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What's On My Mind... A new definition

Susan MacDonald, Editor

Nothing frustrates me more than hearing someone describe the occupation of another as being only a “menial job” and then judging the person accordingly, as being uneducated or lacking in aspirations. I choose to differ with the official definition of menial, that being – unskilled, boring, tedious or lowly. Thank heavens we don't all want to grow up to be doctors, lawyers and bankers.



Take a second look at that line of employment and imagine, if you can, a hospital trying to function with only the graduate medical staff; a restaurant or hotel without housekeeping and servers; food chains with no stock deliveries or a city/municipality with no road crews or garbage pickups. It paints a different picture doesn't it? These are all essential services necessary to the success of any business or organization and yet those are considered to be within the menial category.

Whether by choice or circumstance, not everyone has the financial means or desire to pursue a higher education. Years of schooling, while incurring debts through student loans, the self-discipline demanded during that time and the likely lack of employment opportunities following graduation, just aren't everyone's dream in life. Nor, for that matter, is the stressful lifestyle that a professional career demands. For some, the personal cost and pressure imposed on family life are just too high.

Interestingly, halfway between our professionals and our labour force, we find an ever-growing third party, the entrepreneurs. This enterprising group may offer professional or “menial” services, but because they are self-employed with their own businesses, even if they are washing laundry, or growing vegetables to sell, they are perceived as professionals, and are regarded as such, earning due respect nonetheless. Hmm, rather contradictory, don't you think?

And so, I believe, our judgment of occupations should focus more on the services provided and not on the classification of the jobs or our judgment of the people doing them. We need to focus on the quality of job-performance and not on any perceptions of social distinctions. Perhaps, when the word “menial” refers to a position in the work force, its definition should be changed to “qualified for the task at hand.”

Any job well done is something to be proud of.

Next month, Main Street will be celebrating its 15th anniversary. We will be taking a page or two to commemorate the occasion and invite you to join us as we look back over the past journey and ahead towards a successful future.

Enjoy the read...



winter madness

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Observations Is The EU Self-Destructing?

David MacFairlane - Main Street

1) Tokyo, Japan - 0800 - September 1, 1945
To: President Harry S Truman.
From: General D A MacArthur.

Tomorrow we meet with those yellow-bellied bastards and sign the surrender documents. Any last minute instructions?

2) Washington, DC - 1300- September 1, 1945

To: D A MacArthur
From: H S Truman

Congratulations, job well done, but you must tone down your obvious dislike of the Japanese when discussing the terms of the surrender with the press, because some of your remarks are fundamentally not politically correct!

3) Tokyo, Japan - 1630-September 1, 1945

To: H S Truman

From: D A MacArthur and C H Nimitz

Wilco sir, but both Chester and I are somewhat confused, exactly what does the term politically correct mean?

4) Washington DC - 2120-September 1, 1945

To: D A MacArthur/C H Nimitz

From: H S Truman

Political Correctness is a doctrine, recently fostered by a delusional, illogical minority, and promoted by a sick mainstream media, which holds forth the proposition that it is entirely possible to pick up a piece of shit by the clean end!

(source: JS Mineset.)

Political Correctness gone mad: the dirty end.

Refugees from Syria, Iraq, Afghanistan, and North Africa continue to pour into the EU, mainly through Turkey and then across the Aegean Sea to the Greek islands.

In 2015, over 1,100,000 entered the EU. Estimates for 2016 are 1,500,000 (source: IMF)

Turkish smugglers supply the boats and other supplies to the desperate refugees.

This "transit service" has become a large source of revenue to Turkey. In 2015, over \$6 billion was milked from migrants.(source: Europol)

Refugees are housed in cheap, group accommodations or camps. Others roam the countryside.

Conditions are so bad that many refugees are asking to return to their homes.

During New Year celebrations, gangs of refugees swarmed single women, groped, raped, assaulted and robbed them, while attacking bystanders and police attempting to intervene.

These assaults occurred in the EU cities of Cologne, Hamburg, Dusseldorf, Bielefeld, Berlin, Frankfurt, Stuttgart, Vienna, Salzburg, Zurich and Helsinki.

Over 500 criminal charges were made by women in Cologne alone - mostly related to sexual assaults.

Most offenders disappeared into the masses of refugees.

The Cologne police chief who downplayed these assaults was forced into early retirement.

At an annual concert in Stockholm for young people, refugees attacked, groped and assaulted an unknown number of young girls.

In rural Germany, a group of young male refugees lured a young girl to their residence and gang-raped her.

Similar sexual and physical violence on women is being experienced all over the EU.

In Stockholm Central Station, gangs of very young Moroccan refugees have occupied the area and have been attacking, groping and robbing female passengers daily.

There are over 800,000 homeless children in the streets of Moroccan cities. Many find their way into the EU. by various means, and claim refugee status.

In Stockholm, a 22-year old female social worker in a group home was stabbed to death by a 15-year old Somali refugee.

Sweden is planning to deport over half its refugee population - 80,000 people - by force, if necessary.

Austria has decided to deport as many refugees as possible, offering an incentive of \$600 each.

In Denmark, a young female teenager who defended herself against a rape attempt, using pepper-spray, was fined by police for use of a weapon.

"It's not just the groping," said the Bild am Zeitung newspaper, recently. Apparently, refugees have masturbated, defecated and urinated in public baths, pools and showers, and attempted to infiltrate female dressing rooms in public areas.

France is the most racially diverse country in the EU. Muslims in France have never successfully integrated and remain apart and unwelcome.

The port of Calais has been occupied by thousands of refugees for over two years.

"Everyone has a plan, 'til they get punched in the mouth."
Mike Tyson -
Conflict resolution specialist and former World Champion boxer.

People are trying to cross the Channel into the UK, by jumping trains and ferries.

The mood in this camp is one of simmering violence. Police stay away.

Other groups roam the auto-routes and storm long-distance trucks, demanding rides to elsewhere.

In France, over 40,000 cars are burned each year, by rival Muslim gangs - over 80 cars each day.

The Grand Imam of Paris has said that 2,200 mosques in France are not enough for the 7 million Muslims. He demands that unused churches be converted into mosques
Governments in Berlin, Paris and Brussels have completely lost control, cannot maintain the rule of law, and are failing to protect their citizens.

Authorities are realising that it is impossible to integrate such divergent cultures, with such obviously different codes of conduct.

"Europe has voluntarily begun the process of giving up its liberal and hard-fought-for freedoms. Free speech no longer exists ... what is happening in Europe ... represents the opposite of what people care about: respect for others and equality before the law. When a society covers up criminal behaviour and absolves criminals ... (it) weakens and corrodes the values it claims to uphold." (Gatestone Institute)

Political Reality: the clean end.

Europe, like Japan, has a serious demographic crisis; a low birth rate, and rapidly aging population. Its only hope for survival is to accept immigration and find the capacity to live with the wrenching social changes required. The Observer stated: "Europe must revolutionise or revert to fascist type ... migrants are the solution to the (demographic) crisis."

The Telegraph was more clear: "Europe is slowly dying (and) needs many more babies to avert a population disaster." Some last words: "Europe must accept that it is a part of Africa and Asia. Otherwise, it has no future." (Aidan O'Brien - Counterpunch)

As President Truman pointed out, no matter which end you choose, it's still a turd but, like Buckley's famous medicine, the solution will taste awful, but it will work.

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Publisher/Editor: Susan MacDonald

Associate Editors: Jim Warbanks, June Angus

Art Director: Elle Holland

Management Consultant: Barry Young

Contributing writers: Ilania Abileah, June Angus, Joan Beauregard, Lys Chisholm, Chris Collyer, Sheila Eskenazi, Beth Farrar, Christopher Garbrecht, Ac, Ron Golfman, Joseph Graham, Grif Hodge, Marion Hodge, Rosita Labrie, Lucie Lafleur, Lori Leonard, Lisa McLellan, Yaneka McFarland, Marcus Nerenberg, Claudette Pilon-Smith, Frans Sayers, Christina Vincelli, Dale Beauchamp, Marie France Beauchamp, David MacFairlane, Kim Nymark, Jim Warbanks and many other contributors from the Laurentian community at large.

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Simply Words on Paper Limiting Literacy Funding Is False Economy

Jim Warbanks - Main Street

The recent Cabinet shuffle announced by Premier Philippe Couillard included the appointment of Chateauguay MNA Pierre Moreau as Education Minister, the third person to occupy that post since the current Liberal government took office.

His predecessor, François Blais, had not been responsive to the very particular needs of the English-speaking communities. Literacy Quebec (LQ) Executive Director Margo Legault and Regroupement des groupes populaires en alphabétisation du Québec (RGPAQ) President François Brassard jointly addressed a letter to him deploring the significant proportion of Quebecers with low literacy skills and the lack of a comprehensive strategy to address this distressing situation.

They stated: "...the amounts that are currently invested to improve literacy are paltry compared to the magnitude of the problem." They expressed concern that "you leave doubt as to the recognition and future funding of the only network whose primary mission is adult literacy in Quebec." This was in response to a statement by Blais that he wants to "assess the funds that are available to you and see where best to place them to make a difference."

Indexation

They insist that the literacy organizations (13 serving the needs of English-speaking communities) in the province should be adequately funded, noting that, "for 13 years now, our network has been getting poorer, having not even received an indexation equivalent to the increase in the cost of living."

They invited the Minister to clarify his actual intentions and reiterated the invitation to "come and meet the workers, volunteers and adult learners, who perform small miracles on a daily basis with the limited resources that are at their disposal."

As with other education sectors, there is a widespread suspicion that literacy funding will be next on the cutting block. The English-language literacy centres rely extensively on volunteers to provide their services free of charge to help individuals whose basic needs have not been met by the education system.

Self-esteem

The assistance provided gives reassurance, a free helping hand for those who need it most. There are consequences to targeting the "average" student, when teaching large classes. A student who misses a key building block when it is initially taught will likely experience successive failures, frustration and eventually abandon making the required effort. Improving literacy skills boosts self-confidence by making a difference one person at a time.

A literacy centre supports both students and teachers. The goal is to provide the tools required by the adult trying to maximize his/her abilities in their personal lives and at work. The tutors are picking up pieces resulting from an approach that failed in the first place. Daily, they help people who strive for a better life.

Full disclosure: I have been involved for a number of years with the local Laurentian Literacy Centre (LLC) and currently serve as President of the (all-volunteer) Board of Directors. I have seen first-hand the positive impact on individual lives. Staff members, volunteers and board members all believe in the beneficial aspects of what we do and are committed to the continued success of these initiatives.

Flexibility

Most students who take the initial step of seeking help have had repeated unsatisfactory educational experiences. Balancing the demands of work, family, social commitments and time constraints is a challenge for every student. Some will fail to carry these burdens on an initial attempt but may pursue the task again at a later date. Encouragement, praise for achievement and flexibility in the approach taken are some of the key elements that reach beyond teaching linguistic skills. A number of students profit from the helping hand in boosting their literacy skills to go on to acquire further educational credentials.

At the LLC, we are particularly fortunate to have a dedicated core of current / former / retired teachers serving as board members and volunteer tutors. Their experience and backgrounds make them a very valuable asset. If you sought to gather their combined expertise and remunerate them adequately, the cost would be prohibitive. This is where bureaucrats and bean-counters fail to understand the tremendous added value of attracting and retaining competent, qualified volunteers. Their presence provides an under-appreciated multiplier effect to the parsimonious government funding that must be so carefully doled out to achieve maximum impact.

Fundraising

Another element not fully considered when funding levels are determined is the expansion of services and materials provided due to local fundraising efforts, which the LLC has markedly increased in recent years, with much-appreciated, consistent community support. If these initiatives had failed, the LLC would be in a very precarious position indeed.

The hope is that the incoming Education Minister will heed the appeal of Literacy Quebec (and the RGPAQ) to adequately fund the literacy organizations in order to reduce the severe consequences of low functional literacy rates in Quebec communities.

Coming up On Facebook this month

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



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Ste Agathe Academy News Emma Wallace - Grade 7 Student

In the month of January, Ste. Agathe Academy was visited by Canadian author, Paul William Roberts. He gave a talk to the Secondary 1 and 2 students, discussing the history of Islam and many important matters, such as overlooking certain stereotypes in everyday culture. The talk was a very good learning experience for the students, and will surely not be forgotten.

A 24-hour fast was held on January 22 and 23, to raise funds for the organization, "Free the Children," a group within the school aiming to get involved and raise awareness in underprivileged countries, through numerous fundraisers and events. The fast was held partly at the Laurentian Regional High School, so it was also a fine opportunity to interact with students of another school.

In the middle of February, The SAA PPO will be holding a wine raffle to raise money for technology and equipment. Tickets can be bought for the price of \$5, for the chance to win up to 12 bottles of wine. For more information, please contact Renee Beausejour at r.beausejour@cgocable.ca

Have a good February!



About Sainte-Adèle

Chris Lance - Main Street

After a dozen years as a municipal councillor and, most recently, as our mayor, Rejean Charbonneau has decided to resign his position as mayor of Sainte-Adèle due to health issues. This action was announced on January 14. The mayor had hoped to complete his second term, but the

daily grind proved too onerous considering his health. As a result of his resignation, there will be an interim election for a new mayor and, of course, a council seat election, should one of the current councillors decide to toss a hat into the mayor's vacated position. This special election should be announced before summer arrives. The normal municipal election date is set for November 5, 2017.

I would like to thank the mayor for leaving us La Place des Citoyens, where you can refuel your electric car. I hope his citizen's card is in good order to gain entrance-free savings at La Place des Citoyens. And I would also like to thank all my readers for waving and honking when you saw the mayor on the streets of Sainte-Adèle.

