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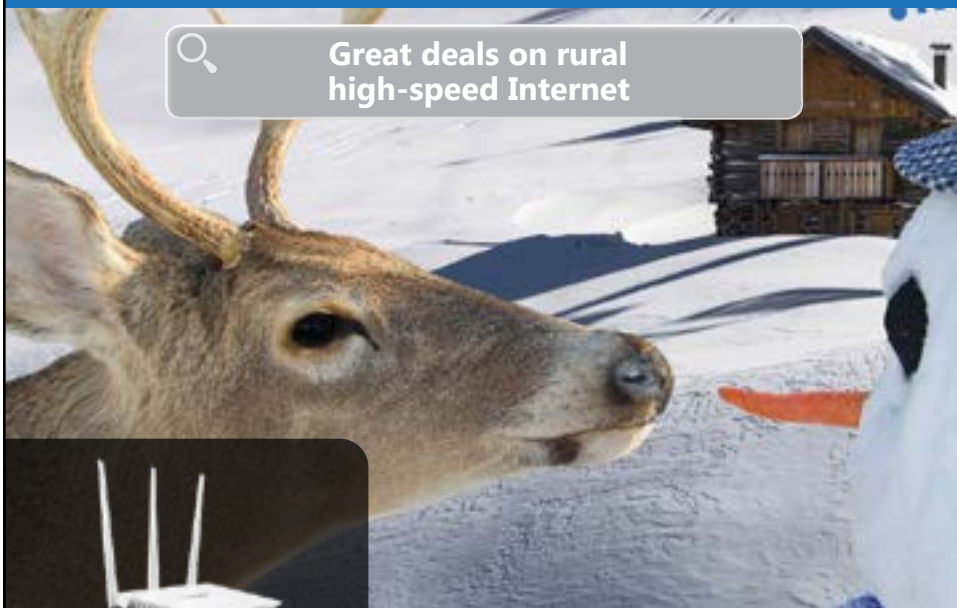
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## What's On My Mind... A Winning Attitude



Susan MacDonald, Editor

"A new year, a new beginning" is a common theme among people throughout the month of January. This is the month that directs people's minds towards improving their lifestyles, in one way or another. It is also a time of year when many people are seeking employment, or considering alternative job opportunities. Today, in February, most are still looking.

Every week, I receive countless online solicitations from various individuals and companies, some local, and many from foreign countries. These emails include job applications, free product trials, wishful articles, reviews and interviews, offers of web design management and marketing services, just to name a few. Bless the Internet for enabling resumes, job applications and marketing services to be delivered so "efficiently" and from the comfort of home. My usual response to these annoying and urgent requests is a quick push on the delete button.

When I think of these impersonal and unimpressive approaches, I can't help but compare them to another application I received several years ago. First came an email of introduction, along with a polite request for a telephone follow-up to discuss a desire to write for Main Street. During that telephone conversation, the caller offered to send a full resume, along with samples of her previously published articles.

Fully expecting to receive an email with several attachments, I was surprised, and very impressed, when a packet arrived in the mail. As promised, an appropriate cover letter, full resumé, and clippings of her published articles were included. I perused the contents in amazement, even more astonished to learn it had been so professionally assembled and mailed by a junior high school student. I then received another follow-up phone call asking if I had received the documents. Perhaps you remember Yaneka McFarland, our youngest contributor, who expressed her views in the column, Youthful Perspective, for several years, starting back in 2012?

I will always remember Yaneka's determination and the professional manner in which she conducted herself, both personally and in her writing. Her winning attitude from the outset is what inspired me to accept the challenge of having such a young writer on board, a decision I have never regretted. It is also what set her apart from other applicants who, at the time, were also interested in joining the Main Street team.

There is absolutely no question that emailing resumes and applications is the new-age method of searching for a job. As a matter of fact, most companies seeking employees require you to do so. But, if all you are doing is mass-mailing a short, blunt message, using the poor jargon of the Internet, or using an improper, and too personal approach, by addressing someone you have never met by a first name, don't expect to receive a response. Also, with no personal follow-up, you might as well not bother in the first place. If that is how much effort you are willing to put into seeking a job, it is likely to be interpreted, by any prospective employer, as demonstrating a similar lack of interest in the job itself.

A winning attitude should be your best reference – let yours shine through.

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# Observations It's A Fishy Story

David MacFairlane - Main Street

Ever since the Fukushima nuclear catastrophe in 2011, we have warned our readers, from time to time, of the growing dangers of consuming Pacific Ocean seafood, due the continuing poisoning of the ocean by radiation. Radiation poisoning is accretive

and lethal, so it is to be avoided, if at all possible. The news from Fukushima continues to be dreadful and, deliberately, both mis-reported and under-reported, because all governments need to avoid causing panic at all costs. So, they have chosen to ignore the crisis and to lie about the true nature of this existential threat when confronted. That is, after all, what governments do, as we have seen, to our disgust, with the "false news" scandals in the US.

At this time, Enenews reports that there are "unimaginably" high radiation levels at Fukushima, robots and electronic equipment are getting fried, a "gaping hole" has opened beneath a containment chamber, melted fuel has leaked through, and the entire structure is "in danger of collapse." No technology exists to contain this, and radiation is pouring continuously into the Pacific Ocean. "Significant amounts" of plutonium have been released and "radioactivity has blanketed the entire Northern Hemisphere." You ignore this at your peril. The world might wish to reconsider participation in the 2020 Olympics in Japan.

Most people shopping in our supermarkets, and certainly all label-readers, will have noticed that the majority of our seafood comes from China. A smaller supply comes from Thailand, Vietnam, Indonesia and Philippines. However, a look at the map of this region reveals they are all bordered by the Pacific Ocean, and therefore, all fish products from these countries must be evaluated with extreme caution, in my opinion. However, to seafood devotees, this is practically impossible to imagine. While it is true, freshwater fish, like tilapia, catfish and other white fish are farmed in ponds, these products also have major contamination problems. Natural News recently revealed that Chinese producers use pig manure to grow the algae that the fish feed on in the ponds. Now this is a disgusting thought, but you could well be consuming pig feces with every forkful of Chinese farmed fish. It is done because it is cheap, and enables the fish to be sold for low prices. The University of Georgia Center for Food Safety has warned that this pig manure is heavily contaminated with microbes, and other dangers to human health, due to the over-polluted environment in China. (I cannot understand why anyone continues to buy Chinese garlic!)

While shrimp and shellfish, like mussels and clams, either farmed or wild-caught, live in the ocean, and are able to filter out some contaminants, the waters around East Asia are heavily polluted and are now also contaminated by Fukushima radiation. There is no escaping this radiation. Another major ethical problem surrounding the multi-billion dollar shrimp export industry is the exploitation of child slave-labour in it, which is un-reported and largely ignored.

To further compound our problem of safe food choices, Consumer Reports recently revealed that an investigation found that 22% of fish sold in stores and restaurants is incorrectly labelled. According to the USFDA, over 80% of all seafood consumed is imported, and over 40% of that is from aquaculture. China is, by far, the largest exporter. The agency is extremely concerned about the use of unapproved drugs and chemicals, and testing has revealed the presence of them in many species, including shrimp, catfish and tilapia. Figures from Canadian authorities are more difficult to parse, but a major percentage of imports comes from China, Thailand and Vietnam combined. Another 35% comes from the US - perhaps the Pacific? We, too, have inspection and testing procedures, but yucky stuff still comes in.

In 2016, the FDA and Health Canada approved the sale of genetically modified salmon. While the FDA has imposed a moratorium, pending labelling requirements, Canada has no such restriction, meaning it is probably being sold here without our knowledge. US consumers are not impressed, and most major retailers and wholesalers have refused to carry this product. The huge problem is that this fish is farmed in ocean pens, and therefore, the entire wild salmon population is at risk. Already this is a "frankenfish," because producers are using Atlantic salmon stock, mixed with Pacific Chinook genes, along with genes from another fish, called eelpout, for rapid growth, and mostly farmed in the radiation-contaminated Pacific Ocean! It is well-known that farmed fish escape from their net-pens, and once they cross-breed with wild species, there is no way to reverse the damage.

To add to this confusion, Agence France-Presse reported last month that some of the fish in our supermarkets have likely travelled around the world for handling and packaging before arriving at their points of sale. For example, the smoked salmon in the display case probably began life as roe in Norway, was farmed and har-

vested in Scotland, frozen and sent to China for slicing, where it's thawed enough to do this, then re-frozen and shipped to Poland for smoking and packaging, before arriving at its final destination. This is entirely because of massive corporations exploiting the hidden costs and benefits of globalisation, and fish-farming is one of the starkest examples of this disgraceful social and environmental burden on the planet. Globalised fish farming leaves behind an enormous carbon footprint and other impacts unseen by consumers, and the Global Alliance Against Industrial Aquaculture has called this production and transportation chain "madness."

The global hub of the world fish trade is in China - the biggest exporter of fish products and largest producer of farmed fish. It is also the lowest-cost producer, and is linked to markets by a network of ocean-going refrigerated ships. The bulk of frozen fish is sent to China, just for filleting. It is the "go to" destination for labour-intensive fish processing. Apparently, through Alibaba, their online equivalent to eBay, you can buy "three tonnes of Norwegian filleted mackerel for delivery from the port of Qingdao in 45 days." A couple of years ago, a major Canadian producer of frozen, breaded fish products was exposed as claiming "Product of Canada" when, in fact, the company imported bulk frozen fish from China, processed it into retail products, then took advantage of a loophole in Canadian law to be able to make such a flagrantly fictitious claim. I don't know if this continues, but it is an example of the universal maxim, "caveat emptor", (Buyer Beware). You know, the world is full of duplicity, subterfuge and corruption. Truth has become collateral damage. Greed is king. It is a total mess out there, and it is getting worse. Protect yourselves.

**"The environmental crisis arises from a fundamental fault: our systems of production - in industry, agriculture, energy and transportation - essential as they are, make people sick and die."**  
Barry Commoner 1917-2012.  
US ecologist, biologist, professor and politician.

William Shakespeare said, "Hell is empty, and all the devils are here." In Hamlet, he also said, "Something is rotten in the state of Denmark." It would be wise to heed those portentous words.



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## Simply Words on Paper Often Derided, You May Learn To Appreciate Some of These Very Rich People

Jim Warbanks - Main Street

I recently read Charles Bronfman's book, *Distilled*, sub-titled a *Memoir of Family, Seagram, Baseball, and Philanthropy*. It was a thoughtful gift, because I had worked for Distillers Corporation - Seagrams Ltd. through part of the era he recounts and knew many of the larger-than-life characters that he describes.

The Bronfman family fortune has shrunk markedly and control of their beverage industry empire has passed into other hands, due largely to gross mismanagement by Charles' nephew Edgar Bronfman Jr. There will be no charity fundraising required to support Charles (whose nickname in the corridors at Seagram was Charlie Brown, from the Peanuts comic strip) or his family, as his assets remain considerable, by most standards. He still ranks 35th richest in Canada (\$2.52 billion), according to Canadian Business.

