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Developed by Christopher Collyer, BA, CFP

Demystifying the Canada and Quebec Pension Plans

You’ve been contributing for years, but do you know what you’ll get?

For Canadians at or nearing retirement, the Canada/Quebec Pension Plan (CPP/QPP) can be a bit of a mystery. Many people who have been contributing to it for a good portion of their lives may not be sure when to begin their pension or how much they’ll receive.

There’s also some confusion about which is a better strategy: begin drawing pension income early at age 60, or wait until age 65? Here are some facts that can help you determine what’s best for your situation.

Fact 1: You can take CPP/QPP early and continue working

You can start collecting CPP/QPP retirement pension as early as age 60. However, if you begin either pension early, it will be reduced by 0.6 percent per month to your 65th birthday up to a maximum reduction of 36 percent.

The impact of the CPP/QPP early retirement reductions, assuming an individual would qualify for a \$1,000/month retirement pension at age 65:

Age	60	61	62	63	64	65
Monthly Amount	\$640	\$712	\$748	\$880	\$940	\$1,000

If you choose to receive your CPP/QPP pension early and continue working, you’ll also have to continue making contributions until you turn 65. (1) Each year of additional contributions results in an added annual benefit for the remainder of the pensioner’s life. Under CPP, the “post-retirement benefit” is equal to 1/40 of the year’s maximum retirement benefit, if you make the maximum contribution in a year. Under QPP, this benefit is known as the “retirement pension supplement,” and is added to the pension for the remainder of the pensioner’s life. It’s equal to 0.548 per cent of the previous year’s earnings that were the basis for the contribution. Your advisor can give you more details about the post-retirement benefit or retirement pension supplement.

Fact 2: You can delay taking CPP/QPP and receive more

If you were to start receiving your CPP/QPP retirement pension after age 65, it would be increased by 0.7 per cent per month that you delay taking it. The maximum pension increase is 42 per cent at age 70.

If you continue to work between the ages of 65 and 70, you’ll be subject to CPP/QPP premiums by default. If you’re currently receiving CPP retirement pension, you can elect out of paying premiums by completing form CPT30, Election to Stop Contributing to the Canada Pension Plan, or Revocation of a Prior Election.

You can’t opt out of paying QPP premiums, even if you continue working past age 70.

The CPP/QPP retirement pension amounts if an individual is eligible for a \$1,000/month pension at 65 and defers to a later age:

Age	65	66	67	68	69	70
Monthly Amount	\$1,000	\$1,084	\$1,168	\$1,252	\$1,336	\$1,420

Fact 3: Your pension is based on your earnings – and your lowest-earning years are excluded

The monthly amount you’ll receive is based on your earnings and the predefined contribution period, which may be longer than the period in which you actually contributed. Remember, if you decide to retire early, CPP/QPP benefits will be reduced.

A pension benefit is calculated by dividing the individual’s earnings by the number of years in the contributory period, multiplied by the benefit rate, which is 25 per cent. The CPP was enhanced in 2019 and will now replace 33 per cent of an individual’s earnings after 2019. The QPP was also enhanced (called the additional plan) in 2019 and additional contributions will replace 33 per cent of earnings.

A dropout period allows for years of low earnings. Under CPP, up to eight of your lowest-earning years (17 per cent of the contributory period) are automatically removed from the calculation. This is in addition to the child-rearing dropout provision.

QPP offers a similar dropout provision – up to 15 per cent of the contribution period when earnings were lowest can be removed from the benefit calculation. Other exclusions include months when an individual received a CPP/QPP disability pension, an unreduced income replacement indemnity, or family benefits paid by the federal of Quebec governments for a child under seven years old.

Fact 4: There are death and survivor benefits

The CPP/QPP death benefit consists of a lump-sum payment of up to \$2,500 (2) and a survivor’s benefit. However, if a spouse is already receiving a CPP retirement benefit, the monthly amount (retirement plus survivor benefit) can’t exceed the maximum retirement benefit and is adjusted based on the surviving spouse’s age. This rule applies for QPP when the surviving spouse is 65 or older. When the surviving spouse is under 65, it’s possible for the combined benefit to exceed the maximum retirement benefit.

Unless there’s a spouse or minor children, the only benefit paid is the small lump-sum benefit. Also, if you take CPP early and continue to contribute (or continue to contribute after age 65, if you’re still working), your additional contributions go

towards your post-retirement benefit but won’t be included in the calculation of survivor or disability benefits, or for pension-sharing or credit-splitting purposes on marriage breakdown.

With QPP, the additional contributions that go towards the retirement pension supplement are included in survivor benefits. However, the retirement pension supplement isn’t included in disability benefits or for credit-splitting purposes on marriage breakdown. In the case of voluntary pension sharing, the additional contributions will be included.

Some things to consider

Have you stopped working?

It generally makes sense to take the CPP/QPP early if you’ve stopped working. The contribution period continues until you start taking the pension or are 70 years of age, whichever is earlier. If you’re no longer contributing, the zero earnings during the non-contributory period before starting your pension may lower the overall benefit collected, even if you waited until age 65.

Are you currently receiving a survivor’s benefit?

Your early retirement benefit will be combined with your survivor’s benefit, and this combined payment is capped at the full maximum retirement benefit (3) for the year. The age at which you begin your retirement pension may affect the amount of survivor’s pension you receive going forward. Obtain an estimate for your combined payment before commencing your own retirement pension to understand what adjustments, if any, will be made to your current survivor’s pension.

Are you single?

Because the only death benefit is the small lump-sum amount, you may want to take CPP/QPP early, unless you have an above-average life expectancy, to make sure you get as much out of the plan as possible. See Fact 4.

Do you have health concerns?

If you qualify for the disability benefit, it’s better to apply for that benefit because it’s higher than the retirement benefit. However, if you don’t qualify for the disability benefit and your health issues could affect your life expectancy, you should consider applying for the early retirement benefit.

Are you healthy and continuing to work?

If you are, the 2019 benefit reforms will generally reward you. Postposing the commencement of the pension and continuing to contribute will increase your retirement pension and the total amount you collect from the plan. Of course, the total amount received from the plan depends on an individual’s life expectancy.

Getting advice

If you qualify for a CPP/QPP pension, you can request estimates of how much you will receive under different scenarios, for example, if you begin collecting at age 60, or if you stop contributing but wait until age 65 to start your pension.

Once you received your quotes, your advisor can help you determine which option makes the most sense for your situation. With appropriate planning, you can maximize the benefits you receive in your golden years,

How much will you receive?

The following resources can help you estimate how much CPP or QPP you will receive.

CANADA PENSION PLAN

. Request two scenarios using the Estimate Request for Canada Pension Plan Retirement Pension and Post-Retirement Benefit form:

1. Retire at 60, start CPP at 60
 2. Retire at 60, start CPP at 65
- . Contact Service Canada
 - . Visit Statement of Contributions to the Canada Pension Plan
 - . Canadian Retirement Income Calculator

QUEBEC PENSION PLAN

- . Visit Retraite Quebec
- . CompuPension calculator

(1) This provision applies to all pensioners under age 65 who are receiving a CPP/QPP pension regardless of when they started receiving their CPP/QPP pension.

(2) For the CPP death benefit, if you received this amount and you're a beneficiary of the deceased's estate, you can choose to include it either on line 11400 on your own tax return or on a T3 tax return for the estate. With respect to QPP, the death benefit must be reported in the income of the estate, regardless of the name to which the cheque was payable.

(3) The rules for combining benefits don't apply to the CPP post-retirement benefit. These amounts will be added to your retirement pension even if you receive the maximum.

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Suspicious text, email or call from the CRA? It’s probably a scam

(NC) We’ve all gotten texts, emails and calls claiming to be from the Canada Revenue Agency. Some of us may even feel like we hear from scammers more than our loved ones.

But there’s no love here. Fraudsters trick people into providing personal and financial information. Their scams are getting more believable, which means more people are at risk of losing their money.



It’s important to know how to spot a scam so you can protect yourself.

Scammers may:

- Demand your personal information claiming they’ll send you a refund;
- insist you take action right away with little explanation;
- scare you into paying a fake debt;
- threaten arrest or deportation;
- request unusual forms of payment such as gift cards, pre-paid credit cards or cryptocurrencies like Bitcoin;
- ask for numbers for your credit card, bank account or passport;
- urge you to visit a fake website to verify your identity; or,
- ask you to click on a link to fill in an online form.

When you get a call, email or text like this, stop and listen to your voice of reason. Before you act:

- 1) Ask yourself:
 - Do I owe them money?
 - Is there a reason for them to be contacting me?
 - Does this sound too good to be true?
 - How does the CRA normally reach me?
- 2) Check to see if you have a message in your online MyAccount.
- 3) Delete the scammer’s message or if you’re unsure, call the CRA.

There are real reasons the CRA may need to get a hold of you. When this happens, legitimate employees will provide their name, office location and a callback number.

Learn more about what Canada Revenue Agency employees will and won’t do when contacting taxpayers, at canada.ca/be-scam-smart.

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What’s On My Mind... Mid-winter in the Laurentians

Susan MacDonald, Editor

February is generally noted as the mid-winter breach, the month marking the halfway point between winter and spring. Those who love the season are still living it up on the ski slopes or trails, while those who don’t are huddled morosely around the wood stove, waiting for winter to end. Either way, it seems everyone wants to know the upcoming forecast.



Normally referred to as troublesome varmints, each February 2, in defiance of all the modern technology one would believe to be better suited to ‘see the future’, a few poor, sleep-dredged rodents are dragged grudgingly from their den to give their official predictions.

Well folks, the results are in, but divided. According to Shubenacadie Sam (Halifax) and Punxsutawney Phil (Pennsylvania), who both saw their shadow, we’re in for another six weeks of winter. However, Manitoba Merv (Manitoba) and Wiarton Willie (Ontario) disagree and both predict an early spring. Here in Quebec, unfortunately, 9-year-old Fred la Marmotte was not able to give his opinion due to his early demise on February 1. As a last minute stand-in, a stuffed marmot was pulled from Fred’s log cabin and handed to a child, who announced, “Spring is delayed.” I’m not sure if that prediction can be counted officially, which leaves us where we were in the first place, looking out our windows and, hoping for the best.

