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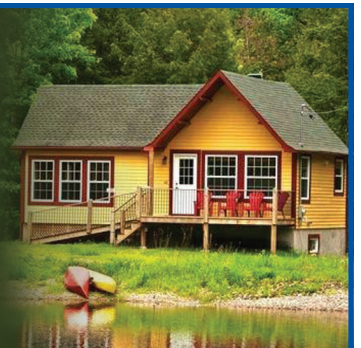
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What's On My Mind... Looking Back And Moving Forward

Susan MacDonald, Editor

It's a quiet New Year's Day and, finally, snow is falling across the Laurentians, blanketing the frozen, grey ground in true, seasonal white. Indoors, the fire is burning and the tantalizing aroma of roast beef is wafting through the house. As I looked out the window, my thoughts drifted back to the difficult winter we all faced the year before. Do you remember the snowstorms, power outages and freezing temperatures of last winter? It was a long nightmare, but we survived, because there was no choice. Life in the Laurentians is not always picture perfect.

During the hours leading up to midnight, I contemplated whether or not I had any resolutions that I wanted to make for 2015. Just the thought took me by surprise, because I do not, as a rule, make New Year resolutions but something felt different this year. Looking back, I realized that, over the past few months, I had been concentrating too strongly on negative issues and not paying enough attention to the positive ones. Negativity damages everything in its field of influence, and it was not something I wished to take into the New Year.

Re-directing my thoughts, I determined to identify the positive things that had come my way, both professionally and personally, during the past year. Suddenly, I came to the conclusion that this past year, despite all its bumps and bruises, had been a pretty darn good one, after all.

So, my New Year's resolution was to return to a simple habit I started years ago, and recently lost sight of; each night, just to let it all go, clear my thoughts and surrender to sleep. Tomorrow will bring whatever is in the hopper. Negativity is either induced or imposed. Now, that feels better.

This past year, we had a lot of fun visiting various Laurentian municipalities and sharing their histories with you. It's been quite an interesting journey, one that we will be continuing in the New Year. If we haven't featured your village or town yet, please give us a call. We have a few other ideas that we will be announcing shortly as well.

We are very excited about the fresh, new look of our website, www.themainstreet.org and readership there has been growing by leaps and bounds. Currently still being fine-tuned, we are growing our online presence and will be bringing you many new features and live links, all at a simple click. Keep visiting, and we promise to keep you up-to-date and well informed. Also, our Facebook page readership is growing, thanks to your interest and, if you haven't already done so, we invite you to drop by and join our online friends at TheMainStreetNews.org

The Main Street team would like to take this opportunity to thank you for your staunch support over the past year. Our editions continue to be picked up by you at an astonishing rate. Thank you again. We will continue to bring you all the Laurentian community news, keeping you in close contact with your area businesses and services in the year ahead.

Wishing you all a safe, healthy, happy and prosperous 2015.

Enjoy the read...

winter madness

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Observations The Next Shoe To Drop

David MacFairlane - Main Street

By any measure, 2014 has been a momentous year in which huge, even tectonic, events have occurred around the world and which have affected the lives of everyone

to various degrees. We are at a crucial point of high instability in human and environmental affairs. The future has become very difficult to predict, but it is certain that 2015 will be another year of conflict, pitting the US/UK/EU alliance against the Russia/China/Iran alliance. Who will win? The odds are against the US alliance for many reasons, but the certain losers in any conflict will be the people and the planet.

Washington is conducting an aggressive and reckless policy of economic and political warfare against Russia, and the result has been a declaration by Russia, on December 26th, which states that the US and NATO comprise a major military threat to the existence of Russia as a sovereign, independent country. The document also states that Russia is facing Western attempts at political, economic and social destabilisation, and that Washington's military posturing in Europe is a clear indication of preparations to attack Russia.

Due to the danger of nuclear conflict, it is unlikely that Russia will be attacked militarily by the US alliance. It has been invaded many times but never conquered, and history can attest to the fact that the cost of war with Russia will simply be too high. Every invader has learned that Russia can be attacked and its people murdered, but it can never be defeated. The only way to win such a war would be by destroying the entire world, and I doubt the US and allies are that suicidal, but with a puppet president and neoconservatives in charge behind the curtain, you can never be sure.

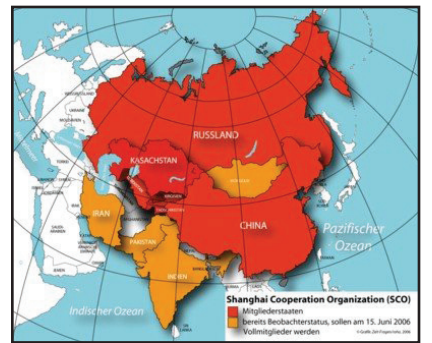
However, the economic sanctions and the drop in oil prices have done serious damage to the Russian economy, but again, the damage has not been exclusive to Russia. The decline in oil revenue has hit the US and Canadian oil sectors hard, as well as Nigeria and Venezuela. Already, US shale oil producers are facing severe financial problems that will soon result in many failures and layoffs. Similarly, Canadian oil companies will have to reduce output, because the price of oil is now below their cost of production. Russia will be better able to live with a decline in oil revenue because it has very little foreign debt compared to the US. Russia's debt to GDP ratio is only 13%, while the US ratio is a whopping 104%. Russia, with Iran, controls over 35% of the world's oil and gas reserves, while the US reserves are unclear, and in doubt. Shale oil wells decline rapidly, are grotesquely expensive and an environmental plague. Canada, on the other hand, is one of the world's largest, recalcitrant, unapologetic polluters and the ecological damage being done by oil sand extraction is causing rapidly mounting criticism worldwide.



The industry deposits over 1 1/2 million gallons of contaminated water into un-lined ponds every day, draining rivers, killing wildlife, destroying the boreal forest and threatening the water table. As demands for ecological sanity increase, its future becomes more uncertain. Oil-patch work pays well, and popular wisdom claims that environmental legislation kills jobs. Not true, so we'll wait and see. With Harper and the Conservatives, nothing will change.

Another unforeseen consequence for the US is the declaration by China of total support for Russia, and the joint protection of Iran. Through the SCO (Shanghai Cooperation Organisation) they have become firm allies, with Iran and India soon to join as members.

The Russian and Chinese governments have agreed to unify their economies through joint trade and energy relationships, and to cooperate militarily through shared hardware and command structures. Henceforth, the US will not be facing two separate opponents, but one united foe, and this does indeed jeopardise US progress towards world hegemony. There is also a good chance that Germany will find its continued membership in the EU strategically and economically too painful, and walk away to find more productive alliances with the Eurasian economies that are now challenging US domination.



**"We are in danger of destroying ourselves by our greed and stupidity. We cannot remain looking inwards at ourselves on a small and increasingly polluted and overcrowded planet."
- Stephen Hawking. b1942.
- Theoretical physicist, cosmologist, author.**

Another challenge to US domination is the planned Russian/BRICS alternative to the SWIFT inter-bank clearing system, which the EU has threatened to ban Russia from. (Iran has already been banned). This would allow financial transactions to clear internationally, bypassing the US-controlled system that now predominates. It will threaten the dollar's reserve status and cause a serious drop in the values of US, EU and Japanese currencies and damage those import-dependent economies.

This confrontation of West versus East has reached such a level of volatility and hyperbole that any spark can cause a full-scale war. Unfortunately, the US and allies are so broke and burdened by debts, and their populations so disillusioned and on the verge of civil unrest, that war might appear to be the only way to achieve their objectives of world domination. The problem is that this outcome was possible just a few years ago, before Russia and China became serious world powers and allies. After the Cold War ended in 1991, the world became unipolar with the US as the only dominant superpower.

It ruled foolishly and arrogantly and became greedy and dishonest. It borrowed insanely to support its military and imperial excesses and became the world's largest debtor. It lost its moral compass and became corrupt at its core. Along the way, other countries grew through international trade and benign, cooperative relationships. Russia, China, Brazil, India and other trading countries grew more rapidly than the West, and became allies. Now, Russia and China have emerged as direct opponents of US foreign policy initiatives, and the world has become irrevocably multi-polar. The US has tried hard to pre-empt this development, but failed and must now face its own decline into relative ineffectiveness. They will not exit meekly.

Let's face it, 2015 is going to be a real hardcore year.



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Published by
Les Éditions Main Street Inc. P.O. Box 874, Lachute J8H 4G5
1 866 660-6246 • 819 242-2232
email: main.street@xplornet.ca
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• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

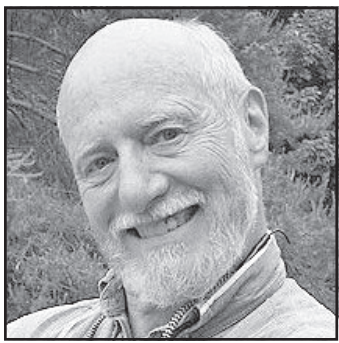
NEXT EDITION: FEBRUARY 13

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Bibliothèque nationale du Québec
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ISSN 1718-0457



Simply Words on Paper Racing Does Improve the Breed

Jim Warbanks - Main Street

The "racing improves the breed" quotation is attributed to Japanese industrialist, Soichiro Honda, who was the founder of the Honda Motor Company. Though I still contend that all-electric vehicles (EVs) will not be adopted as a mainstream option in the near future, the required development time can be compressed by innovations developed and tested in racing.

Formula 1 stands as the pinnacle of car racing. Competition and innovation at that level attract many of the keenest, goal-driven individuals who strive to gain small, incremental advantages over rivals.

Many of the innovative technology breakthroughs ultimately benefit us all by filtering down to applications in the cars we drive daily. A fixed rear-view mirror was first used by one driver in the 1911 Indianapolis 500 race. The mirror migrated to road cars as soon as 1914. The ubiquitous disc brake that we now take for granted was initially pioneered by Jaguar racing at Le Mans in 1953.

Formula E

As an avid Formula 1 race fan, I have followed with interest the launch of Formula E, the official FIA championship series for fully-electric vehicles. Nine races, featuring ten teams with two drivers each, are scheduled to run through June.

The third event in the series was recently staged on the Playa Brava track in Punta del Este, Uruguay. Events on the race schedule include stops in London, Beijing and Miami. Automotive industry giants participating include Renault, BMW, McLaren, Audi, Andretti Racing and Spark Racing.

Michelin is the sole supplier of tires, which are narrow and treaded, rather than the wider racing slicks Pirelli supplies to Formula 1 teams. Michelin has clearly stated that this initiative is designed to "adapt tire technology for use in electric vehicles."

Name drivers

Additional credibility is assured by the participation of drivers with Formula 1 and other racing series experience, as well as several highly-skilled young prospects. These include: Jarno Trulli, Sébastien Buemi, Jean-Éric Vergne, Nick Heidfeld, Jaime Alguersuari, Nelson Piquet, Takuma Sato and Oriol Servià. The sole female participating is Michela Cerutti.

The new racing series serves as a prime framework for electric vehicle research and development, intended as a firm commitment to the promotion of clean energy and sustainability. The stated goal is to "improve the image and perception of electric vehicles, by acting as a catalyst." The expectation is that there will be 77 million EVs on the road world-wide within 25 years.

This 25-year time frame may indeed be realistic. Short-term, EVs will remain a niche market, suited mainly to second-car status. Why is my long-term optimism so tempered in the short term? Let's examine how the current state of the EV race cars compare to Formula 1.

Power consumption

At Punta del Este, the race consisted of 31 laps around the 2.8 km circuit. The cars have a rated top speed of 225 kph, with 0-100 kph of 3 seconds, providing the 888 kg vehicle with 200 kilowatts of power, the equivalent of 270 brake horsepower. In racing mode, however, the power must be limited to extend range. On track, the cars reach only about 160 kph. There is no provision for a formation lap prior to the race start, as this consumes too much power.

How limited is the power/range? Despite the shorter track and limited laps, the drivers must change to a second car near the halfway point to continue the race, as battery power drains. In comparison, a Formula 1 car racing in The Canadian Grand Prix at Circuit Gilles Villeneuve must cover 305 km, or 70 laps around the 4.36 km circuit. The cars can reach a top speed in excess of 300 kph.

Performance gap

Doing the rough math, a state-of-the-art racing EV can cover about one-quarter of the distance, at about half of the speed of a comparable Formula 1 car. This is a huge gap in performance, which will only be bridged in incremental steps.

To attain mainstream status, EVs need to be designed using a fresh approach to take advantage of inherent advantages, such as instant torque, rather than simply adapting internal combustion vehicles to tease eventual clients with the sales pitch that this new technology is a simple evolution of the vehicles that they are accustomed to drive.

Racing development will accelerate (pun intended) the evolution required. What works in racing will be refined; what fails to produce results is quickly dismissed. Winning is the prime objective. Marketing is a secondary consideration. EVs will likely rule eventually, because racing does indeed improve the breed.

Coming Up On Facebook This Month

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



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Laurentian Quilters' Guild

The Laurentian Quilters' Guild has had a very productive year as members devoted their time and energy creating many beautiful cuddle quilts. These lovely quilts, 80 in all, were donated to several groups that support children who are in the midst of life-challenging situations. Guild members also quilted approximately 50 place mats that were donated to "Meals on Wheels."



Our program coordinator is full of great ideas and keeps us busy with various activities and projects at our monthly meetings. We are looking forward to our Round Robin, which begins in January.

Our informal meetings, on the 3rd Tuesday of the month, are well attended and it is always great to gather together to work on our various quilting projects. You can count on lots of chatter, laughter and mentoring to take place!

New members, from beginners to experienced, are welcome to join the guild. We meet on the 1st and 3rd Tuesday of every month at Piedmont City Hall. If you are interested, please call Kristen Kiel at 450 327-6059 or Eleanor Dunford-Clark at 450 226-3055.



About Saint-Adèle

Chris Lance - Main Street

The snow and cold comes and goes with the wind. The ski hills were open over the holidays, but skiing was icy or down to the grass and rocks. The warm weather during the Christmas week was welcomed – no need to continually shovel a path for your visiting family and guests. Now, the thermometer will begin to fall again, well below zero for the next few months, and we will get to wear our newly-gifted gloves and scarves.

An Evening Out

At Ski Chantecler you can buy a Friday night ski pass for \$69. Buy two and enjoy a night of skiing with your partner until the end of this ski season. From the hill you can order take-out pizza in the village, from Med Pizza (450 229 4 229). Med Pizza is open until 11 pm. Better yet, combine a few runs with dinner at any of the following restaurants: La Chitarra (French-Italian) on rue Morin (450 229 6904); Restaurant Esmeralda Sur-le-Lac (Italian) on chemin du Chantecler (450 229 5151); Adele Bistro on chemin du Chantecler (450 229 4894); Chez Milot on rue Valiquette (450 229 2838); Les Tetes de Cochon on rue Maurice-Aveline (450 745 4047); or Bistro-Lounge Garçons on rue Valiquette (450 745 1566).

If you like the movies, try Plaisir for 2 – for \$49 you get a meal for two at Spago (450 229 7463) and a movie for two at Cinema Pine. The great thing about this deal is a great meal served so you won't be late for the big picture.

All this talk about eating has added an inch to my waistline. Best we all get out for a walk along the winter Boulevard in Parc Doncaster. The trail is groomed and the natural environment keeps the winds from blowing you off the scenic tour. Lac Rond is always a popular place to meet and greet your two and four-legged friends.