### Philanthropy

It is instructive to note, however, that Charles insists that the two areas of endeavor that gave him the greatest satisfaction were the period when he was majority owner of the Montreal Expos, and his contribution as a philanthropist through family-controlled foundations, rather than as a liquor baron.

How does this compare to world rankings? A listing of the 50 richest people on earth (2016) would indicate that Charles is a relative pauper. Tied for 49th place (in US\$) are Aliko Dangote, age 58, of Nigeria, and James Simons, age 77, of the United States, (\$14.3 billion).

Topping this rather exclusive list is none other than Bill Gates, age 60, of the United States, with mind-numbing assets: (\$87.4 billion). The youngest person on the list is super-achiever Mark Zuckerberg, age 31, United States (Facebook, \$42.8 billion). At the other end of the age scale is Liliane Bettencourt, age 93, France, (cosmetics, L'Oréal Group, \$29 billion).

### Average age

Though a few have achieved this level of financial success relatively early in their lives, many of the most prominent are well beyond the age of conventional retirement. The average age of the top 50 on the list is sixty-five years old. You may want to speculate on the number of these uber-rich people who would willingly trade a portion of their wealth to return to a more vigorous period of their lives or to avoid health and mobility concerns, when pondering the things that money can't possibly buy.

The countries represented reflect the emerging effect of globalization. Though a full one-half of the richest people are based in the United States, other countries represented include Spain, Sweden (2), France, China (4), Brazil, Saudi Arabia, Mexico, Germany (2), Hong Kong (2), Italy, India (2) and Nigeria.

### Self-made

We tend to think of family fortunes as being perpetuated through succeeding generations, but the reality can be quite different. A case in point is the Bronfman family saga, cited earlier. Of the top fifty richest, nearly 70% of the accumulated fortunes are described as "self-made" - an indication that innovation and skills play vital roles in achieving major financial success. Only four of these fortunes were described as classically inheritance-based.

It is fascinating to note that the wealthiest 50 people in the world control a staggering portion of the world economy: \$1.46 trillion - more than the annual GDP of Australia, Spain, or Mexico. But remember, a vast majority saw their wealth rise astronomically during their working lifetimes, whereas the annual GDP of a given country is a measure of a single year's economic output.

### Pledge

Many of the wealthiest on the planet take great satisfaction in contributing to the well-being of others. Some do so very publicly, others quietly, even anonymously. Many have signed on to the Giving Pledge initiative by Berkshire Hathaway CEO Warren Buffett (third richest - \$60.7 billion) pledging to donate a significant proportion (50%) of their wealth, either now or later. The Giving Pledge now counts Bill Gates, Mark Zuckerberg and Elon Musk among its 137 members.

Gates is not only the richest man in the world, but he's also the most generous. Since 1999, Gates and his wife have headed the Bill & Melinda Gates Foundation, which controls an endowment of more than \$40 billion. Their goal is to lift millions of people out of poverty, with a focus on eliminating HIV, malaria, and other infectious diseases. The couple is also working on a plan to bring mobile banking to the 2 billion adults who don't have a bank account. Gates recently invested alongside Jeff Bezos (4th on the list, \$56.6 billion) (Amazon) in Grail, the company that hopes to create a blood test to detect every form of cancer.

Based on the number of self-made multi-billionaires, there may yet be hope for you (or for me) to join that exclusive club.





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 Mar 13: 10 am - 11:30 am  
 Fri, Feb 24: 10 am - 11:30 am (Ste-Agathe)

**Coffee Meeting for the Bereaved**  
 Tues, Feb 14: 7 pm - 8:30 pm (Mont Tremblant)  
 Tues, Mar 14: 7 pm - 8:30 pm  
 Thurs, Feb 16: 1:30 pm - 3 pm (Ste-Agathe)  
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**Group Relaxation**  
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 Fridays, Jan 13 - Feb 10: 2 pm - 3 pm (Ste-Agathe)

**Regenerative Yoga**  
 Mondays: 4 pm - 5:45 pm (Mont Tremblant)  
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**For information: 819 717-9646 and toll free 1 855 717-9646**



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## About Sainte-Adèle

Chris Lance - Main Street

Responding to an email notification I received recently, there is basketball available on Tuesday evenings, from 7 pm to 10 pm, over at the local high school – École August-Norbert-Morin. There is no sign-up for this sport and/or badminton, which is on Thursday evenings - just show-up to play. The two sports run from January to April 13, 2017. Use the door #9 to gain access to the gym. But, keep in mind; there can be other events at this

venue, or weather closures, so call ahead at 450 240-6220, ext. 3056. The cost for each evening is \$7.

If raquettes/snowshoeing, or cross-country skiing, are activities you enjoy, there is a new booklet available with maps, difficulty ratings and directions to the various tracks. This edition shows over 165 kms of trails for X-country skiing, and over 50 kms of snowshoeing trails. You can pick-up your copy at a local hotel, sports shop, l'Hotel de Ville, Place des Citoyens and various other enterprises in and around Sainte-Adèle.

As is always the case, Plein-Air-Sainte-Adèle is looking for volunteers who can help on these trails. If you are out there, you could help. For info on joining up, call 450 229-2921 ext. 209 or email [pasa@ville.sainte-adele.qc.ca](mailto:pasa@ville.sainte-adele.qc.ca)

There are ongoing art expositions at la Place des Citoyens. Entrance is free, and doors are open from Tuesday through Sunday, 10 am to 4 pm. Events and prices are available online at [www.ville.sainte-adele.qc.ca/achatentligneplacecitoyens](http://www.ville.sainte-adele.qc.ca/achatentligneplacecitoyens). To save money at any event, get your citizen card at the library, or at city hall. It's free and needed for so many services in the town.

The SPCA Laurentides-Labelle has been in charge of animal control here, in Sainte-Adèle, since July 2016. If you have a pet, get a licence, so if the animal is lost, and then found, there will be a record of ownership. You can contact the SPCA at 819 326-4059 or 866 960-7722 / [www.spcall.ca](http://www.spcall.ca) / [info@spcall.ca](mailto:info@spcall.ca). Keep in mind that your pet's licence should be renewed on January 1 every year.

This month gets us through the depths of winter. We have had lots of snow, and skiing has been great since before Christmas week. We even had a new ski resort open in our region at Mont Sauvage. Get out and enjoy winter – the fresh air, snow, and ice skating on Lac Rond. It is a wonderful time of the year.

Keep in mind that municipal tax-time is around the corner, along with municipal elections in November 2017, even though we just had one last summer. Maybe this will give us a chance to disengage from US political turmoil and concentrate on our local town affairs.

Stay healthy, happy and pick up the new Sainte-Adèle calendar. It shows all the outdoor artwork known as La Route de Notre Patrimoine.

See you next spring.



## Village Of Weir Newswire

Claudette Smith-Pilon

**HAPPY ST-VALENTINE  
TO ALL LOVERS**



NEWS FROM CITY HALL

**CONGRATULATIONS ARE IN ORDER FOR THE NEW  
DIRECTOR GENERAL OF OUR TOWN**

MR. MICHAEL DOYLE, bilingual, university educated, resident of Montcalm, family man, former fire chief, volunteer fireman for many years, is qualified to handle the task at hand. Best of luck in your new role.

**MADA (Municipalité Ami des Aînés)** MADA (Municipality Friend of seniors.) is holding their public meeting at the Community Center on Saturday, February 11 at 10:30 am. We will reach all residents that have answered the survey to confirm their presence. All residents are welcome. The meeting will be held in both languages. COFFEE & COOKIES will be served.

**REMINDER:** The next Friday luncheon at the Community Center will be on Friday February 24, starting at 11:30 am. Please reserve with Jolaine Craig 819 687-9508.

**One of my regular readers has asked, “why the ‘News Wire of the Village of Weir’ as a title”?**

It goes back to our Centennial Celebrations, when so many people came and celebrated 2 days of reminiscing dear and old families, the pioneers that worked the land, all of their summers, and why could we have not kept the name of WEIR. So a good friend, and I, started a petition, one of many, and collected close to 200 signatures, to have the name of Weir reinstated. We were refused, based on the premise that it was a railroad stop, and the railroad no longer existed. The name of Weir was dropped in 1992. The administration, at the time, removed the word “Canton” (Township) from its name and, without consultation, it became the Municipalité de Montcalm. Supposedly, it was hoped that, no one would notice.

We did not succeed, but a councillor worked on registering the name as the ‘Village of Weir’ and, we were told he was successful, and a sign went up on the provincial highway that this was the Village of Weir.

My husband was the “News Wire of Weir” so, seeing we had won a small battle, he decided to add Village of Weir to his article. I continued the articles after his passing, and kept it the same.

**The township of Montcalm still exists.**

There is a history to be told about Weir and, what many people choose to ignore, is that there was a man that carried that name very proudly, and represented us, as member of Parliament, in Quebec City.

**VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH**

Next Victoria's Quilts Laurentian Branch work-days will be on Monday, February 6 and Monday, February 20 at 9 am. If you would like to see what we accomplish in a day, and in the most friendly atmosphere, come join us, and we will offer you coffee and you will see how quilting volunteers and friends work.

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



## 4 Korner's Winter Calendar

By Kim Nymark

4 Korner's Family Resource Center is very excited to be able to offer, once again, several different events in Argenteuil, as well as a parent-child 8-week program, in Sainte-Agathe, for the winter 2016 -2017 session:

4 Korner's, in partnership with Cal en bourg and Avenir d'enfants, are proud to offer Kids, Let's Talk; an English parent-child activity for 2-5 year-olds, and their parents, that encourages children to communicate effectively. It enables parents and children to practice techniques that stimulate language and communication skills through play.

Each workshop has a different theme, but all include singing and rhyming, playing games, and a story. A snack will be provided every week. This activity is free of charge! For more information on this program, please email: [kim@4kornerscenter.org](mailto:kim@4kornerscenter.org).

**Dates: Thursdays, from March 16 - May 4: 2 pm - 4 pm**

**Place: Sainte-Agathe Academy, 26 rue Napoleon, Sainte-Agathe.**

4 Korner's, in partnership with CHSSN (Community Health and Social Services Network), will be offering Community Health Education Program (CHEP) video-conferences:

• **Topic: Health Issues and the Law**

**Date: February 22: 10 am - noon**

**Place: L.R.H.S., 448 Argenteuil Avenue, at the CLC office, Lachute**

There are also three upcoming conferences:

• **Topic: To be determined**

**Date: February 15: 10 am - 1 pm**

**Place: Avoca Community Centre, 192 Avoca Road, Grenville-sur-la-Rouge**

• **Topic: Grief**

**Presented by: Paula Grey**

**Date: February 23: 1 pm - 3 pm**

**Place: L.R.H.S., 448 Argenteuil Avenue, at the CLC office, Lachute**

• **Topic: To be determined**

**Date: March 1: 10 am - 1 pm**

**Place: Harrington Golden Age Centre, 259 Harrington Road, Harrington**

These activities are all free of charge! For more information, or to register for any of the Argenteuil events, please contact Melanie Wilson, by phone at 1-888-974-3940, or by email [info@4kornerscenter.org](mailto:info@4kornerscenter.org).