For now, winter is still upon us and it is up to us to enjoy the season as much as possible, from whichever side of the window you choose. It may be cold and snowy, but the scenery is magnificent, the air clean and fresh and, proper clothing will ward off any chills. There are so many wonderful venues to explore indoors and out, along with friends and family to visit and / or have join in on the fun. Enjoy winter while you can, it will be gone soon enough.

Next month we look forward to sharing another wonderful tradition here in Quebec, the running of the maple sap and the opening of the local cabane à sucres. When the sap lines and buckets are out, we know for sure that spring is here to stay. Even the clever groundhogs agree.

Enjoy the read...

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Making it Work in the Laurentians

Portfolio prep for emerging artists

Maya Khamala

If you're an artist, your portfolio may be requested by galleries or curators and that's a good thing! When putting together an artist portfolio, you'll want to include up-to-date versions of the following:

Documentation of your work
The presentation of your artwork is everything. Make sure that images are high resolution, and properly cropped/sized. To avoid glare, photograph your artwork head on. Use natural light, and shoot on overcast days to avoid overexposure. When providing video/audio clips, label them with the precise timings of excerpts you wish to draw viewers' attention to.

Artist CV
Your artist CV will typically include the following sections:

- A header with your name and contact info
- A rundown of your art-related education
- Solo and group exhibition history
- Festivals, screenings, performances, etc.
- Collections in which your work is held
- Publications you've been featured in
- Awards, grants & residencies
- Other professional activities
- Affiliations and memberships in arts-related organizations
- A footer with the information of any galleries representing you

Artist bio
Your bio is about you as an artist. Think of it as a narrative summary of the most significant achievements in your CV, with some added personal details. Avoid talking about your childhood or saying that you've "always loved making art," as this is a given. Try to stick to information unique to you. Your bio should include the following:

- Your name
- Where you were born
- Where you're based
- Your educational background
- What type of artist you are
- Your business info
- Notable exhibitions/events
- Awards/grants you've received
- Where people can find you and your work


It's alright if your bio remains brief at first, it will grow longer as you gain experience. To flesh it out, consider the following: how did you learn your art? Who are your influences? What has your journey been? What are your values and purpose as an artist?

Artist statement
An artist statement is essentially a guide, which helps your viewers understand your work and, it is crucial. It is used when you submit your portfolio to competitions and galleries, and is displayed at exhibits, on your website, online shops, social media and on any proposals or applications you submit. It can include descriptions, themes, mediums, and contextualizing info. Ultimately, it explains why you make art. If you're stuck, you might use questions you typically get about your art as a springboard. Your statement should include:

- WHAT: a general description of your work
- HOW: a discussion of your process
- WHY: a deeper dive into how you relate to the WHAT and HOW

Project description
A project description is something you may be asked for at times. Similar to an artist statement, it's specific to one piece or project. It provides a project's goals and objectives, and all relevant details about how you will achieve them, typically, a mix of descriptive, conceptual and process-oriented information.

Need some extra guidance? Book a consultation with a YES business coach today!



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Laurentian Personality Diane McArthur - cookie maven

Lori Leonard – Main Street

Diane McArthur was born in Lachute and still resides in this area. She is married, has two wonderful sons (Vincent, 31 and Simon, 30) and, little grandson Jackson, 17 months old.

When Covid initially hit, people were confined, which is when Diane decided to bake and create cookies with her own imaginative designs. She had thought about this idea for a long time, but never had time to realize her dream.

Diane bakes delicious vanilla, chocolate and gingerbread cookies and, decorates them according to requests she receives for baby showers, weddings, birthdays, anniversaries, Christmas, St. Valentine’s, Easter, etc...She also makes specialized cupcakes, dipped pretzels, cake pops (cake balls on a stick), cake-sicles, meringue cookies and individual chocolates. Yum! Her son’s favorites are dipped pretzels. Coming soon: French macarons!



Christmas is Diane’s busiest season and Easter is a close runner up. During these holidays, Diane bakes 200 to 300 cookies, plus dipped pretzels and cake pops. She only bakes cookies when she receives specific requests, as she never knows in advance which types of cookies her customers will order.

Diane says, “Baking and decorating cookies is just another way to be creative. I am also an artist and have been painting for about 20 years. I find both these hobbies to be extremely relaxing and rewarding.”

In Diane’s spare time she loves to cook and tries out new recipes for sweet treats. She also enjoys playing guitar and, sings and plays mostly country and soft pop music. She enjoys acrylic painting, painting on stained glass and painting designs on material bags and cushions. A true artist at heart!

Diane’s cookies are all sold individually because of their size and specific details. Each cookie is unique and different. Once her cookies are baked and prepared, customers pick them up at her home in Lachute.

Although Diane would love to provide cookie-baking classes, she doesn’t have time as her cookies take hours to make and decorate. Her best sellers are Christmas and Easter cookies. That being said, she also makes awesome Halloween cookies, which everyone loves. Diane’s cookies replace birthday cakes for both children and adults.

Diane would like customers to know that she always bakes her cookies just prior to the due date so they are as fresh as possible.

If you would like to “taste-test” some of Diane’s delectable cookies, please call her at 450 566-1149 or reach her through Facebook messenger at Diane McArthur. Please note that cookies must be ordered 2 to 3 weeks prior to the due date. Keep on baking Diane!

Keeping your pets safe in winter Excerpt from the American Veterinary Association

Just like people, pets' cold tolerance can vary from pet to pet based on their coat, body fat stores, activity level, and health. Be aware of your pet's tolerance for cold weather, and adjust accordingly. You will probably need to shorten your dog's walks in very cold weather to protect you both from weather-associated health risks. Arthritic and elderly pets may have more difficulty walking on snow and ice and may be more prone to slipping and falling. Short-haired pets feel the cold faster because they have less protection, and short-legged pets may become cold faster because their bellies and bodies are more likely to come into contact with snow-covered ground. Pets with diabetes, heart disease, kidney disease, or hormonal imbalances (such as Cushing's disease) may have a harder time regulating their body temperature, and may be more susceptible to problems from temperature extremes. The same goes for very young and very old pets.



During walks, your dog's feet, legs and belly may pick up de-icing products, antifreeze, or other chemicals that could be toxic. When you get back inside, wipe down (or wash) your pet's feet, legs and belly to remove these chemicals and reduce the risk that your dog will be poisoned after it licks them off of his/her feet or fur. Consider using pet-safe de-icers on your property to protect your pets and the others in your neighborhood.

Cats and dogs should be kept inside during cold weather. Like people, cats and dogs are susceptible to frostbite and hypothermia and generally should be kept inside. Longer-haired and thick-coated dog breeds are more tolerant of cold weather; but no pet should be left outside for long periods in below-freezing weather.

* for more tips on pet safety during extreme temperatures visit www.avma.org



In the Anglosphere Books and beyond - Part III: The creators

Kathleen Hugessen | Penny Rose

Maybe it’s something in the water or in the air. Maybe, it’s just the incredible beauty that surrounds us. Whatever it is, it causes writers to grow in abundance. Our region is and has been home to novelists, poets, playwrights, journalists, bloggers, and writers about the land, about history and natural history, authors of memoirs.

In recent months, two new local novels have been published. “Crossing the Line” by David Sherman looks at the harsh brutality of professional hockey while shining a light on the dark corners of big-city homelessness. Interwoven with the story of hockey star Blake Fowler, newly signed with the Habs, are those of the aunt and uncle who raised him and, of Elise who runs a soup kitchen. Ugly bruises, pulled muscles, the trials of fan expectations together with romance and probing social commentary make “Crossing the Line” an exceptional, if often uncomfortable read. Sherman is a journalist, novelist and playwright living in Morin Heights.



Ann Lambert, a professor of English at Dawson College in Montreal for 30 years, is a noted playwright who divides her time between Montreal and Ste. Lucie. Now, she adds novelist to her CV. Her first murder mystery, written when she was 60, is “The Birds That Stay”. It features Detective Roméo Leduc and Marie Russell, a marine biologist living in Ste. Lucie, and was published in 2019. The duo work together to solve the murder of a local woman and, in doing so, becomes romantically involved. Next came “The Dogs of Winter”, set largely in Montreal and concerned with the plight of Indigenous and, more particularly, Inuit people left adrift in the big city. “Whale Fall”, published in October, is about the murder of a famed environmentalist. In addition to the top line story, each of Lambert’s books has subplots and themes, which help produce a layered and compelling narrative.

Then there is the tale of the peripatetic Weary family as told in Bill Weary’s memoir “Itinerant Teacher”, published in 2012. When he proposed to his wife Kathy, then just 22 years old, she declined, saying she wanted to see the world first. He promised he could deliver that for her and thus was launched his globe-trotting career as a teacher, with family in tow. First stop was Frobisher Bay in Nunavut with new wife and even newer daughter. From there, their travels took them to several African assignments, the Maldives, the Caribbean, the Middle East and back to the Arctic, with two more children added along the way. When they were not on the road, they lived at various times in Lakefield, St. Sauveur, Piedmont and Morin Heights.

But we haven’t even touched upon Margaret Cook who self-published the locally renowned “Land Possessed,” back in 1969. Nor mentioned Don Stewart who wrote “The History of Morin Heights and surrounding regions” and converted Cook’s book into a play, among other feats of writing. Still to mention are Main Street’s own Joseph Graham, poet and playwright Barb Kelly, blogger and artist, Joanna Nash and, a legion more. So, we’ve decided that to do all these authors and their works justice, this column will in future periodically dedicate itself to one or two of them and their works.