The 117 entrance road to/and through Sainte-Adèle is littered with deepening pot holes. As you drive through, you might have noticed the "A Vendre" sign on La Patate des Pays d'en Haut, opposite the Banque Nationale. Further down the road, opposite the IGA, there is an extension on La Friterie, a very popular greasy spoon for this writer. Even further down the 117, opposite the Auberge Champetre and Home Hardware, there is a new resto called Le Chateau Deli Inc. The resto is open for lunch and supper - it is a "bring your own wine" establishment, and you can call them at 450 229-8181 to see what's cooking. This eatery is run by Chef Tilak Illesinghe. Welcome to Sainte-Adèle.

Also, along the 117, esthetician Nadia Bertrand is partnering with Dr Sylvain Simard, who, together, specialize in improving your health and looks - give them a call at 450 229-9191 to get information on how they can help you with these new services in Sainte-Adèle.

Remember, you need to get a pass to use Le P'tit Train du Nord (parc lineaire) to cross-country ski. You can check it out at lespaysdenhaut.com, and to obtain snow conditions by calling 450 229-6637 ext 202.

You can get information and reservations for entertainment offerings at the Café de la Gare de Sainte-Adèle at 450 229-5886.

On February 25, the continuing adventure series at La Place des Citoyens is presenting L'Afrique du sud at 7:30 pm. You can get tickets on-line at ville.sainte-adele.qc.ca or call 450 229-2921 ext 300.

February is a cold month, but great to finally get a little skiing done at our resorts. There is an extra day this month, so get out and enjoy winter sports while you can.

All the best to our ex-mayor, Mr Charbonneau, enjoy your retirement time here in Sainte-Adèle, hope to see you around the tennis courts, the lake and, of course, in the restaurants: A last honk and wave to you, good sir, and thank you.



A Library Addict's Choice...

Grif Hodge - Main Street

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Grif Hodge - Main Street

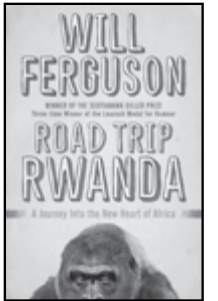
NON-FICTION

Bronee, Amy - The Canning Kitchen

Amy Bronee is a food blogger (Family Feedbag.com), recipe writer and cooking instructor. Amy was named one of Western Canada's Top 40 Foodies Under 40, and Family Feedbag is recognized as one of Canada's top food blogs. For this foodie, I found The Canning Kitchen to be a lot of fun. Very simple and straightforward instructions guide you to carry out the traditions of home preserving with 101 simple, small batch recipes and colorful photography.

Ferguson, Will - Road Trip to Rwanda: A Journey into the New Heart of Africa

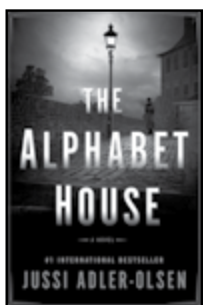
From the author of 419, winner of the Scotiabank Giller Prize for Literature, Will Ferguson presents us with an account of Rwanda today, twenty years after the 1994 genocide, during which the Hutu-led government instigated the slaughter of as many as a million Tutsis and moderate Hutus. Ferguson sets out to travel throughout Rwanda with his friend, Jean-Claude Munyezamu, a man who escaped Rwanda just months before the killings began. Ferguson reports that the country has made a complete turn around during the past two decades.



ADULT FICTION

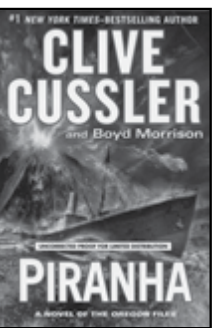
Adler-Olsen, Jussi - The Alphabet House

This is a Large-Print book and is translated from the Danish by Steve Schein. Although the story takes place in Germany in the early days of 1944, Adler-Olsen explains in a foreword that he created this astonishing story because of his fascination with mental illness, particularly with one of his father's psychiatric patients who, perhaps, was using an "obscure form of simulation" of mental illness in order to escape from society. What happens to two RAF pilots, shot down behind enemy lines, who adopt the guise of mentally ill, traumatized SS officers, in order to hide in plain sight, while they figure out how to escape back to the Allied lines?



Cussler, Clive - Piranha

Clive Cussler is a very interesting person who has lived what he writes about in sea-going adventures, finding sunken wrecks. This yarn isn't as well written as earlier Dirk Pitt adventures. However, if you love high-tech military stuff and international intrigue, this a good, quick read.

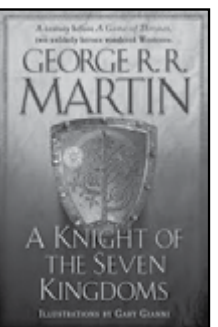


Hallberg, Garth Risk - City on Fire

City on Fire is the first novel of Hallberg. It takes place in the 1970s and concerns a fairly large collection of people who are somewhat connected to a possibly random shooting in Central Park. This tome of nearly 1000 pages could probably get the job done in half the space. Hallberg experiments with delivering bits of plot in between interludes of soul-searching by the characters.

Martin, George R. R. - A Knight of the Seven Kingdoms

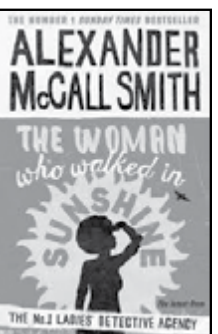
The creator of the wildly popular A Song of Ice and Fire, more commonly referred to as the Game of Thrones, and which my wife and I binge-watched a few months ago, has given the readers more of the spellbinding back-story by compiling three illustrated prequel novellas recounting the adventures of the Targaryen line.



Smith, Alexander McCall - The Woman Who Walked in Sunshine

In this sixteenth novel about The No. 1 Ladies Detective Agency, the reader is once more gently, but firmly, transported to Gabarone, to peek in on Mma Ramotswa and her successful business as a private detective. A. M. Smith is a prolific and consistent writer. When asked why he chose to create this character, set in Botswana, Smith replied:

I suppose that the main reason is that I find Botswana a very interesting and admirable country. I respect the people who live there-they have built up their country very carefully and successfully. I want to show readers in the rest of the world that there are many great and remarkable people living in southern Africa - people who lead good lives, with honour and integrity. Mma Ramotswa is one such person.



Village of Weir Newswire

Winter's...Joys

Claudette Smith-Pilon - Main Street

THIS PAST MONTH'S RUN DOWN OF SERVICES TO OUR COMMUNITY

ALL of Quebec was hit with a wind storm on Christmas Eve, at around 1:30 pm. Huberdeau & Montcalm Fire Departments were called for a transformer on Boisé

Morgan that had broken and fallen to the ground. Firemen secured the area, took a picture of the pole on Morgan Rd (error # 1 - wrong pole) and reported that, considering the extent of the storm, the 5 residents affected (2 on Roger Rd & 3 on Morgan Rd) were not a priority, and left (error # 2 - if a transformer is on the ground, you leave a fireman there till Hydro-Quebec arrives to assess the damage). Christmas Day, Hydro kept repeating on their telephone recording to consult their web site for area progress. We had no electricity, and I-pads could not be re-charged (error # 3). At that point, Hydro claimed that electricity would be restored within 2 hours. At 5:30 pm, a Hydro car showed up and the employee started searching for the transformer on the ground (looking at the photo of the incorrect pole). A neighbour, realizing he was about to leave, re-directed him to Boisé Morgan where the downed pole was situated. His response? "This is a big job, we cannot fix THIS today" (error # 4).

On Saturday, 11 am, a Hydro truck showed up and we were told, for a second time, they did not have the equipment to dig, nor were they aware they needed a pole. The second truck showed up around noon, and we finally had electricity by dinner time. Apparently, 54 hours without electricity is not an emergency; the required time being 72 hours.

MAJOR CONCERNS:

- The grids are not properly established; scattered houses without power on the same road. Security rules need to be revised; a four-wheeler could have hit the transformer.
- The assessment of the problems is not accurate; this was not the first time.
- Being told we had electricity when we did not.
- Hydro should change their standard recording about going on the web site - it is ludicrous, when it defies reality.
- Last, but not least, we are clients, but, obviously, we are not a priority.

EYE OF THE LYNX

The authorities had a perfect opportunity to show what they could provide in such a situation, but not one of the 5 residents were called to see if they were OK. Nobody checked on the residents (one couple is well into their eighties and had no heating). All 5 residents had no water. We were told, **after the fact**, that water was available at the Community Hall.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

The next Victoria's Quilts Laurentian Branch workday will be on Friday February 19, starting at 9 am. We want to thank everyone for a most productive year of quilting. We distributed our 500th quilt in 2015. Our goal is to make cancer patients warm, while they are doing their utmost fighting this illness.

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

Bouillons d'amour pour la cause

Fundraiser to benefit the oncology department of the Fondation de L'Hôpital D'Argenteuil

Feb 18: 5 pm

Restaurant Le Bouillon, 575, rue Principale, Lachute

Dinner: \$25 (taxes and service included)

Sale of artwork by Sylvie Legault on site

Reservations: Élise De Sève: 450 562-3761 ext. 72100 / FHA@SSSS.GOUV.QC.CCS

http://www.csssargenteuil.qc.ca/notre_foundation.html



Opening of new CO-OP

The health co-op in S. Adolphe d'Howard is pleased to announce that the new point of service, la Co-op santé, opened in Morin Heights on January 18, 2016. The medical clinic is located at 2, Meadowbrook, on the second floor of La Grange. The facility is easy to access and has an elevator. Opening hours are Mondays: 1 pm - 4 pm and Tuesdays: 8:30 am - 4 pm. For the moment, two doctors are offering services to clients by appointment - this is not a walk-in clinic. For information or to schedule an appointment call 450 644-0522. Currently, no support from a family doctor is available in Morin Heights, but clinics without appointments are available in St. Adolphe, on Mondays and Thursdays: 8:30 am - noon, and on the first Friday of each month from 5 pm - 7 pm. Anyone interested in becoming a member of the CO-OP is invited to drop by the clinic in St. Adolphe, or ask at the new clinic in Morin Heights, or visit the website www.coopsante.org.

David Graham's offices open while the run of the riding continues

Newly elected Laurentides - Labelle Member of Parliament David Graham continues travelling the riding. His office's contact information is now public, with all three offices open Monday to Friday, from 9 am - noon and 1 pm - 4pm.

Sainte-Agathe: 80-A, boul. Norbert-Morin (route 117)

Sainte-Agathe-des-Monts (QC) J8C 2V8
Phone: 819-326-4724 /Fax: 819-326-2008

Mont-Laurier - 424, rue du Pont
Mont-Laurier (QC) J9L 2R7
Phone: 819-440-3091 /Fax: 819-440-3095

Ottawa parliamentary office
672 Confederation Building
House of Commons -Parliament of Canada
Ottawa, ON, K1A 0A6
(No postage necessary)
Phone: 613-992-2289 /Fax: 613-992-6864
The MP's office can be reached through the general email at David.Graham@parl.gc.ca or via their toll-free number at 844 750-1650.



Closure of the Centre de thérapie Mélaric

On January 12, the Laurentian Integrated Health and Social Services Centre (CISSS) went to the Centre de thérapie Mélaric, in Saint-André d'Argenteuil, to support some 70 people affected by the closure of the center, which was announced earlier that day.

As soon as they were notified, the Laurentian CISSS quickly mobilized its teams to help relocate residents. Transport systems were also mobilized to help these people to continue their work without interruption.

"There are enough places in other resource centres to accommodate all users of the Mélaric Centre. Nevertheless, we are aware that this is a difficult situation, and that this closure may be a shock for users who were receiving therapy. We will take all necessary means to support these people and help them, so they will all be able to relocate quickly," said CISSS Laurentides spokesman, Alain Paquette.

New Ornithology Group

"There are many bird lovers in the region of Argenteuil, but few of them know where to identify areas of observation that is worth the trip or underestimate the importance of the region from an ornithological point of view," says the CEO of Argenteuil Ornithological Development (DOA), Martin Picard, adding that "very little serious data exists on birds in Argenteuil and nothing is being done concretely to help populations to recover here." DOA, a non-profit organization based in Lachute, was established on October 26, 2015 with the purpose to promote and develop access, knowledge and interest in ornithological resources. They cover the entire territory of the MRC d'Argenteuil and adjacent territories, promoting and directing concrete actions in the field such as the following:

- Collecting inventory data on specific bird species
- Initiating, participating and achieving new or existing ornithological studies
- Suggesting improvements that will directly benefit birds
- Raising awareness and educating the public about birds and habitats
- Promoting access to bird resources
- Initiating and encouraging ornithological activities

"Birds have no geopolitical boundaries and are found throughout Argenteuil, so we want to act everywhere to include a maximum number of species," says the CEO.

To learn more about the DOA and their projects, contact 514 435-1910 / info.doa@videotron.ca



Congratulations to:

Jocelyne Castonguay, physiotherapist at **Clinique Physiothérapie Ste. Agathe Inc.** who celebrates her 25th anniversary. Jocelyne's office is at 9, Principale St. est, Ste. Agathe des Monts. 819 326-5657. Wishing you many more years of success!

Hannes Lamothe and his team at **Auberge & Spa Beaux Rêves**, 2310 boul. Ste. Adèle, Ste. Adèle who celebrate their 20th anniversary. On site is a Nordic spa, a bistro that serves a delicious breakfast/lunch daily and relaxing spa treatments are available. A second spa, a steam bath, an infra-red zone, a cold waterfall and two natural stone thermal ponds are featured. 3 new fully-equipped Signature suites are available for rent. Décor is enhanced by artwork by artist Étienne Côté, and a lovely painting above the fireplace painted by Hannes' mother, Linda. They won the Grand Prix du Tourisme 2014 in the 40 units or less category. 450 229-9226, www.beauxreves.com.