## Arundel News

Janet Thomas

**LOISIRS ARUNDEL MEMBERSHIP DRIVE: MAKING THINGS HAPPEN**

Loisirs Arundel is a non-profit organization, run by a lively group of volunteers who organize recreational, cultural, educational and social events. They hold monthly Bingo's, host the Lakehouse Concert Series, support the Arundel Art Exhibition, and organize community events, including Winter Carnival, Spring Celebration, Canada Day festivities, and the Christmas Wheelbarrow Parade.

They now license, insure, and maintain a snowmobile, to groom the cross-country/snowshoeing trails and, through funding from a grant, have purchased over \$1000 of sports equipment, which is available to everyone using the Arundel park/skating rink. Recently, sides for three tents were purchased in order to make them useable in all weather conditions.

**Membership is only \$20/individual, or \$30/family.** Membership gives you free access to their cross-country/snowshoe trails and discounts at partner businesses. **Membership forms are available at Arundel Provisions.**

Loisirs Arundel relies on members and volunteers to help make Arundel a great place to live. For more information, or to volunteer, contact President Patti Flanagan: 819-425-0898 / [pattiflanagan@gmail.com](mailto:pattiflanagan@gmail.com) or visit the website at [www.loisirsarundel.com](http://www.loisirsarundel.com)

**Saturday, Feb. 18**  
1 pm – 3 pm

**WINTER CARNIVAL: FUN FOR EVERYONE**

Sliding on Flanagan's Hill. Bring your own sled or join the fun in the giant rubber raft. Helmets mandatory for those under 18 years.

3 pm – 5 pm

Snow Bowling and Family Skate: Beaven Creek Park. Hot food & beverages, and taffy on snow.

**Sunday, Feb. 26**  
2 pm

**LOISIRS BINGO AT THE LEGION**

Cards: \$10 / Grand Prize: \$100



## TVCL's Our Community Connections Launches Winter 2017 Season

Nadine Cuccaro and Elaine St. Pierre are pleased to announce the launch of the Winter 2017 season for Our Community Connections, the TVCL English community television series. This year, a third host, Jennifer Pearson-Millar, has also joined the series.

The first program aired on January 16, with host Elaine and her guest, Jane Chisholm, and is now available for viewing at [www.tvcl.ca](http://www.tvcl.ca), along with any shows you may have missed last year.



# NEWS BITS FOR February

## Minimum Wage Increases to \$ 11.25 as of May 2017

The Member of Parliament for Argenteuil and Parliamentary Assistant to the Minister responsible for Labor, Yves St-Denis, welcomes the announcement made by his colleague and minister, Dominique Vien, about the upcoming minimum wage increase to \$ 11.25 per hour, as of May 2017. This increase is part of a four-year progressive increase plan that will allow the minimum wage to reach a ratio equivalent to 50% Average hourly wage.

More than 350,000 employees will benefit from this increase, which will, among other things, encourage the integration and retention of workers in the labor market. "This news increases the purchasing power of workers and represents an extra effort towards our families and young workers," said Mr. St-Denis.

As of May 2017, the hourly-tipped wage will increase from \$9.20 to \$9.45 on May 1, and then, by an increment of 25 cents in 2018, and increments of 15 cents in 2019 and 2020, bringing the tipped-wage to \$10.15

Since 2003, the Liberal government has raised the minimum wage by 54.1% from \$7.30 to \$ 11.25 next spring. At that time, Quebec will have the third highest rate after Alberta and Ontario!

Of course, this increase, described as the most important since 2010, is planned in accordance with the ability to pay, and in an effort to increase Québec's wealth.

## High Speed Internet: David Graham reacts to the CRTC's decision

The Canadian Radio-television and Telecommunications Commission (CRTC) recently declared that broadband access to Internet service is now considered a basic telecommunications service for all Canadians. They have set the following targets for the basic telecommunications services that Canadians need to participate in the digital economy:

- speeds of 50 megabits per second (Mbps) download/10 Mbps upload for fixed broadband Internet access services.
- an unlimited data option for fixed broadband access services.
- the latest mobile wireless technology available, not only in homes and businesses, but also along major Canadian roads.



The CRTC is also establishing ambitious speed targets and creating a new fund, which will invest \$750 million, over five years, on top of existing government programs. These funds should be accessible toward the end of 2018. A project will require some financial support from at least one level of government to be eligible, but the final criteria will take at least a year to be fully defined.

"Recognizing high-speed Internet as essential is extremely important to ensure that regions like ours receive investment in this as a priority," says David Graham, MP for Laurentides - Labelle.

## Daughters of the Vote: Alex Guèvremont to represent us

Following a call for nominations, Daughters of the Vote confirmed that their choice for Laurentides-Labelle is college student Alex Guèvremont. Alex, from Val-David, is studying visual arts. "Our riding will be very well represented by Alex," says David Graham, MP for Laurentides-Labelle. Organized by Equal Voice, the Daughters of the Vote initiative is celebrating 100 years of women's suffrage in Canada. Within the context of the 150th anniversary of confederation in 2017, 338 young women, one from each riding in the country from one ocean to the other, will get together in Ottawa on the 7th and 8th of March, 2017 to share their vision of the future with female MPs in leadership positions.



## David Graham recognized for his work for rural Canada

In the December 29th edition of the National Post, David Graham, the Liberal MP in Laurentides-Labelle, was listed among the back-bench MPs to follow for his work to defend the interests of rural Canada.

Shortly after the election, David Graham co-founded the National Liberal Rural Caucus as well as the National Liberal Digital Infrastructure Caucus in order to ensure the voice of rural Canada would be heard in the government.

## Increased Support for Tourism Festivals and Events in Argenteuil

The Honorable Yves St-Denis, Member of Parliament for Argenteuil, welcomes the enhancement of the Tourism Festivals and Events Program announced by the Minister of Tourism and Minister responsible for the Mauricie region, Ms. Julie Boulet. The envelope of the program now stands at \$ 110 million for the next 5 years and will certainly support the economy and the influence of Argenteuil.



"This is great news for events here, which are great economic levers that are driving our region. I think, among others, of the Argenteuil Blues Festival, in Lachute, the Western Country Festival, organized by the Knights of Columbus, and the Lachute Rodeo", said Mr. St-Denis, who stated that these long-awaited events in the region also allow Argenteuil to stand out and attract visitors and, who knows ... future citizens!

In addition to significantly increasing the government's contribution to funding, MTO has revised the eligibility criteria to more strongly support tourism performance and encourage off-season and off-site initiatives. The ministry will favor the signing of multi-year agreements for high performance festivals and events in order to provide them with the stability necessary for their development. Finally, MTO will financially support the conduct of studies of origin and goodwill when the aid granted is less than \$ 50,000, because it recognizes the budgetary burden that the carrying out of these studies can represent for small and medium size events.

## The MRC d'Argenteuil kicks off the 19th Défi OSEntreprendre

The MRC d'Argenteuil invites entrepreneurs in its territory to take part in the Défi OSEntreprendre, a large-scale entrepreneurial competition taking place, and taking root, at the local, regional and national levels.

The Challenge aims to focus the entrepreneurial initiatives to inspire the desire to undertake and build a proud, innovative, committed and prosperous Quebec. With its Student Entrepreneurship component, deployed from elementary school to university, and its Business Creation component that supports new entrepreneurs, it reaches more than 40,000 participants annually. For its implementation, it counts on the mobilization of more than 350 agents in the 17 regions of Quebec.

After having completed the local selection stage, the winners will have to present their projects to regional juries. Students and entrepreneurs from the Argenteuil region are invited to register their projects by March 14, at 4 pm, by filling in the electronic form available at <http://www.osentreprendre.quebec/portail-defi-osentreprendre/>. For more information visit [www.OSEntreprendre.quebec](http://www.OSEntreprendre.quebec)

## Val David and Val Morin Join Forces

In accordance with the resolutions adopted by each of the municipal councils on January 10, the Val-David and Val-Morin authorities signed a tentative agreement to connect the wastewater system in Val -Morin to the Val-David wastewater treatment plant. The purpose of this agreement is to establish the terms of connection between Val-Morin and Val-David, as well as the clauses for the allocation of capital costs and the sharing of operating expenses between the two municipalities.

"This agreement will allow Val-Morin to put an end to the precariousness of our sanitary installations, which have become a threat to our environment," said Val-Morin Mayor Guy Drouin.

In conjunction with the Ministry of Municipal Affairs and Land Occupancy, "this connection and expansion project is expected to begin as early as next spring and continue for a period of 24 to 36 months," stated Pierre Delage, CEO of Val-Morin.

The municipalities of Val-David and Val-Morin affirm, by this agreement, their commitment and their pride to contribute tangibly to the quality of their environment and the maintenance of water quality, especially in the North River and Lake Raymond.

## New Community Centre for Morin-Heights Residents

Acting on behalf of the Hon. Navdeep Bains, Minister of Innovation, Science and Economic Development, and Minister responsible for Canada Economic Development for Quebec Regions, Stéphane Lauzon, Parliamentary Secretary to the Minister of Sport and Persons with Disabilities, and Member of Parliament for Argenteuil-La Petite-Nation, announced that the Municipality of Morin-Heights has been granted \$500,000 in financial assistance, in the form of a non-repayable contribution, under the Canada 150 Community Infrastructure Program (CIP150).

The new community centre will be the main gathering place for the region's residents. The funding will help the municipality convert a building into a community centre.

# Filing Tax Returns - Volunteer Assistance From the Pays-D'en Haut



The Entraide bénévole des Pays-d'en-Haut, the organization that provides essential home support services, is offering low-income people the opportunity to complete their income tax returns between March 6 and April 26, 2017. Interested persons must ensure that they have all the necessary documents for the filing of their income tax returns during their visit.

For more information, please contact Ms. Pauline Morin at 450 229-9020. This service will be available at the following locations and dates:

Saint-Sauveur Sainte-Anne-des-Lacs Piedmont	Sainte-Adèle Mont-Rolland	Morin Heights Saint-Adolphe- d'Howard	Sainte-Marguerite- du-Lac Masson
<b>Mon &amp; Tues 10 am – 3 pm</b>	<b>Wed 10 am – 3 pm</b>	<b>Tues: 10 am – 3 pm Fri: 10 am – 2 pm</b>	<b>Mon: 10 am – 3 pm</b>
Fabrique St-Sauveur 205, rue Principale St. Sauveur	Salle de bingo (2nd floor) 555, boul. de Sainte-Adèle	Royal Canadian Legion 127, Watchorn, MH	Hôtel de Ville 88, chemin Masson Ste-Marguerite-du-Lac- Masson



## Healthy Channels Injury Advice

Christopher Garbrecht, Ac. – Main Street

In my practice, I see a lot of patients for chronic and acute pains. Recently, I've had quite a few patients come in with injuries due to slips and falls. Everyone always asks, "What should I do? Use ice or heat?" Quite honestly, it's a good question to ask.

Back in 1978, Dr. Gabe Mirkin coined the term RICE, which stands for Rest, Ice, Compression, and Elevation, as the best way to treat athletic injuries, such as sprains and strains. Unfortunately, research has now shown that both Ice and complete Rest may delay healing, instead of helping, and Dr. Mirkin, himself, has admitted that he was wrong.