51st Viking Loppet

The Morin-Heights based Viking Ski Club will host its popular classic cross-country ski Loppet event on Sunday, February 26, 2023. This will mark the 51st year of holding this historic event, which offers competitive courses of 5 km, 10 km and 20 km distances on the club’s Skip Sheldon racing trail network. These distances have proved to have appeal across the age range from youngsters to seniors!



More complete details can be found at the website www.skiloppet.com and on-line registration at the website: www.ms1inscription.com/loppetviking2023

Take advantage of the Early Bird registrations up until Sunday, February 12.

Derek Wills (Viking Ski Club)



Arundel News

Janet Thomas

NOT TO BE MISSED! A TRIBUTE TO CAT STEVENS AND LEONARD COHEN
Arundel United Church (17 rue du Village)
Sat, Feb 18: 2 pm - 4 pm

Guy Melhuish and friends will offer an acoustic tribute to Cat Stevens and Leonard Cohen. This concert promises to be a musical treat not to be missed. Tickets are \$10. Space is limited, so please reserve in advance by contacting guymelhuish@gmail.com. Doors open at 1:30 pm. Refreshments will be served.

IT'S WINTER CARNIVAL IN ARUNDEL

"Community" is all about coming together. Join us for community fun with your friends and neighbours. More details to come in the mail, as we get closer to the date.

Fri, Feb 24: Torchlight Walk with mulled wine and/or hot chocolate
Sat, Feb 25: 1 pm – 4 pm: Sliding, hot chocolate and chili at Flanagan Hill c/o Loisirs

Saturday night: Music at the Legion (to be confirmed)

Sunday afternoon, Feb 26: Family Fun at the Beaven Creek Rink: skating competitions, relays and woodsmen competitions (to be confirmed)

NEWS FROM VICTORIA'S QUILTS

On December 16, 2022 the Laurentian Branch of Victoria's Quilts Canada held a raffle for the first time since COVID. The winners are as follows:

1st prize - Soaring Wisdom quilt - Joan Byrd, Weir

2nd prize - Warming Hearts quilt - Astrid Norquay, Arundel

3rd prize - Sunshine Rainbow Tote bag - Faye Ross, Morin Heights

Thank you for making this raffle one of our most successful. I would like to thank our members for all their hard work in selling the tickets. Thanks also to Debbie Graham for selling tickets at Arundel Provisions and, to the volunteers who sold at various craft events.

The mission of Victoria's Quilts Canada is to provide handmade quilts to people living with cancer in Canada. By providing these quilts, we hope to bring physical comfort to those dealing with cancer, as well as spiritual comfort in knowing they're not alone in their struggle. There is no charge for our quilts, neither to the person receiving the quilt nor the person making the request. This means that we operate on donations and fundraising to purchase good quality materials. Our volunteers take care of the rest.

To read more about VQC please visit the National website at www.victoriasquiltsCanada.com - to contact our branch, click on "Contact Us" then the link under "Across Canada", then click "Laurentian Branch".

Our branch meets at the Grace Church Hall in Arundel from March to December. In January and February our volunteers work from home. We will have a schedule of gatherings next month. This schedule includes dates for sewing sessions, kit preparation and dates for making crafts. This sounds like a lot of work but we have a great amount of fun. No experience required to join our group. Everyone is welcome.

2023 - Canadian Ski Marathon

The 2023 edition of the CSM will take place in Argenteuil (Qc.) from February 10 to 12 2023, it will be a week-end event.

(CSM) is North America's longest /and oldest Nordic ski tour. Unlike most ski events, there are no winners or losers in the Canadian Ski Marathon: it is not a race. The event offers something for everyone, regardless of age, endurance or ability. Tourers and families who ski less than the full distance make up about half the participants. Each skier can select his/her own level of challenge and try to achieve it.

1 877 770-6556 | skimarathon.ca



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About Sainte-Adèle

Chris Lance - Main Street

This winter's weather tended to be warmer in the months of December and January. Now, as we head into February, things have cooled down and, could be more seasonal. We can now enjoy the skating and sliding over in Parc Claude-Henri-Grignon. Our Lac Rond is open for the walkway and skating path.

The sports complex beside the High School is up and running, with the indoor rink and swimming pool. Seems to date, the local towns are enjoying the newest project in the MRC. It allows people of all ages to use the brand new facility. Opening hours, events, leagues have developed and you can keep an eye on all our parks and the sports complex at www.ville.sainte-adele.qc.ca

Citizens are noticing our new town logo. This updated logo, introduced December 1, is an effort by Mayoress Lalonde and our council, to promote a new image promoting Sainte-Adèle as a great place to live and a place to visit as a tourist. This new logo was also intended to rejuvenate the towns' image to attract new families and to encourage people to stay in our community.

Mayoress Lalonde is also trying to get the Quebec government to recognize and maintain the concept of housing as jurisdiction to local municipalities, including Sainte-Adèle, as opposed to operating exclusively with our MRC partner approach of a housing summit acting as a group. Our Mayoress believes Sainte-Adèle has experience in providing housing to all sectors of the population. This overview by our Mayoress is mostly in reference to affordable housing, so she wants to go at it alone as opposed to the approach of the municipal housing of Pays-d'en-Haut. Part of her reasoning is the cost to Sainte-Adèle for the MRC group membership. This conflict with the MRC and Mr. Genest should be something worth watching in 2023 as our taxes are always increasing and, that includes dues with the MRC.

Sainte-Adèle is promoting the ticket office at the Place des citoyens through services des loisirs, de la culture et de la vie Communautaire, Danielle Mercier. She is encouraging the purchase of tickets for the winter and spring programs at the Place des Citoyens or via the Internet. You can obtain all the information by calling 450-229-2921 ext 8300 or by email placedescitoyens@vds.ca. The Place des Citoyens is closed on Monday and Tuesday and open Wednesday and Sunday from 10am to 4pm and Thursday to Saturday from 10am to 5pm.

Well, it's time to enjoy winter – fat bike, downhill or cross-country skiing, skating and tobogganing. You can even swim at our new sports complex. You can walk on Lac Rond or snowshoe at Lou-Garou. Enjoy, life is short, stay healthy and wear a mask to be safe in public places.

Has inflation peaked?

Lucyne Farand

According to renowned and top forecaster of the US economy Christopher Barraud, inflation is expected to slow sharply in 2023 going from a peak of 9% in June of 2022 to a manageable 3% by June of 2023.

His analysis is based on eight major factors. He considered the retracing of the market rents, the normalization of the food prices growth, the core good's prices, the used cars and trucks prices, the gasoline prices (a possible increase), the upcoming changes in the CPI calculation methodology, the market expectations (Bloomberg Consensus of 3.9% for 2023 CPI).

Mr. Barraud is in fact considered by Bloomberg as the world's best forecaster. Let's hope he is right this time also as some stability in the economy will be most welcome, especially considering that the US leading indications point to a recession in 2023.



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14,000 copies distributed throughout the Laurentians

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February 2023



NEWS BITS FOR FEBRUARY

The City of Saint-Sauveur supports Centraide Laurentides

The City of Saint-Sauveur has revealed the amount raised as part of its staff's annual campaign to support the mission of Centraide Laurentides, which took place from November 14 to December 16, 2022.

In total, \$7,432.40 was collected thanks to the support of municipal employees, thus exceeding the initial objective of \$5,000. We must highlight the commitment of the city council and the city union, which contributed by each donating \$1,000. Several activities were organized during the campaign, including a noon-express walk, a silent auction and a tour of municipal services led by representatives of Centraide et de L'Écluse, one of the organizations supported through regional campaigns.

The mayor of Saint-Sauveur, Mr. Jacques Gariépy, says he is very satisfied with the results of the 2022 campaign: "I am extremely proud to see the ongoing commitment of employees to this cause and thank them warmly for their generosity. Centraide Laurentides is an organization that the City has been supporting for more than six years, because we firmly believe in its values and its invaluable contribution to the community. In the current post-pandemic and inflationary context, the needs are immense and it is all the more important to give if our situation allows it."

Note that since 2016, Ville de Saint-Sauveur employees have donated more than \$30,000 to Centraide Laurentides.

Laurentides j'en mange

The MRC d'Argenteuil is proud to announce that it will cover part of the campaign membership fees Laurentides j'en mange for 20 companies in the territory. The biofood companies of the MRC interested in this campaign to promote gourmet products from the Laurentians have until February 28, 2023 to take advantage of the offer.

The campaign is led by the Carrefour bioalimentaire des Laurentides (CBL) as part of the innovative approach of the biofood strategy of the Laurentians 2018-2023, to which the MRC d'Argenteuil actively participates, together with all the MRCs in the Laurentians region, the Government of Quebec and several community partners.

The MRC d'Argenteuil believes that more than ever, it is essential to encourage local food because of its positive impacts, including food freshness, benefits for the local economy and environmental practices. Buying local also encourages entrepreneurs from here, while discovering tasty and fresh food grown in the region. The issue of local food also occupies a very important place in the process of revision of the Agricultural Zone Development Plan (PDZA) of the MRC d'Argenteuil, including the adoption expected during 2023.

To join the Laurentides j'en mange campaign, biofood companies must contact Mr. Jonathan Palardy, agro-food development officer at the MRC Argenteuil, at jpalardy@argenteuil.qc.ca or at 450 562-2474, ext. 2342.



Caisse Desjardins support Film Laurentides

The 12 Caisse Desjardins in the Laurentians, along with the Center Desjardins Entreprises Laval-Laurentides, were proud to recently announce new financial support of \$60,000 to support activities of Film Laurentides for the next three years.

Located near Montreal and recognized for the diversity of its landscapes, the Laurentians region has captured the attention of many producers, directors and location managers, both Quebecers and foreigners.

Film Laurentides is a regional non-profit organization lucrative whose mission is to promote the territory, support the film crews and stimulate the economic, touristic and cultural development of the region.

Theatre Morin Heights AGM February 22

TMH will hold its Annual General Meeting on February 22 at 7 pm at Chalet Bellevue in Morin Heights. The meeting is open to the public but only 2023 members are eligible to vote. A short play reading will follow the business portion of the AGM.