Maude Devallez and team who celebrate the 17th anniversary of **Crêperie Armôrique**, 231 Principale, St. Sauveur. They are renowned for their delicious crêpes, fondues and raclette. 450 227-0080.

Laura Warf who recently opened her **School of Happiness** in partnership with Caroline Fortin at Centre Vitalis, 1332 boul. Ste. Adèle, Ste. Adèle. Laura's School of Happiness was inspired by the positive psychology movement and the ancient wisdom teachings. Her philosophy has evolved over 25 years in the fitness/wellness business, holistic in nature. One of her workshops, Magic of Meditation, offers different methods. Laura teaches yoga, meditation, fitness and offers sessions in reiki and energy therapy. 514 865-9136, www.laurawarf.com.

Did you know that:

Thai Express, 197 de la Gare, St. Sauveur recently re-opened on January 11 after completing new décor and renovations? 450 227-2127, www.thaiexpress.ca.

Caroline Fortin at Centre Vitalis, 1332 boul. Ste. Adèle and team offer an array of interesting services? Caroline offers excellent osteopathy treatments. Her vision is to take care of people to improve their lives. 514 918-5565. Liliane Poitras is a graphologist offering training, conferences, counselling and personal analyses of handwriting, which tells a lot about a person's psyche, emotions, self-image, fears and social life. Graphology is often used by corporations to determine which candidate would be a good fit. 819 326-7866. Other members include certified massotherapist Amélie Venne Gobeil (514 585-0297) and Michel Le Comte, naturopath (514 418-3042). Ginette Ouimet, a level 3 instructor, is also available to teach Essentrics to build muscular strength and mobility.

Coiffure Brilliantine has moved to a new location at 18 Lanning Ave., St. Sauveur? Estelle Raymond and team look forward to fulfilling your needs for hair coloring, streaks, haircuts, styling and much more. 450 227-5886.

Melinda Atkinson, Personal Development Coach and owner of **Motivational Moments** in Ste. Adèle offers supportive opportunities for personal growth through weekend retreats, workshops and coaching? Melinda has supported individuals in business, financial, personal and wellness goals for more than 12 years. She will help you to be the best you can be. For more info and upcoming retreats/events check out www.motivationalmoments.org or call 514 501-8438.

Tattoo artist **Angie Robert** and piercing artist Scott Murray have opened a new studio called **Le Studio Hybrid**, 222-A Principale St., St. Sauveur? They specialize in piercing and in black and gray tattoo artistry. Special price for piercing in February and March: \$40 (reg. \$50-\$60). They also offer an assortment of stainless steel/wooden jewelry. 450 227-1544, facebook: Le Studio Hybrid.

Boucherie Nordest, newly owned by **Marcel Cyr** offers prime beef, chicken, lamb and pork? All of the meat that he sells does not contain hormones or antibiotics. The shop is at 7 de l'Église, St. Sauveur. 450 227-0800, soniapiche@videotron.ca. an excellent way to diminish stress and enjoy yourself. 514 918-9722, www.jamexperience.com.

Laurentian Club Report

Tim Weed, Will Poole's Island

Sheila Eskenazi



Members and guests of the Laurentian Club were enthralled as Tim Weed described the process behind his writing of the novel Will Poole's Island. Set in 17th century New England, it is loosely based on some of Weed's own ancestors who were among the earliest of the English settlers in what became Connecticut.

An experienced outdoorsman and author of numerous works on skiing, fly-fishing, travel and nature, he described how he had dreamed of writing fiction since his first attempt, a 10-page adventure story about an otter, written when he was six. The ambition was put on hold for many years, filled with travel and adventure of his own, and then a return to school to earn an MFA in fiction. He said that fiction is the harder form because everyone knows it is a lie: Historical fiction does not reconstruct the past; instead it creates a new version of history, a new reality.

Supporting himself with his continued non-fiction output, and with leading tours to places like Cuba and Patagonia, he began researching his family history. Primary sources described the America that the English settlers came to, populated by the tiny remnants of the native peoples who had been mostly wiped out by diseases brought from the Old World. His love of nature helped him build up his knowledge of the land, vegetation and way of life of the 17th century, and to develop the characters who would populate his story and its imagined landscape.

He writes every day. It took him 2½ years to complete the novel, listening as his characters communicated their messages through him, then worked with an editor to craft the finished product, a prize-winning novel.

Weed's short, illustrated presentation was followed by an enthusiastic question period and members enjoyed speaking directly with him over coffee and cookies afterwards.

Join us on February 22 when Katie Ritchie describes life as a 911 operator. For more information, see our ad on page 18.

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▶ LEGAL PITFALLS OF COMMERCIAL LEASES

Thursday, February 18, 6:30 PM – 8:30 PM EST | Cost: \$20

This workshop will help you understand the nature of commercial real estate leases and will go over each step involved in procuring a commercial lease.

▶ TAX TIPS FOR INDIVIDUALS IN BUSINESS

Tuesday, March 8, 6:30 PM – 8:30 PM EST | Cost: \$20

Learn about categories of allowable expenses and deductions, bookkeeping requirements and the process involved in filing your business taxes.

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As a not-for-profit organization, YES (Youth Employment Services) enriches the community by providing English-language support services to help Quebecers find employment and start and grow businesses.

Register today www.yesmontreal.ca
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Make no mistake: spay-neuter saves lives

By Ewa Demianowicz, Humane Society
International/Canada

Spaying, neutering, sterilizing, fixing, de-sexing, castrating... no matter what you call it, ensuring your animal companion can no longer reproduce is one of the most effective ways to prevent pet overpopulation, an avoidable tragedy that affects millions of healthy and adoptable dogs and cats in North America and beyond.



February 23 is World Spay Day. The goal is to raise awareness about the importance of spaying, or neutering pets, as well as the need for affordable services (especially in underserved communities). Right now there are countless animals sitting in shelters, waiting for forever families. Unfortunately, not all of them will get one. This means that healthy, loving pets will be euthanized for lack of a home. Making the decision to spay or neuter means fewer pets, and a better chance for those already in the system to get adopted.

One reason people don't spay or neuter their pets is the cost of the procedure. This is why many communities have implemented affordable pet sterilization programs to encourage owners to get their pets fixed. Unfortunately, these types of resources are still very rare in Canada. Often, regulations within veterinary professional orders set minimum prices for procedures, making it difficult to provide low-cost spay-neuter options in private clinics. It is important that municipal authorities, veterinary associations and all stakeholders work together to find solutions to ensure that affordable services exist, especially for lower-income pet owners.

Spay-neuter is not only a solution to pet overpopulation in shelters – it is also an effective way to approach the overwhelming crisis of outdoor cats. Theirs is a life filled with misery and suffering, especially in Canada, where winters are harsh and extremely cold. The most effective and humane solution for stray and feral cats is a Trap-Neuter-Release-Maintain (TNRM) program. In standard TNRM practice, cats are humanely trapped and, if healthy, spay-neutered, vaccinated for rabies, ear-tipped (for identification) and returned to their communities.

Although promoting pet sterilization is important all year long, World Spay Day is a great opportunity to educate, inform, and spread the word about the importance of sterilization. On February 23, animal welfare organizations, veterinary clinics, municipalities and individuals worldwide, will come together in an effort to promote the spaying and neutering of pets, community (i.e. feral and stray) cats and street dogs. This year, let's make a lasting impact by making it loud and clear: spay-neuter saves lives!

To learn more, visit worldspayday.org

For Quebec residents, visit sterilisationanimalequebec.info

Laurentian Business Women's Networking Group

Lori Leonard – Main Street

For some time now, women have broached me about initiating a Laurentian Business Women's Networking Group in the Laurentians. I am pleased to state that after much thought and work, this idea has finally come to fruition. It will allow business women from local and remote areas of the Laurentians to meet monthly. The mission is for women to share business ideas, to network and encourage each other. The goal is to enhance knowledge and communication between Laurentian business women to promote their business/service. There is a plethora of information that Laurentian women can share. At each monthly meeting, a keynote speaker will present on health/fitness, business and legal issues, community affairs, non-profit organizations, etc. The first meeting will take place on Wednesday, February 17th at Steak Frites, St. Sauveur from 7 pm – 8:30 pm. Our first exciting keynote speaker will be Karen Dixon, from Fonds d'Emprunt who will present "Making it Happen, the art of presenting your business". Annual membership to join is \$50.00 if paid prior to February 17th, or \$65.00 if paid after this date. For further information, e-mail lori.leonard@sympatico.ca or call 450 224-7472. We look forward to seeing you there!



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Garden Talk Cactus Care

June Angus - Main Street

Cacti (the plural for cactus) are native to the Americas and can be found in the wild from Patagonia to Western Canada. They are also commonly found around the world as ornamental houseplants. Because cacti are generally thought to thrive on neglect, most specimens in the home resemble static green decorations that grow very slowly. However, by following a few simple pointers, you can help your cacti come alive and thrive.

There are more than 1,500 cacti varieties in nature. They come in all shapes and sizes ranging from mini ground huggers to towering giants close to 20 meters high. They have thick fleshy stems that typically bear spines (but not necessarily). While almost all lack leaves, many produce brilliantly colored flowers under the right conditions.

They are part of the succulent family because they retain water in their cells, either in the root zone or stem. But what differentiate cacti from other succulent cousins are areoles. These are the woolly or bristly "lumps" from which branches and flowers sprout along with spines, needles, long hairs or short hooks. All cacti have areoles. Other succulents don't, including those with spines such as the Crown of Thorns.

Most cacti are desert dwellers so they require as much sun as possible. They are great candidates for south facing windows. There are hundreds of varieties to choose from as houseplants. Other cacti inhabit forests. They need more diffused light such as a north or east-facing window. There are only a few varieties of the forest dwellers cultivated as houseplants. Christmas and Easter cacti are the best known and most widely available.

The desert lovers prefer warm days and cool nights during their growing season spring through fall. Cooler temperatures are best over their winter rest period. They should be watered weekly in prime season. Let the water run through the growing media and out the drainage holes. Allow the top couple inches of soil to dry between watering. Reduce watering over the winter. In summer, they also need good ventilation and air circulation from an open window. Repot young plants annually. As they get older, transplant when the plant appears to be climbing out of its pot, roots are growing through the drainage holes or are splitting the pot.

Forest cacti prefer moderate temperatures year round ranging from 15 to 20°C. While budding and flowering, treat them like ordinary houseplants, water and mist them. The soil should be moist, but not soaking wet. Repot as needed, but never during flowering.

All cacti need pots with good drainage. Plastic pots require less watering but the extra weight of clay or ceramic provides stability for tall or top-heavy plants. For cacti with roots close to the surface, use a shallow pot with a wide diameter. This helps roots spread sideways for stability. Select a taller pot for cacti with deep, tuberous root systems below the soil. Use a cacti specialty potting mix designed for good drainage. Or, if you mix your own, combine potting soil with horticultural sand and pumice.

Quick tip: When handling prickly or spiny cacti, bunch up newspaper or paper towels. This helps to protect your hands as well as the plant.

Enjoy these exotic beauties!



Grenville-sur-la-Rouge

In accordance to its orientation towards development, and to support its various promotional objectives, the members of the Grenville-sur-la-Rouge city council are extremely proud to present the town's new signature, which is composed of an image and words that serve as a reminder of the unique character of the region and the dynamism of its people.



The logo represents the wild turkey, known for being curious and constantly moving - it acts as a reminder that the territory encourages discovery and outdoor hiking. Elements of the new signature highlight the three geophysical elements of the territory: the water-sources, the plateaus and grasslands, and finally, the mountains and valleys.

The motto - De Cœur et de Nature (of heart and nature), is a reflection of the residents and the natural environment they have worked to preserve.

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Lori's Lookout - Laurentian Personality

Pierre Urquhart The Heart and Soul of St. Sauveur

Lori Leonard - Main Street

Pierre Urquhart has been Director General of the Chamber of Commerce, St. Sauveur since September 1996 and has called St. Sauveur "home" for the past twenty five years. His position as Director General requires an abundance of passion, love and patience. Pierre currently works alongside 4 permanent employees whom he fondly refers to as his "BRATZ". All joking aside, he sincerely appreciates his team and all the past administrators whom he has had the good fortune to work with.



Pierre acknowledges and appreciates St. Sauveur for its beautiful mountains and natural surroundings. Other assets include outstanding restaurants, boutiques, hotels and outdoor activities. More difficult to manage is the economic situation.

Pierre and his teams' mission is to preserve the natural beauty and integrity of the village, to prolong seasonal activities and support community merchants by keeping St. Sauveur as a destination of choice. Pierre and his "BRATZ" are currently working on novel ideas to create unique, exciting events and ways to respond to the needs of local merchants.

Pierre has a soft spot for the Ski Museum, located at 30 Filion St. as he was greatly implicated in this special project. It is open from Wednesday to Sunday 11 am - 6 pm. An exciting new temporary exhibit on Alexandre Bilodeau is featured. Pierre was involved in other important projects in 2015 such as the McGarrigle Stage, enlargement of sidewalks and the traffic study. In Piedmont, the new Arthur Kelly Park was opened.