When we suffer an injury, we heal by using our immunity. This process is called inflammation. When muscles and other tissues are damaged, our immune system sends inflammatory cells to the damaged tissue to promote healing. These cells release a hormone called Insulin-like Growth Factor (IGF-1) into the damaged tissues, which helps the injured parts to heal. Applying ice, to reduce swelling, actually delays healing, by preventing the body from releasing IGF-1. Applying ice to injured tissue causes blood vessels near the injury to constrict and shut off the blood flow. The blood vessels then do not open again for many hours after the ice is applied.

Anything that reduces your immune response will also delay muscle healing. Therefore, healing is delayed by cortisone-type drugs, almost all pain-relieving medicines, immune suppressants, applying cold packs or ice, and anything else that blocks the immune system response to injury.

### My recommendations

If you are injured, find a safe and comfortable place to sit. If the pain is severe, if you cannot move, or if you are confused, or lose even momentary consciousness, you should be checked to see if you require emergency medical attention. If possible, elevate the injured part to use gravity to help minimize swelling. If no bones are broken, and the injury is limited to muscles or soft tissue, a compression bandage can be applied. If the pain is severe, I would suggest applying ice to help reduce the pain soon after the injury occurs. You can use ice for up to 10 minutes, remove it for 20 minutes, and repeat the 10-minute application once or twice. There is no reason to apply ice more than 6 hours after an injury. You can move the injured part as long as the movement does not increase the pain and discomfort. Now is the time to use the heat pad as it increases blood flow.

As you can see, the key to healing is through blood flow and our immune system. This is why acupuncture is so beneficial for acute injuries; it increases blood flow to the area and benefits the immune system. I hope you all stay safe and healthy, but if you ever do find yourself suffering after an accident, give acupuncture a try!

For an appointment in Morin-Heights or Val-David, you can call me at 819 219-0048. You can also check out my website at [acupuncturevaldavid.com](http://acupuncturevaldavid.com).

## Farewell to our founder

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(1932 - 2017)

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## Fit Tip #112 Aging as Disrupter

Lisa McLellan – Main Street

The OECD (Organization for Economic Cooperation and Development) reports that aging is one of the four "megatrend" disrupters of this era. Disrupters force changes in the status quo. In 2015, the World Health Organization (WHO) redefined healthy aging from "absence of disease" to "functional ability." According to Michael Holdin, CEO of the Global Coalition for Aging, by redefining healthy aging, and connecting it to personal freedom, fiscal sustainability and economic growth, the WHO report is leading the way towards a monumental shift in the way we see and understand aging. For the first time ever, health policy is marked as an essential milestone to better lives, individually and for society.

Aging is inevitable, and is biologically programmed to be a slow process. Dr. Henry S. Loyd says that most of what we call aging, and most of what we dread about getting older, is actually decay. Decay is optional, which means that most of functional aging is optional too. The idea of "normal aging," which we use conveniently as an excuse, is a myth. Scientific research proves that disability and chronic illness can be prevented, or delayed, through health education and promotion, and that this should be considered as curative.

Regular exercise, for example, sends chemical signals, which cause the body to respond by becoming leaner, more powerful and efficient, and more energized. The brain changes as well, providing a side effect of feeling better as a result of exercising, and by developing a mood of optimism. The sooner one starts to incorporate regular exercise, the better for cultivating a daily lifestyle habit of exercise, and for long term resilience. Life is an endurance event - train for it.

In 20 years, there will be more people, globally, over 65 than under. This is a truly disturbing concept. We are facing a state of affairs in which the mass of older people will be supported by a vastly outnumbered younger population. This is economically and socially unsustainable. It is also unfair. The 100-year lifespan is rapidly approaching. Retiring at 55, and sitting around just getting drunk and fat simply won't do. Longer lives are creating a vast pool of experience, capability and wealth that can potentially drive 21st century economic growth. It's time for a proactive corporate response, to encourage the over 50's to step up to the plate, with purpose, and to take charge of their health. What will it take?

"Functional ability" is not only about a life that is fulfilling in older years, but also about our collective success. We need active participation, intergenerational collaboration, and open-minded respect, to ignite the fire and move us forward with bold solutions. It's time to WAKE UP to the global impact aging is having on life as we know it. There will soon be two billion people over 60. Aging isn't just about the old. It's about all of us, about health, activity, work and financial planning.

So get off your chairs. Get moving. Sweat. Strive. Get out of your comfort zones. Share your knowledge. Get involved in your communities. Help others. We are all in this together. It starts with each one of us, and it starts now.



## Welcome to our new partner



Welcome to Mathieu Bélanger, new partner of MB Refrigeration. Mr. Bélanger has taken over the role of Vice-President from Mr. Benoît Meilleur, who has stepped down as co-owner, after 9 years, but who will continue to work for the company where he made his debut in 1991.

MB Refrigeration sells, installs, services and maintains refrigeration, air conditioning, ventilation and heating systems in the commercial, industrial, institutional and residential sectors. This year marks their 25th anniversary! "For us, the customer is first and foremost," explains the president, Alex Byette. "The experience, dedication and skill of our

team allows us to accomplish superior projects, while meeting the rigorous deadlines imposed by our industry. We offer fast service and we are right there when our customers need us."

MB Refrigeration serves a large territory, from Montreal to Mont-Laurier, and from St-Donat to Gatineau. These experts can be reached 24 hours a day, 7 days a week at (819) 326-7977 or toll-free at (877) 322-2330. Their web site is also accessible at [www.refrigerationMB.com](http://www.refrigerationMB.com)

The team at MB Refrigeration takes this opportunity to thank its customers and wish them a happy and prosperous New Year.

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# STRICTLY BUSINESS

By Lori Leonard - Main Street

## Welcome to:

Alex Tran, owner of Sushi Saint-Sauveur, 357 rue Principale, St. Sauveur. Specialties include delicious won ton/miso soups, pizza sushi, dragon eyes, tuna tartare and more. 450 327-5231 / [www.sushistsauveur.ca](http://www.sushistsauveur.ca)

New administration at Buscio Printing Services, 341B rue Principale, St. Sauveur. They offer paper products, lamination, business cards, postcards, menus, flyers, paper-shredding and a new copy center. Best of luck Ghislain Roy and team! 450 227-0770 / [www.buscio.ca](http://www.buscio.ca)

Dynamic Luc Dicaire, owner of Atelier Dicaire, 157, rue Principale, St. Sauveur, who opened a new shoe repair shop. Luc has 30+ years of experience and created amazing shoes for Cirque de Soleil. Luc also makes made-to-measure comfy Italian leather shoes for men/women for \$220 to \$295. He also creates dancing/golf shoes, repairs purses, boots, etc. Welcome to apprentice Martin Forgues, who is learning the trade from Luc. 450 744-1299.

Golf professional Michel Millaire, new owner of Bistrogolf, 141 rue Principale, St. Sauveur. Michel has over 30 years of experience in the golf industry. Enjoy golf, a good meal and a refreshing drink. 450 744-1434.

## Congratulations to:

Rob Roy, owner of new fitness destination and sports conditioning center RobFit HQ, 20 Napoleon, Mont-Tremblant. Rob is a kinesiologist and leading expert in athlete coaching, strength training, conditioning and fitness. He has over two decades of experience working with athletes at all levels. Whether you want to swim-fit, bike-fit, train-fit or live-fit, RobFit HQ will help to achieve your goal. Rob is one of only 50 Ironman certified coaches in Canada, is a CSIA certified ski instructor and certified lifeguard. 819 429-1597/ [www.robfit.ca](http://www.robfit.ca) / Facebook RobFit Mont-Tremblant / [royrobert@cogocable.ca](mailto:royrobert@cogocable.ca)



Sylvie Forget, massotherapist, who opened an office at 36A Filion, St. Sauveur, after working 11 years from home. Sylvie offers excellent arthro-therapy, kinesiotherapy and osteodynamics. Open Monday - Friday: 10 am - 5 pm. 514 883-8335.

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Health Coops St. Adolphe and Morin Heights offer many services? Clinic without appointment: St. Adolphe: Monday and Thursday 8:30 am - noon, 1st Friday (monthly) 5 pm to 7 pm. Walk-in Clinic Morin Heights: Saturday 10 am - noon, appointments from 9 am. Membership fee: \$50 (per adult), annual contribution \$73 (per person). Membership not necessary for clinics. Info: [www.coopsante.org](http://www.coopsante.org). Coop St. Adolphe: 1937 du Village / 819 327-3534; Coop Morin Heights: 2 Meadowbrook (at La Grange) 450 644-0522 / [www.coopsante.org](http://www.coopsante.org) / [info@coopsante.org](mailto:info@coopsante.org).

La Grange par Chantal et Tony, 2 Meadowbrook, Morin Heights is open Thursday and Friday evening from 4:30 pm? They feature live music on Friday from 7 pm - 10 pm. They also offer a delectable brunch, starting at \$13, on Sundays, 11 am - 2 pm. Main dishes include delicious mac & cheese with snow crab, linguini w/ fresh clams and white wine, slow-braised BBQ veal short ribs, Grilled Angus beef strip, juicy burgers & poutine. 450 644-0056, Facebook La Grange Morin Heights / [www.lagrangemorinheights.com](http://www.lagrangemorinheights.com),

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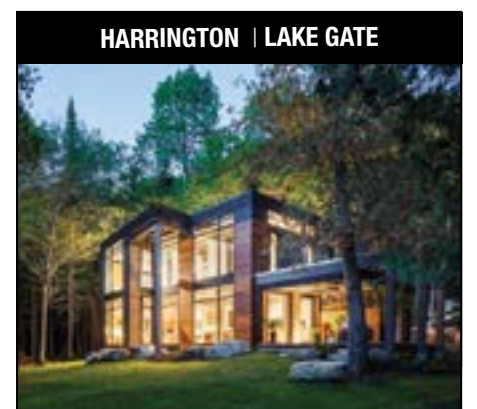
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## Up Close... Why we laugh

Steve Brecher - Main Street

Laughter is the physiological response to humour... Is that true?

Actually, laughter is one of our most important and misunderstood behaviours. It is true that normally we associate laughter with something we find humorous, such as a joke, or someone's behaviour. Our world is full of funny films, T.V. shows, books, and comedians who make us laugh. Yet, according to Sophie Scott, a neuroscientist at University College in London, the vast majority of laughs have nothing to do with humour.



"People seriously think that they are laughing at other people's jokes, but within a conversation, the person who laughs most at any one time is the person who is talking." Scott sees laughter as a "social emotion" that brings us together and helps us to bond, whether or not something is funny. "When you laugh with people, you show them that you like them, you agree with them, or that you are in the same group as them."

Recently, I witnessed laughter in a situation that wasn't at all funny: In 1989, I saw the Broadway play, *Fences*, starring the great James Earl Jones (voice of Darth Vader). In a particularly poignant scene, Jones' character lectures his son on why he is not supposed to like him. It is a powerful performance that had me, and the rest of the audience, holding our collective breath. There was definitely nothing to laugh about.