Other upcoming events:

March 29: Rehearsed/Staged Play Reading FREE at Chalet Bellevue, 7 pm.

April 26 – 30: Spring Production! Six performances of Hansard by Simon Woods, including two matinees. The play, which premiered at England's National Theatre in 2019, is a family drama set in the heart of the divergent and divisive Thatcher-era politics that still ring true today. Tickets go on sale in March!

If you are interested in becoming involved with TMH contact theatremorin-heights@gmail.com or call 579-765-3999.



STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Philip Doucet, Carole Vaillancourt and Fabien Tremblay, the new owners of **Mont-Bistro**, 230 Rue Principale, suite 101, St. Sauveur. Philip and Carole have lived in Morin Heights for the past 3 years.

They offer a modern French menu including their specialty beef and salmon tartares, grilled fish, flank steak and grilled octopus. As well, there is always an alternating menu of the day. Their menu is seasonal and they offer as many local products as possible.

Open all week from 12 pm except for Tuesday. They serve both lunch and dinner. They also offer an amazing array of gins and an excellent selection of wines for you to choose from. Carole is becoming quite well-known for her variety of delicious cocktails. Fun place to hang out after skiing!

Please call 450 744-1766 to make a reservation. You can see the menu at montbistro.com / Facebook and instagram page: Mont Bistro

Did you know:

If you are a senior looking for a fun activity that allows you to meet new people, you can check out the **Cosy Corner Group**? This group meets every Tuesday from 12 pm to 4:30 pm at United Church, 831 Village Rd., Morin Heights. For \$5, you can enjoy homemade soup, bread, fruit, dessert and tea or coffee. What a deal! After lunch, there is a quick bingo game and then you can choose to play rummy cube, cards, dominoes or other games. Lucille Green runs the show like a well-tuned machine and has been doing so for the last 30 years. Bravo Lucille! If you need more info, call Lucille at 450 226-6681.

If you have just moved to the Laurentians (or have lived in the Laurentians for a while) and are a business woman who would like to meet other like-minded business women in the area, you can join the **Laurentian Business Women's Networking Group (LBWNG)**? A monthly meeting in the evening is held at Chalet Bellevue with interesting presenters. The group participates in fun activities and the bonus is you get to network with other business women, meet new friends and, help out in the community. There is a very reasonable annual membership fee. For more information, call Lori Leonard at 450 224-7472 or write lori.leonard@sympatico.ca

That **Sports Experts** opened their new store at 191 chemin du Lac Millette, St. Sauveur in November? This new premise allows for 20,000 square feet of space. There is even a lit fireplace to welcome and warm you up. There are photos of the ski hills from years past, antique skis, an old T-bar and photos of Jack Rabbit, which are included in the unique décor. For those who are interested, the local Musée de Ski also loaned film footage from 1960-1970 to be shown on a large screen in the store.

This large new space allows the store to offer a wider variety of sports products to their clients. Their Atmosphere boutique is located directly across the street. Congratulations to the owner and all concerned on this beautiful new store. 450 227-4617/ sportsexperts.ca



Cancer Support Group Coping with grief through yoga

The next meeting of the Laurentian Region Cancer Support Group is set for February 18 at 1 pm. Josephine Piazza of "Yoga tout" will lead a workshop

about working through grief and strong emotions with yoga techniques of movement, breathing and meditation. The meeting will take place at Chalet Bellevue in Morin Heights. Option also to attend via Zoom.

Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the February meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.







GOVERNMENT REIMBURSEMENT STILL AVAILABLE

BUY 2 UNITS RECEIVE \$2500

BUY 3 UNITS RECEIVE \$5000

ULTRA LOW TEMPERATURE CENTRAL UNIT RECEIVE \$5000

Come see us in store for more information!



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On this International Women's Day, let us highlight historic advances and continue the fight to achieve equity and respect for our fundamental rights.

Marie-Hélène



Marie-Hélène Gaudreau
Laurentides-Labelle MP
mhgaudreau.quebec





4korners

Seniors & caregivers supported by 4Korners' wellness activities

Jude Hussain

At the 4Korners office in Sainte-Agathe-des-Monts, seniors and caregivers now have a new and creative outlet for emotional expression and support, thanks to a partnership between 4Korners and Concordia University's inaugural Drama Therapy Program. The Drama Therapy activity offered during 4Korners' Wednesday Wellness series enables attendees to come together in a positive, active and, understanding environment, while working and talking through any problems or distress they may face. Activities include writing poetry, group writing, interactive conversations, storytelling, writing and learning scripts, improvisation exercises and activities using puppets and masks.

The class commenced in January and continues to be widely enjoyed by all who attend. One attendee was "happy to meet new people, be with others and share experiences," while another "felt comfortable, like meeting an old friend...I felt safe to share and I felt included, as English is my second language." It goes without saying that drama therapy helps participants decrease feelings of isolation. Classes like this offer a welcoming community hub hosted and attended by people who care about one another and simultaneously fill gaps in community services for English-speaking seniors and caregivers.

Drama Therapy is just one activity that is a part of 4Korners' wider 'Wednesday Wellness' initiative. In 2022, 4Korners made big strides in expanding and reinforcing Wellness programs.



A new partnership was made with the town of Milles Iles, and there are now additional information sessions and activities held there by 4Korners for the community's seniors and caregivers. Community lunches were introduced on Wednesdays at the Trinity Church in St. Agathe. Participants who register can come for a pleasant lunch and connect with others, as opposed to eating at home alone. After lunch, there are always various afternoon activities scheduled for attendees to stay and enjoy.

At the Deux-Montagnes office, 4Korners offers workshops and information sessions specifically for caregivers. These Wellness workshops help caregivers gain access to local, provincial, and federal resources in the form of various aids. 4Korners also continues to offer numerous activities online. What started as a response to breaking isolation during the pandemic became a permanent hybrid solution, which allows individuals to participate from the comfort of home due to mobility issues, caregiving responsibilities or simply because it's a little too icy out during the cold winter months.

Presentations and information sessions increase the well-being of the community through purposeful and informed programing. Some past presentations in January were 'Modern Addictions & Healthy Consumption', 'Financial Health and Stigma' and the 4Korners 'Speaker Series'. Plenty of behind-the-scenes planning, networking, and partnering with health and social service professionals take place to make these events relevant and helpful to community members. 4Korners also offers one-on-one support to help people navigate websites and resources to achieve the proper help that they need. With the help of 4Korners presentations, information sessions and, overall guidance, people walk away with a greater understanding of their community support systems.

For a full list of 4Korners' Wellness programs, visit the website at 4korners.org/programs or look to the Facebook page at facebook.com/4KornersCenter/events. 4Korners programs take place in English but are inclusive to all. For more information or for registration, email info@4korners.org or call 1-888-974-3940/ ny450-974-3940 ext. 601.

The CISSS des Laurentides offers five videos on common health problems

The Integrated Health and Social Services Center (CISSS) of the Laurentians is launching five video capsules to better guide the population when faced with various current health.

Gastroenteritis, fever, sprain, back pain and allergy: faced with these situations, it is important to know when see a doctor. Doctor Véronique Gauthier and nurse Jason Safrany offer several health tips and highlight worrying signs to watch out for.

For Ms. Rosemonde Landry, President and CEO of the CISSS des Laurentides, these five videos of less than a minute each are sources of information that are simple and very useful.

"These short videos are intended to guide the population who may need care or services for different health conditions. We want to equip people to fully understand their condition, the questions to ask, the signals to look out for, as well as the services available. By being well informed, everyone can play an active role for his/her health and to call on our services at the right place and at the right time," she said.

The capsules are available on the CISSS des Laurentides website, in the Consult a professional.

COMMUNITY UPCOMING events

SPECIAL YOGA CLASSES

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



ART EXHIBITION - LE TEMPS TÉMOIN

Artist Diane Brodeur

Until March 5

L'Apostrophe, 3094 Charette, Ste-Adèle, Mont-Rolland
Open on week-ends: 11 am - 4 pm or by appointment:
581-578-5033 / nnadiabertrand.com



14TH EDITION OF THE WINTER GAMES 50+

Mont-Tremblant

Jan 20 – Feb 28

FADOQ invites people of 50 years and over to participate in various outdoor activities. Curling and hockey tournaments and Évasion – Plein air weekend are on the program. Full details and registration available at 819 429-5858, extn. 227 | www.fadoq.ca



1st ANNUAL TEAMBRAYDEN FRIENDLY HOCKEY TOURNAMENT

Arundel municipal skating rink (2, rue du Village)

Sat, Feb 11: 10 am

A friendly tournament to benefit AVM awareness
Registrations for participation were due Feb 6 but you can still come out and show your support!



FAT BIKE CHALLENGE

Parc de la Coulée in Prévost

Sat, Feb 18

Support children in your community
The Fat Bike Challenge is for teams of four mountain bikers, two of whom must be riding on the designated course at any given time. The event will take place at parc la Coulée in Prévost. All participants ride together for the first and last hour. Reservations: Breakfast Club of Canada: 1 888 442-1217 / breakfastclubcanada.com



VIKING LOPPET MORIN-HEIGHTS

Viking Ski Club, 393, Jackson

Feb 26

Take on the three 5, 10 and 20 km races.
Details available at 450 226-1220 | vikingskiclub.ca



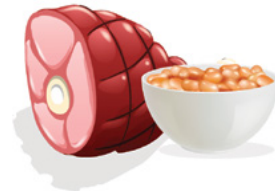
HARRINGTON GOLDEN AGE CENTRE

Cook's Night Out

Fri, March 3: 6 pm

Bean supper with ham and slaw, pudding chomeur for dessert.

Members: \$15 / non-members \$20.



SUPERFOLK PRESENTS

Chalet Bellevue, Morin-Heights

Sat, Mar 25: 8pm

JASON LANG: Tribute to PENNY LANG

"Handled with Care"

This spectacular show features the music of the late Penny Lang, interpreted and performed by her son, Jason Lang, accompanied by the fantastic Bob Stagg. Doors open 7pm. Tickets \$25 available at superfolk.ca



MUSICIANS' JAM NIGHT

Arundel Legion – Branch 192 (79, rue du Village)

Every other Thursday !!