Pierre recalls former Mayor George Filion's advice "If you want to succeed, implicate yourself in the community". Pierre took this advice to heart. He is President of the Maison des Jeunes which now proudly enjoys its new "home" in the heart of the village. Organizations that the Chamber of Commerce supports are Soupe et Cie., L'échelon des Pays d'en Haut (mental health problems), the Optimist Club, Laurentian Author's Association, the youth choir and of course, Paroisse St. Sauveur. Whether you attend an outdoor concert, opening of a business, the Cuban Festival or Festival des Arts, you will be sure to see Pierre and his team on-site or working behind the scenes.

Pierre is proud of the Halloween and Christmas parades which have become a family tradition over the past 19 years. He truly enjoys seeing the children's faces light up. Over the years generations of families have attended. When asked what's in store for 2016? With twinkling eyes and a cheery smile, Pierre replied, "many great surprises." Thank you Pierre for all you do to keep our village so charming. More info: 450 227-2564 or info@valleesaintsauveur.com.



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Winter at its best in Ste-Agathe

9th edition of Festi-neige

Susan MacDonald

The late start of the 9th edition of the famous Festi-neige in Ste-Agathe did nothing to dampen the spirits of the organizers or participants, who, since January 22, have been enthusiastically enjoying all the great activities down at Place Lagny. From Thursday to Monday, 10 am to 4:30 pm, free access to the "site on the lake" is open to the public, when everyone is welcomed to come out and enjoy the multitude of winter activities.

For the kids, the tall rolling slide is a great thrill and their laughter can be heard across the lake as they race each other to the bottom. After a few good runs, it's off to the heated shack to warm up for a bit before pulling on the skates and heading to the rinks. Hockey and free skating are available, and if you forget to bring your own, rentals and skate-sharpening are available for a minimal cost. For a more leisurely pace, a stroll along the 4 km walking-path on Lac des Sables is a perfect way to take in all the sights. However, for a completely different view, you can try the Zip-line, which will be available until Feb. 21. Passes are \$10 per descent, or, you can take advantage of the morning early-bird special and book two rides for the price of one (must be same person/same morning).

Throughout the entire Festi-neige winter festival, themed weekends with various spectacles have been scheduled. If you missed the St-Hubert Week-end Derby, with its fast-paced horse races, and the Desjardins Week-end, with the magnificent snow sculptors and kite-making workshops, you can still catch the last two special weekend events.

Feb 13 & 14: Obstacles Xpress, a unique formula in Canada, is a challenging obstacle course with three different courses. Each one varies between 200 and 1200 meters and has a time limit for completion. The courses are entertaining, challenging and accessible for all ages, from amateur to expert. Also, on this weekend, the "lake bath" will be open from 3 pm (pre-registration between 1:30-2:30 pm on the same day required). The site will remain open in the evening to skaters and a chocolate fondue will be offered to highlight Valentine's Day.

Feb 20 & 21: Weekend Barbegazi – Snowmobile Free-style demonstration. Watch the pros as they challenge the ramps and fly through the air. Also available is the opportunity for enthusiasts to try snow-skating and Fat Bikes, two winter sports growing quickly in popularity.

Festi-neige is a true celebration of winter at its best, and highlights many activities for the entire family to enjoy. There's still time to head up to Ste-Agathe and participate in all the fun.

For full details on all the activities please call 1 888 326-0457 / 819326-3731 or visit sainte-agathe.org/festi-neige.

Note: the site will also be open daily, from February 27 to March 6: 10 am to 4:30 pm during Spring Break.



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Out & About

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

MONT LAURIER

Espace Théâtre

543, Rue du Pont / 819 623-1221, ext. 1

Fri, Feb 19: 8 pm - Blé - two young men, Thierry Doucet and Miro Belzil, are on tour with their energetic show, "Avion-Papier." They have captured audiences at the Montreal Francolies and played to a full house at Place des Arts. \$22.50

Sat, Feb 27: 8 pm - Patrick Norman, accompanied by his musicians, Jean-Guy Grenier & John McDiarmid, presents "Après la tombée du Rideau." Country singer Patrick will make you sing and dance to his long-time successful pieces as well as new ones, now on the radio. This is a new show celebrating 45 years of his passion for music. \$49.

Thurs, Mar 10: 8 pm - Tire le coyote performs folk and country music. Tire le coyote (A.K.A. Benoit Pinette) presents his second cabaret-style album. \$36.

MONT TREMBLANT

Premiere Scene

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

Sat, Feb 13: 8 pm - Rémi Bolduc Jazz Ensemble presents a tribute to Dave Brubeck. \$34.

Sat, Feb 27: 8 pm - Soprano Marie-Josée Lord (see Val Morin).

VAL DAVID

Val David Exhibition Centre

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

Open Wed - Sun: 11 am - 5 pm

Until Feb 28: "Mirages," by Michel Gautier: A totem forest with sculptures, prints, installations and performance.

"Ma Muse, le son," by Pierre Dostie, a multidisciplinary artist who creates instruments that emit peaceful sounds.

Espace Fresque - Val David Church

Until Feb 28: Le Temps...Nous. Artists: Alexis B. Rourke, Frederic Castan, Maryse Guyot, Carmelle Dorion, Viviane Bazinet and Katharina Kempter will exhibit their large-sized canvases.

VAL MORIN

Théâtre du Marais

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

Fri, Feb 19: 8 pm - The Franklin Electric. This Montreal alternative-pop-folk group was created by Jon Matter singer / songwriter, who also plays the piano and trumpet. The group has already played across Canada, Europe and Australia. \$25.

Sat, Feb 27: 8 pm - Samian - Enfant de la terre - Indigenous rapper combines new pieces with traditional themes. \$25.

Sun, Feb 28: 2 pm - Alcan Quartet. This quartet has been playing internationally for over twenty years. Their approach is passionate. They "revive" chamber music, adding newly-composed pieces to their programs and interacting with their captivated audiences. \$35.



The Franklin Electric

Sat, Mar 5: 8 pm - Marie-Josée Lord presents "Femmes." This is a new program for this lively, Soprano who presents a vibrant selection of women from the opera, the stage and the screen. Accompanied by her musicians, she tells her stories with a warm voice. \$50.



Marie-Josée Lord

Sat, Mar 12: 8 pm - Collectif sortie 76 - Jukebox 2016. This is an annual event marking "Women's" month. The show is put on to benefit organizations supporting battered women in the Laurentians. \$17.50



Collectif sortie 76 - Jukebox 2016

ST. ADOLPHE D'HOWARD

L'Ange Vagabond

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

Sat, Feb 14: 8 pm - A Love Cabaret with the "Vagabond" and invited artists. Free admission (voluntary contribution).

Fri, Feb 26: 7:30 pm - Dance Night - free admission

STE. ADÈLE

Place des Citoyens

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

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

Feb 4 - Feb 18: The 8th Exhibition and Auction to benefit mental health. Over fifty professional artists exhibit along with the members of L'Échelon des Pays-d'en-Haut.



Maison en couleur

Feb 5 - Feb 28: Cathy Pantigny (painter) shares her colourful abstract world with her canvases.

Concerts

Sun, Feb 21: 1:30 pm - Huu Bac Quintet. This ensemble combines the sounds and musical instruments of Vietnam and China with North American Jazz. Huu Bac Quach's compositions are inspired by his travels in Asia, Europe and South America. \$15.



Huu Bac Quintet

Sat, Mar 5: 12:55 pm - Manon Lescaut-Puccini. Manon arrives in Paris accompanied by Des Grieux who has to try to win the heart of this new Femme Fatale. Cast: Manon Lescaut (Kristine Opolais); Des Grieux (Jonas Kaufmann); Lescaut (Massimo Cavalletti); Conductor (Fabio Luisi). Duration: 213 min. \$28.

MORIN HEIGHTS

Morin Heights Library

823, Village Rd.

From Dec 5 - March 18, there will be a new exhibition, "CIRCUS," presented by Arts Morin Heights, www.artsmorin-heights.com

Lac St. Victor (near Morin Heights)

Sat, Feb 20: 7:30 pm - Saint-Victor Chamber Trio with Judy Diez d'Aux (flute), Donald Pistolesi (cello), and Jean-Pascal Hamelin (piano). Program includes works by Haydn, Marini and Weber. This is the 5th anniversary for the concert series. Limited seating! Reservations - Judy Diez d'Aux: 514 757-7002 / jkdflute@gmail.com. Adults: \$55 / students \$25.

SAINT SAUVEUR

Chalet Pauline Vanier

33, Ave de l'Église, St. Sauveur

Sat, Feb 13: 9 am - 4 pm: The Laurentian Authors Association is holding a seminar (in French) about "The business of writing." \$25. The office and bookstore of the Association des auteurs des Laurentides is now located at 200 - #10, Rue Principale. They have a large collection of used books some of which are in English. They are also seeking new English authors to join. Info:



Pierre Audet Angelique

450 744-0123.

PRÉVOST

Diffusion Amal'Gamme

Salle Saint François Xavier, 994 rue Principale. 450 436-3037 / www.diffusionsamal-gamme.com

Sun, Feb 14: 2 pm - Duos & Duels: Valérie Milot (harp) and Antoine Bareil (violin) present a program that includes works by Saint-Saëns, de Falla, Morricone, Murray Schaffer, Bernard Andrès, Thomas Rajna and an original composition by Antoine Bareil. \$31.50

Sat, Feb 27: 8 pm - Alcan Quartet. Laura Andriani and Nathlie Camus (violin), Luc Beauchemin (viola), David Ellis (cello). The

program includes works from the classic repertoire as well as new discoveries: Haydn, Mozart, Beethoven, Mendelssohn, Debussy, Schubert, Gougeon, Annunziata, del Aguila, Gershwin and Evangelista. \$36.50.

Sat, Mar 12: 8 pm - Duo Chooi & Chiu. Timothy Chooi (violin) and Philip Chiu (piano). Program includes works by Saint-Saëns, Mozart, Prokofiev and more. \$31.50.

ST. JÉRÔME

Laurentian Museum of Contemporary Art

101, place du Curé Labelle

450 432-7171 / www.museelaurentides.ca

Open: **Tue - Sun: noon to 5 pm**

Feb 21 - May 8: A new exhibition, "Jérôme, le saint." The theme is Saint- Jérôme, an exhibit including old paintings, artifacts and current artworks.

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

En Scène Salle André-Prévost

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

Sat, Feb 13: 8 pm - Maxime Landry - "3e rue Sud." This singer /songwriter's new country music album is the material for this new show. \$40.

Salle Anthony Lessard

101, Place du Curé Labelle

450 432-0660 / enscene.ca.

Sat, Feb 20: 8 pm - Ingrid St. Pierre performs melodious and poetic songs from her new album. \$32.

Sat, Mar 5: 8 pm - Emie R Roussel Trio "Quantum" provides original innovative music - introspective, romantic and impressive. These musicians offer Jazz, influenced by rock and pop that is easy to listen to. They were selected as the "discovery of the year" by Radio-Canada in 2014-2015. \$30.

Cinema Carrefour du nord

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

Opera direct from the Metropolitan (see Cinema Pine, Ste-Adèle)

Dance streamed from the Bolshoi Ballet & Royal Ballet London

Wed, Mar 16: 12:55 - Spartacus. Grigorovich created the choreography for the Bolshoi Ballet in 1968; it is still one of the most spectacular productions. Spartacus, King of Thrace, is captured by Crassus and forced to fight as a gladiator and kill one of his friends. Dancers: Mikhail Lobukhin (the gladiator), Svetlana Zakharova (Aegina) and Vladislav Lantratov (Crassus). Duration 170 min.

Sun, Apr 10: 12:55. Don Quixote. The hero of Cervantes and his loyal Santo Panza are on the



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LEASE FROM ONLY **\$139**† /BI-WEEKLY FOR 60 MONTHS
\$1,450 DOWN

INCLUDES \$500 IN DISCOUNTS | PLUS \$500 COMPETITIVE BONUS**

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Rio5 SX AT with navigation shown†



Forte SX AT shown†

THE NEW 2016 **RIO** 5-DOOR LX MT

Clef d'or "Best in Class" **L'ANNUEL DE L'AUTOMOBILE 2016**

THE NEW 2016 **FORTE** LX MT



LEASE FROM ONLY **\$59**†/BI-WEEKLY **0%** APR FOR 60 MONTHS* **\$1,350 DOWN**
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AVAILABLE FEATURES:
HEATED FRONT SEATS | REARVIEW CAMERA

5 WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty.

See kia.ca for more

OFFER ENDS FEB 29



Offers available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from February 2 to 29, 2016. Dealers may lease for less. Dealer order may be required. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments include delivery and destination fees up to \$1,725, \$15 new tire tax, and \$800 A/C charge (where applicable). Excludes licensing, registration, insurance and applicable taxes. *"Don't Pay for 90 Days" on all models (90-day payment deferral) applies to purchase financing offers on all new 2015/2016 models on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer available at participating dealers only. Offer ends February 29, 2016. †Lease offer from 0% APR is available to qualified retail customers, on approved credit, on select 2015/2016 models. Cash discounts are available on select 2015/2016 models, vary by model and trim, and will be deducted from the negotiated price before taxes. Certain conditions apply. See dealer for complete details. Representative Leasing Example: Lease offer available on approved credit (AJAC), on new 2016 Rio5 LX MT (R055AG)/2016 Forte Sedan LX MT (F054AG)/2016 Sorento 2.4L LX FWD (SR25AG) with a selling price of \$16,255/\$17,555/\$29,335 (including \$1,500/\$1,300/\$500 lease credit discounts) is based on 130 bi-weekly payments of \$59/\$69/\$139. Lease for 60 months at 0%/0%/1.9% with a \$1,350/\$555/\$1,450 down payment or equivalent trade. Security deposit of \$2, first monthly payment and RORPM registration including agent fees (up to \$110) due at lease inception. Lease has 16,000 km/year allowance (other packages available and \$0.12/km for excess kilometres). **\$500 Competitive Bonus offer available on the retail purchase/lease of any new 2016 Optima, 2016 Sportage and 2016 Sorento from participating dealers between February 2 to 29, 2016 upon proof of current ownership/lease of a select competitive vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Mitsubishi, Hyundai, Honda, GM, Ford, Jeep, Pontiac, Suzuki, Saturn, Chrysler, Chevrolet, Subaru, BMW, Mercedes-Benz, Lexus, Land Rover, Infiniti, Acura, Audi, Lincoln, Volvo and Buick vehicles. Some conditions apply. See your dealer or kia.ca for complete details. †Model shown Manufacturer Suggested Retail Price for 2016 Rio5 SX AT with navigation (R0559G)/2016 Forte SX AT (F0448G)/2016 Sorento SX Turbo AWD (SR251G) is \$24,655/\$28,355/\$43,985. The Kia Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study™. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The 2016 Rio was awarded with the Clef d'or "Best in Class" by L'Annuel de l'Automobile 2016. Visit www.annuelauto.com for all the details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2885. Kia is a trademark of Kia Motors Corporation.