Better yet, check out the new Yoga Laurentides (514 803 8376) on rue Morin run by Veronique Pierre. If all else fails after holiday meals, check out Cabinet Mince et en Sante on boulevard Sainte Adele (450 560 2227). This group helps you lose 3 to 6 lbs a week. If all this fails – visit Bistro Starca, over on St-Joseph, and just enjoy a healthy breakfast or lunch. You can use the occasion to plan for next year's 2016 New Year Resolution.

This column first discussed our Mayor, Rejean Charbonneau, when His Highness told me, over breakfast, that no matter how many citizens wanted to keep the local police force, it was not their choice, but his choice. In the next breath, he claimed, over his eggs and bacon, that his choice of the SQ would also save the city \$1 million.

Well, he was wrong! A recent arbitration decision, last November 18, granted the ex-police force \$1.1 million, to be paid by Sainte-Adèle immediately. So if you see the Mayor – just honk, don't wave. It was his decision, but we must pay that bill!



News Wire From Weir COMMUNITY NEWS

Claudette Smith-Pilon - Main Street

Happy New Year to All

The Laurentian Branch of Victoria's Quilts Canada held their annual Christmas luncheon on December 19, at Grace Church in Arundel. The luncheon, hosted by Mrs. Heather Barnes & Mrs Kathryn Beaven, was enjoyed by our guests and volunteers. Canon David Sinclair offered Grace and thanks to all our benefactors and volunteers. Mrs Elizabeth Holloway, our president, welcomed everyone and introduced our guests. Thanks to the courtesy of Mrs. Shirley Davis, Santa had left gifts for all, wrapped with special spools made by Raymonde Bourassa and Lise Levesque, two very talented ladies. A MOST ENJOYABLE AFTERNOON.

On November 10, one of the Royal Canadian Legion Rouge River 192 veterans, Mr. André Rousseau, received the highest honour of the French Government, The French Foreign Legion Medal. Chevalier André Rousseau was honoured at the French embassy along with his wife, family and members of the Legion. Branch 192 also held a special evening in honour of our newest honouree on November 29, 2014.



MY SINCERE GRATITUDE FOR ALL YOUR GOOD WISHES.

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



FADOQ Hosts Winter Games for 50+

As part of the 7th edition of its 50+ Winter Games, FADOQ Laurentian will be holding hockey tournaments, badminton, curling and bowling activities from January 30 to February 8, 2015.

Jan 30 – Feb 1: Hockey tournament for age groups 50+, 55+ and 60+ will be held in the Mont-Tremblant arena.

Jan 31: Badminton tournament, open class at the Polyvalente Curé-Mercure in Mont-Tremblant.

Feb 3 – 5: Curling tournament, open class – Rouge River Sports and Cultural Center.

Feb 8: Bowling tournament at bowling & billiards lounge in Ste. Adèle.

To register, call toll free: 1 877 429-5858, ext 450, visit the website or contact www.jeuxdhiver50plus.org FADOQ Laurentian.

The mission of the FADOQ Laurentian is to break the isolation, promote adequate quality of life for seniors, advocating active aging and involvement in the community and to promote the collective rights of seniors. To date, FADOQ Laurentian has over 25 000 members. In Quebec, there are 360 000 members in over 835 clubs.



Nature's Gift Black Bears

Rose Labrie – Main Street

January, the start of a new year, and the opportunity to discover and photograph more of nature's wonderful gifts. I started the year reminiscing about a heart-lifting moment that happened a couple of years ago. On a chilly autumn morning, I was awakened by my life-partner

excitedly hollering for me to grab my camera that, thankfully, was always close by. I jumped out of bed, grabbed my camera and rushed outside. Since we had put out a barrel of apples, I was expecting to see some beautiful deer but, as I quietly sneaked behind the cedar hedge, and peaked around the corner, my heart fluttered with excitement! There, in the midst of the apples, was a huge black bear. The expression on its face could have been one of surprise or anger when it saw us. One click of the camera and it was gone, but I did manage to capture one great picture.

BASIC FACTS ABOUT BLACK BEARS

Black bear fur is usually uniform in colour. The eastern populations are usually black, while western bears may be brown, cinnamon or blond, in addition to black. Found only in coastal British Columbia, are black bears known as Kermode (glacier) bears, with white-bluish fur.



Black bears are omnivorous, and their diet consists of plants, fruits, nuts, insects, honey and carrion. Occasionally they kill young deer, or moose calves, and in northern regions, they feast on salmon returning upriver to spawn.

It is estimated that there are at least 600-thousand black bears in North America, ranging from Canada to Mexico. They are also found in at least 40 states in the U.S.

Black bears are extremely adaptable and tend to be solitary animals, with the exception of mothers and cubs. They breed in the summer and cubs, usually two, are born in the winter den after a gestation period of 63 – 70 days. Although weaned at approximately 6 months, the cubs remain with their mothers for another year or so.

Black bears are not true hibernators - their systems do not undergo full "shut-down"; however, they do den-up during the winter months and live, mostly, off their fat until spring.

PROTECTING YOURSELF FROM A BEAR ENCOUNTER

To protect yourself from a bear encounter, or attack, when hiking in the woods, wear bells and make a noise. If you do come face to face with a bear, DO NOT RUN. Avoid direct eye contact, but keep a close watch on the bear as you slowly back away. If you remain calm, the bear will, most likely, also attempt to increase the distance between you and itself. If necessary, climb a tree at least 33 feet high, if available, because bears can climb trees also! As a last resort, use pepper spray, which is only good at a very close range of 15 feet, and aim at the bear's face.

Editor's note: Always keep dogs leashed when hiking in the woods, for their own safety, including your own, and that of the wildlife you may encounter.

4 Korers

Spring 2015 Calendar

By Kim Nymark – Main Street



4 Korers Family Resource Center is very excited to offer two programs in Sainte-Agathe for the Spring 2015 session:

- English Play Group: for children under 5 years of age with their parents, will begin on January 22 and run until June 11, from 2-4 pm at the Holy Trinity Church (12, Préfontaine West). They will be animated by Laura Young and Johanne Lamarre. Each session is divided into two segments between free play and organized activities.

- Parenting 101 Workshops: Saturdays: (Feb 14, March 14, April 11 and May 9) from 9 am - 3 pm. Laura Young will animate these workshops that will help parents find balance in their lives, peace in their homes and the joy in raising a family. Topics include: *How to connect with your children * How to instil good values * How to find enough time in the day * How to manage stress * How to stop feeling guilty or inadequate. For more information, please email: laura@4kornerscenter.org.

4 Korers, in partnership with CHSSN (Community Health and Social Services Network), will be offering a series of Community Health Education Program (CHEP) videoconferences at Laurentian Regional High School at the CLC (Community Learning Center) in Lachute:

- Forgetful, Not Forgotten: Alzheimer's & Caregiving moderated by Jo Ann Jones from the Montreal Children's Hospital. This videoconference explores how the progression of Alzheimer's disease affects the family dynamics, as well as, aspects of male caregiving. Filmmaker Chris Wynn, from the Laurentians, shares his experience as a male caregiver for his father with Alzheimer's disease. This videoconference will be presented Wed, Jan 21: 10 am - noon.
- High Blood Pressure: Take the Pressure off with The Heart and Stroke Foundation will be presented Wed, Feb 18.
- The Sugar Factor (Diabetes and Obesity) will be presented Wed, March 18.

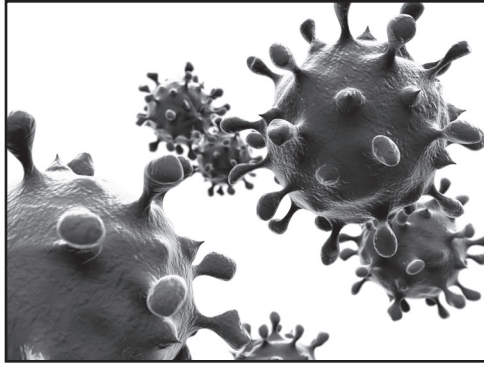
For more information, visit CHEP online at: www.chssn.org/En/Health_Education_Program/index.html#.VAcexk10wdV or for registration please call Edith Ury at 450 562-1701 or email edury@bell.net.

Increase in Cases of Influenza and Gastroenteritis

The Director of Public Health, Dr. Éric Goyer, advises the population that cases of influenza and gastroenteritis are increasing in the Laurentians.

Preventing unnecessary visits to hospital emergency units.

“Unless there are complications, the majority of infections caused by the transmission of the influenza and gastroenteritis virus can be cured in a few days at home, without having to go to a hospital emergency room or a medical clinic,” says Dr. Goyer. People with symptoms related to the flu or gastroenteritis are encouraged to contact the Info-Santé line at 8-1-1, and to check the Health and Social Services website at www.santelaurentides.qc.ca to help determine if medical assistance is necessary.



Avoid visiting a person if you are sick.

To avoid spreading contamination, particularly to “At-risk” persons (children, seniors, hospital patients etc.), it is recommended not to visit, if you have the flu symptoms (runny nose, sore throat, cough, fever, difficulty breathing) or gastroenteritis (nausea, vomiting, abdominal cramps, diarrhea). Be advised that in cases of gastroenteritis, a person is still contagious for 24 to 48 hours after the symptoms are gone.

How to prevent the transmission of influenza and gastroenteritis.

“I recommend to people, especially the most vulnerable, to get vaccinated against the flu, to reduce the risk of infection and serious complications. Vaccination is still the best protection against the flu, although it is not 100% effective. It is safe and the majority of reactions experienced in the hours that follow are mild and of short duration” adds Dr. Goyer. To do this, citizens are invited to contact their health center and social services facilities. Hand washing is an effective safeguard against infections and helps to prevent transmission of the flu or gastroenteritis.

Health Portal.

Health Portal website (www.sante.gouv.qc.ca) provides the public with information enabling the population to assess whether it is necessary to consult and, if necessary, find front-line resources available with, or without, an appointment, near home. For most people, home is usually the best place to care for influenza or gastroenteritis. However, it is important to monitor the development of symptoms. This is particularly appropriate for those included in the categories most at risk. The free 8-1-1 Health Info service remains active during the holiday season, offering its regular 24 hours a day, 7 days a week, service.

New Location for the Laurentian Health and Social Services Agency

On January 12, 2015, the Agency (currently situated at 1000 Labelle, St. Jérôme) will move to the Galeries des Laurentides, 500 boulevard des Laurentides, St. Jérôme.

The premises, which the agency has been renting for over 20 years, will be ceded to the CSSS de St. Jérôme, which has plans to install new services, including an external dialysis center.

This move allows the Agency to occupy reduced office space, better suited to their needs as well as reducing their leasing expense by 70%. “We aim to make the most rigorous management of the government budgets that is granted to us. That is why we welcome this move, which, on the one hand, facilitates the development of new services at the CSSS de St. Jérôme and, secondly, allows us to occupy office space at a lower cost,” said Dr. Marc Fortin, President and CEO of the Agency of the Laurentians.

Centre de santé et de services sociaux de Saint-Jérôme

No Cost Increase to Public Transport

The MRC d'Argenteuil is pleased to announce, to users of the transport system, that all prices will remain the same as they were in 2014. “The MRC council has decided that, despite significant government budget cuts that will affect the municipal level in 2015, it is important to support access to essential services, including transport,” stated the Prefect, Mr. Scott Pearce. To enable this rate freeze, the MRC has increased its contributions by 2% in order to meet inflation.

The fare for adapted transit will be maintained at \$ 3.50 per pass, while the public transit fares will remain at \$3.50, \$4.00 or \$4.50, depending on the originating points of the users. For full details on all rates and features (evenings/weekends, seniors/students etc.), please visit the website, at www.argenteuil.qc.ca, or call the transportation department directly at 450 562-5797.

The MRC d'Argenteuil also wishes to emphasize the adoption of the 2014-2018 Transport Development Plan that will be unveiled in January 2015. Among the elements of the plan are an overhaul of graphic tools and a revision of the public transport operating-mode, planned for 2015. On November 26, the council also adopted three resolutions requesting financial support from the MTQ for various transportation services offered by the MRC.

The MRC d'Argenteuil would like to remind its users that only the new 2015 tickets will be accepted as of January 1, 2015. These are now on sale at the office, located at 540 Berry Street in Lachute, as well as from the transport drivers.

The transportation department of the MRC d'Argenteuil generates over 40,000 transports annually, of which slightly more than half is for clients using adapted transit. These trips are made in all nine local municipalities of the MRC. In addition to the adapted transit services provided on its territory, the MRC offers a daily circuit during the week, between Argenteuil and St. Jérôme, as well as a carpool platform (argenteuil.covoiturage.ca).



Supporting Families in Need

The Mont Tremblant Network of B&Bs and Small Inns Supports Local Needs Through the Maison de famille du Nord.

Since 2006, the charitable objective of the association known as the Mont Tremblant Network of B&Bs and Small Inns' has been to support the Maison de la famille du Nord, whose aim is to assist local families. At the request of the latter, by supplying basic products such as diapers, soap, wipes, baby creams and other necessities for infants and toddlers, they attempt to fill a gap in baby supplies year-round.

Mr Jean-Yves Jolit, vice-president and spokesperson of the Association, delivered a special Christmas hamper including these items as well as non-perishable goods, in the hope that this initiative will inspire others to share with their neighbours this season.

There are a multitude of factors in our region that put young families at a disadvantage. The Maison de la famille du Nord is available to help them and it needs the support of many generous donors to respond to the ever-increasing demand from year to year. Info: www.bbtremblant.com.

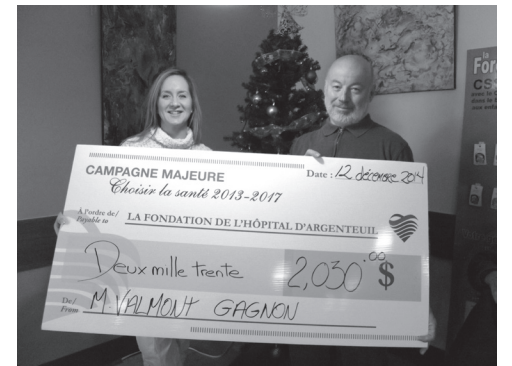


The “Scrap-man” with a huge heart!

The Argenteuil Hospital Foundation (AHF) is proud to announce that it has received a generous donation of \$2,030 from Mr. Gagnon Valmont. Since 2009 Mr. Gagnon has donated a total of \$8,120 to the AHF.

He walks the streets, responds to calls from friends and collects metal, then sells it all to companies that specialize in waste management. All this in order to make donations! Mr. Gagnon is affectionately known in his community and among his family and friends as “a scrapper,” and, over the years, this “scrap-man” with a big heart has created a network! Partially retired, Mr. Gagnon is also a teacher of engineering at the St. Jérôme Cegep. Philanthropist at heart, he educates his students about the importance of making a difference in the community. The Foundation is very grateful to Mr. Gagnon for his dedication and loyalty.

“People have trouble understanding why I do this and they often ask me why I do not keep the money for myself! I answer that it is important for me to help others, to make a difference in my community and invest in health,” says Mr. Gagnon proudly.



With M. Valmont Gagnon and Mrs Marie-Josée Condrain Director General.

MRC Argenteuil is proud to honor its fire graduates

On December 11, the MRC d'Argenteuil and the National Fire Academy proudly held an official graduation for 34 firefighters who, in 2013, successfully completed the course, Firefighter 1. The ceremony was held at the new City Hall in Grenville-sur-la-Rouge, where firefighters from the municipalities of Gore, Grenville-sur-la-Rouge, Harrington, Lachute, Mille-Isles and St André d'Argenteuil were officially handed their training certificates by the Registrar of the National Fire Academy in Quebec (ENPQ), Benoît Laroche, in the presence of the Prefect of the MRC d'Argenteuil, Mr. Scott Pearce.