Feb 23, March 9 & 23, Apr 6 & 20

A sort of open-mic, jam-style evening.

Folk/ rock/ country/ blues/ lounge all welcome.

Info: Guy Melhuish. Guymelhuish@gmail.com



**ROYAL CANADIAN
LEGION**

**LA LÉGION
ROYALE CANADIENNE**

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

BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)

Wed: 3 pm – 7 pm

Thurs: 3 pm - closing

Fri: 3 pm – 7 pm

Valentines Dinner

Sat, Feb 11: 6 pm

Three course menu: soup, main course and dessert.

\$35 per person / \$70 per couple

Tickets available at the bar or contact 450-533-6381

LACHUTE – BRANCH #70

634, Lafleur (450-562-2952)

Open Thurs – Sat: 4 pm – 9 pm

MORIN-HEIGHTS BRANCH 171

Open Wed – Sat: 3 pm – 6pm

127, Rue Watchorn, (450-226-2213)

Sat, March 18: 6 pm -

St. Patrick's Day Supper

Fri, March 31: 5 pm – 7 pm -

TGIF Smoked Meat

Sat, April 1: 8 pm - Pepper Grass R&B Band

Events are open to all !!

Darts every Thursday at 3 pm

Hall rental / Location de salle: legion171@cgocable.ca

Info: 450-226-2213

Email / Courriel legion171@cgocable.ca

Web site: <https://www.legion171.net>

Facebook: legion171

Music shows Facebook: morinheights live

ARUNDEL – BRANCH 192

79 Rue du Village, Arundel

(819-687-9143)

Open daily from 3pm

On With the Show

The lost art of storytelling

Florian Gaudreau

When I tell someone I went to the movies the first question they ask is, "what movie did you see?" When I say I went to a storytelling event the question is "What's that?" Storytelling is usually associated with child's play.

My first introduction to storytelling was as a Boy Scout at Camp Tamaracouta, listening to spooky stories around a campfire. About 30 years ago, I was at the Yellow Door Coffeehouse, in Montreal and, the performance that memorable evening was storytelling. What an intimate experience, being part of a captivate audience, in a quaint little coffee house.

I have followed storytelling on and off for years listening to fables, folktales and, old legends from all over the world. Enjoying this type of social and cultural activity, I decided to take a weekend workshop being held by the "Ottawa Storytelling Guild". The following month I told my first story at the Montreal Story Swap. My experience as a storyteller felt like getting caught up with a bunch of friends; I didn't memorize my story, I experienced it. I was the story, the teller, character and prop, all at the same time.

The story swaps I've attended had chairs set up in a semicircle so the maximum amount of people could see the teller. Each teller took turns telling a story. I once watched an old Irishman tell a story for 30 minutes with his eyes closed. It was such an unusual sight, yet the story he was telling was captivating, the style he used a bit unusual and, it was like watching someone in a trance.

There are as many styles of telling as there are tellers. Most stories I've listened to lasted 10 minutes or less. As with most musicians, professional storytellers

have a play list, which makes up the evening entertainment.

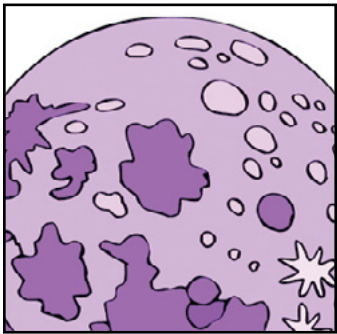
Storytelling is great fun for house concerts, garden parties or as a community activity. Personally, I'm partial to home spun entertainment, it's a cosy experience to share with friends.

I haven't found any storytelling venues here in the Laurentians yet finding storytellers is easily possible by Googling Storytelling of Canada or visiting their website at www.storytellers-conteurs.ca

This site provides a listing of upcoming events and links to other resources, including The Montreal Storytelling Guild and, Regroupement du conte au Quebec, a site that provides listings of local tellers, teachers and courses that are offered province wide. Here's a chance to shine in your own back yard by hosting a home event.

Go with the Flo





Zach Factor Pillar 43

Lys Chisholm & Marcus Nerenberg
- Main Street

On a lower plateau of a hilly region of, southeast Turkey, lies the mysterious temple site called Gobekli Tepe. But in a few short years since the carbon dated age of over 9000 BC by German archeologist Klaus Schmidt, it has become known as the most important and, certifiably, the most ancient, and the most controversial archeological site in the world.

Gobekli Tepe is 50 times the size of Stonehenge and 7000 years older. It consists of a series of ringed enclosures each containing 18 ft or higher T-shaped pillars, many bearing carved reliefs of odd animals, strange glyphs, and geometric shapes. There is growing controversy regarding the official dating of the emergence of civilization. However, some archeologists are throwing in the towel- they got it wrong, and Gobekli Tepe is about to tell us why.

Stone has an amazing longevity. Archeologists and amateur history researchers are finding evidence that cannot be ignored in ruins around the world. Remnants of societies that knew how to lift and move massive stones lie under temple complexes- from Egypt to Peru to Kuala Lumpur to Ireland. We have found signs of highly organized civilization existing long before we previously thought possible. Archeologists have been ostracized by their peers, had papers trashed- all because of evidence that does not follow academic timelines. Using the science of C-14 (carbon 14 dating), Gobekli Tepe shows its true age.

One of the pillars at the forefront of controversy is Pillar 43. It is replete with animal symbols, and geometry. It's significance so great, it was replicated and put into the nearby Sanliurfa Museum. Some archeologists suggest it shows signs of animal worship, and shamanistic rituals. Then some unlikely engineers, B. Sweatman, D. Tsikritsis, in 2017 decided to put line drawings of objects on Pillar 43 into a computer at the University of Edinburgh and run them against known star constellations. DOI: 10.5281/zenodo.400780 , www.maajournal.com/Issues2017a.php (PDF)

Around the same time Andrew Collins, famous alternative history theorist and author, invited independent research engineer Rodney Hale, known for his detailed studies of astronomical alignments of prehistoric and sacred sites around the world, to establish the stellar orientations of the central pillars of each enclosure. What they found sparked keen interest from specialists in the fledgling field of archaeoastronomy.

Archeoastronomers such as Alessandro De Lorenzis and Vincenzo Orofino have become bridge builders between alternative theorists and classically trained archeologists. The sophistication of Gobekli Tepe tells us that it could not have been created by cave dwellers who did not know how to plant wheat. Using the best computer programs we have today, along with the vastly improved drone photography and ground penetrating radar, we are finding stories globally that diverge from what we originally learned.

According to Graham Hancock, narrator of the new Netflix series called "Ancient Apocalypse" the entire complex is in a perfect North/South alignment -a feat not possible in a primitive society. Collins and Hale have found that the pillars align astronomically with the Summer and Winter Solstice, and lunar events. Using star maps from the C-14 dating of the location of 9800 BC, they found that the central pillars of the enclosures pointed to one star in particular, Deneb otherwise known as Cygnus and the Northern Cross. Hale must have been familiar with another famous megalithic observatory that tracks the same star and constellation. (See Zack Factor, December 2022, Newgrange). Collins explains in his preliminary work that before 9500 BC, Deneb was circumpolar; it never set. As the centuries went by with the Precession of the Equinoxes through the other constellations, Deneb began to set and rise. Ancient people were tracking something critical.

Pillar 43 gives us an astronomical date about a global cataclysmic event- today referred to as the Younger Dryass. It tells us about a massive, destroyed comet debris cluster we must go through on its cyclical tour around the solar system. Hancock tells us the science is clear; we had an interaction with a very large comet long ago at the exact dating of Gobekli Tepe .



Photo: The 'vulture' stone (Pillar 43) at Göbekli Tepe. A controversial message?
Photo credit: German Archaeological Institute



The Story Behind Argenteuil Heritage and History Part One

Joseph Graham - Main Street
joseph@ballyhoo.ca

Heritage illustrates history. Heritage usually refers to a thing, what you or your community inherit – a rambling old house, a garden fence, a church, a memento. History describes the why, the story behind. When the artifacts are gone, the stories survive. They evoke the thing that fell apart, the image, the nostalgia that carried the meaning.

One story that evoked such an image for me – that still exists in my mind so strongly that I can smell the grain being milled, hear the water flowing, see the flat, heavy-grained boards of the mill – is the drowning of Mr. Clark. The water wheel is turning and Mr. Clark, who left his grain for milling, is fishing for salmon below the dam. Like everyone else there, I lost track of him for that critical moment, but then I was not really there. It was a story. Mr. Clark was fishing for salmon – in Lachute!

The mill was on the North River, and I can hear the commotion when the other people at the mill discover Mr. Clark has fallen into the river. I learned about it 180 years later, but it still lives in my mind. Mr. Clark lost his life and his first name – no-one knows it today. Maybe we could search records and find it, find his whole life.

Salmon, though? Are salmon a part of our heritage? Was there once a salmon run up the North River? If the North, then they would have also run up the other Ottawa Valley rivers as well as those many rivers that empty into the St. Lawrence? The salmon are what Mr. Clark's drowning had illustrated in my mind. For me, his story survived the mill itself, because of the salmon.

Other illustrations of history are the people who lived in their huge pine and maple forests. Their very existence is and was the human manifestation of their ancient stewarding culture that comprised all life, including the rivers, the wind and the spirits. Their forests boasted white pine trees over a dozen stories high, reminiscent of British Columbia's rain forests. The first white settlers did not see this as a heritage, but as something that could be exploited, turned into money to pay their livelihood. Before those settlers, there were traders who came to exchange for furs with the people here. The Maison Rouge, located west of St. Andrew's, was a part of the Hudson's Bay company. Its location could still be identified in the 1930s. The location of Sir John Johnson's Manor House, 9 rue de la Seigneurie, once contained evidence of wigwams. The Algonquian and Iroquoian people co-existed along these forest paths and shorelines. This broad Indigenous neighbourhood was also where Radisson and des Groseilliers discovered the remnants of the battle made famous in the story of Dollard des Ormeaux in 1650. It was also along the Ottawa where Champlain travelled to meet Tessouat at Isle aux Allumettes, and where he said he released the young Vignau to his unknown fate in 1613.