KIA GRENVILLE



45, rue Maple, Grenville Qc J0V 1J0

1.866.974.0321

RELIGIOUS SERVICES



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

**Branch 171 Filiale
Morin Heights**

Sat, Feb 13: 6 pm - Valentine's Day Supper
Fri, Feb 19: 6 pm - 7 pm - TGIF Smoked Meat Dinner
Sat, Feb 20: 1 pm - Annual Legion Snowball Game
Fri, Mar 4: 9 am - 67th Kids' Ski Races at Ski Morin Heights
Wed, Mar 2: 7 pm - 10 pm - Stephen Barry Band
Sat, Mar 5: 7 pm - Comedy Show
Sat, Mar 12: 6 pm - St. Patrick's Day Supper
Fri, Mar 18: 6 pm - 7 pm: TGIF Smoked Meat Dinner
Sun, Mar 27: 9 am - 1 pm: Easter Brunch
1st & 3rd Monday of the month: Military Whist
Wed: 7 pm - Darts
For information on any event call 450 226-2213 (after noon)

**Branch 70 Filiale
Lachute**

Feb 22: 9 am - Casino Bus Trip (bus leaves from the Legion)
Feb 26: 5 pm - Smoked Meat Dinner
Tues: 1 pm: Euchre
Alternating Thursdays: cribbage & shuffleboard
Sat afternoon: 1:30 pm: Darts
For information call: 450 562-2952 after 2 pm!

**Branch 71 Filiale
Brownsburg**

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

**Branch 192 Filiale
Rouge River**

HAPPY VALENTINE'S DAY
Feb 12: 6 pm - TGIF - Spaghetti, Cesar salad, garlic bread & dessert. \$10
Feb 20: 2 pm - General Meeting - All members in good standing welcome to attend
Feb 20: 7:30 pm - Rock & Roll Night - part of Arundel's Carnival
Feb 26: 6 pm - TGIF Spaghetti Dinner
Weds: 1 pm - Bridge
Cribbage every Tuesday night at 7:30 pm
Yoga classes on Mon, Tue, Wed & Sat
Info: Marlene: 819-687-8665
For further details call 819 687-3148 / 819 687-9143 or email mmcsp40@gmail.com

MORIN HEIGHTS UNITED CHURCH
831, Village, Morin Heights
Sundays: 10:30 am - Weekly services
Join us and enjoy coffee and conversation following the service.

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

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

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

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute / www.pccweb.ca/mrmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Lenten Services & lunches
Lunch: 11:15 - noon / service 12:30
Feb 25: Rev. Nicholas Pang
Mar 3: Rev. Cathy Hamilton
Mar 10: Fr. Terry Paquette
Mar 17: Rev. Eddy Buchanan
Proceeds to benefit the Hungry of the World
Everyone welcome
Sundays: 10:30 am: Regular worship service.
Everyone welcome.

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Please call to confirm service schedule

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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

MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.
Please call to confirm service schedule
Everyone welcome

ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH
94 Ave. St. Denis, St. Sauveur 450 227-2180
Sundays: 9:30 - Worship services.

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe
The Ven. Ralph Leavitt: 819 326-2146
Sunday service: 9 am
Fellowship in the church hall afterwards
Christians of all denominations welcome.
Parking and elevator for handicapped

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

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

ST. MUNGO'S CHURCH, CUSHING
LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship
HARRINGTON UNITED CHURCH
Last Sunday of each month: 1 pm
ST ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates

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

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe
The Ven. Ralph Leavitt: 819 326-2146
Sunday service: 9 am
Fellowship in the church hall afterwards
Christians of all denominations welcome.
Parking and elevator for handicapped

LACHUTE BAPTIST CHURCH
45 Ave. Argenteuil - 450 562 8352
Pastor Rénauld Leroux
Worship Service - 10:30 am
ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church
Services are held at 11 am every week, followed by refreshments served in the Parish Hall.
Everyone is welcome.

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

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

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

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

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

**PARISHES OF THE LOWER
LAURENTIANS**
Everyone welcome and we look forward to seeing you and your family.

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Feb 21: 11 am - Holy Communion
Mar 20: 11 am - Palm Sunday
Apr 17: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
Mar 27: 4 pm - Easter Sunday
May 22: 9:30 am - Family and Golf
1127 Dunany Rd, Dunany
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Feb 28: 11 am - Holy Communion
Mar 25: 11 am - Good Friday
Apr 24: 11 am - Holy Communion
Bilingual services with gospel/bluegrass music
*Special services: Soaking Time *
7:30 - 8:30 pm: A time of quiet reflection with classical music. These special times of quietude are offered on Sundays in addition to regular services

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Feb 14: 11 am - Holy Communion
Mar 13: 11 am - Sunday Service
Apr 10: 11 am - Holy Communion
May 8: 11 am - Holy Communion

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Venerable Ralph Leavitt and Rev. Nicholas Pang, associate priest
All services are at 9:15 am
Feb 14 - Family Service
Feb 21 - Morning Prayer
Feb 28 - Communion
Mar 6 - Communion
Mar 13 - Family Service
Mar 20 - Communion
Mar 27 - Communion
Everyone welcome! Refreshments follow most services

ÉGLISE LAC MAROIS UNION CHURCH
802, Ch. Sainte Anne-des-Lacs (SADL)

EGLISE SAINTE ANNE DES LACS
1, chemin Fournel, SADL
All are welcome / Bienvenue à tous.

**FAUBOURG
SUICIDE
PREVENTION
CENTRE**

24 / 7 HOTLINE
1-866 APPELLE (227-3553)
Intervention and help for all Laurentian residents.
For info and full services visit
www.cps-le-faubourg.org



Laurentian Club Notice

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

**A Day in the Life: 911 Operator -
Katie Ritchie**

Ever wonder what it's like to be a 911 operator and police dispatcher? Here's your chance to find out. Katie Ritchie will give you an insider's view, from the strange challenges to the atypical schedules to some unexpected sources of levity. She looks forward to answering your questions about her "bizarre world at work."

Monday February 22: 1:30 pm

Cost: Annual membership: \$25 /
guests: \$10 per event.

www.laurentianclub.ca

LAURENTIAN CLUB OF CANADA



**Laurentian Region
Cancer Support Group**

*Groupe de Soutien du Cancer
de la Région des Laurentides*



Next meeting for cancer patients,
families and caregivers:
SATURDAY AFTERNOON
February 20, 2016 - 1 pm
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

**Speakers: CLSC Piedmont
Valérie Allaire, Social Worker &
Marilyne Lavoie, Nurse (home care)**

Upcoming meetings:
March 19 - Art Therapist Debbie Sarjeant

**Meetings are conducted in English
ADMISSION IS FREE**

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

Resource library available. Bring a friend or family member.

COMMUNITY NEWS

**AMI-QUEBEC PROGRAMS
ACROSS QUEBEC**

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

SOUPE POPULAIRE

(205 rue Principale, St. Sauveur)
Lunch schedule: **Mon, Tues & Thurs: 11:30 am - 12:45 pm.**
Everyone is welcome!
We are seeking volunteers to help prepare meals. Info: 450-227-2423, ext. 26.

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA LACHUTE

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

BADMINTON – WHO'S UP NEXT?

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

WILLKOMMEN

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

ASSOCIATION ALPHA LAURENTIDES

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

SEEKING MEMORABILIA OF ARUNDEL

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

NEW SOCIAL GROUP 45+

Mary Mitchell has started-up a new social group for people who live in the Laurentians and enjoy dining out, movies and other social activities and sports. Currently, there are 35 members. If you would like to join please visit the web page meetup.com and look for the group.

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sat, Feb 14: 9 am – noon: Valentine's Breakfast – everyone welcome.
Feb 16: 2 pm - 4 pm – Director's Meeting
Sun, Mar 6: 9 am - noon - Monthly Breakfast.
Adults \$7 / children \$3.50
Thurs, Mar 17: 3 pm - 5 pm - St. Patrick's Day Social
Like LRCC on Facebook at LRCC-Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Feb 15, 22 & 29: 10 am - noon - Quilting
Mar 7, & 14: 10 am - noon - Quilting
Feb 21 & Mar 6, 7, 20: 1:30 pm - BINGO
Feb 25 & Mar 10: 1:30 pm - Cafe Partage
Mar 4: 5:30 pm - Cook's Night Out
All the best of health, happiness and prosperity for the New Year!
**We are looking for volunteers for our community kitchen project.
Cooks and drivers needed for 3 hours once a month on Thursday afternoons.
Info: Deedy: 819-242-8939

AVOCA COMMUNITY CENTRE

192, Avoca Rd.
Feb 13: 5 pm - Lasagne Dinner
Adults: \$12 / children (6 - 12 yrs) \$5.
Licensed Bar

SCOUTS MORIN HEIGHTS

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

FESTI-NEIGE

SAINT AGATHE-DES-MONTS
Dec 26, 2015 – March 6, 2016.

ARUNDEL LOISIRS – UPCOMING EVENTS

Arundel Legion, 79, ch. Du Village
Fri, Feb 26: 7 pm - BINGO
10 games for \$10 with three chances to win per game!
Come early and enjoy a delicious TGIF dinner served by the Legion (\$9)
Feb 19, 20 & 21 - Carnival Weekend with activities for the whole family!

4 KORNERS FAMILY RESOURCE CENTRE - UPCOMING EVENTS

Feb 17: 10 am - noon: Videoconference: The Health Risks of Smoking (CLC Lachute, 448, Argenteuil)
Feb 23: 1 pm - 3 pm: Conference - Driving, is it as Easy as it Used to be? (Salle Louis Renaud, 270 route du Canton, Brownsburg-Chatham
For info / reservation on all activities: 1 888 974-3040 / Melanie@4kornerscenter.org

SEEKING CHOIR MEMBERS

The Ensemble Vocal Cantivo is recruiting tenor and bass male voices. Admission requirements: be a team player / know how to read music / be able to learn scores without digital recordings / sing in tune.
Info: Louise Boisvert: 450 224-7258

MONTHLY COMMUNITY LUNCH

St. Eugene's Church, 148, ch Watchorn, Morin Heights
Feb 21: 11:45
Delicious lunch with soup, salad, main dish, dessert, tea, coffee and amazing company!
Come alone or with the entire family. Voluntary contribution for all ages. Please reserve before **Feb 17:** 450 226-2844

TRINITY VALENTINE'S LUNCH

United Church Hall, 831 du Village, Morin Heights
Sat, Feb 13: noon - 2 pm
Homemade soup, sandwiches, squares, tea/coffee
Adults: \$8 / children: \$3
Home-baking, gifts, draw tickets
Everyone welcome!
Proceeds to benefit Trinity Church Altar Guild

WORLD DAY OF PRAYER 2016 IN THE LAURENTIANS

Members of the Anglican, Roman Catholic & United Churches of Arundel, Huberdeau, Weir and the surrounding area will hold an Ecumenical & bilingual Service of Prayer for the World Day of Prayer in Église Christ-Roi, Weir on **March 4, at 2 pm.**
The service has been prepared by the women of Cuba on the theme "Receive Children, Receive Me."
Refreshments will be served after the service.
All are welcome / bienvenu à tous & toutes

HUDSON'S ST. PATRICK'S DAY PARADE

Corner of Cote St. Charles Rd & Main
Sat, March 19: 1 pm
Full details at: www.hudsonparade.com / www.facebook.com/hudsonparade

DANCE NIGHT

FADOQ – Club des Bons Vivants de Mont-Tremblant
Saint Jovite church basement
Feb 20: 7 pm - 11 pm
Dancing and fun for everyone with light refreshments.
FADOQ members: \$15 / non-members \$20
Advance tickets sales only
Info: France Boisvert: 819 688-5633 / Aline Robillard: 819 425-3885

SEEKING VOLUNTEERS

The organizers of the 2016 Quebec Cup (cross-country ski event) are seeking volunteers.
March 11-13.
Parc regional Val David/Val Morin (Far Hills sector)
Info: Dang Thanh Bui: mistralquatre@gmail.com

BE YOUR OWN CHANNEL

Intuitive Development Classes
Bridging Universal Consciousness Techniques and Methods (Removing Separateness)
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Bring Hunches and Gut Feelings to the Next Level
Reserve Now... spaces are limited!
Info: 444.i.resource@gmail.com

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

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1-855-522-7372 • www.laurentiancaregiversassociation.com

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819 324.4000 (ex: 4330)
888 974.3940
LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL
info@4kornerscenter.org 4kornerscenter.org

PAIX
Programme d'aide et d'intervention
PAIX: To fend off violence!
819-326-1400 / 1-800-267-3919
www.organismepeaix.ca

Alcoholics Anonymous
Helpline:
1 877 790-2526

AA
Help for compulsive gamblers
514 484.6666
866 484.6664
gam-anon.org

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BLAINVILLE: 450 430-3009 WALMART ST-JÉRÔME: 450 512-3032



Fit Tip #102 If Not Me, Who?