Congratulations on 25 Years of Service

At a special event during the holidays, the city council of Val David honored two of their employees, Monique Lyrette and Joel Parent, for their 25 years of service. At the 5-7, Mayor Nicole Davidson commented on how important the contributions from these two employees have been over the years, saying, “We cannot say enough how important and how much we appreciate the work of those people who are often at work when the population is still asleep, in difficult circumstances, to assist us and improve our lives.”



Photo: Joël Parent, Monique Lyrette, Mayor Nicole Davidson, and Mr. Yves Frenette (Director of Public Works).



The English Link Volunteering is Beneficial for Everyone Involved

By Kim Nymark - Main Street

One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. Even helping out with the smallest tasks can make a real difference to the lives of people, animals and organizations in need. It can also benefit you and your family. Volunteering provides many benefits to both mental and physical health: it increases self-confidence, combats depression and helps you stay physically healthy.

You will have a richer and more enjoyable volunteering experience if you first take some time to identify your goals and interests. Think about why you want to volunteer and what you would enjoy doing. Volunteer opportunities that match both your goals and your interests are more likely to be fun and fulfilling; the key, is to find a position that you would enjoy and are capable of doing. It's also important to ensure that your commitment matches the organization's needs. The following questions can help you narrow your options:

- Would you like to work with adults, children, animals, or, remotely from home?
- Do you prefer to work alone or as part of a team?
- Are you better behind the scenes, or do you prefer to take a more visible role?
- How much time are you willing to commit?
- How much responsibility are you ready to take on?
- What skills can you bring to a volunteer job?

In your search for the right volunteer opportunity, don't limit yourself to just one organization or one specific type of job. You're donating your valuable time, so it's important that you enjoy and benefit from your volunteering. You can find volunteer opportunities at:

- Community theaters, museums and monuments
- Libraries or senior centers
- Non-profit community organizations and local CLSCs
- Service organizations such as Lions Clubs or Rotary Clubs
- Local animal shelters or rescue organizations
- Youth organizations, sports teams and after-school programs
- Places of worship

Online databases such as jebenevole.ca

Laurentides.jebenevole.ca is a new, local website that connects organizations and volunteers. Prospective volunteers can communicate directly with local organizations that are searching for help. And any organization that meets the criteria can advertise their volunteering needs.

Making It Work In The Laurentians Resolution Network!



Jaime-Lynn Robinson - Special to Main Street

With the New Year upon us, it is time to rev-up your willpower, break out of old patterns, and set your New Year's resolutions for 2015. One simple resolution you can make, to advance your career or business, is to network! We all know networking is important, but that doesn't make it easy to do. Stepping out of your comfort zone, to spend an evening conversing with strangers, or even sending an email to someone you don't know, can be difficult. Here are some practical tips for networking, in person and online.

If the idea of networking brings out your natural introverted self, try setting small goals. You could decide that at the next event you attend, be it a social event or an office lunch, to commit to starting conversations with 5 new people, or staying there for at least one hour. A good trick for the shy networker is to arrive early. It may seem awkward at first, but it will give you a chance to connect with the host and to meet people as they arrive, making it easier to connect one-on-one.

Websites, like LinkedIn, are important tools that make it easy to find and grow your professional network online. Last year, according to the National Labour Survey, over 40% of employers in Quebec searched for new employees through social media, and 45% of Quebec businesses said that an employee's online presence is important to them. Setting up a profile is quick and easy. Be sure to fill out your profile completely, as LinkedIn's algorithms prefer complete profiles. Don't be shy to highlight your accomplishments and skills in a straightforward and concise manner. Your profile is your professional "brand," so keep it clean and direct.

Putting yourself out there, and being proactive about networking, is more important today than ever before. The National Labour Survey shows that 41% of rural business leaders said it was "very challenging" to find young workers to meet their business needs, which means that employers are having trouble connecting to you, the potential labour force. Increasingly, employers and business people are going online to make these connections. So, for job seekers and business people in the Laurentians, whether you are looking for employees or for employment (or just expanding your network) those connections are vital. Proactive networking can help you to bridge that gap and move your career or business forward in 2015.

How do you personally get yourself motivated to network? Join us on Facebook to let us know. If you are looking to take your networking to the next level (or have other inquiries) check us out online at www.yesmontreal.ca, or contact us to learn more at info@yesmontreal.ca or by phone 514 878-9788 or 1 888 614-9788.



A Library Addict's Choice...

Grif Hodge - Main Street

Of new books on the shelves of the Jean-Marc Belzile Library in Lachute that can be borrowed at no charge by the residents of Gore, Harrington, Lachute and Wentworth.

Once again I was asked how to take part in the National Post's Afterward Reading Society. As a member of the ARS you have a chance to receive a free book to evaluate before it is available to the general public. To join, sign up at theafterward.ca. Among the books evaluated since my last column are:

Chicurel, Judy - If I Knew You Were Going To Be This Beautiful, I Never Would Have Left (C+), McCandless, Carine - The Wild (B+) Picoult, Jodi - Leaving Time (B+).

TEEN FICTION

Cass, Kiera - The One

This is the third book of romantic fiction in "The Selection" series. Plenty of teen-aged female characters with some spice thrown in; civil strife, tea parties, models, singing contests and acts of selfless devotion.

Shul, Megan -The Swap

Seventh-grader, Ellie O'Brien, and eighth-grader, Jack Malloy are given a surprising gift when they are able to view life through each other's eyes. Ellie feels lost and afraid following her parents' divorce and a brutal dumping by her best friend. Jack's life, dominated by his father's regimented control and his overpowering brothers, feels claustrophobic. Switching minds gives each youth the opportunity to experience the other's life, while gaining perspective of his / her own.

Fielding, Joy - Shadow Creek

Not every one is a Joy Fielding fan. Looking for a quick read while waiting for your flight? Here you go. Sociopathic slashers terrorize the Adirondacks, but can they foil a motley crew of campers from Manhattan? A teenage girl, who calls herself Nikki, charms her way into an isolated, woodland cabin near Shadow Creek, occupied by an elderly couple, the Laufers. She's followed shortly afterwards by her older boyfriend who, with Nikki's enthusiastic participation, makes short work of the hapless Laufers.

Jance, J. A. - Remains Of Innocence

Cleaning out her dying mother's dilapidated house in Massachusetts, Liza Machett discovers a fortune in hundred-dollar bills. The money seems like a blessing, until an elderly man warns her that a very dangerous person is looking for her. Terrified, Liza sets off on a perilous journey that will lead her to Cochise County, Arizona, where Sheriff Joanna Brady is embroiled in a mystery of her own.

Mitchell, David - The Bone Clocks

I highly recommend this novel, but be warned, this is not a light read. Connectedness is a theme that runs through Mitchell's narratives. As the reader is carried from one adventure to the next, Mitchell adroitly shifts his delivery. You are in the hands of a masterful storyteller.

Waters, Sarah - Paying Guests

Set in 1922 London, Frances has it bad, and that's not good. Normally she's an intelligent, reliable and resourceful young woman. A companion to her widowed and once wealthy mother, Frances is the keeper of the large house on Champion Hill in which the two of them rattle around, now that the men of the family have died. Frances falls in love, and the carefully wrought edifice of her life collapses in a heap of passion and catastrophe.

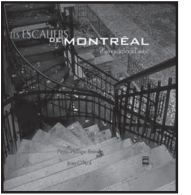
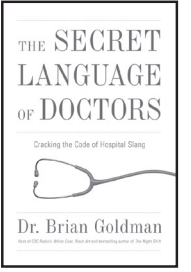
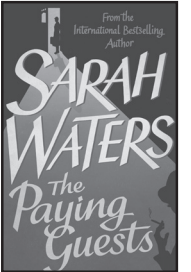
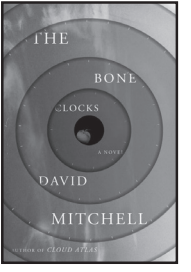
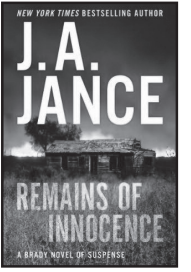
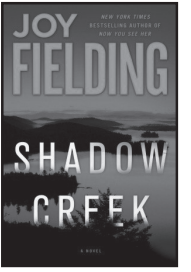
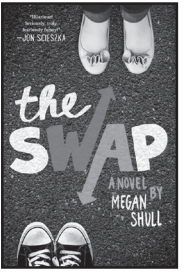
NEW NON-FICTION

Goldman, Brian - Secret Language Of Doctors

Penned by CBC host Dr. Brian Goldman, a real-life Toronto ER physician, this is a fun, quick read. This commentary seeks to crack the code of hospital slang. While we all know what Code Blue means, there is so much more that we should understand.

O'Neil, Jean - Les Escaliers de Montreal

This is a gorgeous photographic study of the outside staircases that provided access to the flats of Montreal's housing until the turn of the century. The photos have been provided by Pierre Phillippe Brunet and are divided into the four seasons.



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Seniors and Families at the Heart of Argenteuil Citizen Consultation for MADA & the Municipal Family Policy

Evelyne Bergeron – Main Street

The Floor Is Yours!

“If I were mayor, what would be my priorities to improve the quality of life for families and seniors in my municipality?”

That’s a question the MRC d’Argenteuil and its nine municipalities are asking their citizens today. Since last fall, Families and Seniors Committees were set up in each of the municipalities of the MRC d’Argenteuil. These committees are mandated to develop a policies geared towards families and seniors, along with action plans.

The purpose of this step is to improve the quality of life for families and seniors of Argenteuil. One of the first objectives is to guide the actions of the municipalities, the MRC, and their partners, to improve the situations of families and seniors in our communities.



Let Us Know What You Need

Such an approach cannot be done without the active participation of the population. Whether you are from Wentworth, Harrington, Grenville-sur-la-Rouge, Saint-André-d’Argenteuil, Gore, Brownsburg-Chatham, Grenville, Lachute or Mille-Isles, we want to know your needs and concerns, and to receive suggestions to guide the work of the committees.

How? Answer questions from the survey of the needs and lifestyles of families and seniors of Argenteuil. The survey must be completed by February 27. Printed copies are available at your city halls, or are distributed at various events and activities in your municipalities. You can also download an electronic version of the survey at the websites of your respective municipalities, or at the MRC d’Argenteuil website ... www.argenteuil.qc.ca.

Your collaboration is essential to ensure the success of this consultative process. The few minutes you will take to respond to the survey will give you the opportunity to express your opinions and ideas. As a bonus, everyone who responds to the survey will be eligible to win various prizes, including an iPad Air.

Please help us to identify and understand your needs and expectations, as families and seniors!

For questions or suggestions, please contact Evelyne Bergeron at ebergeron@argenteuil.qc.ca - or call 450 566-0530.

Missed the last column? Find it here: www.argenteuil.qc.ca



Youthful Perspective Less is More

Yaneka McFarland – Main Street

Have you ever given a thought to the durability of a product before buying it?

In 2009, the world’s ecological footprint was 2.7 global hectares per person, while the bio-capacity of earth is only 1.8 hectares per person, thus requiring one and a half “Earths” to fulfill the demand of resources now being consumed. At this rate, in forty-five years, we would need up to three planets: the problem is that we only have one!

The “Story of Stuff” documentary, produced by Annie Leonard, sheds light on the issue of over-consumerism and the processes of making, and disposing of all the items we buy, without a second thought about the consequences of these choices. We are consumers: we extract, produce, buy, use and throw away. What do we give back? Mostly mountains of garbage, in dumps spread around the world that, whether buried or burned, release toxins into our environment and our atmosphere.

The mantra of “Reduce, Re-use, Recycle” will not solve the problem of over consumption. We have to see reality as it is, not as it’s presented to us, in order to sift through what we have come to accept as normal, where new is better, a view which is very unrealistic. The “obsolescence concept” leads us to buy things we don’t really need, due to the bombardment of advertising that, essentially, only reminds us of the fact that what we have isn’t enough. Shopping days, such as Black Friday in the United States, are out of control, with mobs of people fighting to get at discounted merchandise, leading even to deaths of people being trampled by the rampaging mobs of shoppers. This twisted concept is in place merely to attract more people who can be induced to buy more things so that retailers can sequentially stock up on even more.

Perhaps our priorities aren’t focused on the important aspects of life. Seventeen years ago, the United Nations “Report on the State of Human Development” classified global priorities based on the billions of dollars spent. The report revealed that the annual expenditures of cigarettes in Europe, business entertainment in Japan, and cosmetics in the U.S combined, were over three times higher than expenditures on basic education, water, sanitation, and health. Imagine where we are today!

It is overwhelming to know how much we need to change, in order to be able to strive for a better future that involves the proper care of our environment. But, it is not impossible.

The truth is; less is more. However cliché it may be, the phrase, “money doesn’t buy happiness” applies fully, for statistics show that our happiness quotient is declining, while technology and innovation is at its peak.

Happiness is intrinsically valuable and, in order to attain it, we all set individual goals that enable us to strive towards being happy. I strongly believe that getting the new iPhone-6 is not one of them. The necessary changes to be made do, indeed, lie with us, millennials. In fact, a Canadian study, conducted for The Corporate and Community Social Responsibility Conference, showed that millennials were among the highest percentage of ethical consumers who would opt to buy locally-grown products. The survey proved that the “millennial generation” is involved in ethical consumerism.

Are you?

Harper Government Announces Passage of Vanessa’s Law - Modernized Laws for Drugs and Medical Devices Mark a New Era in Canadian Patient Safety

The Honourable Rona Ambrose, Minister of Health, joined by Member of Parliament for Oakville Terence Young, today celebrated a major milestone for patient safety in Canada - the passage of new legislation known as Vanessa’s Law (the Protecting Canadians from Unsafe Drugs Act). Delivering on a promise in the 2013 Speech from the Throne, the Act will protect Canadians from unsafe medicine by enabling the Government to:

- Recall unsafe products;
- Impose tough new penalties for unsafe products, including jail time and new fines of up to \$5 million per day instead of the current \$5,000;
- Provide the courts with discretion to impose even stronger fines if violations were caused intentionally;
- Compel drug companies to revise labels to clearly reflect health risk information in plain language, including updates for health warnings for children;
- Compel drug companies to do further testing on a product, including when issues are identified with certain at-risk populations such as children;
- Enhance surveillance by requiring mandatory adverse drug reaction reporting by healthcare institutions;
- Require new transparency for Health Canada’s regulatory decisions about drug authorizations, both positive and negative;
- Require information about authorized Canadian clinical trials to be posted on a public registry;
- Better define confidential business information and disclose such information about a product if it may pose a serious risk to Canadians.