The seigneurie of Argenteuil was first granted to Charles Joseph d'Ailleboust on June 15, 1682, long before it could realistically be considered as a part of New France. That did not stop Count Frontenac, the governor, from making the grant. The region was solidly in the hands of the Mohawk and Oneida, who also controlled the waterways. They were at war with New France. Successive governors, sent over from France, had no real idea what they were doing. The Haudenosaunee, of whom the Mohawk and Oneida were members, had organised the Covenant Chain to protect Indigenous trade. The French opposed it. Today, 250 years later, the Covenant Chain still exists and is protected by our laws, although lawyers and governments often have to be reminded.

Once Louis-Hector de Callières became the governor, things began to change, and he negotiated seriously with the Haudenosaunee, bringing an end to the interminable war in 1701. At their treaty in Montreal, many things were settled, except that the English, who were already partners in the Covenant Chain, had opposed the meeting and were not present.

More than Frontenac's grant, it was that treaty that would lead to the French expansion into Deux Montagnes and, eventually, Argenteuil.

The seigneurie began active development under a new seigneur, the young Pierre Louis Panet, in 1781, 18 years after the end of the Seven Years' War, and a century after the original grant had been made. Like the Catholic Church before him, he swore allegiance to King George III of Great Britain. That same year, he granted Carillon Island to Antoine Cerré and sold another parcel to Nicholas Auliers and his son Jean-Baptiste Vachon.

By 1785, English-speaking colonists began to arrive, departing from the newly independent country to the south. The first to arrive were Loyalists, people who could not abide the idea of abandoning Britain, and they acquired some of the excellent farmland in the seigneurie, but the larger group were people who sought stability and opportunity that was not easily available in the young country they had left.

Peter McArthur and his wife Phoebe Lane had settled at that early date on Carillon Hill, and when they received a visit from Phoebe's brother, Jedediah, he also wanted to acquire a parcel of land. There was nothing satisfactory fronting on the Ottawa River, so he proposed to acquire land on both sides of the North River surrounding the falls, or La Chute.

Lane was a developer. He sold to rugged mountain people from Jericho, Vermont, not farmers. They came for the trees, for potash, quick money. They cut and burned the forest for a dozen years. The Indigenous people must have been crushed by the devastation. It was their ancient heritage, being turned into money. The beaver fur trade no longer filled the colonial appetite.



Garden Talk

Seed starting - basics & checklist

June Angus - Main Street

Our gardens may still be buried in snow, but it's the perfect time to start seeds indoors to jump start the planting season that is coming soon...we hope! Here are a few pointers about how to get growing and what you'll need to do the job.

Gather your seeds: Decide what you want to grow this year. Check your seed inventory on hand and discard any that are way beyond their "best before date" or "plant by date". Seeds stored in a cool, dry, dark environment will certainly last longer than those improperly stored. Make the list of the seeds you are missing and order as soon as possible from your favourite garden centre or seed catalogue.



Collect other supplies and tools: You'll also need seed starting pots or cell trays and plant markers/labels (little wooden popsicle sticks are ideal). A seed starting mix can be store-bought or homemade (mix of perlite, vermiculite, coco fibre and peat...even a little compost). A humidity dome or other transparent plastic cover is useful to create a mini greenhouse effect (recycling lettuce or other produce containers works well). A spray bottle filled with water is essential for misting or gently watering your seeds and seedlings. Also pots for transplanting your seedlings once they get growing. If reusing old pots make sure they are clean! Recycled egg cartons and yogurt containers can work well. Just poke a few drainage holes in the bottom.

Get seed starting mix ready: Dump the seed mix into a tub or bucket, pour in a generous amount of water, and stir it up with your hands or a trowel. As the mix absorbs the moisture, add more water as needed. The mix should be uniformly damp, but not soaking wet. Fill your pots or trays with this pre-moistened mix.

Sowing seeds. Place seeds on the surface of the seed starting mix, and gently press the seeds down with a fingertip or palm so they're nestled in nicely. Leave very small seeds, like basil or mustard, uncovered. Larger seeds, like beans or peas, or which require darkness to germinate (check the seed packets), cover with a layer of seed starting mix.

Label, label, label: Label each pot or tray of seeds. Trust me, you won't remember what you planted as most seedlings look the same when they first appear.

Keep seeds moist and warm. Mist your seeds with water. Cover with a humidity dome. If the dome has vents, keep them open to help with air circulation and to prevent too much humidity build up that can rot seeds. Keep the seed trays comfy, by placing them in the warmest part of your house, such as a bathroom, laundry room, or kitchen. Heated floors are ideal. Only spritz/water the seeds if the mix feels dry to the touch. Germination takes anywhere from a couple of days to a couple of weeks (check the seed package). If nothing happens within 3 weeks, start a new round.

Let there be light: Newly germinated seedlings need light. Remove the humidity dome and move the seedlings to the sunniest spot in your house (preferably a south-facing window). Most seedlings need at least eight hours of fairly intense light per day to encourage development of sturdy stems and bushy foliage. Not enough and seedlings will become spindly and floppy as they reach for the light. In that case, a supplemental grow light may be needed.

Time to transplant: If more than one seed sprouted in the same spot, choose the strongest one and pinch or snip off the others. Transplant the strong seedling into a larger container filled with potting mix. Gently pull on the leaves and try not to manhandle the delicate, tiny roots during this step. Continue to water, provide sufficient light and watch your babies grow!

I'll cover the next steps in May as we prepare to move into our outdoor gardens.



Word Play

Leading and following

Louise Bloom - louisebloom@me.com

I am recalling an experience last week on the highway, early on an icy snowy morning, following the snow clearance truck at a very slow pace. No choice. After some minutes, I noticed behind me, a substantial number of cars that were slowed to the rhythm of the truck, and at the mercy of circumstance. I was the car leading the procession. At least I imagined I was leading. I had a momentary flash of assumed responsibility before I realized that in fact, we were all following the snow removal truck, and nobody was holding me responsible for anything. Thus, I began to have thoughts about leading and following.

I first thought that to lead and to follow could be seen to live as opposites. On closer examination I have come to realize that in most situations these apparent opposites become interchangeable, or at least interdependent, and that the efficient leader is obliged to follow as well.

I believe that throughout human history we have always been looking for leaders to advise us and protect us in the name of safety and survival. Before the separation of church and state the King was to answer only to God and to care for the flock with dedication and integrity. Therefore, the behavior of the King as leader was regulated by the needs of his people, as he was obligated to follow the circumstances of his subjects (as with good King Wenceslas) to insure their well-being.

In governmental situations the "leader" relies on the experts of specific departments in order to lead capably. The chain of information necessary to bring about effective and responsible decisions is dependent on the ability of the selected leader to follow that information, to follow the needs of the public for which he/she will assume authority.

Any teacher who comes to understand her role (leading the class) optimizes this role by following the specific capability of her students, in order to maximize the impact and the possible understanding of the information to be imparted. I have experienced and, have heard it said often that the teacher learns mostly from his or her students.

Further, we might examine the paradigm of following, the interchangeability of these two modes. In order to lead the orchestra, the conductor relies on following the score, leaning on this ability in order to be able to guide the musicians, following as closely as he can to help the musicians interpret the original creation.

To suggest that we lead asks us to take up a position at the head of the line and to march forward ostensibly as the one who knows the way. Those in the lineup behind us are following. They are perhaps informed of the destination, or perhaps confident in the leader, following along the path without knowledge of the destination. In either case, the leader is the one expected to satisfy the experience of the others.

At this juncture, I ask myself what I am learning from the understanding that the leader must follow? I have come to realize that leadership is a position of responsibility and that we cannot, in good faith, assume that position until we have learned to follow, accumulate the necessary information and be able to assume the beginner's mind, a state open to learning. A distinct capacity for humility strengthens this ability.

In truth, we are all leaders, as we lead our lives. And yet at the same moment we also consider following the needs of others, observing others with care and assimilating the necessary information that will benefit not only ourselves, but all those with whom we share our existence.

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

Contact Culture Laurentides 2023

Call for applications for artists and cultural organizations – deadline February 22, 2023

Culture Laurentides (CL) is proud to present the 3rd edition of Contact culture Laurentides on Wednesday, May 17, 2023 from 12 pm to 4:30 pm at the Cultural Center of the Domaine-Vert Nord, in Mirabel.

This promises to be an exceptional regional event promoting purchases, shows and cultural activities in the region by organizers of cultural events (municipalities, schools and presenters). The event was successfully presented in 2016 in Sainte-Adèle and in 2018



in Sainte- Therese. In 2021, Culture Laurentides launched its virtul Catalog Contact Culture Laurentides.

HOW TO PARTICIPATE

- Artists and professional organizations that are members of Culture Laurentides can submit their application until February 22, 2023.
- Consult the Call on the Culture Laurentians website: culturelaurentides.com/evenements/contact-culture-laurentides/ Applications will be assessed for their professionalism as well as their relevance for the event by a selection committee. Attendance at the event and promotion via the Catalog Contact culture Laurentides are free. (The estimated value booth is \$250.)
- Promoting the arts and culture is at the heart of CL's mission. Culture Laurentides participates in the development and promotion of the arts and culture through its activities of representation, support, training, consultation and monitoring. It collaborates with municipalities and socio-economic stakeholders in the interest of its members and the cultural community of the Laurentian region.



Obituaries

BENNETT, James
December 14,1924 -
December 17, 2022
After a courageous battle with Covid-19, our father Jim passed away at Ste. Anne's Veterans' Hospital at age 98. He is predeceased by his wife, Mary Gagan. He leaves behind: Bob, Catherine (Bob), Grant (Brenda), Ann, (predeceased by infant son David).