Lisa McLellan – Main Street

Did you know that in the last 50 years, we have depleted (taken, eaten and dumped) ninety percent (90%) of all the fish in our oceans? Also, that our coral reefs, which are some of the most diverse, abundant and valuable

ecosystems on Earth, have disappeared by almost fifty percent (50%)? That we are consuming our assets, or if you prefer, the resources that make our life on earth possible, much faster than the natural systems can replenish them?

With every drop of water we drink, every breath we take, we are connected to the sea. Seventy-one percent of this Earth is water, and it provides a home to about ninety-seven percent of life. No water, no life, no blue, no green. Our planet is a living entity, whose systems are inextricably linked to our survival. Our planet is our life-support system. Sylvia Earle, legendary oceanographer, presents this so poignantly in her Ted Talk, My Wish: Protect our Oceans. I was moved to tears watching it. She kept emphasising, without aggression, vitriol or judgement, this one point: despite all the loss so far, there is still time to turn things around - if we act now; hence the title of her talk. Scientific research confirms that protected areas will rebound. She refers to marine reserves as "Hope Spots." Health of the oceans means health to ourselves. I strongly encourage you to watch this stellar 23-minute Ted Talk, on YouTube, or Netflix. It has the power to move you to action!

The fact that we are ONE; a living whole; us and the planet, and the plants and the wildlife, seems to be something most of us don't really grasp. We are a spinning ball, moving along an orbit amongst the stars, and other spinning balls, with a finite amount of water and resources. Each part of the whole is complete unto itself, as well as innately interdependent with the rest. Not knowing, not understanding, or not caring that there are limits to what our planet can tolerate, in terms of environmental toxins and abusive, unsustainable practices, is threatening the very foundations of our survival.

And so I ask, "If not me, who?" If I do not take responsibility for protecting my environment/my body, then who? If I do not take action to restore the health of my planet/my body, then who?

What, pray tell, could be more important than this?

Tips for doing our part to secure hope for mankind:

1. Wake up to the truth.
2. Care about your planet, and about yourself.
3. Be an activist – sign petitions, go to rallies, post & share on social media, let your voice be heard.
4. Participate in sustainable practices – buy local, reuse/recycle/reduce, compost, less use plastic wrapping, no more plastic water bottles etc.
5. Participate in clean-up and restoration projects.

Take action on a daily basis, however small, because if we all do this, day in and day out, it will make a difference. Let's do this for those generations yet to come.

Yatahey – to all my relations.



Healthy Channels Asthma and Acupuncture

Christopher Garbrecht, Ac. – Main Street

I was looking through all the articles I have written for this wonderful newspaper over the years, and I was quite surprised when I realized that I have never written about

asthma. It is a common affliction that most commonly affects children, but is being seen more and more in adults, in the form of adult-onset asthma and appears to be on the rise in general.

Asthma is usually defined by a narrowing of the very small bronchioles (close to the alveoli), resulting in a prolonged and/or labored exhalation and wheezing. Without wheezing, like a whistling or hissing sound on exhalation, there is no asthma. It is considered a lower respiratory tract disease, as opposed to an upper respiratory tract disease where the nose, throat, larynx, pharynx and upper bronchi are affected, which normally results in difficulty inhaling. In some cases, patients complain of both, inhalation and exhalation difficulties. Asthma results from complex interactions between an individual's inherited genetic makeup and that person's interactions with the environment. The following are risk factors for asthma: a deviated septum, any kind of allergies, viral, respiratory illness, such as respiratory syncytial virus during childhood, exposure to cigarette smoke, and obesity.

In most cases, the disease starts in early childhood from 2 to 6 years of age. The cause of asthma in this age group is often linked to exposure to allergens, such as dust mites, tobacco smoke, and viral respiratory infections. In fact, about 70-80% of children with asthma also have allergies. Other allergic conditions, such as nasal allergies or eczema, are often present. Asthma can also develop in adulthood. Adult-onset asthma occurs more frequently in women and often follows a respiratory tract infection. The triggers are usually non-allergic in nature for this age group.

The treatment goals for asthma are to adequately control symptoms, minimize the risk of future exacerbations, maintain normal lung functions, maintain normal activity levels, and use the least amount of medication possible.

Inhaled corticosteroids are the most effective anti-inflammatory agents available for the chronic treatment of asthma. The combination of a long-acting bronchodilator and an inhaled corticosteroid often works best.

In my clinic, I often treat children and adults with asthma. Acupuncture can be used to reduce a person's allergic response and, at the same time, increase their lungs' functional abilities. Children tend to respond quicker and more favorably with acupuncture treatments, but it also helps adults in being able to maintain minimal need for asthma medication.

It's with great pleasure to announce that as of February, I have started working at the Co-op Santé de Morin Heights, as well as continuing in Val-David. If you have any questions about acupuncture or would like to schedule an appointment, you can call me at 819 219-0048.

Enjoy the winter wonderland and stay active!

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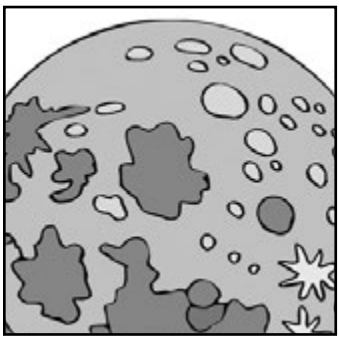
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The Ancient Egyptians named a pantheon of deities after elements of the Sun's creative powers. Among many were, RA, Amun, Re and Isis. When Akhenaten, the famous heretic pharaoh, took power in Egypt, in 1350 BC, unlike other Pharaohs before or after him, he turned his back on war, and the plethora of divine gods and goddesses, and spent his life writing poetry and worshipping God in the monotheistic form of the singular Sun, or the Aten, with his wife Nefertiti.

Hidden in the messages that Akhenaten created, were clear understandings of impending changes, and warnings to his people concerning the power of the Sun. With knowledge that NASA scientists are confirming today, Akhenaten knew that women would soon become infertile because of the sun cycle, and that there would be an increase in abnormal births, his own portrayed deformities being, perhaps, part of the message. The Egyptians did not listen and, within one hundred years, the New Kingdom fell into disarray and was taken over by a succession of non-royal military and/or minor statesmen.

After the invention of the telescope in the 1600's, astronomers used it to observe sunspots. The movement of sunspots across the Sun allowed these early scientists to calculate a consistent rotation of about 27 days. Daily observations were started at the Zurich Observatory in 1849, and today, two organizations publish the official sunspot count, the Solar Influences Data Analysis Center in Belgium, and data compiled by the US National Oceanic and Atmospheric Administration or NOAA.

In 1843, amateur German astronomer, Samuel Schwabe, discovered there was a regular increase and decrease of yearly sunspot appearances over approximately 10 years, highlighted by very quiet and very active periods. We now call this the sunspot cycle, which is actually 11 years long. Later astronomers discovered that the sunspot cycle coincided with changes in geomagnetic activity on Earth, and that changes on the Sun impacted weather conditions here. From carbon-dating of highly radioactive periods, we now know that certain solar cycles can be 90 years, or even several thousand years, long.

In the last several millennia, there has been long periods when there were very few sunspots. From 1645 to 1715, called the Maunder Minimum, the sun was extremely inactive. This time-period parallels a period of very cold winters over Europe which became known as the Little Ice Age. In the past 100 years, sunspot counts have been higher than usual, but recent studies and advances in physical calculations and spectrographic equipment for analysis show that the Sun, which was to become active in 2012, with potentially dangerous solar flares and overcharged electromagnetic fields, instead remained sleeping. Unlike the usual 11 year cycles observed over past centuries, our present one has produced few sunspots, and scientists are very worried.

Pharaoh Akhenaten (Living incarnation of the Aten/Sun) was, somehow, aware of the solar cycle, and how it affects us, both at the individual level and globally in the collapse of civilizations. He set the message in stone, as well as in poetry, and it can be read as if it was present-day news. From soil and rock analysis, and pieced together from ancient papyrus, the sunspot minimum that Akhenaten lived through was accompanied by a mini ice age. This resulted in less evaporation of water from the oceans, reduced rainfall globally, and particularly in Africa, the source of the Nile. That led to drought, crop failure, starvation and public unrest. At the same time, the ionizing solar radiation increased, and resulted in more harmful genetic mutations of gestating fetuses of both animals and people. Some antiquities anthropologists, like Maurice Cottrell, speculate that Akhenaten, driven from the throne (his mummy was never found), and Moses, were one and the same person. Perhaps his worship of the Sun was his attempt to appease the inevitable drought and pestilence awaiting Egypt.

New scientific calculations suggest that our Earth is facing yet another long sunspot minimum, as of 2030, and another, potentially devastating, global mini ice age. Social unrest and human displacement is already increasing, as it was in 1645, in early Qing China, and Abolitionist France. Once again, Africa faces a famine involving over 10 million people in Ethiopia.

Although the future looks prescribed, what we must always remember is that our collective consciousness is the architect of our collective future. The outcome is not yet carved in stone.

Lachute Chapter presents ESTARL Award

On Dec 31, 2015, several members met at the meeting hall to present Matthew Brown with his second ESTARL award. He is working towards being ordained as a Priest of the Anglican Church of Canada. Matthew was married on Thanksgiving weekend and his wife is also studying in the Ministry. The Eastern Star Training Award for Religious Leadership (ESTARL) is available to anyone training in church music or ministerial leadership.



Photo: Left to right: Linda Rodger PM, Gillian & Matthew Brown, Margaret Hourston PGM and Elaine Wilson PM

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.
Albert Einstein



1350 BC. The Heretic King, Akhenaten and his family are carved in stone under the powerful rays of the Aten. Note the symbol of the feathered snake (sunspot) at the base of the sun. Akhenaten lived during the strange cultural and geophysical effects of a solar minimum.



The Story Behind The Cookes of Arundel

Joseph Graham - Main Street
joseph@ballyhoo.ca

Cuius regio eius religio (whose realm, his religion) was a doctrine that came into force in the mid-1500s as a way to tie Protestantism and Catholicism to the ruling powers. Essentially it meant that there could be no religious freedom. The monarch's religious choice dictated it to all their subjects. The doctrine was not based solely on religious conviction, although that played the visible role. The churches fulfilled health, education and social services needs as well. The tithe of the Catholic Church, ten percent of earnings, was a tax. The Church did not want competition and the kingdom did not want to be drawn into vicious fighting among believers, or among service providers.

Such a doctrine did not sit well with independent congregations who had fended for themselves for years, looking after their own. In the Netherlands, the people fought a war to free themselves from Spain largely for this reason. Franchoys Couck, a Pilgrim who came to America on the Mayflower and a resident of Leiden in the early 1600s, was a believer in religious freedom.

In 1609, the Netherlands signed a peace treaty with Spain. The Republic of the United Netherlands was not subject to the doctrine cuius regio eius religio. Its power rested in the business elite and in trade, and it became a destination for Spanish Jews, French Huguenots, English dissidents and others, all looking for religious freedom or self-governance.

Searching for the birthplace of Franchoys Couck leads only to speculation, with arguments being made for his birth in Blythe, Essex, and Canterbury in England or possibly somewhere else in continental Europe. If he was indeed from England, it is argued, he would most probably have come to Leiden with the Separatists who came first to Amsterdam around 1607 and then to Leiden in 1610, but he was already in Leiden in 1603. Religious persecution really only began in England in 1604 suggesting he would not have needed to leave England before that date for that reason. Some sources suggest he may not have been English at all, but no alternative is offered. If he was English, he seems to have been in Leiden with no fellow countrymen.

Hester Mahieu, whom he married in Leiden, was a Walloon whose family was originally from Lille in the north of France. Her family fled the Catholic armies in 1578 during the French wars of religion and eventually found refuge in Canterbury, England, where she was born on July 3, 1582. Her parents, sisters and other relatives are also a part of her story while the parents of Franchoys Couck (Francis Cooke) have never been identified. At the time, Leiden was a destination for members of the Walloon Church, England being a place of temporary refuge only. A close look at church records in Leiden suggests Francis and Hester were married in the Leiden Walloon Reformed Church in July 1603, but the church records for 1603 have never been found to confirm it. Other sources show that the groom's witnesses were Philippe de Veau and Raphael Roelandt. The date of their marriage as well as deductions inferred from other sources in Leiden show that before 1610 their community did not yet include any English names. Francis and Hester did visit a Walloon community in Norwich, England, in late 1606 and their first child was baptised as Jean (later known as John) Cooke at a Walloon Church in Leiden in early 1607. Another Leiden record shows "François Cooke et Esther sa Femme, de Norwich" as transferring from another Walloon congregation to the Walloon Church of Leiden on New Year's Day 1608. The reason for their visit to Norwich is not known but their names appear in a Walloon church registry there and thereafter we don't find the name Couck. Is it possible that this is where the spelling changed from Couck to Cooke?

In 1611, they are registered at the betrothal of Hester's sister Françoise to Daniel Cricket from Sandwich, England. Françoise and Daniel were married in front of a magistrate in Leiden on June 10, 1611. The first presence in Leiden of the Separatist Church of John Robinson was early 1610, and the Separatist Church members in Leiden married in civil ceremonies. It is probable that Daniel Cricket was a Separatist Church member and possibly the first contact that the Cookes had with these English dissidents.