Fast forward to last month, when I went to see the film version of this August Wilson play, starring Denzel Washington in the role originally played by James Earl Jones. This time, there was no live audience, and so the movie theatre was dead silent as we watched Washington excoriate his son. When I returned home, I viewed Washington's Broadway performance on YouTube and was surprised to discover that this same speech was punctuated with laughter from the live audience.

I can only conclude that Washington ingratiated his audience, whereas Jones was more effective in turning the audience against his character, as I believe the play intended. The audience identified with Washington. They liked his character enough to laugh inappropriately.

Most laughter, however, is not inappropriate. It is generally believed that there are many salubrious benefits derived from laughter. It can reduce stress, anxiety and even depression. It can strengthen our immune systems and diminish pain.

A practice that gets people to laugh, which has been gaining traction recently, is "laughter yoga" involving prolonged voluntary laughter. It is based on the idea that voluntary laughter provides the same physiological benefits as spontaneous laughter. It is done in groups, via a series of exercises. Forced laughter soon turns to real and contagious laughter. A study done by Oxford University suggested that laughter produces an "endorphin-mediated opiate effect," which could play a crucial role in social bonding. (Wikipedia)

Is laughter powerful enough to cure a physical disease?

American political journalist, author, professor, and world peace advocate, Norman Cousins, once seriously ill, may have laughed his way back to health. In 1964, Cousins was suffering from Ankylosing Spondylitis, a rare disease of the communicative tissues. His doctor informed him that he had a 1 in 500 chance of survival, and he was given only a few months to live.

Cousins believed he could cure himself by binge-watching funny films and laughing until his stomach hurt from it. Did it work? The fact is that with no other remedies, he lived for another 26 years after his diagnosis.

Whether or not we believe that laughter can cure a disease, there are two benefits that cannot be denied: laughter is free, and it has no negative side effects. We do feel good when we laugh and, thereby, we cement our relationships with others. So why not find something to laugh about? It may serve to ease the pain and suffering that are part of the human condition.

## Laurentian Club Report

The Laurentian Club speaker for January 2017 was Mary Mitchell, who shared the experience of her 800-kilometre walk; a pilgrimage, on the Camino de Compostela trail, in northern Spain. The Camino is one of the three great pilgrimages in Christendom. Encountering both Spaniards and fellow pilgrims from all over the world along the trail, Mary described how the experience was both a physical and spiritual journey. While, she says, she suffered physical hardship, she shared with us her accounts of daily experiences that she referred to as "blessings and miracles along the way," and how each day brought an amazing encounter with someone expressing "God's love."



Her gentle engagement with the people in the room and, oftentimes, amusing recollections of her travel, surely made many, who attended her talk, interested in contemplating doing a similar walk in the future. Mary also shared some good tips, such as what to put in a back pack for this journey as travelling light is very important, preparing physically beforehand, and wearing the right boots and clothes. These are imperative in adding to the enjoyment of the experience. It was obvious from Mary's accounts about her walk that one of her life lessons she would like to share is "live in the moment."

Next meeting is on February 27 with guest speaker, June Angus.

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# Garden Talk Turning Lawns Into Gardens

June Angus - Main Street

Many of us are fortunate and have large rural properties. Even in our villages and towns, most yards are bigger than standard city lots. Coping with all that growing space, we often grow lawns as a simple, default option.

How much time and effort, not to mention money, do you invest in growing and maintaining a healthy lawn? When you take into account the feeding, weeding, watering, cutting and raking, it all adds up.

While a field of green can help prevent erosion, make a wonderful soccer pitch or create a safe play area for children, it can also be viewed as a waste of valuable growing space and resources. The optimal conditions required for a successful lawn are similar to most vegetables gardens, including exposure to enough hours of sunshine, sufficient supply of water and decent soil conditions.



Our love of lawns and grassy yards is a concept, imported to North America from England, a long time ago. However, many cultures do not subscribe to this habit; instead, they use all of their arable land to produce food close to home. For example, take a walk down some of the side streets and immigrant neighbourhoods in Montreal and you will see a plethora of tomatoes, grape vines, herbs, and other edibles, growing in small plots, outside front doors, or on the balconies and rooftops of many walk-up apartments. No space for ornamental lawns there!

Movements, such as "Food Not Lawns!" which started in 1999, and "Farm-A-Yard" launched in 2015, are currently gaining popularity throughout the United States. Local chapters of these groups are also springing up in various parts of Canada, and around the world.

According to the Farm-A-Yard website, "Lawns are a vast waste of precious usable topsoil, time and resources. We can reclaim our ground and grow our food, and even our neighbour's food, by transforming our lawns into food gardens and small-plot farms."

These movements sprang from peoples' desire for food security, growing and eating local, eliminating harmful toxins, such as pesticides, from food and maintaining a sustainable carbon footprint. While these may seem like lofty goals, these movements promote and show the way to do things differently. In a nutshell, they propose that the time and energy invested in our lawns can be spent more productively cultivating food.

While most of us are not ready to turn all of our grass into veggie patches, we can think outside the box and start converting some of our space to food cultivation. If doing it yourself is not practical due to time or other constraints, these movements advocate offering your space to others in your community, who have the time and resources available, to grow and tend food gardens. In some cases, these small-scale market gardens can offer up local business opportunities, provide fresh food for community food banks and much more.

Food for thought, as you plan your spring garden projects.

## New Dance Form Assists in the Prevention of Dementia & Alzheimers

By Holly Byers

Over the last several years, consequent of my mother's battle with Dementia & Alzheimers, I developed a new dance form: PRÉVA-DANCE™, designed for persons 50 years+.

PRÉVA-DANCE™ duplicates specific criteria in North American medical studies on dance and health, and their role in preventing Dementia and Alzheimers. Its goal is to celebrate life, to prolong psychological and physical-autonomy, and to empower one's vital contribution to society in our later years.

The New England Journal of Medicine published neurologist Dr. Joe Verghese's (Albert Einstein College of Medicine) 21 year study following the elderly, determining: "regularly engaging in social dancing lowered seniors' risk of dementia by a staggering 76%, caused the very rapid-fire decision-making that forges new neural pathways, and improved their sharpness of mind."

The Mayo Clinic's study states "Dance:

- \* Improves memory, reasoning, judgment & cognitive function for people with mild Alzheimer's disease or mild cognitive impairment
- \* Delays the start of Alzheimer's for people at risk of developing the disease
- \* Slows the progress of the disease
- \* musical memory functions: singing can help stimulate unique memories"

Alzheimers Association-Canada: "staying socialized is so important for people with dementia."

This dance form differs from other senior exercise & fitness programs because it's socially based, enabling physical contact, verbal interaction, connection, and friendship. It is offered as classes, workshops, conferences, demonstrations, and a Friday-night Social.

PRÉVA-DANCE™ is recognized by the Corporation de développement économique MRC des Laurentides.

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# AMI QUÉBEC – Action on Mental Illness



This organization helps families and all family members manage the effects of mental illness through support, education, guidance, and advocacy.

Their office is in Montreal (5800 boul. Decarie), however many programs are available across Quebec by phone or Internet. The office is open Monday through Thursday from 9 am to 4 pm.

Full details and registration for all their upcoming programs are now available on their website at [www.amiquebec.org](http://www.amiquebec.org). They may also be contacted by phone by calling 1-877-303-0264.



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## Lori's Lookout - Laurentian Personality

An OASIS in a Desert

### Sophie Larose

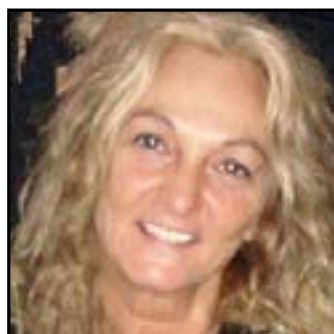
Lori Leonard – Main Street

It's not often you find someone so generous to humanity that they literally open the doors to their home to help others in need. Sophie Larose is one of these rare individuals. It's not uncommon for Sophie to have a knock on the door by a parent, teen or a senior who seeks help from her at any time of day or night. The reason could be loneliness, despair, hunger, a financial problem, conjugal violence or a parent who needs food/clothing or just someone to listen. Sophie truly cares about the well-being of members of her community and opens her heart and door to many.

Believe it or not, Sophie's background is in finance. She trained students in this field at UQUAM for 12 years. This led to a career as a stockbroker at Place Ville Marie. Sophie enjoyed this position until 9/11 when rumours spread that the next targeted building would be Place Ville Marie. She left her financial career and moved to Wentworth-Nord. A turning point was when she met a 12 year-old boy from her new community who couldn't read or write. Sophie was concerned where he would end up in life without these integral skills. In Wentworth-Nord there were no services or stores, but there were lots of family problems and blatant poverty. Thus, on December 4, 2007, Sophie founded her organization, Ressources Communautaire Sophie, 3458 Route Principale, Wentworth-Nord. This year marks the 10th anniversary of her organization.

Sophie offers daycare service for 9 children between 6 am and 4 pm. At 4 pm a bus stops in front of Sophie's home and kids aged 12 to 15 drop by. At 5 pm, adolescents pay her a visit. On Friday evenings, Sophie provides dinner for 25 teens. She educates children by teaching them self-worth, good eating and study habits, and manners. At her home downstairs, clothing, shoes/boots are available for low prices. Sophie organizes a community dinner for \$7 on the 3rd Wednesday of each month at the Laurel church.

Sophie has helped the local economy by having employed 53 employees over the past several years. Thanks to the funds granted by Centraide Laurentides, and with the partnerships of Moisson Laurentides, the government, and private donations, Sophie carries on her vital work. Sophie currently seeks volunteers. If you're interested, contact her at 450 226-1304 or [ressourcessophie@gmail.com](mailto:ressourcessophie@gmail.com). Facebook: RCSophie. Thank you Sophie for your kindness and your valuable support of the community.



## Nature's Gift

### Eurasian Magpie (Pica pica)

Rosita Labrie – Main Street

During a recent visit to Calgary,

Alberta, I was introduced to a species of bird, which I had never encountered in the Laurentians. The bird was a Magpie, and Calgary residents find them a nuisance because they are noisy and aggressive. One resident, a woman, called 311 with a plea for help, because Magpies would attack her dog every time she let him out. The Alberta Institute for Wildlife Conservation suggested that the aggressive behaviour was due, perhaps, to a nest with recently-hatched young nearby, as parent birds are extremely protective of their offspring. Magpies will also attack other birds and animals, such as robins and squirrels.



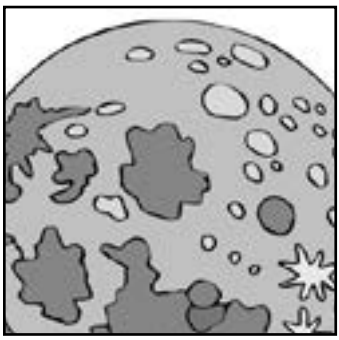
Magpies belong to the Corvidae (crow) family and are considered one of the most intelligent animals in the world. They are probably the only non-mammal species able to recognize their own reflection in a mirror. In 1970, Gordon Gallup Jr. developed a test he called MSR (mirror self recognition). He wanted to determine whether a non-human animal had the ability of self-recognition. As of 2016, only great primates, one Asiatic elephant, dolphins, orcas and the Eurasian Magpie passed the test.