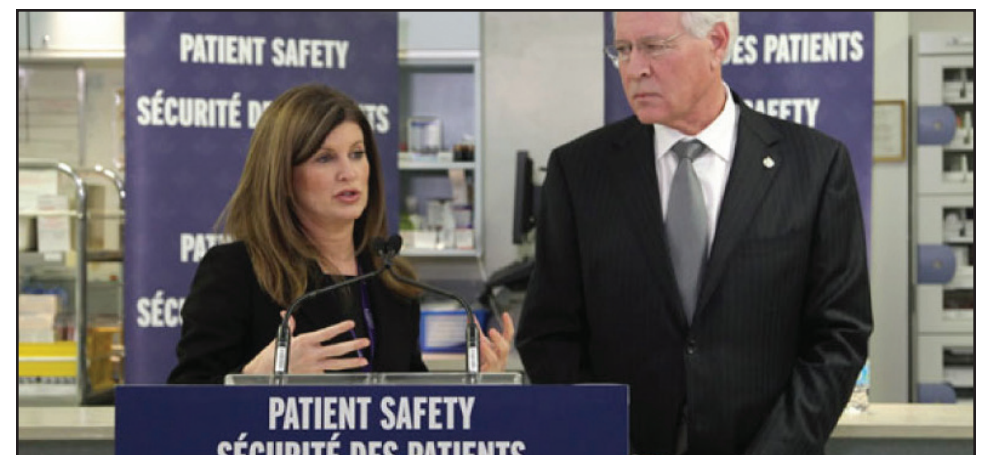
These new transparency measures build on the progress Health Canada has already achieved through its Regulatory Transparency and Openness Framework. The Framework commits Health Canada to a set of concrete initiatives that will make easy-to-understand regulatory health and safety information more available to Canadians.

Quick Facts

Vanessa’s Law is named after Member of Parliament Terence Young’s daughter Vanessa, who died of a heart attack while on a prescription drug that later was deemed not safe and removed from the market.

The Bill received all-party support in the House of Commons in light of its important new safety provisions that will benefit Canadians.

The Protecting Canadians from Unsafe Drugs Act introduces the most profound and important changes to the Food and Drugs Act that have been made since it was introduced more than 50 years ago.



The Honourable Rona Ambrose, Minister of Health, joined by MP Terence Young
Photo Courtesy Health Canada-1 <http://news.gc.ca/web/article-en.do?sessionid=ea6c76f6abd3eb4126a1550dad40ba273cc45b8a8ba25c908c6bea7dd26f8da.e38RbhaLb3qNe38Maxj0?mthd=index&crtr.page=1&nid=900969>

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Out & About

Ilania Abileah - Main Street

Kaya Laflamme - Val Morin

Kaya Laflamme discovered Reggae music and Bob Marley, and created a French Reggae-Folk style that reflects on Quebec society. In this concert he is celebrating Bob Marley's birthday. **Fri, Feb 6: 8**

pm. \$15. Théâtre du Marais, 1201 10è Ave. Val Morin. 819 322-1414. theatredumarais@cgocable.ca <http://www.theatredumarais.com>

Caroline Nadeau - Prévost

"Songs to Last Forever" in quartet: Caroline Nadeau (vocals), John Sadowi (piano), Karl Surprenant (double bass) and Jim Dexas (drums). In her album, "Chansons pour durer toujours," singer /flutist, Caroline Nadeau, jazzes up Quebec songs by Richard Desjardins, Richard Séguin, Arianne Moffat and others. **Sat, Feb 7: 8 pm.** \$26.50. Salle Saint François Xavier, 994, Rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com



Caroline Nadeau album cover

Valérie Carpentier - St. Jérôme

Winner of the first "La Voix" performs songs of Quebec musicians Arianne Moffat, Daniel Bélanger, Pierre Lapointe and others. **Sat, Feb 7: 8 pm.** \$39. Salle André-Prévost, 535, Rue Filion, St. Jérôme. 450 432-0660 www.enscene.ca

Young at Heart - St. Jérôme

Jeune de Chœur - Accompanied by five musicians, Young at Heart, a choir of singers aged 70 years and older, perform songs by young musicians such as Vincent Vallières, Pierre Lapointe and Arianne Moffat. **Sun, Feb 8: 3 pm.** \$38. Salle André-Prévost, 535, Rue Filion, St. Jérôme. 450 432-0660. www.enscene.ca

Mario Saint-Amand - St. Jérôme

Mario Saint-Amand performs the songs of Gerry and others such as Pierre Harel and Pierre Huet. **Fri, Feb 13: 8 pm.** \$35. Salle André-Prévost, 535, Rue Filion, St. Jérôme. 450 432-0660. www.enscene.ca

Marco Calliari - St. Jérôme

Mi Ricordo" - Marco Calliari performs the songs of Offenbach, Faulkner, Charlebois, Desjardins and others, in Italian, along with classic Italian songs from his album. **Sat, Feb 14: 8 pm.** \$35. Salle Antony-Lessard, 101, Place du Curé Labelle, St. Jérôme. 450 432-0660. www.enscene.ca

Bears of Legend - Val Morin

The seven musicians of Bears of Legend present folkloric instruments and voice harmonies. Inspired by first-nation legends, the group blends human life and nature. They sing in English. **Fri, Feb 20: 8 pm.** \$20. Théâtre du Marais: 1201 10è Ave. Val Morin. 819 322-1414. www.theatredumarais.com



Bears of Legends

Andrea Lindsay & Luc De Laroche - Mont Tremblant

"C'est d'amour ou c'est comme" is the name of an album recorded by Andrea Lindsay (winner of June 2010 French album) and Luc De Laroche (winner of the Félix 2010, songwriter / performer). **Sat, Feb 14: 8 pm.** \$32. Première Scène Mont Tremblant, Église du Village: 1829 Chemin du Village, Mont Tremblant. 819 425-8614 #2500. ville.demont-tremblant.qc.ca

Trio Brazil - Ste. Adèle

This trio plays bossa nova, samba, Latin jazz as well as some pop music by Henri Salvador, Luis Bonfá, Gilberto Gil, Stevie Wonder, The Beatles, Sting and others. The Trio Brazil consists of Raoul Cyr (guitar), Richard Leduc (flute, saxophone and piano) and Bernard Ouellette (percussion). **Sun, Feb 22: 1:30 pm.** Residents: \$5 / general public: \$10. Place des Citoyens, 999 boul. Ste. Adèle. 450 229-2921 #300. <http://ville.sainte-adele.qc.ca>

On Stage

Sugar Sammy - En Français SVP! - St. Jérôme

This show sells out fast! Sugar Sammy won the Quebec "Comedian of the Year" award. He performs in English around the world. As a proud Quebecer, he decided to perform this show in French while touring throughout Quebec. The performance will definitely make you laugh. **Fri, Feb 20: 8 pm.** \$50. Salle André-Prévost, 535, Rue Filion, St. Jérôme. 450 432-0660. www.enscene.ca



Sugar Sammy

On Screen Live from the Metropolitan Opera

The Merry Widow - Lehár: A reception in the honour of the widow, Hanna Glawari is given to prevent her deceased husband's money from leaving the country. Count Danilo seems to be the ideal candidate! Not willing to give the impression he is after the money, he remains aloof... until someone else declares love. **Sat, Jan 17: 12:55 pm.** Duration 177 min.

Offenbach's Hoffman's Tales: Tenor Vittorio Grigolo is the poet. Hibla Gerzmava, Erin Morley and Christine Rice sing the three heroines, each an idealized embodiment of some aspect of Hoffmann's desire. Thomas Hampson portrays the shadowy Four Villains and Yves Abel conducts. **Sat, Jan 31: 12:55.** 226 min.



Hoffman's Tale

Jolanta - Tchaikovsky / Duke Bluebeard's Castle - Bartók Soprano Anna Netrebko takes on Tchaikovsky's heroine in the first double-billing consisting of Jolanta as the beautiful blind girl who experiences love for the first time. Nadja Michael is the victim of Bluebeard, played by Mikhail Petrenko. Valery Gergiev conducts both operas. **Sat, Feb. 14: 12:30 pm.** 219 min. \$26.50. Pine Cinéma: Phase 2, 1146, Rue Valiquette, Ste. Adèle (855 739-7463) and Cinema Carrefour du nord (900 Boulevard Gringo, St. Jérôme). Adults: \$27 / seniors: \$25. 450 436-5944. <http://www.cinemapine.com> <http://www.cinemast-jerome.com/horaire>

Visual Art & Fine Crafts

Espace Fresque - Val David

Group show with artwork by Claude Sarrazin, Claude Millet, Maria Palffy Basegui, Lise Tremblay Thaychi, Jocelyne Archambault, Louise Bernier and Andrée Chartrand. The Church - Val David community hall, 2490, Rue de l'Église, Val-David.

Michel Thomas Tremblay & Henri Venne - Val David

Two artists exhibit: Henri Venne's landscape photography is seemingly abstract and the digital prints of Michel Thomas Tremblay are inspired by the boreal northern lights. Exhibition continues to **Feb 22, 2015.** Open: **Wed-Sun 11 am - 5 pm.** Centre d'exposition de Val David, 2495, Rue de l'Église, Val David. 819 322-7474. www.culture.val-david.qc.ca

Caroline Archambault & Chantal Baron - Ste. Adèle

The work of two artists, Caroline Archambault and Chantal Baron, will be exhibited throughout the month of January. Open: **Thurs & Fri: 1 pm - 4 pm, Sat: 10 am - 5 pm and Sun: noon - 5 pm.** Place des Citoyens, 999 boul. Ste. Adèle. 450 229-2921 #300. <http://ville.sainte-adele.qc.ca>

Parle-moi d'Amour - L'Échelon - Piedmont & St. Sauveur

This annual event opens on **Thurs, Jan 29 at 5 pm**, at Salle Polyvalente of the Piedmont Old Station. The exhibition continues **Jan 31 to Feb 15 (Sat & Sun only).** The annual auction will be held with all artists present. Details will be posted on the website and on Facebook. <http://www.echelonpaysdenhaut.com/>

ARTS Morin Heights - Black & White + One Colour

Arts Morin Heights' group art show, "Black & White + One Colour," continues until March 28. Morin Heights Library: 823, Village Rd. Open: **Tue & Thurs: 1 pm - 4 pm, Wed: 10 am - noon & 3 pm - 4 pm, Fri: 7 pm - 9 pm, Sat: 10 am - 2 pm and Sun: 11 am - 1 pm.** www.artsmorinheights.com

Winter Exhibition - Montfort

The Montfort Art Gallery presents an art exhibition by local artists who work with watercolour, acrylic, oil, pastel and stained glass. Opening: **Sat, Jan 17: 2 pm.** Wine will be served. The exhibit will continue to **February 22 (Sat & Sun: from noon - 4 pm).** The Montfort Pavilion, 160 Rue Principale, Wentworth-North, Montfort. All are welcome.

Laurentian Museum of Contemporary Art - St. Jérôme

The exhibition of works by Philippe Caron Lefebvre and Johanne Ouellette continues to **Jan 25.** This will be followed by an exhibition of two artists: Benoit Ricard, winner of the 2014 Young Artists' competition and Isabelle Demers. **Feb 1 - Mar. 22.** Open: **Tue - Sun: noon to 5 pm.** Musée d'art contemporain des Laurentides, 101, Place du Curé Labelle, St. Jérôme. 450 432-7171. www.museelaurentides.ca



Isabelle Demers, Séduction tropicale, 2013
Photo: Ivan Binet

Due date for next edition: **Jan 23**
-ilania@IlaniaAbileah.com
450 226-3889.

Please Note: Complete listings of upcoming events are available on the websites of each venue provided here.

Music

Ponticello Quartet - Ste. Adèle

The award winning Ponticello Quartet consists of four passionate cellists who have studied music at conservatories in Quebec and beyond. They are: Caroline Milot, Julie Trudeau, Pierre-Alain Bouvrette and Ioav Bronchti. **Sun, Jan 11: 1:30 pm.** Admission: Residents \$5 and non-residents \$10. Place des Citoyens, 999 boul. Ste. Adèle. 450 229-2921 #300. <http://ville.sainte-adele.qc.ca>

Théâtre du Marais - Val Morin

The new theater building opened on **January 1, 2015.** Details on the festivities are on their site <http://www.theatredumarais.com> - theatredumarais@cgocable.ca.

La Flûte Enchantée Quartet - Prévost

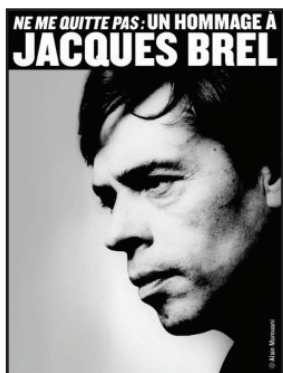
The four flutists, Jean-Philippe Tanguay, Chantal Dubois, Jérôme Laflamme and Josée Poirier, are graduates of the Quebec Music Conservatory and the McGill University in Montreal. They play a versatile repertoire from Baroque to McCartney, opera and tango. **Sat, Jan 17: 8 pm.** \$31. Salle Saint François Xavier, 994, Rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com

Carlos Marcelo Martinez - Prévost

Carlos Marcelo Martinez (vocals and guitar) performs with his musicians: Miguel Medina (percussion), L. Pachuco (guitar) and Martin Arias (bass). Carlos Marcelo Martinez presents a repertoire of his own compositions plus Latin music (Tango, Bossa Nova, Cumbia, Salsa and Flamenco). **Sat, Jan 24: 8 pm.** \$26.50. Salle Saint François Xavier, 994, Rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com

A Tribute to Brel - St. Jérôme

"Ne me quitte pas - Hommage à Brel". Marc Hervieux, Isabelle Boulay, Marie-Élaine Thibert, Paul Piché, Diane Tell, Luc De Laroche, Pierre Flynn, Bïa, Daniel



Hommage à Brel

Lavoie and Danielle Oderra perform a tribute concert to Jacques Brel, accompanied by pianist Benoit Sarrazin, and screen projections. **Fri, Jan 30: 8 pm.** \$65. Salle André-Prévost, 535, Rue Filion, St. Jérôme 450 432-0660. www.enscene.ca

Louis Plouffe & Xiaoyu Liu - Prévost

The 2015 young virtuosos to discover: 1st half of the concert features saxophonist, Louis Plouffe and his accompanists and the 2nd half features piano prodigy, Xiaoyu Liu. **Sat, Jan 31: 8 pm.** \$26.50. Salle Saint François Xavier, 994, Rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com

Isabelle Boulay - St. Jérôme

Isabelle Boulay pays tribute to Serge Reggiani, who has been a source of inspiration for her, with a show titled "Merci Serge Reggiani." **Fri, Feb 6: 8 pm.** \$48. Salle André-Prévost, 535, Rue Filion, St. Jérôme. 450 432-0660 www.enscene.ca



News From Trinity Church

Christmas service

The Christmas Eve service of Holy Communion was held on December 24 at 4 pm. As for the past few years, everyone appreciated the Montreal Vocal Quartet choir, led by Martina Govednik, Mezzo-Soprano. Following the service, a community supper was served in the Trinity Church Hall, to which approximately 60 people attended. The community dinner was provided free of charge by the church

and sponsored by a very generous donor. We thank those who contributed food and/or their labour for this wonderful, annual dinner.

Christmas Baskets

On December 13, Christmas baskets were given to 35 families, representing over 100 people (adults and children). The church has been organizing this program for well over a decade and, as in the past, the fire department was very helpful in collecting and delivering the supplies. Thank you to everyone who donated food and/or their energy to the basket-drive; your contribution helped to make this worthy venture successful again this year. Also, a special thank you goes out to Rose and Don Manconi for their ongoing, staunch community support.