Predeceased by his parents: Garnet and Margaret (nee Smith) Bennett / predeceased by his siblings: Freda (Ross), Arthur (Olive), Janet (Wes), Harry (Jean), Garn (Dawn), Lydia. In addition to being a wonderful father, he was a wonderful grandfather, great-grandfather, son, brother, uncle and friend.

Some of his achievements, beginning as a young man was serving in the Black Watch, then on to Nortel (Northern Electric) as a long-time, dedicated employee-management for over 40 years.

Dad always continued with community involvement, some of which was as a founding member of the East End Boys Club Hockey Association, Optimist Football Program, also as an elected councillor for his hometown, the municipality of Arundel.

In his retirement years, Dad remained an avid outdoorsman, a great gardener and was always willing and able to hit the road to drive family, friends, neighbours to and from medical appointments, social outings/ gatherings/events - whether it be near or far. He was dependable and always willing to lend a helping hand.

Our Dad loved sports his entire life-

especially his Canadiens hockey games and was always up to date on sports stats thanks to his study of the back page of the Montreal Gazette.

He also provided daily care and attention to his beloved horses, dogs and cats well into his 90's; always being active was his way.

Cremation has taken place and a private service for interment will take place at the Arundel Cemetery at a later date. A Celebration of Life will be held at the Canadian Legion-Arundel Branch at a later date.

The family would like to thank Dr. Lilia Lavallee, Nurse Diane Boyer and all the staff of the 12th floor, at Ste. Anne's Veterans' Hospital for their kind care and attention they provided Dad as a Resident this past year.

In lieu of flowers, please consider a donation to the Montreal Children's Hospital or an Animal Shelter of your choice.

IN LOVING MEMORY



ROSA VIGORITA
June 3, 1963 - January 20, 2012
Your spirit still lives on in all of us.
You are forever in my heart
Ron

The Other Side of Getting Old
Walk the talk

Florian Gaudreau

Another part of aging that no one wants to talk about is the conversations we have with ourselves. No one wants to own up to the fact that we talk out-loud to ourselves when we're alone. My solution: I bought a fake Blue Tooth earpiece and when someone would walk into the room, I'd hold up my "one-minute please finger," and say goodbye to myself. Now, I don't bother with the earpiece; I press below my ear, say goodbye to myself, look the person in the eyes and say, "an earpiece implant." As everything has progressed so fast these days, anything is believable.

Vocalizing my thoughts feels so natural but the outside world thinks it's as natural as a nut-cake. This great divide evolved gradually. As speech was developing, people always talked to themselves, trying to pronounce the words properly. The outside world became confused, as they could only hear half the conversation of "self talkers." One day, someone came along swearing to himself, someone else took offence and, punched him in the face. The result was the world went silent overnight and that's the way it's been ever since.

I believe self-talkers deserve the same rights as those who sing to themselves. No one thinks it's unusual to sing when you're alone; in fact it's considered up lifting. I believe that poetry would probably be as acceptable, but talking to one's self, so far, is unacceptable. If you're walking down the street swearing to yourself, you could expect to be arrested, so I would suggest you choose your words carefully. I'm speaking from experience. As a personal example, when I lost that winning lottery ticket, I was loud and clear about what I was thinking. It happens to the best of us.

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Music in Arundel

Guy Melhuish

When you have 5 hours and over 20 musicians playing so many different instruments from flute, to banjo and harmonica, to Chapman stick, it is possible that you might forget 1 or 2 details but, what you would not have forgotten, was how much fun it was recently at the Arundel legion.

We were treated to a Brazilian jazz set, folksingers and blues players, old-time Elvis style rock and roll plus lots of classic rock. We enjoyed smooth cocktail hour jazz and crooner memories and so much more. We laughed, danced and sang and, we did it all in both languages because that's what music does for our community.

A BIG THANK you to Les P'tites Floies for putting on another amazing show. Also, the evening could not have taken place without the Arundel Legion Branch #192 encouraging everyone to come in out of the cold to play away the January blues. It takes a village to raise a musical event like this and we cannot wait for the sun to shine so we can do it all again under the tents in Arundel.

Front Page Photo L-R: John Bendzar (lead guitar), Michel Fiore (vocals + acoustic), Albert Lalonde (drums), John Maxwell (bass), Pattie Flanagan (vocals), Guy Melhuish (vocals + guitar), Chantal Pieters (vocals), Neil Swail (vocals + guitar), David (vocals + guitar), Florian Gaudreau (harmonica).

Not in photo but also performing:

David Carruthers (harmonica), Ross (banjo), Amélie (vocals + guitar), Blue Note duo (vocals + guitar), Lucie Pitt (vocals + guitar), Léon Coupal (vocals + guitar), Lisa Lorenzino (flute), Luis Rodrigues (Spanish guitar), Bernie Landry (Chapman stick), Stephane Lavoie (blues + lead guitar), Yvon Larose (blues bass guitar).

Most important person:

Sound engineer and new equipment installed by SIMON PRESSEY.



Photo: Chantal Pieters
Photo credit: Susan MacDonald

Concerted National Snowmobile Operation

Quebec police services, in collaboration with Contrôleroute Québec and the Fédération des clubs de motoneigistes du Québec (FCMQ), intensified their interventions on January 28 and 29 as part of the first edition of a concerted national operation targeting snowmobilers whose behavior could compromise their safety and that of other users.

Police officers, FCMQ trail surveillance agents and road controllers carried out various interventions, whether on trails or at their intersection with a public road, as well as the compliance of the securing of equipment during their transport on the roads of Quebec. Everyone applied, depending on the situation, the various laws and regulations concerning off-road vehicles, whether under the Act respecting off-road vehicles, the Highway Safety Code or the Criminal Code.

An awareness campaign has also been deployed on the various social media platforms of police organizations. Its purpose is to remind off-road vehicle users of the importance of respecting the laws in force and adopting prudent behavior at all times. It is under the theme “Avoid skidding! On a snowmobile, think about it” that this new campaign will unfold.

Safety tips

- Avoid going on a hike alone and always tell someone close to you of the planned route;
- Before going on a ride, plan it and find out about the state of the network (iMotoneige);
- Obey the signs and adjust your speed according to trail conditions;
- Maintain a safe distance between your vehicle and the one in front of you;
- Keep your vehicle's white headlight(s) on and the red position light at the rear;
- Cross public roads where the signs allow it;
- Keep to the right at all times;
- Always wear your helmet and safety glasses if the helmet does not have a visor;
- Respect private property by making sure you have the owner's authorization to travel there or stay on the trails.

Impaired driving by alcohol, drugs or a combination of both and speed are the main causes of fatal snowmobile collisions. Think about it!

Through these operations, all the partners want ORV enthusiasts to be able to enjoy their recreational tourism activities in complete safety, everywhere across Quebec.



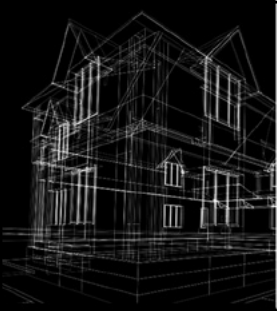
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Real Wine for Real People

Ice wine for your Valentine

April Sirois – Sommelier - ISG

Anyone who knows me knows that I love ice wine; it's sweet, yet elegant and, one of Canada's special luxury products.

As the legend goes, back in the day, a German wine maker had to leave his vineyard one summer for an extended period of time and when he came back that winter his staff had neglected to harvest the grapes and make that year's wine. Upon seeing this, the upset winemaker decided to try and salvage what he could so picked and crushed the frozen fruit. The frozen grapes had lost a lot of water content so he was left with thick, syrup like juice that he went ahead and made his wine from. The happy result was ice wine. It wasn't until later that Canada got into the act and really excelled at it.



“His lips drink
water but his
heart drinks wine”

E.E. Cummings

To produce ice wine, summers must be hot and, winters must be icy cold. Of all the wine-producing regions in Canada, only Ontario has a winter climate sufficiently cold enough to ensure an ice wine crop every year. Even Germany cannot produce an ice wine every vintage. Most ice wines continue to be made from Riesling and Vidal grapes, with Riesling producing a wine with more mouth-watering acidity than Vidal. Other varieties used include gewürztraminer, cabernet franc, merlot, pinot gris, chardonnay and cabernet sauvignon.

When shopping for ice wine you will notice that it does have a luxury price point. This is for a few very good reasons. A combination of risk, labour-intensive winemaking and government regulations make it difficult to produce and find a cheap ice wine. In some years, the frost may not come at all before the grapes rot or are otherwise lost to birds and other scavengers. In fact, German producers are making less ice wine now than they were in the 90s and 80s thanks to rising annual temperatures linked to climate change.

Freezing the grapes also lowers water content and so creates a naturally lower yield, meaning there is less wine produced, making it rare and more valuable. As well, the grapes must be frozen naturally on the vine in the field, so cost saving, artificial processes cannot be used.

Paring ice wine is easier than one might think. It is a perfect match for strong cheeses such as Roquefort, Gorgonzola, or Parmesan. Milder cheeses aren't strong enough to stand up to the drink's lusciousness, but cheese-based desserts, cheesecake, for example, are.

Salty snacks like olives or salted nuts or even chips can enhance the fruity acidity of the wine, while balancing out the high sugar levels. The high acidity also means you can opt for richer foods like patés. Try a rustic paté with ice wine and you won't be disappointed.

Finally, ice wines go well with often hard to match spicy foods. This is because of its higher sugar content. Curries and aromatic Thai dishes, which are usually difficult to match, go well with an ice wine.


Red ice wines, made with Cabernet Franc, shine when paired with richer desserts made with chocolate and caramel, which bring out their red fruit flavours.

Go ahead, spoil yourself or your Valentine this February by adding a bottle of ice wine to your basket at the SAQ.