The Eurasian Magpie is a black and white, long-tailed bird. The wings and tail may have metallic blue-green hues and the belly is pure white. Both sexes are similar in colour, but the male is larger. Juveniles resemble adults, but have less glossy feathers and a shorter tail. The common call is a harsh chattering, and they are extremely vocal and noisy when in groups. Magpies live in farmlands, meadows, parks and gardens throughout Western Europe, Japan and North Africa.

Though they may be found in loose colonies, the Magpie is generally monogamous and nests solitarily. They form long-term bonds, and their courtship includes the male feeding the female. Their diet is mainly insects, but they also feed on conifer seeds, berries and nuts, and will also steal food from other species.

Though the Eurasian Magpie is considered a pest, and in some areas legally exterminated, its populations remain stable and widespread.





## Zach Factor Cold Theory

Lys Chisholm & Marcus Nerenberg -  
Main Street

Antarctica has a land mass of 14 million sq. km. Canada, in comparison, is just under 10 million sq. km. In the summer, the population of Antarctica

is 4495, with people from 37 countries, but that dwindles to about 1000 through the winter. Humans are outnumbered by over five million penguins! On the land mass itself, there are penguins, seals and a smattering of people. One human was born on the continent in 1987, but he left to go to day care and never returned.

The ice formations of Antarctica consist of three different types. Antarctica is covered with the first type; an ice sheet, and in places it is over four kilometers thick. Sixty-one percent of all the fresh water on our planet covers ninety-eight percent of the underlying land. We know this quite accurately because a NASA project, called Mission IceBridge, over the past several years, has used ice-penetrating technology from a satellite, and specially equipped aircraft, to yield an image of the underlying bedrock. This image of the naked Antarctic is quite beautiful in a rugged sort of way.

The second type of ice forms around the perimeter of the actual coast; forty-four ice-shelves, totalling almost 1.5 million sq. km, some as much as two kilometers thick. Some are massive, like the Ross and the Filchner shelves, each over 400,000 square kilometers. Some are smaller, like Larson A, B or C. In 1995, Larson A collapsed- an area the size of San Francisco Bay broke away. In January 2002, Larson B took one month to collapse, and over 1200 sq. km. of ice fell into the sea. In December of 2016, a crack, 70 km. long, was observed forming on Larson C, and it is still growing rapidly; today it is 130 km. When it completes its detachment, an iceberg, the size of Wales, 20,000 sq. km., will float away. Shelf-ice already floats on the ocean and, when pieces break off, they do not contribute directly to sea-level rise, but they have a related impact.

The third type of Antarctic ice is sea-ice. This is the same type of ice that freezes in the North Polar regions. In recent years, the southern ocean has warmed at an alarming rate. It is now 2.5 degrees Celsius warmer than at any time in recorded history. Each summer, January-February, the sea-ice retreats faster and closer towards the shore, not unlike a row of falling dominos.

The warmer sea temperature destabilizes the ice shelves; they appear to be collapsing at an increasing rate. The melting of fresh-water ice shelves then alters ocean currents, because it changes the density of the salt water. For instance, the melting of the Greenland ice sheet, in the north, is presently slowing the warm Gulf Stream current that crosses the North Atlantic, and this is plunging Europe into harsh winters.

For eons, the Antarctica ice-shelves have had a specific purpose, and we know the vast continental ice sheet is not a static, stationary lump of ice. Every year, snow adds to the mass of the Antarctic ice sheet. The unimaginable weight of 6,400,000 cubic miles of ice forces flow towards the ocean in unstoppable rivers known as glaciers. However slow this process is, the mouth of each glacier forms an ice shelf.

So, here comes the theory, or lack of it. In most cases, the ice-shelf pushes up against off-shore islands, or geographic features. This action creates back-pressure against glacial flow. In places where the shelf has collapsed, some glaciers have been measured to be flowing ten times faster than prior to the collapse. The Continental ice sheet is composed of fresh water that has not been to sea in a long, long time, which would increase the volume of the present level of global oceans. Warming oceans, undisputable today, provoke ice-shelf collapse. Ice-shelf collapse allows glacial flow at a greater speed, and we don't know how that might increase. Some scientists theorize that huge chunks of the Antarctic ice sheet would slide into the ocean in a catastrophic rush, causing monstrous tsunamis, and inundating all the low-lying land around the world. But we need not worry, it's just a theory.

On a different note, I can think of one climate-change skeptic who, if the aforementioned scenario played out, would need to build a marina part-way up his New York tower, have the world's biggest water hazard at his Jersey golf resort, and don scuba gear to hang out at his Florida estate.



Part of the Larson C Ice shelf crack that is forming an iceberg half the size of PEI. This is just the tip of the iceberg.  
Photo credit: NASA Dec 2016.

## February is Dental Health Month for Pets

Dental health is important for your pet's well-being and regular check-ups should be performed annually by your veterinarian. A quick look from the experts could help determine early stages of gum disease and any teeth problems that could become problematic. Call your veterinarian today to schedule an appointment.



## The Story Behind From Baumgarten's Ski Hill to Swisски

Joseph Graham - Main Street  
joseph@ballyhoo.ca

Everyone used to know exactly where to go if you offered to meet at Baumgarten's. In fact, a lot of people learned to ski there. Places, spaces, destinations can be lost and forgotten, like a pair of gloves, when they stop being used. Baumgarten has been dead for longer than he was alive. His house, once a majestic round-log home with a commanding lake view, now sits at 154 Tour du Lac in Ste. Agathe, looking at a bank of condos on the water. The ski hill that bore his name has grown into a copse of prefab houses. Little is left, but his influence is evident in Ste. Agathe.



Alfred Baumgarten was born in Germany in 1842, the son of the King of Saxony's personal physician. A chemist, he made his way first to the United States and then to Canada, manufacturing sugar from sugar beets. He founded the St. Lawrence Sugar Refinery and was known as the Sugar King of Canada. Having grown up in a king's court, he felt most comfortable with the wealthy and powerful, so he joined the Montreal Hunt Club.

You can't tell the story of Baumgarten without talking about the Hunt, another subject that is fading from our common memory. We have all heard of the British aristocracy, who chase foxes on horseback watching their packs of dogs track and corner them. People have strong opinions about the propriety of things like that today; it fits in the same category as wearing furs. In Montreal, though, and to some extent in the Laurentians, fox hunting was very proper in the late 1800s, and even up to the First World War. It was an expensive hobby, and that by itself set the standard.

The fox hunt, called the Hunt, was the sport of the well-to-do, with large outings taking place in swamplands and on farms on the island of Montreal and in parts of the Laurentians. Like the early skiers, the organisers had to take pains to keep the farmers happy, settling any differences promptly and generously. They even organised a huge agricultural fair, called a farmers' frolic, on the Exhibition Grounds at the corner of Cote St. Catherine Road and Park Avenue in Montreal. They would bring in entertainment as exotic as the Royal Japanese Troupe of Acrobats, and ply the men with beer and the women with sugar, roasting a full ox on an open spit. Their budget for promotion and goodwill ran around \$60,000 a year (equivalent to several millions today).

As successful as Baumgarten was with St. Lawrence Sugar, he seemed more interested in the Hunt. It defined a man. Officers were men, and he lived in the shadow of the age of chivalry. Even as late as World War One, the officer class was still on horseback. It was a caste society in which the rich and powerful rode horses and the rest used them at best to pull a sleigh or carriage. It wasn't solely the horseless carriage that ended this paradigm. It had a lot of help from the war's trenches, gas attacks, and from new military equipment, like tanks. Baumgarten, who died at the end of the age of the horse, could fit into the right society on horseback. That was probably why he built a substantial property for the Hunt Club on Delorimier Avenue, in Montreal, in 1882. It included a large banquet room, a dance hall whose floor sat on springs to put spring in the steps of the dancers, a swimming pool described as "an oriental plunge bathroom all inlaid with white tiles" and a steam cleaner in the kennels for the hounds. He became the 18th Master of the Hunt from 1882 to 1887, and of the 35 masters, his name rates the most entries in the index of the Club's history.

Baumgarten was famous for his parties, and, when the Hunt Club moved to Cote St. Catherine Road, he took the ballroom springs and installed them in the ballroom of his home on McTavish Street (now the McGill Faculty Club), where he spared no expense in the care of his marriageable daughters.

Compared to McTavish Street and the Clubhouse, his luxurious home in Ste. Agathe was a log cabin. On the lakeside of Tour du Lac Road he built a large, round-log house that shows some of the influences of the Maxwell brothers. He also built a substantial barn, with a residence attached, at the bottom of the field that would become Baumgarten's ski hill. He called it Hillcrest Farm and he called his own house The Bungalow. The house stands today, ringed by townhouse condos. His large brick stables still exist, having evolved through being a recreational centre with an indoor skating rink to being further converted into apartments. The fields going up the mountain became the ski hill. Early photos show people skiing behind horses - ski-joring - a sport that he most likely witnessed with no idea how the skiing part of it would displace his horses from his fields and trails.

Alfred Baumgarten retired in 1912, at the age of seventy, but his last years were not easy. Despite his support of three Montreal hospitals and the Montreal Museum of Fine Arts, when the First World War began, he was shunned by a lot of his old friends. People cast aspersions that he was a German sympathiser, and later there were even allegations that he had offered succour to German spies. He died in 1919, leaving his property to a trust that gave priority to his wife, but stipulated that should she not use it, his elder daughter, Mimi, could use the property of her choice, and his younger daughter, Ilsa, could use the other. The prize was the Bungalow, the lovely log house on the lake, but Mimi used both, because Ilsa had married John Nesbitt and moved to Baltimore.

To be continued

## Obituaries

**CLARK, Jean Ada**  
{Nee Nason}

May 15, 1918 -  
January 19, 2017

It is with great sadness that Jean's family announces her passing on January 19, 2017. Jean was born on May 15, 1918.



Jean was predeceased by her loving husband Perley in 1996; her parents Roy and Alma Nason; her brothers Carl and Murray Nason. She is lovingly remembered by her three sons: Truman (Marion); Andrew (Bev); Gerald (Patti); and her many cherished grandchildren, great-grand children and great-great-grandchildren, and her many nieces and nephews. Jean was born in Nasonworth, New Brunswick. In 1942, Jean moved to Brownsburg, Quebec to work at the CIL ammunitions plant. After a brief courtship, she married Perley in 1946 and contributed greatly to their success on their picturesque farm in Mount Maple. Together they milked a dairy herd of Holsteins, produced and delivered eggs, honey and delicious maple syrup.