Thanks to Associates

On November 16, all those who had been involved in one or more of the events or activities of the church (we call them Associates) were invited to a special event. Some 50 people were served coffee and dessert, then witnessed the official "turning on" of the new lights, which illuminate the exterior walls of the church. These lights, placed in the soffits, are directed downwards on the beautiful 19th century stone walls and can be seen from the roads on the north (Cambria) and the south (Rte. 329) sides of the church. The lights were paid for by a legacy from Florence Griffin. Participants were then treated to recorded jazz music over the church's new sound system that was installed during the summer, courtesy of a grant provided by the Anglican Church.

Endowment and Development Fund (E&D Fund) and Building Improvements

The E&D Fund primarily supports improvements to the buildings and cemetery and is topped-up each year by an annual letter to regular and irregular contributors. Over \$3,000 has been received so far in response to the 2014 letter. Among the improvements completed in 2014 are: repairs to the eaves and soffits, the installation of vapor barriers in the basement and the exterior illumination of the church. In 2015, the renovation of the original windows, repairs to the church bell pulley and upgrades to some sections of the roof are planned.

Bluegrass Concert

A Bluegrass concert, performed by Maple Hill from Ottawa, was held in October and enjoyed by a full-house audience who enjoyed the music, the performance and the wonderful acoustics of the church.

Laurentian Care

Christina Vincelli – Main Street

Caregivers Support 2015

The New Year started off with a positive bang. The government finally recognized that caregivers today need more support than ever before. More awareness is being taken into consideration regarding how important homecare is for saving the system financially. This also has a huge impact on the value of the continued quality of life for the individuals involved. Budgets are being directed to more support and more awareness of community organizations that make a difference. More support for those with dementia, as well as other health conditions requiring special attention, is being dealt with as well. Our work, bringing awareness to the government for resources needed, is also paying off. With Internet connections and other forms of communication such as "Main Street," reaching resources today has been made easier than ever before. Remember that community organizations are always the first place to look for help and support.

Another "hats off" to our special member of the Board of Directors, Co Chair, Chris Wynn, on his accomplished new documentary film, "Much Too Young." The film documents young caregivers and their journey into forced responsibilities and major life changes, when early onset dementia enters their lives with no support or preparation, regarding the care of their parent. Recently, Chris was interviewed by Bill Brownstien from the Gazette. For more information on this film, an interview with Chris or to find out how you can support him, please go to bbrownstein@montrealgazette.com or www.facebook.com/pages/Much-Too-Young/696273550442357 or contact Chris Wynn at cawynn@hotmail.com.

This year, L-CARE will continue to help promote our health care resources to the community along with organizations that are having trouble being recognized by the Anglophone community. When looking for support in regards to Palliative care, Maison Palliaco is there for you, specializing in respite and quality home services in the Laurentides MRC. Qualified professionals are available at their St. Agathe des Monts or Tremblant offices for private consultations for anyone anywhere looking for an ear. For more information on Palliaco please contact them directly at 819 717-9646 or visit their web site at www.palliaco.org. L-CARE looks forward in presenting Palliaco in your community as our commitment to our partners working hard to bring resources closer to you.

CPR/FIRST AID – Winter Schedule: Morin Heights, Arundel, St. Agathe & Tremblant

L-CARE is organizing our Certified CPR/First Aid courses for the winter schedule. For information regarding costs and dates, please contact L-CARE directly at our toll free number 855.522.7372. To run the clinics a maximum of 12 people per clinic is required. The CPR certification must be accomplished before applying for the First Aid course.

P.I.E.D Program Offered in Morin Heights

In collaboration with the CLSC Pay's D'en Haut, an intensive 12-week program for active seniors regarding the prevention of falls is being offered this winter (group of 15). Participation is free for those 65 years and older. For info contact L-CARE directly.



Fukushima Update The Crisis That Keeps On Giving

David MacFairlane - Main Street

Main Street has reported periodically, since 2011, on the meltdown of three nuclear reactors at Fukushima in Northern Japan, when, on March 11th, the Daiichi Nuclear Complex was destroyed by a 14 metres high (46 ft.) tsunami, triggered by a magnitude 9.0 undersea earthquake off the coast. The damaged reactors immediately began to release enormous amounts of radiation, which the operator, TEPCO, was unable to contain due to a failure of the emergency generators and standby cooling pumps. TEPCO was forced to pump water directly from the nearby Pacific Ocean to cool the overheating reactor cores, but it was a case of too little, too late. For the next few days, multiple hydrogen/air chemical explosions occurred in the three crippled reactors, doing even more damage to the containment buildings and the cooling ponds for used fuel rods. Soon after, the reactor cores, which were in a state of meltdown, then melted through their concrete containment chambers and began to burn down into the earth below.

From then on, the Japanese government began to deny the severity of the crisis and to lie about the amounts of radiation escaping, both into the air and the Pacific Ocean. They were aided in this deception by US authorities and, sadly, also by the Canadian government. Independent researchers reported the arrival of airborne radiation in North America just two days after the explosions but, of course, our own government said virtually nothing, except to assure us there was nothing to be concerned about. Au contraire, there was much to be worried about, because radiation is bio-accumulative and is a silent, deadly killer. Government agencies did not test the Pacific and fish stocks for radiation, saying it was not necessary and no advice was offered about how to protect ourselves and, most of all, our children, the most vulnerable to radiation poisoning.

Global Research has called this disaster "a global conspiracy of denial," while Arnie Gunderson, a nuclear engineer with Fairewinds Energy, stated that the technology to contain this meltdown does not exist and must be invented. He said it would take 100 years to stop the leaking of radiation into the environment. He recommends that the Japanese government immediately build an underground containment wall around the complex, deep enough to stop ground water from entering the radiation zone, and then, like Chernobyl, bury the entire complex in a huge concrete sarcophagus and walk away for a hundred years. The Japanese government refuses, as they cannot admit to the world the severity of the situation. Gunderson says that any attempts to do otherwise would expose workers unnecessarily to deadly radiation, which is already so severe that even robots cannot operate in the buildings because their electronics get fried in minutes. So, they continue to pump millions of gallons of sea water every day, 24/7, to cool the rods and cores, and store this never-ending supply of contaminated water in huge tanks that are also leaking. Of course, this water flows back into the Pacific and the entire food chain has now been radiated and is dying.

I have often warned of the dangers of consuming Pacific Ocean fish, or of any exposure to those radiated waters, and rued the silence of our own authorities. Now, finally, the US National Academy of Sciences released a report on December 2, authored by both Canadian and American researchers, admitting that Fukushima radiation has indeed only just reached our shores. I do not believe that at all. Fish stocks and all types of sea creatures have been mutating, dying, and washing up on our shores, from Alaska to Chile, for the past two years. But, no matter, the official word is now in: radiation has arrived. Of course, these "experts" say there is no reason to panic because there is no health hazard. The report states, "By 2021, ocean mixing and transport will disperse the plume such that the impact of Fukushima ... in our waters here will not be detectable." It also states, "The levels of (radiation) expected and being measured offshore do not represent an environmental or public health threat." The wording in this report is technical and not intended for perusal by ordinary people. Too much bafflegab.

These serendipitous claims sound as if we are being asked to go back to sleep, since all is well and Big Daddy has our backs. To me, they fly in the face of the reality that Fukushima has not been contained and will be spewing, disgorging radiation for another 100 years. The Japanese government has brought a water-pistol to a gunfight. Yikes!

As long as US, Canadian and Japanese governments prolong this cover-up, continue to deceive their populations, and cooperate in this "global conspiracy of denial," we had better not go back to sleep. We will run the risk of being bamboozled and misled and, if we don't demand the plain truth and full transparency from all authorities, we will all surely suffer the consequences of our indifference and apathy.



RELIGIOUS SERVICES



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

**Branch 171 Filiale
Morin Heights**

Fri, Jan 16: 6 - 7 pm: TGIF Smoked Meat
Sat, Jan 24: 6 pm - Roast Beef Night
Sun, Feb 1: Super Bowl Party
Sat, Feb 14: 6 pm - Valentine's Day Supper
For information on any event call
450 226-2213 (after noon)
Wishing everyone a Happy and Safe 2015

**Branch 70 Filiale
Lachute**

Euchre is back in play on Tuesdays at 1 pm
cribbage & shuffleboard on alternating Thursdays.
Sat afternoon: 1:30 pm - Darts
Please check the legion for dates regarding
bus trips to the Casino - next trip scheduled
for Jan 19.
For information call: 450 562-2952 after 2 pm!
Health and Prosperity in 2015

**Branch 71 Filiale
Brownsburg**

Bar/Lounge is open on Fridays from 3 pm - 9 pm.
New members are always welcome. Please drop by
on our Friday nights if you are interested.
Membership cards are available at a cost of \$45.
For information, please call Sheila or Trevor Holmes
450 562-8728.
All the Best in the New Year!

**Branch 192 Filiale
Rouge River**

Jan 11: 10 am - Brunch
Jan 24: 5:30 pm - Robbie Burns Dinner
Feb 13: 6 pm - Valentine Celebration
Feb 17: 5:30 pm - Shrove Tuesday Pancake Supper
Cribbage every Tues night 7:30 pm /cards every
Wed afternoon - 1 pm.
Darts at 3:30 pm on T.G.I.F. night.
Details/Info: 819-687-3148/819-687-9143 or
email: mmcsp40@gmail.com
HAPPY NEW & HEALTHY YEAR TO ALL

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

HILLSIDE CHAPEL
755 Village Road, Morin Heights
Terry Sheahan: 450 229-5650.
Hillside Chapel will commence services
as of the May 24, weekend at 6:30 pm

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

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

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

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute / www.pccweb.ca/mrmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Jan 11: 2 pm - Amahl and the Night Visitors
Sundays: 10:30 am: Regular worship service.
Everyone welcome.

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

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH - MORIN HEIGHTS
757, Village, Morin Heights (450 226-5307)
Sundays 11 am: Worship service
Please join us - everyone is welcome

MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.

ST. ANDREWS EAST PRESBYTERIAN CHURCH
5 John Abbot Street, St. André d'Argenteuil
For info please contact
Sharon McOuat 450 537-8560

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

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

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

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

HARRINGTON UNITED CHURCH
ST. ANDREWS CHURCH, AVOCA
Info: Rev. Cathy Hamilton: 450 562-6161 or
514 347-6250

**ANGLICAN CHURCHES
ALONG THE OTTAWA RIVER**
Holy Trinity, Calumet, St. Matthew's, Grenville
Sundays 9:15 am - Holy Eucharist:
alternating locations.

Holy Trinity, Hawkesbury
Holy Eucharist at 11 am every Sunday with
Rev. Douglas Richards (613 632-2329).
Call parish office at 613 632-9910
for more info.

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe
The Ven. Ralph Leavitt: 819 326-2146
Sunday: 8 am - Sunday Worship (breakfast
afterwards at a restaurant)
Sunday: 10 am - music, children's corner,
coffee afterwards.
Christians of all denominations welcome.
Parking and elevator for handicapped

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Sunday services in Grace Church at 10 am
every week followed by coffee & fellowship.

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

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

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819-687-3331
Rev. Georgia Copland
Sundays: 10 am: Worship service.
Sun, Jan 25: 2 pm - Ecumenical & bilingual
Service of Prayer
(during the Week of Prayer for Christian Unity)
Guest speaker will be Father Ronald Labonté
All are welcome - bienvenue à tous & toutes!

**THE CATHOLIC CHURCHES
NOTRE DAME DES MONTS PARISH**

Huberdeau 10:30 am
Laurel 9 am
Morin Hts 10:30 am
Montfort 9 am
16 - Island Lake 10:30 am
Weir 9 am
You are welcome to join us after the service.

LOST RIVER PRESBYTERIAN CHURCH
5152 Lost River Road, Lost River
Please check with the church for times of worship.

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

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Jan 18: 10 am - Holy Communion
Feb 15: 10 am - Morning Prayer
Mar 15: 10 am - Morning Prayer
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
April 5: 2 pm - Easter Service
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Jan 25: 10 am - Morning Prayer
Feb 22: 10 am - Holy Communion
Mar 22: 10 am - Sunday Service
Bilingual services with gospel/
bluegrass music

*Special services: Soaking Time *
7:30 - 8:30 pm: A time of quiet reflection
with classical music. These special times of
quietude are offered on Sundays in addition to
regular services.

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

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
with Rev. Paul Tidman: 450 562-2917
Jan 18: 10 am - Communion
Jan 25: 10 am - Communion
Feb 1: 8:30 am & 10 am - Communion
Feb 8: 9:30 am - Family Service
Everyone welcome!

**ENGLISH
COMMUNITY
NEWS**

To find out what is going on in
and for the English community
in the Laurentians, go to: [http://
thelaurentianclub.weebly.com/
community-events.html](http://thelaurentianclub.weebly.com/community-events.html) to see
the Community Calendar of
meetings and other events across
the territory. Check it also to help
you set the date for your own
meetings to make sure that there
is nothing else scheduled for that
date. Instructions are on the site
for having your events posted too.

Laurentian Club Notice
**The history and philosophy of
Taekwon-do**

Speaker: Brad Charlebois

4th Degree Black Belt and Canadian Champion
Brad Charlebois will talk about the history and philosophy
of Taekwon-do. He will demonstrate techniques and teach
some basic movements.

Monday, January 26: 1:30 pm

Holy Trinity Church Hall,
12 Préfontaine Ouest, Sainte-Agathe-des-Monts
Annual membership: \$25 per person / Guests \$10

To learn more, visit our Facebook page
[www.facebook.com/
LaurentianClubofCanada](http://www.facebook.com/LaurentianClubofCanada)
or contact us at
TheLaurentianClub@gmail.com
or 819-326-6872.

LAURENTIAN CLUB OF CANADA



**Laurentian Region
Cancer Support Group**

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



Next meeting for cancer patients,
families and caregivers is
SATURDAY AFTERNOON
January 17, 2015 - 1 pm

Speaker: Carole Forget, Notary
Essentials of Wills, Mandates, Living Wills
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

Upcoming meeting:
February 21

Meetings are conducted in English
ADMISSION IS FREE

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

Resource library available. Bring a friend or family member.

COMMUNITY NEWS

AMI-QUEBEC PROGRAMS
ACROSS QUEBEC

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Roundtables via videoconferencing
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Public Awareness
Training for Professionals
Info: 1 877 303-0264 (514 486-1448 in Montreal) info@amiquebec.org www.amiquebec.org

SOUPE POPULAIRE

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

SOUPE POPULAIRE
SEEKING FORMER VOLUNTEERS,
DIRECTORS AND EMPLOYEES!!

The Soup Kitchen of the Saint-Sauveur Valley is celebrating its 20th anniversary this year and is trying to contact past persons involved with the kitchen. We have some coordinates but others have changed – please share this information and our contact coordinates: 450 227-2423 ext 26 or 28. Thank you!

BAZAAR MPDA LACHUTE

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

URGENT NEED FOR
VOLUNTEER DRIVERS

The Centre jeunesse des Laurentides is actively seeking volunteer drivers for transportation services in different areas of the Laurentians. For information please contact Anne Paquette at 450 436-2750, ext 2602.

BADMINTON – WHO'S UP NEXT?