The Cookes were soon members of John Robinson's congregation and in 1620, Francis Cooke, along with his son John, sailed towards England on the ship Speedwell, headed for America. Their intention was to set up a congregation in America, but only a small number of John Robinson's flock were on board. Neither the pastor, nor Hester and her other children were. The Speedwell was supposed to travel with another ship, the Mayflower, for the transatlantic crossing but their boat proved unseaworthy and only 35 of its passengers, including Francis and his son, managed to cram into the Mayflower. The rest of the Mayflower passengers were simply people from Southampton and London who were emigrating as employees, most probably of the Virginia Company.

The Mayflower story is one of those foundational tales of the United States and many aspects of it are well documented. Hester arrived on the ship Fortune two years later and the Cookes became one of the legendary Plymouth Rock Pilgrim families. Their story is part of American mythology but the idea that at least this couple, among the relatively small group of religious immigrants, was French-speaking with an enormous Dutch influence in much of their early colonial lives is not a highly touted part of the story.

Still, their descendants are numerous and many Americans claim that lineage with great patriotic pride. After the American War of Independence, at least one of them became a United Empire Loyalist. Many of these Loyalists were driven by the same passion for personal freedom as Francis and Hester.

Their descendant Reuben Cooke moved to Grenville in 1803.

References available upon request

Obituaries

ALLEN, John Douglas
Peacefully at home on Wednesday, January 20, 2016, in his eighty-third year. Loving husband for 60 years of Ruth McDonald. Dear father and father-in-law of Scott (Lynn) and Kirk (Natalie). Predeceased by his son, Greg (the late Nancy). Cherished grandfather of Jessica, Meagan, Brett, Jeremy, Peter and Lucas and step-granddaughters, Kayla and Alana. Dear great-grandfather of Cohen, Avery, Emma, Kingston, Carter and Chase. Private graveside service at a later date. Arrangements entrusted to JP MacKimmie Funeral Home. Donations to the Lachute Protestant Cemetery or to a charity of your choice would be gratefully received. Special thanks to the staff at the Ottawa Civic Hospital Family Medicine and Community Care Access Centre for the excellent care given to John during his time with cancer.



Anglican churches. At Lake Louisa he served as the President of the Lake Louisa Country Club and was also one of the founding members of the Lake Louisa Property Owners Association. He was active on the Board of the Dunany Golf Club. Herb loved golfing, "puttering," and taking pictures of Lake Louisa sunsets. He authored two books on the history of the Lake Louisa area. He touched many people with his kindness and compassion. Herb was loved, admired and respected by everyone who knew him, especially his family. He was a loving father, grandfather, great-grandfather and uncle. Herb will be greatly missed by his children Richard (Sandy), Leslie Comfort (Todd), Marianne Ford (Bruce); his grandchildren; Michelle (Jason), Alyssa, Katherine, Davis and Madeline and his great-grandchildren Kurtis and Kaitlyn. He cherished his family and was proud of each and every one of them. A celebration of his life will be held at the Lachute Golf Club on Saturday May 21, 2016 from 1-5 pm. For those who wish, donations can be made to St. Aidan's Anglican Church, Wentworth, or to the Ottawa Heart Institute. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute.

GLASS, Jean (née Aulenbach)
1926 – 2016

It is with great sadness that we announce the passing of Jean Glass on Thursday, January 21, 2016 in Sainte-Agathe-des-Monts, at the age of 89. She is survived by her children Pat, Jamie, David, Cathy (Dennis) and Peter (Claudia), and her two grandsons, Jason and Patrick. Thank you to the staff of Pavillon Philippe-Lapointe for their loving care. A memorial service will take place at a future date at the Holy Trinity Church in Sainte-Agathe-des-Monts. In lieu of flowers, donations to the Alzheimer Society of Canada or the Fondation médicale des Laurentides would be appreciated.



SHEARSMITH, Patricia Jean (Nee Clark)

Passed away peacefully at the Argenteuil Hospital on December 27, 2015 near the end of her 83rd year. She leaves to mourn her loss, her husband, G. Victor, her son, Stephen, several grandchildren, her sister Betty, her brother Ralph, and three nephews. She was pre-deceased by her daughter, Sarah Ellen. Patricia was a native of Fredericton N.B., where she graduated from U.N.B. and where she excelled as a member of the Ladies' Basketball team. She later went on to teach in Trois Rivières, QC, and Charlo, N.B. She was a loving and devoted wife and mother for 62 years and had been a resident of Lakefield, Gore for 30 years, where she served a term on the Municipal council. She will be greatly missed by her family and friends. Following her wishes, there was no visitation or service. Donations in her memory may be made to the Heart and Stroke Foundation.

WARD, Gordon Garnet

Suddenly passed away at the Royal Victoria hospital on Tuesday January 19, 2016 at the age of 64. He was the loving husband of Donna Hall, dear father of Lisa, Matthew & Stacy. Survived by brothers & sisters Bruce, Keith, Brent (pre-deceased), Corinne, Ina, Ruth, Mervin and many nieces & nephews, family and friends. Gordon will always be remembered for his love of family, good humor, hard work and positive attitude. Keep smilin'.

WILLMAN, Dorothy (nee: Bruce)

Peacefully at the CISSS des Laurentides, Lachute, Quebec on Friday, December 4, 2015 at the age of eighty-nine. Dear mother of Steven and the late Jim. Pre-deceased by her husband Russell and sister Betty. Loving grandmother of Brian (Sara) and Matthew (Christina). Respecting Dorothy's wishes there will be no visitation or funeral service. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

MONTGOMERY, Herbert Charles
November 13, 1924 – January 9, 2016.

It is with great sadness that we announce the passing of Herb on January 9, 2016. He was predeceased by his wife Marjorie, who passed away on July 8, 2015. Herb grew up in Outremont, Quebec. In 1936, the Montgomery family discovered Lake Louisa, Quebec, which became his favourite place on earth. Herb enlisted in the RCNVR and served as a Lieutenant on the HMSC Magog in WWII. After the war, he attended McGill University and attained a BSc. in Chemistry. He married his Lake Louisa sweetheart Marjorie in 1948 and they were married for 67 years. Herb had a long and successful career with Canada Colours and Chemicals Limited. In his retirement, he initiated the development of the Canadian Association of Chemical Distributors. He was always actively involved in his community. Herb was the president of a local chapter of the Canadian Cancer Society, served as the President of the York Central Hospital Foundation, was the People's Warden for St. Mary's and St. Aidan's



More 4 Korner's Winter Events

By Kim Nymark

4 Korner's Family Resource Center is happy to bring you educational conferences, information sessions and videoconferences in Lachute and Morin-Heights: 4 Korner's, in partnership with CHSSN (Community Health and Social Services Network), Community Health Education Program (CHEP), and Éducaloi, will offer three up-coming events in the Lachute area:

- Topic: Wills and Testaments
Speaker: Stephanie Carriere, attorney
Date: February 16: 1:30 pm – 3:30pm
Place: L.R.H.S. 448, Argenteuil at the CLC office
- Topic: Driving, is it as easy as it used to be?
Presented by: the CAA Foundation
Date: February 23: 1 pm - 3:30 pm
Place: Louis Renaud Community Centre, 270 Route du Canton, Brownsburg-Chatam (St-Philippe)
- Topic: Health Risks of Smoking (videoconference)
Date: February 24, 2016 (date has been revised)
Time: 10 am - noon
Place: L.R.H.S. 448, Argenteuil at the CLC office
Also, two events offered in Morin-Heights:
- Topic: Will and Testaments
Speaker: Stephanie Carriere, attorney
Date: February 23: 1:30 pm – 3:30 pm
Place: United Church, 831, Village Road, Morin-Heights (only the back door will be open)
- Topic: Stress Management for Parents
Speaker: Josephine Piazza
Date: March 17: 7 pm - 9 pm
Place: St-Eugène Church, 148 Watchorn Road, Morin-Heights

For more information, or to register for any of the Lachute events, please contact Melanie Wilson, at melanie@4kornerscenter.org, and to register for the Morin-Heights events, contact Kim Nymark, at kim@4kornerscenter.org. You can also call 1-888-974-3940.

In addition to these events, 4 Korner's, Cal en bourg, and Avenir d'enfants, are proud to offer 'Family Zone' an English Play Group for children less than 5 years of age, with their parents: Dates: weekly on Thursdays from January 21 to June 16: 2 pm – 4 pm
Place: Holy Trinity Church, 12 Préfontaine West, Sainte-Agathe
You don't have to sign up, just bring a snack and come join the fun. This activity is free of charge! For more information on this program, please email: kim@4kornerscenter.org.



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Fri, Feb 26: 10 am – 11:30 am
(Ste-Agathe)

Coffee Meeting for the Bereaved
Wed, Feb 17: 1:30 pm – 3 pm
(Ste-Agathe)

Group Meeting for Those in Mourning
Learning about and progressing through the 10 steps of grieving
Started Feb 1 - Mont Tremblant
Starting Mar 14 - Ste Agathe
Call for information.

Personal Sessions to Relieve Stress
Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe. Call for an appointment.

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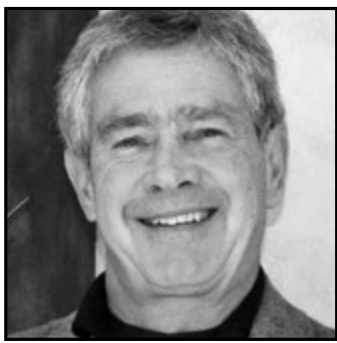


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Main Street Money: Ladies' Investment and Financial Education

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

GUIDE ADULT CHILDREN TOWARDS FINANCIAL SUCCESS

An open dialogue can help pave the way for long-term financial security.

ONE OF THE MOST IMPORTANT goals many parents set for themselves is to raise their children to be financially independent. And, by the time children reach their mid-to-late 20s, they are often earning an income and making their own financial decisions. However, they may still benefit from some gentle guidance about budgeting and debt.

The challenge for many people in their mid-20s is that they are experiencing so many 'firsts': a first full-time job, a first apartment, a first car. The pace does not slow down in the late 20s, when they may be saving for a wedding, a house, and all the expenses associated with starting families of their own.

In the midst of this period of rapid change, there are regular expenses to pay - from groceries to utilities. There may be a student loan, a car loan and mortgage payments to make. In the months when incomes do not match expenses, credit card balances, and other consumer debts, may start to creep upwards.

The sooner young adults start balancing incomes and expenses, while keeping debts to a minimum, the better positioned they will be for future financial success. Here are tips on how to have a productive conversation with your children.

Take the initiative. Some young adults are reluctant to bring up the subject of finances with their parents, but grateful when given an opportunity to discuss their concerns. Open the door with something like "we have not talked about money in a while, and I want you to know that you can still come to me for advice whenever you need it."



Listen carefully. Your children may give you clues that finances are becoming a struggle without coming right out and saying it. They may complain about a landlord being too tough on them. They may express anxiety about whether they will get a raise or a bonus at work. Probe to find out if financial stress is behind these comments.

Be open. Tell your children about some of your own money challenges, today, and when you were their age. This can help reassure them that you won't be judgmental, as well as give you a chance to share some of your money management tips.

Offer objectivity. Acknowledge that you do not have all the answers and, if appropriate, recommend that your children make an appointment to speak with your advisor. An advisor can provide expert advice - and young adults may be more comfortable talking about their financial situations with a professional.

By raising the topic, you can help your children address small challenges before they become large, or worse, insurmountable. It is one more way that you can help set your children up for long-term financial success, instead of just cutting another cheque.

If you would like to talk to me about what I can do for you, please call me at 514-788-4883, my mobile is 514-949-9058 or email at Christopher.collyer@manulifesecurities.ca

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

Deep Gratitude for Roadside Assistance

On January 12, heading southbound on Rte. 327, I was involved in a road accident due to poor driving conditions. The slippery highway caused me to lose control of my vehicle resulting in me veering into oncoming traffic before rolling down an embankment and crashing into trees. My vehicle was upturned. Fortunately, motorists stopped to offer me assistance and I would like to offer my most sincere gratitude to these "guardian angels" who came to my rescue: Norm and Ellie Downing, Amelie Morin Bastien and Robert Gravelle. These people acted as if they were trained for this rescue. The police and an ambulance arrived shortly afterwards and transported me to the St. Jérôme Hospital. Fortunately, I was ok and able to return home.

Mrs. Dawn Nolan
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I'm Just Saying A Matter of Give and Take

Ron Golfman - Main Street

It seems to me that we're, once again, being given the same old wine in a brand-new bottle, and without reading the label, we are simply grateful for the drink. Every day we, consumers, are confronted by scenarios, wherein we are asked for more and more, often without reason or rhyme. A prime example, and an obvious one, is the price at the gas pumps. Oil is selling at around \$30 a barrel, while we live in a country, which is a major exporter of crude oil, and yet I find myself almost excited when I am only being bilked for under one dollar per litre of gasoline.

One of the reasons given for our high price is that we are sending our oil elsewhere to be refined. Only recently, the plan to move crude from Alberta, via a pipeline, through Quebec, to a refining destination in New Brunswick, was all but a done deal, when Montreal's mayor vetoed the plan. His rationale was that the project was not eco-friendly, and there wasn't that much money in it for the province. I admire his social conscience, only weeks after approving the dumping of millions of litres of raw sewage into the St. Lawrence.