I'm Just Saying Half Time

Ron Golfman - Main Street



We have reached the midpoint of Canadian winter, the moment when we gaze back to what has occurred and then look forward in anticipation for what is to come. Out of our reach are the usual and predictable, beginning with receiving the bills from sentimental holiday purchases to gas and oil price fluctuations, between too expensive and beyond reasonable.

Within our practiced grand illusion many of us will admit to thinking we are getting a deal when filling up is only 1.47 per litre because it was 1.96 per litre last week. The answer to why it is so costly is always answered much in the same way; we blamed the dog for eating our homework when we were children.

Why should the big corporations or governments fret about people's reactions when many people actually believe that one of the four or five groundhogs, rodents, have the ESP to predict when spring will arrive. We even give these critters human names, like Pete and Phil, as part of rationalizing their following. I won't be surprised if there is a new movement, one side arguing that it is sexist to only have male names for these soothsayers while others explain that it is indeed appropriate because only men are that gullible.

I'm trying to be realistic about my participation in the whole sentimental 'new year's resolution' myth by setting attainable goals. I was generously given a smart watch for Christmas, my first timepiece in ages and, while I am in awe over the capabilities of the watch, two months later, I am still trying to read the manual printed in the smallest type ever with a magnifying glass. My goal or resolution task is to master its operation, admitting that the booklet print, once enlarged, still reads like Esperanto to an old geezer like me.

Springtime is getting closer, according to Pete and Phil, but there are still many redundant activities to repeat endlessly before that. Who hasn't gone out and shoveled like mad for two days, gaining clear paths and sore backs, only to spend the next two days watching the schizophrenic weather become monsoon rains, washing most of the same snowbanks away as we search the medicine cabinet for Voltaren or Tylenol? On the bright side, with all the rain/snow mix, my hair is curly for the first time ever and I blame him, the curly guy in the mirror for not waiting instead of shoveling before the downpours.

I don't know about you, but I have found that after the lockdowns, curfews and absence of socialization for two years, my skill sets in some respects have improved. During that dark period, I had so little to do except share a big window with my cats, staring out into nothing when finishing books and watching reruns had lost their appeal. While OCD to begin with, I became a pro at vacuuming, dusting and, driving my Swifter around the house. With the rain and snow alternating weekly, I continue this pattern today. On a positive note, at least my pristine home and, I'm just saying, can now allow visitors to come over and spend some 'in person' time. Of course, once I've shared pleasant company and they're pulling out of my icy driveway, I can get back to the task of tidying up again.

Longer and brighter days are coming, I can't wait!



The MRC des Laurentides celebrates its 40th anniversary!

The MRC des Laurentides proudly marks its 40th year of existence by displaying a dynamic logo in its image in its communications throughout the year. It will also invite elected officials from its 20 cities and municipalities to take part in a regional tour.



The one that was constituted on January 1, 1983 was then mandated to plan the development of the territory and to harmonize the preparation of the assessment rolls. Following a broad regional consensus, the MRC des Laurentides has since invested in concrete actions aimed at improving the quality of life of its population.

Over the past 40 years, it has acquired the trust of its constituent municipalities, the various actors and partners by assuming its role of representativeness with governments and its departments for issues, but also to ensure its territorial influence. Over time, it has been assigned many additional responsibilities: economic development, disposal of residual materials, property assessment, land use planning, public security, management of public lands, regional culture , public and adapted transportation, management of municipal telecommunications networks and many others. In short, the MRC des Laurentides, renowned for its dynamism and efficiency, has become an essential partner.

At the heart of decisions and orientations on the territory, it is a stakeholder of the actors involved in important issues such as land use planning, climate change, preservation of wetlands, affordable housing, sustainable mobility and enhancement. recreational tourism on public lands.

Regional tour

In order to underline the event and especially to highlight its constituent cities and municipalities and enrich the spirit of consultation and partnership within its members, it plans to take its elected officials on a tour of the cities and municipalities of its territory. A similar event took place in 2018 with the previous Council of Mayors and was greatly appreciated. Since the MRC works for the benefit of the entire population of its 20 municipalities, this field formula allows mayors to take ownership of the issues and strengths of each of them in addition to their own municipality. This exercise contributes to obtaining a more comprehensive regional vision and allows mayors to make regional rather than strictly municipal decisions.

A time of great change

As its slogan "Our territory, our future" reminds us, the MRC des Laurentides is concerned about the sustainable development of its territory and the community that inhabits it, especially in the current era when we feel the pressure exerted by climate change that will impact everyone's future. For future years, its role will be all the more important since it wishes to maintain a healthy balance between the diversity of its economy, the vitality of its cities and municipalities and the protection of its exceptional natural environment with a view to sustainable development.

At the start of the year, the MRC des Laurentides is already considering with determination and enthusiasm its next contributions to the region.

The MRC d'Argenteuil records the best net migration

It is with great pride that the MRC d'Argenteuil learned that it is ranked first among regional county municipalities (MRC) in terms of net migration for 2021-2022, according to the Bulletin sociodémographique of the Institut de la statistique du Québec.

Each year, the Statistical Institute of Quebec draws a portrait of migration in Quebec in order to to determine the movements of the Quebec population on the territory, a good indicator of attractive regions. The positioning is determined according to the number of individuals entering and leaving, i.e. the quantity of new arrivals in the region compared to departures.

For Argenteuil, in 2021-2022, 2,538 people entered and 1,484 people left, resulting in a net gain of 1,054 residents in the region, representing a net rate of 2.99%, by far the highest raised in Quebec. The MRC d'Argenteuil, with the financial support of the Government of Quebec, launched, in 2021, the INSPIRE campaign TO BREATHE ARGENTEUIL, with the objective of promoting the territory and attracting new faces, either to live, work or do business there. Moreover, the picture brand aims to strengthen the feeling of belonging that Argenteuilois have towards the region.

The campaign highlights local entrepreneurs, immigrant families who have chosen Argenteuil, jobs offered on the territory, tourist attractions and many other aspects making each of the nine local municipalities a prime location to settle. The MRC d'Argenteuil has also participated in several national exhibitions on the themes of employment and immigration in recent years.

A region focused on the future

The MRC d'Argenteuil aims for intelligent and sustainable development, while remaining balanced and avant-garde in terms of quality of life. The wealth of the region is greatly based on its tight-knit community, its diverse local businesses, its innovative industries, its clever farmers as well as its natural environments covering more than the half of the territory. It is fair to say that Argenteuil is currently the region in Quebec where it is good to live! For more information on the MRC d'Argenteuil's attractiveness campaign visit: www.inspire-breathe.com



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REAL ESTATE MARKET FORECASTS IN 2023
A Market Rebalancing Process
Market Conditions (Leading Indicator, 3-Month Moving Average), Single-Family Homes, Province of Quebec



Source: CPMARS, through the Centre system

In all likelihood, inflation will still be present in Canada in 2023. Thus, another 25-point increase by the Bank of Canada was expected at its meeting at the end of January (at the time of this writing). We also expect a moderate recession. The Canadian Real Estate Association (CREA) predicts a slight drop in sales of 0.5% and a decrease in selling prices of 5.9%. It is therefore the return to a balanced market, which is, after all, preferable for both buyers and sellers.



CLIENT TESTIMONIAL

Dear Lucyne,
Your rigorous and committed work, your good humor and your ability to listen are just the tip of the iceberg. Your professionalism and your constant availability make the sales process simple and harmonious. We recommend you because you are "La crème de la crème of real estate brokers".
Suzanne & Christian

See my article on page 6

It takes more than a **SMALL** sign to sell... It takes a **BIG**   

Get active and enjoy winter in Argenteuil!

The MRC d'Argenteuil invites the population to take advantage of the outdoor spaces to have fun and engage in outdoor activities. Magnificent natural spaces allow you to practice walking, cross-country skiing, snowshoeing, sliding or skating, all over the MRC.

VéloRoute d'Argenteuil and Boisé Von Allmen

Several cross-country ski loops are available from the Boisé Von Allmen parking lot.

- Parking at the corner of Route 344 and Montée Saint-Philippe, in Brownsburg-Chatham;
- Parking lot on Chemin de l'Île-aux-Chats, in Saint-André-d'Argenteuil;
- Boisé Von Allmen parking lot, route 344, Carillon sector, in Saint-André-d'Argenteuil.

La Randonnee cross-country ski center

Offers cross-country skiing and snowshoeing enthusiasts several marked, maintained and safe trails. A space for sliding is also available for visitors. Info: www.brownsburgchatham.ca
Address: 424 North Road, Brownsburg-Chatham (Oasis Golf Club)

Brownsburg-Chatham Municipal Campground

Skating on a 1.1 km illuminated trail. Separate trails available for walking, snowshoeing, cross-country skiing. Info: www.brownsburgchatham.ca .
Address: 457 Ottawa Road, Brownsburg-Chatham

Carillon Park

Cross-country skiing along the Ottawa River and the Carillon hydroelectric power station. Address: 1, rue du Plein Air, Saint-André-d'Argenteuil

Golf Trails (Lachute)

A snow-cleared and marked 3 km course for walking or running, includes a sliding area. Three trails snowshoe and fatbike enthusiasts.
Info: www.lachute.ca/loisirs-culture-et-vie-communautaire/marche-et-raquette
Address: 355 Bethany Avenue, Lachute (Lachute Golf Club)

Lavigne Polyvalent School Trail

Paved and snow-cleared trail for walking and snowshoeing.
Address: Near 452, avenue d'Argenteuil, Lachute (facing rue des Bouleaux)

Barron Park Walking Trail

Address: Rue Principale (in front of the town hall)

Madeleine-Marquis Trail

Snowshoeing in the forest accessible via Madeleine-Marquis Park, located behind the community center. Address: 2811 Route 327, Harrington

Mille-Isles Trail

A hiking trail for walking and snowshoeing. For more information: www.mille-isles.ca Address: Chemin de Mille-Isles (near the town hall located at 1262)

Outdoor Skating Rinks

Several outdoor skating rinks are open. Inquire with the local municipalities of the MRC.



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