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

WILLKOMMEN

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

JOYFUL NOISE CHOIR

St. Eugene's Church (148 Watchorn, Morin Heights)
A new session is about to begin.
If you want to share your voice with us, and get ready for spring, now is the time!!
Starts **Jan 13: 7 pm** (\$125 from Jan to May)
Joyful Noise Choir sings an eclectic assortment of music in four-part harmony. Our choir Director is Mr. Ian Lebofsky. JNC will present a delightful concert on **Sun, May 31.**
Please contact Penny Rose: 450 226-2746 or email pennyrose@jenanson.com

THE LOST RIVER COMMUNITY CENTRE

Sat, Jan 17: 11 am –
Annual Winter Carnival
Children's rink activities, hockey, woodsmen, broomball and keno
Cash Bar (11 am), hot chocolate & hot dogs will be served at noon.
Pot luck supper at 6 pm
(adults: \$6, kids: \$3)
Everyone welcome – events open to all!
Info: Barrie Smith: 819 687-9498
Norma Davis: 819 687-2255

UPCOMING EVENTS AT HARRINGTON

GOLDEN AGE CLUB
(259 Harrington Rd)
Jan 18: Bingo 2015!
Jan 21: 11 am – General Meeting & lunch
Jan 29: 2:30 pm – Café Partage
Feb 6: Cook's Night Out
Bingo on the 1st & 3rd Sunday of each month: 1:30 pm
Harrington Valley Community Centre is seeking a portable dishwasher.
Info: Deedy: 819 242-8939

SHROVE TUESDAY – PANCAKE LUNCHEON

Morin Heights Untied Church
(831 du Village)
Feb 17: 11:30 am – 1:30 pm
Donation \$6
Everyone welcome

FCMH -MORIN HEIGHTS SOCCER REGISTRATION IN PERSON

Morin Heights Library
Sun, March 1: 11 am – 1 pm
Sat, March 14: 11 am – 1pm
Registration also available on the website: www.fcMorinheights.com as of Jan 15.



MADAME MARIE-JEANNE BIGRAS-PHARAND CELEBRATES HER 100TH BIRTHDAY

On November 8, a special evening was held in honor of Madame Marie-Jeanne Bigras-Pharand, who celebrated her 100th birthday. Mme. Bigras-Pharand was born on November 13, 1914. During the evening, member for Argen-teuil, Yves St-Denis, presented the medal of the National Assembly and a letter from the Prime Minister of Quebec to Mme. Bigras-Pharand. She also received the Governor General's Medal along with an accompanying note, a gift and letter from the City of Lachute, a word from Pope Francis and a letter from Queen Elizabeth II. It was a memorable evening, one Mme. Bigras-Pharand will always cherish.



Yves St-Denis, Marie-Jeanne Bigras-Pharand and grand-son Mario Beaudin.

LACHUTE CHAPTER # 56 ORDER OF THE EASTERN STAR

On Jan 29, 2014, the Lachute Chapter had the honour of presenting an E.S.T.A.R.L. award on behalf of The Grand Chapter of Quebec. Each year these awards are given to worthy students studying for the ministry or church music.



Pictured L to R: Margaret Hourston (Worthy Matron), Matthew J. Brown divinity student whom we sponsored), Gillian Hoyer (divinity student) and George Gordon (Worthy Patron). Gillian had previously received an award in British Columbia from the Eastern Star.

Ô CHOEUR DU NORD

The Christmas concert, Juste avant Noel, by the Vocal Ensemble Ô choeur du Nord, was presented to a full house both nights on December 13 and 14 at the community center in Val-David. Spectators appreciated the singers and the varied repertoire interpreted with great enthusiasm under the leadership of France Lévasseur, accompanied by the l'Orchestre symphonique des jeunes de Joliette and pianist, Joliette Céline Laverdure. Ô choeur du Nord began its new season on January 5 and welcomes those with beautiful voices who enjoy singing in a group to join them. Info: Claudette Dubreuil: 819 324-1182.

CHURCH NOTICE

The service for Christian Unity in the Huberdeau/Arundel area is taking place this year on Sunday, January 25 at 2 pm in the Arundel United Church. I'm very excited that Cure Ronald Labonte, who for a number of years was the priest at the churches in the area, will be returning to be our guest preacher. As a person who has spent his life in ministry working towards Christian Unity, we feel very fortunate to have him speaking at this year's service. Eva 450 451-0930.

ARUNDEL LIBRARY LECTURE SERIES

2, Village Road, Arundel
Fri, Jan 9: 7 pm - Guest speaker - Yolanda Goulet Marsolais
Yolanda, a stained glass artist, will discuss the history and process of working with stained glass. She will also be unveiling a special piece of art.



FESTI-NEIGE SAINTE AGATHE

2, rue St. Louis
Weekends from Jan 17 – Feb 15
Lots of fun and activities for the family.



FESTI-VENT SUR GLACE

281, Montée St. Vincent, St. Placide
Feb 14 & 15
Biggest international winter kite festival in Canada.

"Common sense is in spite of, not the result of, education."
-Victor Hugo

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SPECIALTIES:
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Vine leaves, Lentil soup
35, rue Principale, Lachute
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SUDOKU

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

Answers will be posted on our Facebook page (TheMainStreetNews) and published in our next month's issue



Answers for the December edition sudoku



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

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Kenneth Hague, mayor

A Word from the Mayor

Ivry-sur-le-Lac is a rural mountain and lake community, located 100 kilometres from Montreal, just north of Sainte Agathe. Lake Manitou is at the center of the municipality's territory and the town hall is located at the northern tip of one of its arms. The municipality covers a large area but it is very lightly populated. The many lakes and streams are surrounded by beautiful forests, and wildlife abounds.



Ivry-sur-le-Lac's vocation is entirely residential for its 450 families, about half of whom make it their permanent home while the rest have made it their country get-away. "Ivryans" are attracted by a quality of life that is hard to match. The original settlers, one hundred and fifty years ago, were farmers. They discovered that once the land was cleared of trees, the soil was too acidic to sustain commercial crops. The farms barely allowed them to survive and, over time, these large acreages were acquired as country summer retreats. The farmland has since returned to the forest. Most cottages have become "four-season" and many homes are now primary residences.

The beginning...

The first permanent residents, in 1859, were Paul Meunier and his wife Angélique Godon, who acquired several hundred acres on Lake Manitou, around what is now named Townsend Bay. Several years later, Pierre-Casimir Bohemier purchased a large tract of land further down the lake.

The railway reached Sainte Agathe-des-Monts in 1892, bringing with it a population boom, of sorts. French-Canadian colonists now shared the territory with the growing number of Montreal's wealthy, who found the natural charm of the Laurentians irresistible.

Curé Antoine Labelle had travelled to France in 1890, to encourage French immigration to the Laurentians, on behalf of the Ministry of Agriculture and Colonization. During his nine-month stay, he met the Countess Ogier d'Ivry, Angèle Dupuy d'Angeac, and extolled the beauty of this northern Quebec frontier.

Two years later, she bought the Bohemier farm on behalf of her son, Viscount Raoul Ogier d'Ivry. There he built Manitou Hall, on the shore of the lake. His mother financed this from the sale of her inherited half-interest in the Château de Cognac. She encouraged her son's move to this remote corner of Quebec when

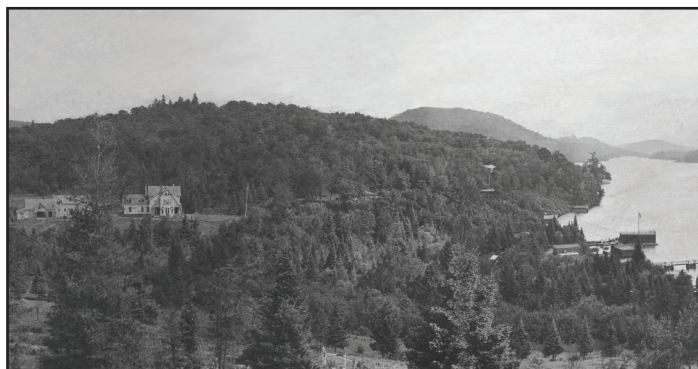


Manitou Hall 1905

it became apparent that he was not going to thrive in their aristocratic circle; he had recently lost a sword duel over a perceived slight to his honour. Raoul's decision was also influenced by the fact that his wife's sister was married to prominent Montreal lawyer Alex Johnson. The Viscount and his wife, Elza Herreboudt, happily settled into this pastoral community. He was by far its most colorful and prominent resident.

Ivry-sur-le-Lac was created in 1912, when a group of wealthy Montrealers with country estates in the Parish of Sainte Agathe, decided to create their own municipality. That year, a headline from the March 28th edition of The Gazette read "SECOND NEWPORT IN THE LAURENTIANS".

It went on to say that Quebec had just approved the incorporation of Ivry-on-the-Lake. Strong opposition had been put up by Sainte Agathe, which maintained that many "poor labourers and small farmers" would be forced "into a millionaire municipality against their will" and be made



Manitou Club 1920

to "pay taxes beyond their means on improvements made by the millionaires". A.R. Johnson, Viscount Ogier d'Ivry's brother-in-law, represented the landowners and said that the idea was "to make Ivry-on-the-Lake the most attractive summer resort in the vicinity of Montreal". Raoul Ogier d'Ivry was happy to offer the family name to this venture.

Today...

The wonderful backdrop of Ivry's lakes, mountains, and valleys has hardly changed. The Ogier d'Ivry residence became the Manitou Club and the property is now the site of the Lake Manitou Community Centre. Once the domain of a privileged few, Ivry-sur-le-Lac has broadened its base but lost none of its unique identity. Nature, and all its beauty, provides a real exclusivity to its residents. They have worked hard to ensure that this remarkable allure remains untarnished. One recent initiative was the creation of Conservation Manitou, a non-profit, that facilitates the transfer of land into protected conservation zones. Already, several hundred acres, and nearly two kilometres of lakefront, have been donated to, or purchased by the trust, including much of the area that readers see in the winter vista photo.

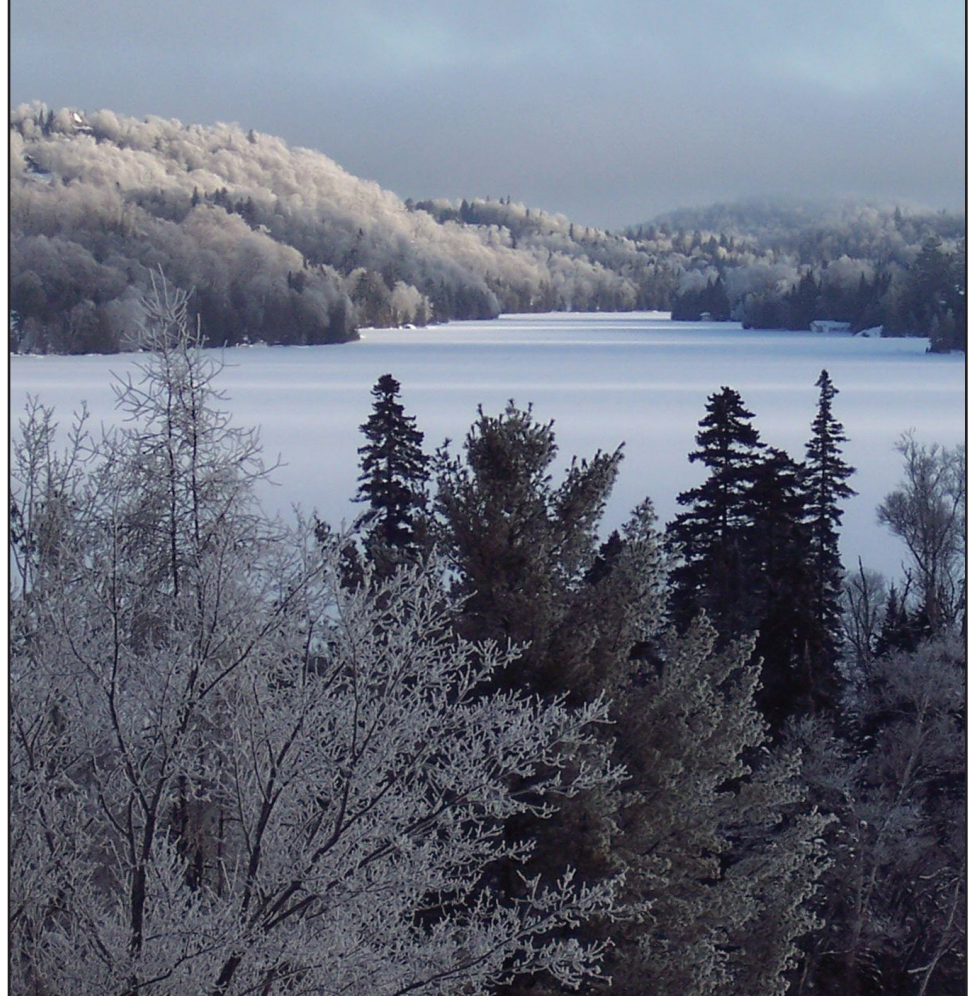


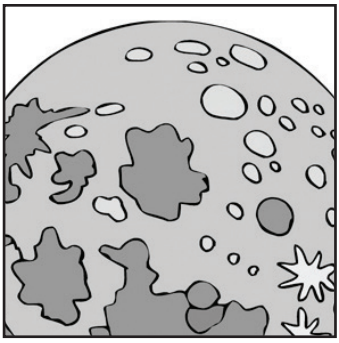
Ivry town hall

No one in Ivry-sur-le-Lac would dispute that the aims of the founding group have been realized ... or that the taxes are reasonable!



*Best wishes for 2015
to the Laurentian Community*
From all the Ivryans





Zach Factor Predictions 2015- The Year of the Trojan Sheep

Lys Chisholm & Marcus Nerenberg -
Main Street

Cyber Wars: The Trojan sheep have landed. Sony experienced a mini arm-flex of a global terrorist hacker underground that plans to let loose a series of attacks. Industry leaders have termed the potential cyber assault on infrastructure, electrical grid, water supply and transportation (all computer controlled) the "Aurora Effect". Stay tuned for a year full of global symposiums on all manner of cyber warfare issues. Psychics like Tara Green (who accurately predicted the disappearance of a second Malaysian aircraft in September) look for astrological patterns in the areas of planetary communications. They are predicting an exceptionally quiet time, around February 14.



Space: Bashar, a famous medium and seer, claims this is the year when we will discover life-forms in space. A multitude of UFO's and unexplainable artifacts have been photographed by the Mars rover, Curiosity. NASA official statements refer to some sightings as pixilation effects, but other respected UFOlogists claim that images of the strange white lights dancing across the horizon of Mars, and four blobs hovering in the sky, are alien ships monitoring humans' baby steps into the universe. The European Space Agency has landed its first probe- Philae- on Comet 67P/Churyumov-Gerasimenko. This comet, nicknamed the Singing

Comet, emanates a strange whale-like set of tones, and we predict that these tones will be replayed on YouTube, in accompaniment with Justin Bieber's new hit song from jail this year. Although Philae ended up in the shade and missing solar power, Rosetta, its mother ship, continues to orbit comet 67P, and has another year of observations ahead, as this icy world moves toward the sun. It will heat up and give off more gas and dust at its closest approach to the sun in August.



Health: Coming soon for doctors... get your catheters, syringes and sterilized gauze at Amazon! Doctors will be able to order all their clinic supplies, and if they reach the minimum \$39, the shipping is free. Americans will be able to borrow the thousands they need to pay their hospital bills when hospitals are reborn as banks. Following a change to legislation, hospitals will be adopting what is called peer to peer lending policies to cover those red holes in their balance sheets. The public will now have another way to merge old credit card debt, student loans, and car

or mortgage expenses. We predict (barring total economic collapse) the debt numbers will continue to grow. In Canada, the over 80 population continues to grow by an insane 2.6% a year, and since 1985, the prevalence of obesity has increased by 200% in Canada, so that by 2019 it is predicted that about 21% of the Canadian adult population will be obese. We foresee that there will be intense pressure to alter school fitness programs to make sure there are lots of strong arms to push and lift those heavy wheelchairs in the coming years.

