, venting and finding solutions, can be of major importance in the actual health and care of the caregiver, and ultimately, an improvement in the quality of care they provide. Laurentians CARE is dedicated to providing support, guidance and problem solving skills to deal with many of the difficult situations all caregivers face on a daily basis.

Professional councilor and former nurse, Lois Wilke BScN, MA, CC Psychotherapist, will facilitate both support groups.

The Royal Canadian Legion #171 - 127 Chemin Watchorn, Morin Heights

For more info contact Laurentians CARE - toll free: 855 522-7372.



Zach Factor

Cold Comfort

Lys Chisholm & Marcus Nerenberg - Main Street

When we walk outdoors, many of us enjoy the trees, the lakes and meadows. We cherish the mountains and even the harsh winter temperatures. We are blissfully unaware that where we stand was

once under three kilometers of solid glacial ice, only 13,000 years ago; a mere moment in the history of our earth.

There is much speculation as to what happened at the end of the last glacial period but there is general geological and historical/ social anthropological consensus: the earth faced some kind of sudden environmental cataclysm that very rapidly inundated all of the world's shorelines.

Although there are theories of crashing comets, or comet debris, violently melting the glacial ice, now scientists are looking at the last melting of the Laurentide glacier in a new light. With increased CO2 levels at that time, glacial melting would have begun right here where we stand. Scientists once thought the water from the melting glaciers pooled at the southern base and gradually dissipated through the Laurentian River system, but they now know that it actually ran out to the Arctic Ocean via the Mackenzie River. They believe that in 12,900 BC there was a sudden release of trapped lake water, raising water levels throughout the world... and the rest, as they say, accounts for the myths of great floods we find in cultures all over the world. As the waters rose, the effect of the fresh water mixed with the oceans would have altered weather patterns drastically, killing off many animal species native to those areas.

Sea levels eventually rose 400 feet, submerging many thousands of square miles of coastal plains in a very short period of time. Most coastal populations had no time to head for the hills. Any sign of civilization, in any form, would have been submerged. Evidence of cities, cultural history, records, would have been lost to the oceans and banished to folklore.

Graham Hancock, writer and self-made social anthropologist, has been travelling for years since he published his acclaimed book, "Fingerprints of the Gods," to determine just what evidence exists to support signs of earlier civilizations on Earth. In his recent Discovery Channel series, "Underwater: Lost Civilizations," Hancock traveled to various destinations and learned to scuba dive, a skill most historians and archeologists are lacking.

Hancock also used underwater robotic submersibles to photograph and document where divers are unable to go. He followed up on the discovery of two massive underwater cities in 2001 by Indian scientists who were collecting environmental data in the Arabian Sea. Debris recovered from the site, including construction material, pottery, sections of walls, beads, sculpture and human bones and teeth have been carbon dated and threaten to turn modern archeological dating on its head.

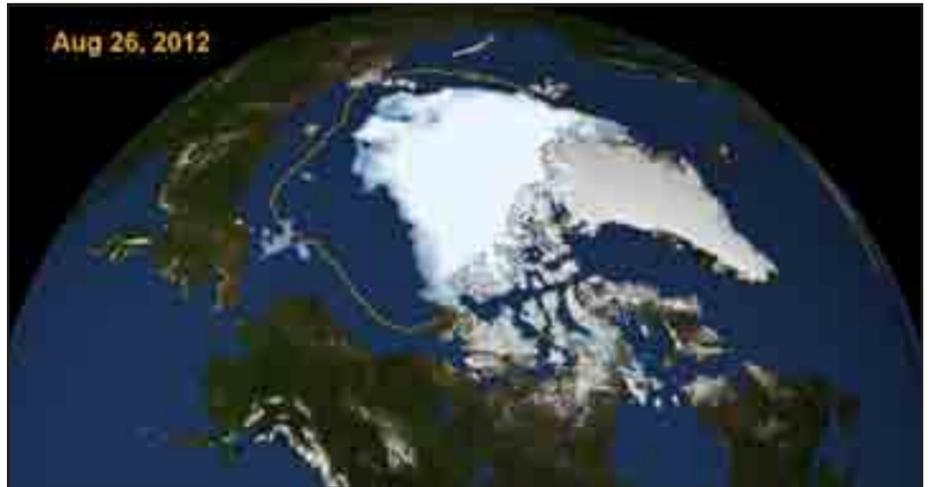
Hancock reached out to scientists at the top of their fields and skillfully drew together their findings. Scientists with computers and satellites gathered data and created accurate maps of exactly how much land was inundated by the flood. Hancock linked cultural myths and linguistic evidence provided by Vedic scholars like Dr. David Frawley, to further understand these unusual and otherwise unexplainable man-made cities under the sea.

In the early part of the 20th century, Missionary Max Muller attempted to align the Rig Veda Sanskrit texts given by Manu, the first man, to the Biblical year of 4004 BC. Now evidence is mounting that these texts were handed down orally from much earlier periods of time. Translations of the texts by Frawley and N.S. Rajaram, along with computerized astronomical data that appear in the texts, clearly place their origins between 8,500 and 10,000 years ago. It is these

texts that describe "mythological" antediluvian worlds- civilizations that are being confirmed today through carbon dating of the items in the lost cities.

We are indeed a fragile world. Great cities like New York, London, and Tokyo could be nothing but a memory if hit by a sudden increase in sea levels worldwide. The floods of Noah hint at rapidly rising water levels of 200 to 300 feet in a few hours. Our own civilizations could disappear just as fast, including every single Tim Horton's.

So when we look through the window, or walk, skate or ski outside in our beautiful forests, lakes and mountains of the Laurentian countryside take a breath and appreciate the moment. And remember, as the Greenland and Antarctic ice sheets rapidly melt into the oceans, 3,000 meters of glacier once lay here.



Arctic sea ice melts from 1979 -2012. Every summer the Arctic ice cap melts down to what scientists call its "minimum" before colder weather builds the ice cover back up. The size of this minimum is in a long-term decline. Federal funding for Canadian Arctic environmental observation has been cut just as an increase in global water levels and extreme weather patterns are occurring. Image credit: Scientific Visualization Studio, NASA Goddard Space Flight Center.

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