Compared to many today, Jean led a simple and modest life. She was not one to focus on, or complain about what she did not have, but rather full of vitality and appreciation for all the many blessings God sent her way. Jean was always very active in her community. She significantly contributed to the success of the Women's Institute in Quebec, attaining up to the role of Branch, County and Provincial President. Jean had a life long passion for quilting. She lovingly pieced together many quilts for loved ones including a quilt for each grandchild. In her early years Jean frequently received first prize at the many quilting competitions she participated in. In later years, Jean led quilting classes and passed on her passion to dozens of appreciative learners. While not quilting Jean would read her poems to the other quilters. Jean was a life long servant of her Lord and Saviour Jesus Christ and contributed to her church family in various capacities for decades, including Sunday School teacher, pianist, and DVBS leader. Jean was an avid reader and letter writer to many, but her greatest passion was her poetry. Jean's thoughts have often been expressed in rhyme and prose, many of which have been published near and far. In 1996, Jean published her "From My Country Home" book of poetry. In Jean's writings, one glimpses her love of God, the beauty of nature and her significant appreciation of family and friends. In reviewing Jean's poetry, her family learned she had written over 200 poems and touched the lives of over 120 friends and family through her many poems.

Her family wishes to express their sincerest appreciation to the many friends and family that comforted and prayed over her in her final weeks. Special thanks to Dr. Cahill, and to the many nurses, and especially all her loving, personal care attendants who called her Baby Jean at Laurier House in Sherwood Park, Alberta. A Visitation was held on February 2 at the Daleville Baptist Church, followed by a Celebration of Jean's life. Interment to take place at a later date at the Dalesville Cemetery. In lieu of flowers donations may be made to Partners International. <https://partnersinternational.ca/>

### COLE Ross

After 80 years of skiing, including 17 years as ski school director at Ayers Ski Center, Brownsburg, and 25 years as ski instructor at Morin Heights, Ross has finally hung up his skis. Our beloved Ross passed away peacefully at the Lachute Hospital on January 14,

2017 with his family at his side.

Husband to Kathleen and father of Ron and Brian, Ross lived a full and active life. He was multi-talented and worked in various fields during his lifetime. As a building contractor, he constructed many homes in the Laurentians and was recently active in the restoration of the Holy Trinity Church, Lakefield. His main passion was skiing. He travelled the world and skied in almost every country possible. He was recently honoured with Les Sommets' "Lifetime Achievement Award" and had a ski trail named after him at Ski Morin-Heights. He was respected by his peers and loved by all who knew his sense of humor. He had too many life adventures to mention here. We invite you to share your Ross stories on his Memorial Facebook page.

All are invited on Sunday, February 12, 2017 from 5 pm to 7 pm to Morin-Heights Ski Center where the hill and lodge will be open specially to celebrate his life with night skiing and après-ski. A memorial service and reception will also be held on Sunday, February 19, 2017 at 2 pm at the Holy Trinity Church and community center at 2 Cambria Road in Lakefield (Gore). Thank you to all who have expressed and shared their sympathies (and stories) with us.

The Cole Family

### PARKER, Donald

Peacefully at his residence on Thursday, January 5, 2017 in his seventyninth year. Beloved husband of Jean MacKimmie. Loving father of Kent and Janet. Cherished grandfather of Matthew. Also survived by his sister Carol Hall, brother-in-law Mac, sister-in-law Margaret Kerr, his niece and nephews. Funeral service was held on Friday, January 13, 2017 at St.Simeon's Anglican Church, 445 rue Principale, Lachute, Qc. In lieu of flowers memorial donations may be made to the Lachute Protestant Cemetery, P.O.Box 174, Lachute, Qc. J8H 4G4, or Quebec Diabetes, 8550 boul. Pie-IX, Room 300, Montreal, Qc. H1Z 4G2.



### SCOFIELD, Bree 1980 - 2017

After almost 37 years of care from her mother, Wendy Gilker, Bree passed away on January 5, 2017. Love and devotion enabled Bree to live a good life. She leaves her father, Walter; loving grandmother, Murie; and Aunt Sco Scofield; cousins Meghan, Laura and Danny Stewart.

To those in the community who helped Bree in her early years - thank you.

### WOOD Carman Watson (1927-2017)

Peacefully, in his 90th year, surrounded by family on January 19, 2017 at St-Jérôme Hospital. Beloved husband of 65 years, of Mona (nee Hyde). Dear father of Gary, Ron (Helene), Darlene (Steven) and Debbie (David). Cherished grandfather of Chris, Chloe, Dylan and Faith.

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



## The English Link Useful Information

By Kim Nymark - Main Street

Part of my responsibilities at 4 Korner's Family Resource Center is to help the English population navigate the complex health and social service system in the Laurentians. After several years on the job, finding information has become second nature to me, so I thought I would share some key knowledge. There are some amazing online resources in English at our disposal.

The Quebec government's website provides a lot of information for Quebec citizens. The first place to visit when you have questions is the Citizens' Portal at <http://bit.ly/2jfac1K>. This page is divided into two sections: Your Situation and Your Life Events. These two categories cover a wide range of topics, including consumers, persons with disabilities, birth and adoption, loss of independence... the list goes on and on!

**A couple of topics that stand out on the government website are:**

### Death of a Loved One

The death of a loved one is a difficult time and requires the completion of a number of administrative steps. What do you need to do first? Are you entitled to survivors' benefits? What are the responsibilities of the liquidator of an estate? You can find all the answers at <http://bit.ly/2ktapqK>. This link provides an overview of the steps that you should take with government departments and agencies following a death.



### Programs and Services for Seniors

A wonderful and complete 48-page document that outlines all the available programs and services for seniors in Quebec can be found at: <http://bit.ly/2kjj5wm>. Topics covered range from health and social services, to tax credits, to home help and housing.

### Quebec Retirement

Another tool provided by the Quebec government is the Retraite Quebec website and it is now available in English at <http://bit.ly/2k42G1u>. It is easy to navigate and has valuable information on necessary government forms, payment dates and online services and tools for your retirement planning process.

### Endoscopic Examinations

Needing an endoscopic examination can be a scary time for anyone, and being able to access information in English becomes crucial. The Sainte-Agathe hospital has information available in English for both colonoscopies and gastroscopies at: <http://bit.ly/2j5DSa5>. Detailed descriptions on the procedures, possible medications, preparation for the examinations and post-procedure information are available to help relieve some of the anxieties you may have.

In addition to all of these great resources, you can always access 4 Korner's Family Resource Center's website at: [www.4kornerscenter.org](http://www.4kornerscenter.org). Under the Resources tab, you will find an updated, extensive list of health and social services resources, as well as community and education resources.

The Internet is an outstanding tool and can be of great assistance when researching information; however, if you ever need help navigating the health and social services network in the Laurentians, 4 Korner's is always there to assist you!

[kim@4kornerscenter.org](mailto:kim@4kornerscenter.org) for the English Communities Committee of the CISSS Laurentides (des Sommets region) and 4 Korner's Family Resource Center: 1-888-974-3940 or 819-324-4000 ext. 34330.

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## Main Street Money: Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP,  
Investment Advisor, Manulife Securities  
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### WHAT'S AHEAD FOR YOU IN 2017?

In my January column I briefly mentioned Registered Retirement Savings Plan, a federal program that allows you to shelter a portion of your income from the tax department. You still have time to salt away money in your RRSP and apply those contributions against your 2016 income. You can do so until the end of February. The available contribution for 2016 is on your Canada Revenue Agency notice of assessment form. If you need more info about your income tax go to [www.canada.ca/taxes](http://www.canada.ca/taxes) or call 1-800-959-8281 to verify your contribution room.

For 2017, the maximum RRSP contribution limit is set at \$26,010. The TSFA (Tax-free Savings Account) contribution limit this year is \$5500. The TFSA allows your savings to grow tax-free and you can withdraw the money without paying taxes. Keep in mind the contribution to this program are not tax deductible from your income. The total contribution room for your TFSA account is \$52,000. Remember, you do not have to open a TFSA at a bank; you can open an investment account with your advisor and invest in mutual funds, GICs, bonds, ETFs, and stocks from all sorts of stock markets around the world.

### 2017 Statements

More than likely you should have received an accounting of your investments for this past year. For the first time, (except if you have a fee based account) you will discover what you are paying your advisor. These figures will be shown in a dollar amount as opposed to a percentage point. And these statements will give you a better idea of the returns your investments are generating. These mandated annual costs and performance reports should be delivered in early 2017.

Remember these advisor fees you pay are also shared with the firm your advisor works for which in my case is Manulife Securities Incorporated. If you see anything on your statement that you do not understand contact your advisor or if you want some help give me a call at 514-788-4883 or my cell at 514-949-9058 and perhaps I can help as these statements are new and might require some help with the legalise use of financial jargon.

For example, if you own a Canadian mutual fund that focus on the Canadian stock market and have a MER (management expense ratio) of 2.45%. This

percentage is the amount the Mutual Fund Company keeps for managing your fund for you. These MER fund fees vary according to which company your advisor decides to use. But in general, a mutual fund can charge as much as 2.45% and often mutual funds do not beat a comparative index, for example the S&P TSX composite's index had a 21% total return in 2016 (dividends plus share - price gains.) Keep in mind a balanced portfolio will have made much less.

I guess that the bottom line to these new statements is to make you as an investor more aware of what it costs to invest with an advisor. It also will help you control one thing: the cost of advice and also you should look at alternative investments products other than a mutual fund. Since a mutual fund has a hard time beating a comparative index (e.g. S&P TSX composite index) you might want to understand ETFs (Exchange Traded Funds) that are set up to match an index. Just on cost: you can buy a Canadian index for rock bottom (MER) fees from Vanguard or iShares of 0.05% or from a third supplier, Horizons S&P/TSX 60 Index ETF (HXT) even lower at 0.03%. These costs (MERs) and what you pay your advisor are things that you as an investor can control. I can help you understand and learn more about ETFs, as I plan to continue explaining them in upcoming months. You also might find the concept of an MER a bit murky and further explanations might be needed to appreciate what you are paying for advice and investment products.

Make your RRSP contributions, read your new statements carefully, try to contribute to your TFSA and always use your advisor as a sounding board to help you with financial decisions. If you would like more information or explanations on these and other financial situations, I can be reached at 514-788-4883 or my cellphone at 514-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca. I am also available for speaking engagements. Continued success to all my readers in 2017.

*The opinions expressed are those of the author and may not necessarily reflect those of Manulife Securities Incorporated or Manulife Securities Insurance Inc. Stocks, bonds and mutual funds are offered through Manulife Securities Incorporated. Insurance products and services are offered through Manulife Securities Insurance Inc. Banking products and services are offered through referral.*

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## I'm Just Saying The Undoing of Gregorian

Ron Golfman - Main Street

Stealing from the Twilight Zone opening, "Imagine, if you will ...," let's finally deal with the

fact that February is, simply, not a necessary month in our calendar. Just think about it; the shortest month of the year always feels like the longest, fraught with the worst winter weather, and its own ego-maniacal assumption that it can change its number of days every four years. What nerve!

February does possess some excellent virtues, such as Valentine's Day, though to be realistic, given our endless winters, the date can be placed in another month and you would still be able to over-spend on chocolates and flowers, while having that wintry, romantic day/night. On a personal note, my beautiful daughter and my lovely sister were born in February, but I'm almost certain they can be persuaded to pick another month in which to celebrate their birthdays.