Politics: Without a frontal and obvious attack, Harper and Co are succeeding in turning Canada into a dual-health system, giving only those with financial wellbeing access to immediate and superior health care. Feminist, Ursula K. Le Guin, recently said "We live in capitalism. Its power (and greed) seems inescapable. So did the divine right of kings. Any human power can be resisted and changed by human beings." In light of this, predictions indicate that the Canadian public will not be fooled, and October will give us a Liberal minority government, in a coalition with the NDP.

Environment: In late September, the Rockefeller Brothers Fund - wealth that was established via John D. Rockefeller's founding role in the petroleum industry - pledged to divest its \$860 million in assets from fossil fuels. This is one of over 800 institutions, including churches, universities, cities, pension funds, and foundations from Scotland to New Zealand to Seattle, that have committed to similar divestitures. The petroleum industry is not going down without a fight. Sweet guitar music accompanies Big Oil's television ads, aimed at convincing the average North American family that pipelines are still needed. Side effects from burning fossil fuels, and climate change, were seen on Christmas Day, with record-breaking blizzards on Big Island, Hawaii, bursting water mains, with minus 20C in Paris, and pouring rain in Montreal. Stay tuned for more bizarre weather events as the Earth fevers.

Have a great year Zachians! Stay warm, and keep your wind-up radios handy. Bets are on: Habs will make the playoffs, and Princess Kate will have a girl!

Photos: What are they? Photos and videos from Mars rover Curiosity reveal unusual artifacts and unexplainable sightings on the surface. Photo credit: NASA

E-books Update

JoAnne Turnbull - Réseau BIBLIO des Laurentides

Are you looking for the latest bestsellers to read on your new e-reader or tablet?
Did Santa give you a brand new e-reader or tablet for Christmas?

If your answer is yes (or, maybe you already had one), you might be surprised to find out that the latest, and greatest, bestsellers are available for free, via your public library.

Last month, I explained the difference between an e-reader and a tablet for reading books. This month, I want to explore with you the fantastic selection of books available at your public library.

To find your library, go to the website www.mabibliotheque.ca and type in the name of your town. If your library is not a member of the Réseau BIBLIO des Laurentides, you might still have access to e-books directly through your municipal website. If your town is a member of the Réseau, you will have access to a collection of thousands of e-books (and growing!), simply by clicking on Livres & ressources numériques at the top of the screen. You will then have three options:



The Story Behind How We Came To Live In The Laurentians

Joseph Graham - Main Street
joseph@ballyhoo.ca

Sheila Eskenazi was one of those late sixties' counter-culture kids who slipped down to join the Old Montreal Street Gang when she was seventeen. They were musicians and craftspeople, but Sheila was the kind of person who made sure everything happened, grounding everyone, mostly by cooking from scratch. She was a slow-food person, way before the term existed and, while blues musicians do what blues musicians do, the table was her high. Blues music, an innovative urban lifestyle, and more nighttime than daytime, looked like where she was heading. Her life was filled with colourful people - Willie Dunn, David the Candlemaker and Stash, who founded the Flea Market. She tried to keep her dad happy by going to university, but his stated rule was: only engineering and only McGill, where he had come to, from Istanbul, to get his master's. Sheila got accepted on her merits, but women weren't really welcome in engineering. In fact, the engineering students' association met in the Mansfield Tavern, a men-only establishment in those days, and she decided that this, and keeping her father happy, were not mountains to die on. She began using her considerable skills by working at a variety of temporary jobs through an employment agency. Soon, she began doing drafting for her father's office, a skill-set that guaranteed her economic independence. Her political perspectives were always at odds with those of her father and, while he was designing the replacement, she was among the protestors trying to protect the Van Horne Mansion. She also worked on the creation of the Save Montreal historic walking tours.

In the fall of 1968, around the same time Sheila left home, I left home too. I managed to get myself from Val Morin to Paris. I was not a good student, and they would not bless me with matriculation from my rural high school unless I could learn French. Unlike urban Sheila, I was a rube. I couldn't sleep on the night flight over because I was too excited and kept waking up my seatmate to encourage him to look out the window. When I saw the Tour Eiffel and the Arc de Triomphe I was beside myself. The sun was rising, and I was in Paris - at least I thought I was, until my seatmate asked me if I wanted a lift into Paris. I protested my independence until he directed me to the baggage pickup. That's when I became a little more gracious and appreciative. It was 7:00 AM, I had no place to stay, I spoke no real French and had completely forgotten that I had baggage.

I had paid for a one-way ticket, and the rest of my savings from summer jobs were in my pocket. My uncle had told me that if I could get myself to Paris, and sign-up for courses in order to learn French, he would help me out. As I nodded off in the car, my seatmate, a diplomat with the Canadian Embassy, walked into the Maison du Canada of the Cité Universitaire to arrange a temporary place for me to stay.

Well, I learned French, and became a bit less of a rube, but it took me some years to recover. When I left Paris, it was to work for the Communist Party in Chicago, with an American I had met on my travels, but I was rapidly disillusioned when I collided with urban New York on my way there. I came back to Montreal instead, and tried to continue my education. Around 1972 I became a recluse, moving into a small log cabin, a sanctuary I had built off the grid in Ste. Lucie when I was 18. While I had gone to ground, living off the grid in the back woods, Sheila decided to see the United States by Greyhound bus.

When I was strong enough to face the world again in 1975, I gave up a small landscaping business and my sanctuary to take a job with my uncle on a farm in West Bolton, a forgotten place tucked in-between Foster and Knowlton, in the Eastern Townships. Simultaneously, Sheila had a client who offered her a job selling condos in Ste. Agathe. Since she had developed a business as a freelance draftswoman, the offer was ideal. To make matters better, the government declared a moratorium on condos, so her job consisted of opening the model home in the morning, getting her drafting done during the day, and then closing up. We still had not met, but that was just about to change. Sheila accepted to stand in on a drafting job at a forestry engineer's office. She was covering for an artist friend who wanted to finish an art project. My older brother was the office manager and, after completing a few jobs, she informed him that she could not do any more because she was moving to Foster in the Eastern Townships. "Foster," exclaimed my brother, "I have a brother in Foster."

I'm not sure what inspired my brother to call and tell me. Probably, just the unlikeliness of it. I decided to politely wait a week, finally driving over and knocking on her door early one February morning. How was I to know that she had arrived only the night before?

I had a big blond dog with hair over his eyes and she had a grey cat that was half Siamese. The cat scrambled up onto a rafter as the dog shouted out his welcoming wags and Sheila told me that her cat didn't like dogs. "It's alright," I assured her, "my dog likes cats." According to Sheila, that was when I spotted her 25-pound bag of rice and proposed to it. Whatever the truth, we waited until after the haying season to get married, and a couple of years later, in 1978, we had a son and decided to move back to that tiny sanctuary in Ste. Lucie and build ourselves a home.

1. prenumerique.ca: a collection of several thousand e-books in French
2. Overdrive: hundreds of English language e-books, including the latest bestsellers
3. Livres numériques en liberté: a selection of websites giving you free access to e-books in both French and English

For English books, click on "Overdrive":

At the top right-hand corner, you can toggle between a French and English interface and then start browsing. The latest fiction and non-fiction books, including books for teens and kids are available. If you want to know which are the most popular, or which are the new additions, or even which e-books have just been returned, the information is all just a click away, and available free-of-charge. All you will need is your library card and your "NIP," which you can get at your local library. All member libraries offer the library card free-of-charge for residents. Get caught up with the latest James Patterson, Michael Crichton, Stephen King and Sophie Kinsella!



The Réseau BIBLIO des Laurentides is a non-profit organization dedicated to supporting the development, operations and promotion of libraries on its territory. With its sixty member libraries, it serves over 180 000 people in the Laurentians and Lanaudière regions. To find your library, go to: www.mabibliotheque.ca

= Obituaries =

LAVIS, Margaret (nee: Hume)
1918 – 2014

Passed away peacefully on December 5, 2014 at the age of ninety-six. Beloved wife of the late Norman Lavis. She will be deeply missed by her children Teresa, John "Jack" (Bonnie MacTavish), James (Brenda Martin), Janet (Stephen Rodrigues), her sister Betty Campbell (Douglas), her four grandchildren, two great-grandchildren and several nieces and nephews. The family wishes to extend their gratitude to Dr. V. Rossbach and staff of the Chartwell Champlain Long Term Care Center, L'Orignal, Ontario for their compassionate care and support in her final days. A special thanks to Matilda Touzel for her generosity of time and support over the last several years. A private family memorial will be held in the spring. If friends so desire a donation may be made to the Societe Alzheimer des Laurentides, 37 rue Principale est, C.P. 276, Ste. Agathe-des-Monts, Qc. J8C 3A3. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

NOBLE, Ronald Lemuel

Peacefully at the CSSS d'Argenteuil, Lachute, Qc. on Tuesday, December 9, 2014 at the age of eighty. Beloved husband of the late Bertha Pollock. Dear father of Darrell (Lucie), Wayne, Bruce (Kate) and Greg (Holly). Loving grandfather of Brittany (Justin), Kimberley, Brooke, Allison, Cody, Dustin, Hallie, Chloe and Thomas. Also survived by his brothers Sterling and Gerald (Florence), his sisters-in-law Marjorie and Shirley, and his brother-in-law, Leslie. A funeral service was held December 13 at the Lachute Baptist Church. If so desired, in memoriam donations may be made to the Canadian Cancer Society. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

How seniors can protect themselves against fraud

NC -By adopting basic, but effective habits, seniors can keep the fraudsters at bay.



Why are they such a target? Many have generous natures, are at home more often, some may be isolated, and there are those that may be less technology-savvy than they'd like to be.

For protection, here's a little guidance:

- Follow the news to become more aware of schemes and scams. Never give money at the door, and post a "no solicitation" sign near your entrance.
- Get call display and don't answer unfamiliar numbers. Friends and family will leave a message. If you do speak with someone on the phone, don't be afraid to ask numerous questions or, if suspicious, just hang up.

"Better to be safe than sorry," explains Cairine Wilson, a vice-president with the Chartered Professional Accountants of Canada, who oversees the organization's financial literacy efforts. "Seniors must keep their guard up."

Whether on a phone or computer, seniors should never share personal details, like SINs, credit card or bank details, passwords, PINs and so on. And don't be afraid to ask for help, adds Wilson.

The Canadian Anti-Fraud Centre has a special support program for seniors. Call 1-888-495-8501 or visit www.antifraud-centre.ca for details.

Community Health Education Program (CHEP) Videoconference:

Wednesday, January 21: 10 am - noon

Forgetful, Not Forgotten: Alzheimer's & Caregiving
Moderated by Jo Ann Jones, The Montreal Children's Hospital.

January is Alzheimer's Awareness Month in Canada, and CHEP is pleased to have filmmaker Chris Wynn share his experience as male caregiver for his father with Alzheimer's Disease, chronicled in his film *Forgetful, Not Forgotten*. This interactive health education session is designed to equip you with tools for understanding Alzheimer's disease.

Resources * Information pamphlets are available online under the Publications tab at: www.alzheimer.ca (22 regional offices across Quebec; invite yours) * See Chris Wynn's web site: www.forgetfulnotforgotten.com/ and information about the film: www.forgetfulnotforgotten.com/the-film and his YouTube video trailer for *Forgetful, Not Forgotten*: www.youtube.com/watch?v=K52tHgJCQkc (Video available from the Alzheimer Society for \$20)

Visit CHEP online @ www.chssn.org/En/Health_Education_Program/index.html

Upcoming CHEP Videoconferences...

Feb 18: High Blood Pressure: Take the Pressure off with The Heart and Stroke Foundation

March 18: The Sugar Factor (Diabetes and Obesity), Speaker T.B.A.

Visit CHEP online @ www.chssn.org/En/Health_Education_Program/index.html#. VAcexk10wdV

A CHSSN initiative funded by Health Canada through the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities.

For more information or to sign up for the conference contact Edith Ury: 450 562-1701 / edury@bell.net



Tax Time Quick Tip

(NC) The Tax-Free Savings Account allows residents of Canada age 18 and over to save up to \$5,500 each year in an account that will grow on a tax-free basis. This means that the investment income earned on the money you put into the account will not be taxed, even when withdrawn. Better yet, you can withdraw money at any time for any purpose - from buying a new car to starting a business.

Additional financial tips and investment information are available online at www.investorsgroup.com.



Alzheimer Society

GROUP MEETING FOR INFORMATION AND SUPPORT

Group meetings, for those involved, with a counselor and without appointment in order to:

- Exchange experience with other people living the same circumstances;
- Get information on the evolution of the disease, touching on: memory, judgement, reasoning, insecurity, loss of skills...
- Find ways to understand beyond words and to be understood;
- Know more about the disease in order to develop new attitudes and new communication skills;
- Learn how to take care of oneself to prevent the inevitable exhaustion that affects our physical and mental health;
- Answer to other needs...

English group meeting with Patrick Lavigne

United Church, 232, Hamford Street, Lachute

Tues, Jan 20: 1 pm - 3:30 pm.

These meetings are totally free for caregivers.

MEETINGS CAN ALSO BE ARRANGED AT YOUR HOME BY APPOINTMENT.

Société Alzheimer des Laurentides

(819) 326-7136 or toll free 1-800-978-7881

Web site: www.alzheimerlaurentides.com E-mail: communications@salaurentides.ca

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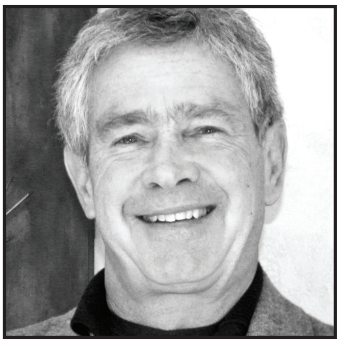
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What counts is how
you carry it."
-Merle Miller**



Main Street Money: Ladies' Investment and Financial Education

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

AVOIDING THE MONEY TALK?

Open communication with your partner can help achieve individual and mutual financial goals.

You've had a long day. Your partner has had a long day. You're finally together, with a chance to chat and relax.

Let's face it, talking about finances is probably the last thing either of you want to do.

Many of us hesitate to talk about finances. Differences in values, attitudes and financial priorities may make money conversations a source of stress and conflict. Although it sometimes seems easier to avoid the topic, it's important to ensure that you and your partner are aligned and working towards common goals.

Here are some other compelling reasons to have that money talk:

-To share an understanding of where you are financially, where you want to be and the steps you need to take to get there.

-To develop a realistic budget that may include short-term sacrifices on both sides in order to achieve long-term dreams.

-To make joint decisions on how to spend, or save, based on your financial goals.

-To build a financial plan that encompasses short-term and long-term objectives, both as a couple, and as individuals.

In addition, being on the same "money page" as your partner is advantageous when working with your advisor, who can then recommend more finely-tuned investment and protection strategies.

STARTING THE CONVERSATION: HERE ARE SOME TIPS TO GET STARTED.

First, try blocking off a pre-agreed time, perhaps half an hour per week over the next month. Treat these meetings as legitimate appointments, not to be pre-empted by household chores, or interrupted by phone calls and other distractions.

Second, it's a good idea to set a topic for each meeting. Attempting to address your entire financial life in one session could be overwhelming. You may want to focus on your budget one week, then your short-term and long-term goals, then your debt, wills and powers of attorney.