On this one, I cannot help but twitch, from the years of jealousy we, Quebec residents, have felt when Alberta had no sales tax, cheap gas, and a thriving economy. All the while, we never said no to vast transfer payments from Alberta to help our province, including the PQ, who dreamed in technocolour, when it came to financial matters. On an ecological level, the pipeline is contentious, yet we don't seem to spend much time thinking of the available alternatives; risky railcars, road transport, and smog-producing eighteen-wheelers crossing the country in droves.

When the "have" provinces, like Alberta, Saskatchewan and Newfoundland, join the "have-nots," with many thousands losing their jobs, they look to the rest of the country to remember that we are all supposed to be in this together, as a unified Canadian economy. Given how much we have benefited by those transfer payments, should we not share, albeit humbly, by being good neighbours, for the national common good?

There is so much more to consider in what we accept without question. Take, for example, food prices. Oh, I can wrap my head around why beef prices are soaring, given the erratic weather we now experience, but paying \$3.58 for a package of celery, a product which is at least 82% water, is insane. While gasoline is a necessary evil to drive our economy, food is necessary for life. This is a sector in our economy, which has gone by the wayside, like textiles, an industry taken over by Chinese and Asian cheap labour. Why not, instead, invest our resources and support our farmers, increasing our self-sufficiency, lowering prices, while we apply the old adage, "give a man a fish, and feed him for a day, but teach the man to fish, and feed him for a lifetime."?

One last proposition, and I'm just saying, how about aborting the plan to illuminate the Jacques-Cartier Bridge, for the 375th anniversary of Montreal, at a cost of \$40 million, and use that vast sum to ensure the safety of the pipeline, or to build greenhouses, province-wide, for food production?



The English Link Need to see a Doctor?

By Kim Nymark - Main Street

It is that time of the year again: cold and flu season! Every year, hundreds of thousands of Quebecers are affected by either one, or both, of those illnesses. When you are feeling under the weather, what actions should you take?

First of all, before attempting to see a doctor, remember to call 8-1-1 for Info-Santé service. Info-Santé is the bilingual, province-wide, telephone help-line for answers to health questions. If you have a non-urgent health question, your first thought should always be to call Info-Santé. Health care professionals are on duty 24 hours a day, 7 days a week to answer your calls.

If you need to see a doctor, after consulting Info-Santé, but are not able to get an appointment at your regular clinic, and don't want to spend hours at the emergency room, Bonjour-santé (<https://en.bonjour-sante.ca>) is the answer. Bonjour-santé is a bilingual web-service that will look for a doctor within 70 km of your postal code, who is available immediately. Among the search results, you will be shown the best 3 matches, considering the following criteria: the distance, the availabilities and the time of the request. Since this search service for a walk-in clinic consultation is a commercial service, a charge of \$15 + taxes is payable. Once the payment is completed, NO refunds will be issued. You will not have to pay for your appointment: all physicians offering their appointments online participate in the RAMQ (Régie de l'assurance maladie Québec - medicare).

Navigating the Bonjour-santé website is quick and simple. The home page offers three main choices:

1. I need to see a doctor today or tomorrow;
2. I need to see a doctor from my regular clinic;
3. I need to see a medical specialist.

If you select the first option: I need to see a doctor today or tomorrow, you will then have to enter your postal code, your RAMQ number, your email address and whether your requested appointment is related to a work or car accident. A pop-up will appear suggesting that you consult Info-santé 8-1-1 for assistance should you have any doubts about your health condition. By pressing continue, search results will appear indicating up to three choices of possible appointments, at various times during the day. Then click 'Proceed' and you will be asked for credit card information. As soon as your payment is completed, you will receive details on the possible appointments and you can choose the one that is most convenient. A confirmation email will then be sent to you. It is as simple as that - you will have a doctor's appointment!

Should you want to see a doctor from your regular clinic, you will choose the second option: I need to see a doctor from my regular clinic. Again, you will be asked to enter your RAMQ number, the name of your town or the name of your regular clinic. If your regular clinic does not offer an on-line search service, you will be re-directed to a consultation in another walk-in clinic and will go through the same process as in option 1.

Option 3: I need to see a medical specialist is a new service and allows any patient with a family doctor referral for a consultation with a specialist to visit the website and sign up for a centralized waiting list. As soon as Bonjour-santé finds an available appointment, the registered patient will receive a phone call or an email to book an appointment. Patients will be asked the name of the doctor referring them to a specialist, the permit number of the referring doctor and what type of specialist is required.

A video on how to use Bonjour-santé is also available at: <http://clinic.bonjour-sante.ca/patients/kim@4kornerscenter.org> for the English Communities Committee of the CISSS des Laurentides (des Sommets region) and 4 Korners Family Resource Center: 1-888-974-3940 or 819-324-4000 ext. 4330.



Making it Work in the Laurentians Motivation Matters Through Good Times & Bad

By: Andrew Taylor

Running your own business can be a rewarding experience. But, as every entrepreneur knows, when times are tough, they can be really tough. That's why, whether you have one employee or many, one of the most valuable roles you can play to keep your business on track is that of a motivational leader. To get you started, we're sharing some strategies to help keep you and your employees engaged and motivated through every up and down that the business world can throw at you.

It's a Matter of Perspective

In business, like in life, when things aren't going according to plan, minor problems can feel like major hurdles - particularly when your attention is split between every aspect of your business. When that happens, take a step back to regain perspective.

Picturing your business as a whole lets you determine where your attention is required most. This distance lets you identify and tend to issues that matter, and deprioritize trivial concerns. This will not only help to keep your objectives in sight but, by regaining a sense of control over your business, you'll become a more effective leader too.

A SMART Way of Setting Goals

The relationship between goal setting and motivation cannot be overstated. Poorly-planned, vague goals will almost certainly lower staff morale and engagement.

Using the SMART technique ensures that your objectives will be as effective as possible. That means setting goals that are: Specific, Measurable, Achievable, Relevant, and Time-based.

Motivate Yourself to Motivate Others

Even the most well-defined goal will be difficult to attain if motivation is low. The company's culture and working atmosphere must be positive in order to keep productivity high. But keeping staff inspired goes beyond just projecting your own positive attitude and hoping it catches on.

Tap into what drives your employees. That way, you can assign the right tasks to the right people to keep them engaged and productive. All too often, busy entrepreneurs tell their staff what to do, and walk away. Invest time to explain why the tasks you're assigning matter, and ask for staff input too. This encourages them to buy in to your business' mission. Plus, people are more likely to be enthusiastic about their work when they know that it's meaningful.

A Little Recognition Goes a Long Way

Everyone responds positively when his/her work is recognized, even if it's just a pat on the back. So, don't let it go unnoticed when your employees do a good job. You'll boost morale and lower turnover.

Of course, it's not always about money, but if you can afford it, a benefit and reward scheme that matches your company culture can help keep employees happy and motivated too. After all, the ability to keep others enthusiastic about your business, during good times and bad, is the sign of an exceptional entrepreneur.

Discover more motivational strategies to keep your business venture focused and on track. Join YES on Facebook, or contact us with questions or comments at info@yesmontreal.ca or by phone 514-878-9788 or 1-888-614-9788 and visit us at www.yesmontreal.ca.





Nature's Gift Snowy Owl

Rose Labrie- Main Street

On January 3, spectacular images of a Snowy Owl in flight were captured by one of Transport Quebec's traffic cameras at Highway 40 and Sources Boulevard.

My son, Jason, has seen the owl twice on his way to work, and a friend, Stephane Perrier, has captured a picture of a Snowy Owl in Moose Creek, Ontario.

The sighting of this bird on Highway 40 made the news and went viral, shared by thousands on Facebook, thanks to Transport Minister, Robert Poëti, Tweeting his 5,400 followers. Hunting and breeding north of the Arctic Circle, Snowy Owls may migrate in the winter to Quebec and Ontario, which may be the reason for such a rare encounter.

The Snowy Owl is an enduring symbol of Canada's North. As inhabitants of the Arctic regions of North America and Eurasia, Snowy Owls can be spotted on the tree lines of northern Canada, especially during the breeding season. This owl is not an at-risk species.



Student exchange program between Mont-Tremblant and Châtel, France City pays for flight travel

Mont Tremblant students are invited to enroll in an exchange program with the Municipality of Châtel, France. The City Council will pay the cost of air transport, worth approximately \$1,000.

As part of the exchange program inter-municipal associations Québec-France and France Québec, the City of Mont-Tremblant and its twin city in France, Châtel, are offering a paid summer internship for two Mont-Tremblant students who will work in tourism or leisure in Châtel. Complimentary reciprocal homestay is mandatory. Applicants must be residents of Mont-Tremblant, be students aged 18 - 29 years, available for 6 - 8 weeks between late June and late August, and submit their curriculum vitae with a letter of motivation by February 19 to the following address:

Programme de stages à Châtel (France)
Service de la culture et des loisirs Ville de Mont-Tremblant
1145, rue de Saint-Jovite, Mont-Tremblant (QC) J8E 1V1

For further information contact Mme. Chantal Blanchette: 819 425-8614, ext. 6414 / cblanchette@villedemont-tremblant.qc.ca

Girls Discover Aviation

A Women of Aviation Worldwide Week Event

Women of Aviation Worldwide Week celebrates the women of aviation during the week of March 8 (March 7 - 13), a symbolic date - the anniversary of the first female pilot's license granted worldwide, earned by Raymonde de Laroche in 1910.

The Girls Discover Aviation event, at Lachute Airport (6 Ader St.), aims to awaken aeronautic aspirations among girls and women of Quebec. They will be invited to interactively discover several aviation-related activities, such as aircraft manufacturing, flight planning and management, and piloting.

This year's theme - "It's a jungle out there! 60 years of women bush pilots," in honour of Ada Rogato, the first female bush pilot, who flew throughout Amazonia, and broke a few world records in the 50's.

The event will be held on **March 12, starting at 9 am**. Several aircraft will be on display and others will be dedicated to initiation flights. Access is free and everyone is invited to come get involved. Volunteer pilots will offer free Discovery Flights to girls and women who have never flown before in a small aircraft. Pre-registration is mandatory at: <http://www.womenofaviationweek.org/location/>

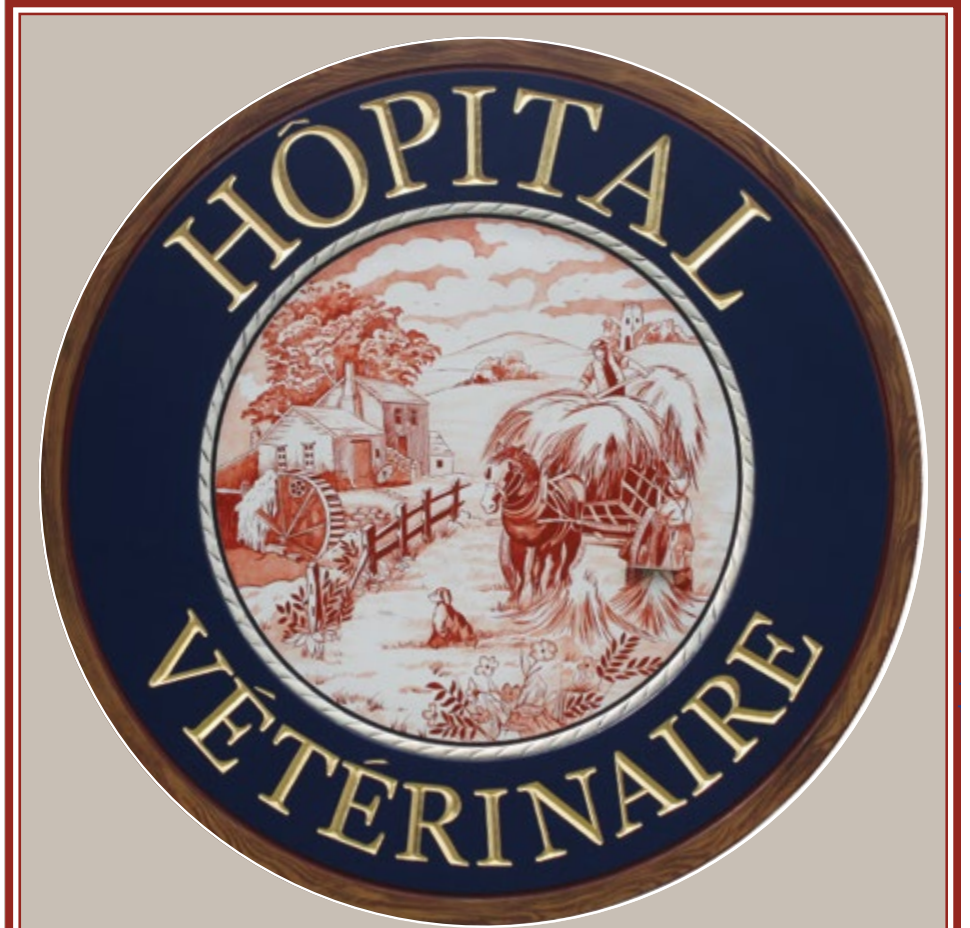
Girls and women will also be eligible (by registering) to win a visit to the Bell Helicopter factory. The Mirabel Tower will also be open to participants, via our shuttle service, thanks to Nav Canada.

Interactive educational activities, contests, and notable women

An array of interesting activities, including the Bell Helicopter Textron tour and Mirabel Tower are planned. Notable female leaders will be present to discuss their experiences, achievements, and to answer questions. Contests and prizes rewarding participation are also planned. Open to everyone.

Aircraft Exhibit

A selection of aircraft will be on display with flight crews available to answer questions and provide tours of their aircraft. Photo/video opportunities abound and the entire audience is encouraged to participate. Open to everyone.



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