Most of us, spent a portion of our childhood, spelling February as "Febuary," never learning, or comprehending, why the "r" was required. The month is aggravating, even by nature of its name. We celebrate the heroic life of Martin Luther King in January, yet Afro-Americans must accept that the month to promote and honor their heritage is, not only a month later, but in the shortest month of the year. This is a rip off, and it's disrespectful, when one considers that all the rest have either thirty or thirty-one days (remember the rhyme, which helps you remember these stats?).

Every year, we begin winter with the build-up to Christmas in December, and then to enjoy, or over-enjoy the New Year celebrations, followed by a segue into January, knowing that the 21st day is the turning point for the longer days we cherish so much. March has us all discussing whether winter will go out like a lion or a lamb, but we can see the light at the end of the tunnel. February, on the other hand, is traditionally the coldest, most blustery and snowy month, and one tends to feel trapped in limbo, caught between a rock and a cold place.

To me, it is very clear: February gets an "F," offering little more than the Super Bowl, and being the month we receive our home tax bills, and income-tax demands from both governments. If this particular month contains all these "icky" elements, and I'm Just Saying, why not simply eradicate it from the Gregorian calendar, since it will be good for our spiritual well-being.

This notion is not intended to slight anyone who has a birthday, or a special moment, in February, but wouldn't you want, optimistically, to "March forward" into spring instead, at little personal cost? I could go on, but I fear that my disdain for November might join the mix also, so I'll save that topic for another time.



## Making it Work in the Laurentians Negotiate Like a Pro: How to Secure Your Best Job Offer

Andrew Taylor - Main Street

From marketing to public speaking, interviewing for a job requires you to juggle multiple skills. But there's one ability that's often overlooked during interview prep, and that's negotiation.

For many, this isn't a skill that comes naturally, or comfortably, but in order to receive the employment terms that work for you, a bit of back and forth is often required. Just like any skill, negotiation can be learned. Here are a few tips to get you started.

### Know Your Value

The key to successful negotiation is in the preparation. Before your interview even begins, find out how much your skills and experience are worth on the market. Take into account regional variations too, because a salary in Val David is going to differ from a salary, for a similar role, in downtown Montreal.

Start your research at Emploi Quebec ([www.emploi.quebec.gouv.qc.ca/en/](http://www.emploi.quebec.gouv.qc.ca/en/)) where you can look at the average salaries for jobs similar to the one you'll be interviewing for. Another tool is Glassdoor ([www.glassdoor.ca](http://www.glassdoor.ca)). Sign up to get an insight into what others in your field are being paid.

### How to Ask for the Salary You Want

The topic of salary may come up at any time. If not during your phone-screening interview, it will likely come up during the second interview, after the organization has determined that you're a good fit for the role. Regardless, it's best for you to wait until your interviewer brings up the subject. If you broach it first, it may seem like compensation is the only reason you're interested in the job.

When asked what your salary expectations are, suggest a range that is in line with your region and for that position. Negotiating isn't about naming your price and crossing your fingers. If you've asked for a figure above what is on the table, demonstrate why you feel you're worth the increase. Perhaps you have relevant training that others may not, or maybe you have an extra few years of specialized experience.

Whatever the case, take care to come across as approachable. Avoid ultimatums, and unless a particular point of negotiation is a must for you, make it clear that it's not the end of the world if you don't get everything you request.

### More Than a Matter of Money

There is more to job satisfaction than compensation alone. When negotiating employment terms, don't get hung up on the money issue. It could be that the company isn't in a position to accommodate salary demands, so consider other factors, like flexible hours, vacation time, or growth opportunities.

With any negotiation process, there's a chance the interviewer may pull a potential job offer from the table. Be flexible, and keep in mind that the goal of any interview is to get that offer. After all, having a job you want is often more valuable than the extra perks you can work into the bargain.

To get more interview advice, find YES on facebook, or contact us at [info@yesmontreal.ca](mailto:info@yesmontreal.ca), or visit our website: [www.yesmontreal.ca](http://www.yesmontreal.ca).



## The 45th edition of the Morin-Heights Viking Loppet

The 45th edition of the Morin-Heights Viking Loppet will take place on February 26. The town expects to welcome more than 500 skiers to their annual event.



## Spotlight Mont-Tremblant

Erin McCarthy - Main Street

The winter season is in full swing, here in Mont-Tremblant, and we're loving it! There is a ton of stuff going on this month and, since there's something for everyone, I suggest you make your way over here for some February fun!

On February 1, the 2017 program for art exhibitions at the Salle Alphonse-Desjardins was revealed. Exhibits are hand-picked by a committee, and highlight professional Laurentian and Quebec artists and artisans. Entrance is always free, and with the city library located upstairs, it's a well-rounded cultural outing, and a great option for a family-friendly indoor activity. Furthermore, on every last Sunday of the month, which lands on February 26 this year, the library transforms into a ludothèque (toy library), with educational and creative games, puzzles and toys, for children and adults to interact with, and have fun.

Throughout the month of February, you can discover the winter night sky with the 2nd-largest telescope accessible to the public in Quebec! The Velan Pavilion, at the Domaine St-Bernard, is an astronomical observatory, equipped with a high-quality telescope for observing celestial objects, with an additional, external area for observation, and installation of individual telescopes. The pavilion also boasts a fully-equipped projection room, for up to 50 people, where there are sightings every Saturday at 8 pm! Book your place at [www.domainesaintbernard.org/astronomie](http://www.domainesaintbernard.org/astronomie)

The Quebec Snowboard Association, in collaboration with Canada Snowboard and Station Mont Tremblant, was pleased to host a NorAM cup snowboard-cross race, on February 2-3, at Station Mont Tremblant. The world's best riders descended on Mont Tremblant in preparation for April's Sports Experts Speed Nation Nationals, presented by Mazda Canada and FA Design. It is also the first Snowboard-cross stop of the 2017 season, for both the Speed Nation SBX Tour and the North American SBX Tour. Training started with qualification, on February 1, and finals were on the 2nd and 3rd.



The 4th annual Legends Classic event will be held at Tremblant, on Saturday, February 25. The event is hosted by the Canadian Ski Hall of Fame & Museum, in conjunction with the Mont-Tremblant Association, and Le Club de Ski Mont Tremblant. The race is a giant slalom, open to skiers of all levels: juniors (7-17), adults (18 - 59) and legends (60 and over). The André Charron Cup will be awarded to the best times of the day in both the male and female categories. This year, the race will be run on the Jasey-Jay Andersen North-side trail.

If you want to take a break from the slopes this February, but you still fancy an outdoor adventure, head over to the Mont-Tremblant National Park for some world-class snowshoeing. The park offers more than 48 km of trails, spread over 2 sectors, with options for both the family and the more experienced. Trails are open in the Diable area (26 km) and Pimbina area (25km) until March 19, and snowshoe rental is available at the Discovery Centre, and the reception station for La Pimbina. For more info and trail maps, see <https://www.sepaq.com/pq/mot/>.

Happy wintering!



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**NEW!**

**NEW ON THE MARKET!**  
Beautiful 2006 home with 3 bedrooms and the possibility of 5, sitting on a very private lot with access to an excellent lake. Bright, sunny dining room, living room with wood stove, kitchen with island and breakfast nook, 2 baths, pine floors throughout. Complete above ground basement with large workshop that can be transformed easily. A must see!  
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**BROWNSBURG :** Home with 2 bedrooms, a private backyard and detached garage. Semi-finished basement with family room and play room. Front balcony & gallery in backyard. Renos: French drain, roof, basement, recent windows. Kitchen w/ wood cabinets & patio door to backyard. Freshly painted. Excellent acquisition for a young family/couple. \$134900.  
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**BROWNSBURG @ \$124900:**  
Large home with 3 bedrooms and detached double garage. A lot of potential with a little bit of love. Large corner lot of 8915 square feet, central heat pump, vast and spacious rooms, 3 bedrooms on the same floor. Priced under municipal evaluation. Make an offer!  
MLS 22880990

**PRESTIGE ON THE LAKE:** Stunning luxury property on the lake! Built in 2009, novoclimat certified, finished A to Z with quality materials and workmanship. 4 bedrooms, 2 full baths, powder room, closed entry, double garage + another small garage, veranda, balconies with views, terrace, gazebo with spa, dock, granite counter tops, cold room, kitchen island & so much more!  
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# 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](mailto:msw_sue@yahoo.ca). Payments must be by cheque and mailed to Main Street, CP 874, Lachute QC J8H 4G5. Payment is due prior to publication

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## Seedy Saturday



Winter is THE time to start planning your summer gardens! Naturally, if we want to grow the best flowers and plants, we have to grow the best seeds. The way to grow to best seeds is to grow plants for many years, locally and regionally, to increase the amount of seeds that are uniquely adapted to our Laurentian climate and ecology.

The preservation of diverse plant species allows wild, and domesticated, species to withstand unforeseeable threats, such as disease, climate change, and pests. Plant biodiversity helps humans to adapt to fluctuations in the food systems, creating resilient communities. By growing plants out to generate seeds, to collect and save, we ensure the continued viability of the greatest number of seeds in the gene pool.


Pollinating insects are an essential, natural resource in the production of food, and yet the populations of many species are notably declining, due to loss of habitat, pests and pesticides, invasive species and climate change.

One of the most important actions to take to help indigenous and introduced pollinator species is to plant a large variety of flowers for continuous blooming from spring until autumn. This ensures a steady food supply for bees, wasps, and other pollinating insects, especially in the early spring and late autumn.

By participating in Seedy Saturdays, local gardeners can contribute their own seeds, and find new, exciting varieties to try for the coming season.

So, come on down to the first, annual Seedy Saturday, in Morin Heights, at the United Church, on February 18th! This, being a Morin Heights Farmers Market sponsored event, in collaboration with Seeds of Diversity Canada, there will be lots of treats from a selection of vendors, and lunch and beverages will be available. A seed-swap table will be set up, so bring your seeds!

## Cheese Lovers' Delight




Cheese lovers and sommeliers are experienced in the delicate art of pairing a good cheese with a complimentary ale, port or wine, but, for the rest of us, choosing the right combination can be complicated, and a real challenge. There are so many varieties to choose from and it can be intimidating to try something new, but if your palate is seeking a change of pace, here are a couple cheeses to tease your palate.

**Tarapatapom:** the sweetness of caramelized apples layered between a soft fresh cheese imported from France gives a lovely combination of sweet and salty. Ideally served for breakfast with bagels/croissants or as an after dinner dessert cheese.

**Bellavitano citrus and ginger:** Another addition to the Bellavitano family, this cheese has a crisp citrus flavour best paired with a light red wine, Chardonnay or Prosecco. Would be a lovely compliment to seafood, pasta, or salad.

**Godminster cheddar:** a 14-month aged English organic cheddar, in the shape of a heart, and wrapped in a burgundy wax. Made from cows' milk, it has a smooth creamy flavour. Would pair nicely with a red wine or an aged port.

These cheeses are a mere sampling of the many varieties currently available at La croute et le fromage, 254, Bethany, Lachute. 450 566-0660.




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The staff and management would like to thank all their loyal customers from the Lachute and surrounding communities for their loyal support and we hope to see you at our new location.

**125, av Béthany,  
Lachute  
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