Third, it's best to come prepared. For example, if you're talking about your budget, bring your monthly bills, bank account statements and a calculator.

Fourth, make a commitment to see these meetings as an opportunity to work through the challenges together, not to attribute blame or become defensive. Accepting each other's individual goals, and establishing joint goals as well, can bring you closer as a couple and increase your ability to reach your financial objectives.

REGISTERED RETIREMENT PENSION PLAN - RRSP

It's January and the time to make a contribution to your RRSP. There is a 60-day window to make that contribution for the year 2014. Retirement planning is different today. You can't rely on the safety nets of the past. Previous generations relied on Canada/Quebec Pension Plans (CPP/QPP), Old Age Security (OAS) and defined pension plans to support them for life. According to an article in June 2010 on the website Advisor.ca: in 1970, 50% of working Canadians had a defined pension plan to use during retirement. In 2010, only about 25% of working Canadians had a defined pension plan available for their retirement. The defined pension plans are being used less and less by companies. Therefore, it is up to you to put aside money for your retirement.

Now, especially with longer life expectancies, it's key to create your own safety net with the development of other sources of income. If you go to the website of the Regie des rentes du Quebec, you will see that the maximum amount you can collect is about \$12,500 a year for the QPP. Likewise at the Service Canada website you will see that the OAS benefits amount to roughly \$7,000 per year. These government plans likely aren't enough to support the lifestyles retirees expect.

Running out of money during retirement is simply not an option. Planning and saving now can make your retirement lifetime worthwhile and at least financially, stress free.

If you would like to discuss the topic of this article, you can reach me at 514 788-4883 or my cell at 514 949-9058.

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

End Of An Era

by Susan MacDonald

Auberge Val Carroll - Harrington Valley.

In November 2014, Wayne Carroll and Josef Oeler of Auberge Val Carroll, quietly turned the key in the lock of the front door of the iconic Auberge for the last time. Famous for their exquisite six-course gourmet dinners and impeccable hospitality, after twenty-five years of serving the local community and patrons from abroad, it was time for them to relax and explore what else life had to offer. For the moment, the Auberge remains closed, but it is hoped that a successor will soon be found and that the doors will re-open once again.

Until then, the legacy of the Auberge will live on in the hearts and memories of all those who have passed through its doors. Photos from past special occasions, private parties and intimate dinners will continue to spark interest and ignite conversations when shown, and tales from "those wonderful days" will be happily shared.

Thank you, Wayne and Josef, for all your years of providing such a unique and pleasurable

experience to your patrons. From the breath-taking view overlooking your intimate valley, to the memorable meals and delightful hospitality, each visit will always be remembered.

We would like to extend our most sincere best wishes to you both for happiness and continued success in all your future projects and endeavors.

God bless,

Susan and the Main Street team.



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I'm Just Saying Predictions & Resolutions for 2015

Ron Golfman - Main Street

For most people, the New Year brings the annual rite of making grandiose resolutions, most of which are ambitious beyond the scope of what they are prepared to accomplish. Scores of people join a gym, in the girth-enhanced aftermath of the holidays. Statistics show that attendance drops by 75% by February, and that the enrollment documents are often found in the garbage, stained with poutine sauce, chocolate syrup, and the odd teardrop. Another favourite resolution is, "I am going to be nicer to everyone," an admirable notion, until either the first frustrating phone call to your Bell rep in New Delhi, when the satellite goes down, or, the next time your municipality cleans your road, leaving a 5-foot ice wall blocking the exit to your driveway.

I have resolved not to make resolutions to start the year as the pressure is too great, and personal improvement plans get transformed into a quasi-competition to lie about keeping one's self-proclaimed commitments. I don't want to begin the year resenting others' abilities to do what I could not, preferring to say, snidely, "good for you." My motivation is honesty, and I do not know a better truth-telling vehicle for myself than my mirror. While cruel and tactless, it never lies, and I cannot lash out at it for fear of 7 years of bad luck. I simply punish it by hiding the Windex.

2015 promises to be an interesting and optimistic year, in spite of some troubling activity around the globe. Here, at home, the continuing discord between the police and the city, stemming from the (to me) unreasonable expectation that they can continue to pay minimally into their pensions, when most people have little or no benefits, is fantasy. I respect signed agreements from the past, but c'mon now! The costumes the police have donned, removing their credibility and public confidence, portray them as being more suitable for work with the Cirque du Soleil, than as public servants.

While it's exciting and wallet-warming to have lower gasoline prices, it seems that the effects of this good fortune are not. The way I hear it, given that we're an oil-driven economy, jobs will be lost in this sector, and in its downstream businesses, to a point that, while we'll have lots of gas in our tanks, there will be far fewer jobs to drive to. Lord, I already pay \$2.50 for a nice, big tomato. I'll think twice, and resist the temptation to throw it at my TV screen next time Stephen Harper appears on it, trying to convince me that a bag of beans is worth the whole cow.

Around the world, while Kim Jong Un is making noises like a child who has just found a pack of matches, (dangerous, but inviting only self-harm,) I can see Sony, and not the U.S. government, solving this dilemma by offering him the role of Mini-Me in the next Austin Powers film. The United States, moving towards the 2016 elections, will experience an epiphany of sorts when it realizes that in branding Jeb Bush, the "smartest of the sons", in his rise to the top of the heap of Republican hopefuls for President, it has accepted the notion of Dumb & Dumber as a cinematic masterpiece and a political template.

In the end, and "I'm just saying," whatever impact we have over the world around us is, in fact, up to us to whatever degree we participate in it.

To all, a great year ahead!



Back To Home Cooking Stir-Fry Chicken with Vegetables and Rice

Marie France Beauchamp - Special to Main Street

Happy New Year to all. I've just returned from Malaysia, a region where the cuisines of India and the Orient meet and mingle, producing many exotic foods and flavours. This recipe is quick, easy, tasty, nutritious and will take about 45 minutes, start to finish. It is a family favourite at my home. The cilantro is exotic, and either loved or hated. If the latter, parsley is a blander substitute.

Ingredients: Serves 4.

- | | |
|---|--|
| 3 skinless, boneless chicken breasts | 4 cloves garlic, chopped fine |
| 1 red bell pepper, cut into strips | 1 teaspoon fresh ginger, chopped fine |
| 1 red onion, cut into small chunks | 1/4 cup fresh green onions, chopped |
| 2 carrots, cut in half and then into strips | 4 tablespoons soy sauce |
| 1 small head broccoli, cut into florets | 1 tablespoon corn starch |
| 1 cup snow peas, whole or halved | 1 cup fresh bean sprouts (optional) |
| 1/2 cup chicken broth | 1/2 cup fresh cilantro (coriander) chopped |
| Sunflower or sesame oil for cooking | 1 cup of jasmine or basmati rice |
| Salt and black pepper to taste | 1/2 cups cold water |

Method:

Use a wok or large, deep skillet. First, wash and cut the chicken into bite-sized pieces. In a small bowl, mix soy sauce, some garlic and a little broth together. Add the chicken, cover and allow to marinate for 10 minutes. During this time, prepare the veggies. Heat the oil in the skillet, add the chicken with the marinade and brown for about 10 minutes. Remove from skillet, set aside and cover. Mix the rest of the broth with corn starch and heat in the same skillet. When steaming, add vegetables, ginger and garlic and cook about 5 minutes on medium heat, till the veggies are hot but still crispy. Then add back the chicken, stir well and bring to a quick boil. Lower heat and add the chopped green onions, bean sprouts and cilantro and mix well again. After 1 minute, cover skillet and remove from the heat. Wash and rinse the rice thoroughly and drain. In a small saucepan, add 1 1/2 cups cold water, some salt and rice, cover and bring to boil. Lower heat and simmer until the water is absorbed - about 5 minutes. Remove from heat immediately, uncover and stir well to disperse steam, or the rice will get sticky. Serve the stir-fry chicken and vegetables on a bed of rice.



Healthy Channels Constipation and Acupuncture

Christopher Garbrecht, Ac. - Main Street

The holiday season is behind us and hopefully you didn't eat too much. But, if you are feeling the effects of over-eating in your digestive system, this article can help shed some light on constipation. Constipation is regarded as a difficulty, or an inability to evacuate fecal matter.

Normally, one should eliminate feces once or twice a day. The large intestine is responsible for this final transformative phase of the digestive process. Its principal function consists of absorbing water and food residues and transforming them into waste. The lining of the large intestine secretes mucus, which lubricates the intestinal wall and facilitates the elimination process.

In Chinese medicine, there are two imbalances to explain constipation: full constipation and empty constipation. In a full constipation, the frequency of defecation is once every three to five days. This imbalance is explained by an improper transformation of fecal matter, which creates a plug, due to a reduction of liquid in the fecal matter. The reduction of liquid is caused because the body temperature is too high and creates a state of dehydration. Often, the cause is food that is too spicy, or too hot (as in foods that heat up the body, such as certain red meats, chocolate...) or it can be caused by external high temperatures that reduce body fluids. Emotional problems can also be a cause, resulting in abdominal pain, frequent burps, loss of appetite and internal tension. Symptoms can be a high body temperature, a red face, thirst, attraction to cold liquids and bad breath.

With empty constipation, the frequency of bowel movements is once every two days or more. The defecation is easier and the stools are smaller. The origin of this imbalance is a difficulty of the body to transport the waste, which is often explained by a general weakness of the person. The stools are normal, but when the intestine must push the waste, the movement of peristalsis slows and the waste stays longer in the large intestine. This form of constipation is often seen after a long illness, a major fatigue, a birth, and in older people. Other signs for this form are a dull complexion, pale nails, emotional fatigue, feelings of being cold and abdominal malaise.

Acupuncture can help to re-establish the correct hydration of the stools in full constipation and facilitate the intestinal process in empty constipation.

Dietary guidelines can help prevent the reappearance of this imbalance. It is important to add healthy, saturated fats to your diet such as olive or coconut oil. Increasing omega-3 essential fatty acids, such as ground flax meal or avocado can help. Eat small meals throughout the day, instead of three large meals. Increase your daily intake of water, especially between meals. Avoid drinking cold water with meals, as this slows down the digestion of foods. Slippery elm and psyllium can also be helpful. Daily exercise is important, as it relaxes the bowel and helps it to function more efficiently.

If you have any questions about acupuncture or would like to schedule an appointment in Val-David or St. Jovite, you can call me at: 819-322-3081.



Fit Tip - # 94 Changing Direction

Lisa McLellan - Main Street

Are you "hungry" for life, or are you just letting life just pass you by? Are you "hungry" to experience life in all its dimensions, or are you cutting yourself off from discovering that which you do not know, and settling for what you have? Are you content to turn a blind eye to the possibilities in this mystery we call life?

Take a step back, relax, and think about what you want from life.

Tips to ignite and cultivate your passion:

1. Under-schedule: leave yourself large swatches of free time.
2. Un-structured exploration: examine many possible situations: step outside your comfort zone.
3. Take action: if something interests you, follow it up. Read, take classes, spend time with others who have the same interests as you do.
4. Practice patiently: actively engage in the step-by-step process of acquiring new skills. Take charge of your thoughts and be devoted to what you need to know to sustain your passion.
6. Genuine interest leads to meaningful experience: identify the activity that makes you feel your life is worth living.

Passion is not so much something that you follow but, rather, something that you cultivate. Passion is a way of life that embraces curiosity and engagement. It is a gift of thought, care and energy to something that you love, that you believe in, that you want to share. Your passion will inspire passion in others. It is enriching. Don't give up on being alive.

That is this month's challenge: Cultivate your passion.





Garden Talk United Nations Puts Soil in the Spotlight

June Angus - Main Street



2015
International
Year of Soils

Healthy soils are the foundation for food, fuel, fibre, and even medicine, according to the United Nations Food and Agriculture Organization (FAO). It launched the year 2015 as the International Year of Soils, on the first-ever World Soil Day held December 5, 2014. This year-long spotlight on soil is designed to raise awareness and promote more sustainable use of this critical resource around the world.

To mark the International Year of Soils, the FAO has implemented more than 120 soil-related projects around the world and produced a World Soil Map, in collaboration with UNESCO. Most of the projects and programs sanctioned by the FAO in 2015 are directed at agriculture and food production. However, we can all use this event as an opportunity to consider our own gardening practices and contributions to sustainability.

According to the FAO, "At least a quarter of the world's biodiversity lives underground, where, for example, the earthworm is a giant, alongside tiny organisms such as bacteria and fungi. Such organisms, including plant roots, act as the primary agents driving nutrient cycling and help plants by improving nutrient intake, in turn supporting above-ground biodiversity as well."

In other words, there is an awful lot of action taking place below ground that is invisible to the naked eye. Thanks to the magnification capabilities of the electron microscope, and many years of research by soil biologists, we now know that there are complicated symbiotic relationships taking place among all the invisible organisms and plants. Unfortunately, many of our agricultural and gardening practices, including the overuse of fertilizers and pesticides, have disturbed, or destroyed, these relationships. The result is that the soil can't sustain itself, so we end up adding more chemicals. And the vicious circle continues.

Many of us embrace organic gardening practices that include using composts, mulches and organic compost teas to vitalize the soil so that nature can carry on with its work. This is a good start.

With a few months to go until we can get outside and start working with our soil, now is a good time to read up on the subject. I highly recommend "Teaming with Microbes: A Gardener's Guide to the Soil Food Web" by Jeff Lowenfels and Wayne Lewis, with a foreword by well-known soil biologist Elaine Ingham. This book takes a rather complicated subject and puts it into accessible laymen's terms, laced with periodic doses of humor. The first half reveals the science. Part two gives plenty of practical hands-on information to apply in your garden.

For a more contemplative approach, check out "Heart & Soil: The Revolutionary Good of Gardens" by Des Kennedy, Canadian writer, environmentalist and gardener. His collection of articles offers practical tips, delivered with humorous musings on gardening and living in harmony with nature.

As stewards of the soil environment in our own gardens, let's make 2015 the year that each of us implements sustainable gardening practices right in our own back yards.

A Wave Of Mobilization: A Look Back At 2014



What a busy year 2014 was for Equiterre! So many major environmental issues came to the fore including TransCanada's proposed Energy East pipeline project, pesticides, and the electrification of transportation. Thank you to our members and supporters for giving us the means to speak up again and again.

The family farmers in our network continued their efforts, feeding more than 39,000 people with their organic baskets. We also encouraged people and institutions to buy local and fair trade products. Great challenges await in 2015. More than ever, concerned citizens like you will need to work together to change the world, one step at a time. We are counting on you. Steven, Isabelle, Sidney and the entire team here at Equiterre wish you all the best in the New Year.

Please watch the video, available on our website at www.equiterre.org to see how much was achieved in 2014.



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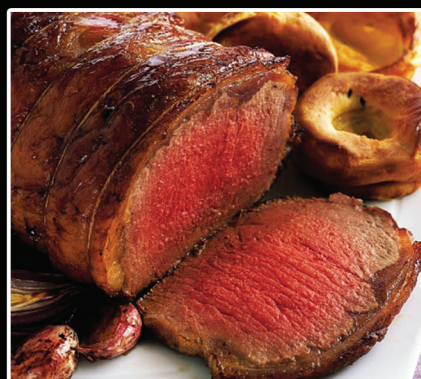
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Forte SX AT shown†
HWY / CITY 100KM* : 5.3L/8.0L

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HWY / CITY 100KM* : 6.3L/9.2L

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