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See Ad on page 3

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See Ad on p.3

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for its Logistics Warehouse in Lachute  
See Page 4

See page 2 and 15 for Ads

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See page 3 for Ad and Page 5 for article



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## TRANSFORMING MY DREAMS INTO MY NEW REALITY

This interactive 3-hour course (on-site) will help you to increase the success, speed, and efficiency of your integration process. After this session you will be able to:

1. Explain the importance of your integration into our society.
2. Discover your own barriers and learn how to overcome each phase of the change journey.
3. Apply tools to better support your family through this transition; And
4. Design your personal action plan for optimal integration.

This workshop is addressed to: Immigrants (18 & older)

### #1. Friday, February 23

Address: 1650 Chemin d'Oka  
Deux-Montagnes, QC J7R 7C5  
Time: 5:30 to 8:30 p.m.  
(doors open at 5:00 p.m.)

### #2. Saturday, February 24

Address: 955 Bd de la Grande-Allée  
Boisbriand, QC J7G 1W6  
Time: 09:30 am. to 12:30 p.m.  
(doors open at 09:00 a.m.)

Registration: [info@4korners.org](mailto:info@4korners.org) | (450) 974-3940

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THIS WORKSHOP IS DESIGNED WITH **YOU** IN MIND:

“ **The braves** that are willing to take the risk and change your life, and the lives of those around you by coming to this amazing and beloved country, Canada. My wish is for all of us to reach our full potential. We have a key role to play while bringing our unique cultural diversity and integrating into our new society. ”

**“We are an engine of invention and value”.**

*Melanie Sagone*



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## What's On My Mind...

# Building stronger communities

Susan MacDonald, Editor

Many of you may have wondered why Main Street was nowhere to be found in January on our usual publication date, the 2nd Friday of the month. Well, traditionally after the busy holiday season, January has always been a slow month for us and many other businesses as well and, this year was no exception. Many people also chose to take advantage of this quiet time to take their holidays, go skiing or just take a break to enjoy the great outdoors, particularly now that we finally have a decent amount of snow to play in. So, in light of it all, I decided to combine our January and February editions, but look forward to being back on our usual schedule in March.



The start to the New Year finds me thinking ahead and contemplating new ideas on how we can improve Main Street to better serve you - our readership, our local businesses and our communities. How can we broaden our scope to include more news from our fellow municipalities, encourage more participation in events and activities beyond our own municipal borders and, support our local organizations and family businesses during these challenging times? What can we do to help grow our communities and make them stronger? While these questions are complex, the answer is quite simple... we can do so by working together through participation, harmony and mutual support.

My goal for Main Street this year is to see an increase in our page count so that we are able to include more community news and municipal updates for our English readers, particularly those living in municipalities without bilingual status, whose websites and bulletins are only available in French. While many publications are, or are in the process, of transferring to online publications only, my objective, is to continue publishing in print so those unfamiliar with computers or living in areas without high speed Internet will still be able to enjoy their monthly read. That includes our 'baby boomers' also, who still enjoy flipping the pages over their morning coffee.

I believe strongly in the strength of community and, the importance of maintaining our English link throughout the Laurentians. Main Street is the last and only available source of local, community English news here and with your ongoing help and support it will continue to grow and flourish.

Next month, we will be celebrating our 23rd anniversary and I invite you to help us celebrate by sharing what Main Street has meant to you over the years along with any suggestions you feel could help improve or support your local community newspaper.

Until then, embrace the winter, play safe and enjoy this month's read...

**Lucyne FARAND**  
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**29 RUE DU BOIS-DU-RUISSEAU, MORIN-HEIGHTS**  
**ASKING PRICE: \$1 099 000.**  
One of a kind: Domaine Boisé du Ruisseau in Morin-Heights adjacent to St-Sauveur. Splendid home 2+2 bdrms, 3 baths, fireplaces, large kitchen. Possible bachelor for interesting income or for children or parents. Intimate landscaped lot, double garage, 2 parking areas, in-ground pool, Jacuzzi. Also easy for home office/teleworking. Water access. Must see! [22419609]

**700 MTÉE DE L'ADRET, SAINTE-ADELE**  
**ASKING PRICE: \$1 395 000 .**  
Fabulous, sunny property with a magnificent view of four ski mountains. Impeccable cottage built with high quality materials. 3 bedroom, 2 1/2 baths, garden level with large windows, double garage. Perfect fit to live in harmony with nature (trails & mountain for training). Tranquility & secure, really a place to discover! [19219817]

**110 RUE ALLEN, MORIN-HEIGHTS**  
**ASKING PRICE: \$1 095 0000.**  
Splendid, sunny bungalow with double garage, on a 60,000 sq. ft. private lot, flat and easy landscaping. Everything on the same floor with sliding doors almost everywhere. 2+2 bedrooms, 2 1/2 bathrooms, gas fireplace, spacious veranda screened porch. Finished basement. Domaine Allen Falls. Easy access to trails (Corridor & Basler) and lake Lefebvre. Occupancy 30 days. [15868814]

**SOLD!**  
Congratulations to sellers Harvey and Susan!! I wish you success and serenity in your future projects. Congratulations also to the buyers Emma and Nicolas... Happy New Year 2024 in your new home! Looking forward to meeting each other in the Laurentians! Thank you to everyone including Samantha, the collaborating broker.

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





Making it Work in the Laurentians

# How to get your first 100 clients with a go-to-market strategy

Maya Khamala

A go-to-market strategy (GTM) is a plan that details how you'll engage with customers when launching a new product or service.

A GTM is different from a longer-term marketing plan, as it involves harnessing specific and highly effective marketing tactics within a short timeframe to gain a precise number of clients, followers, or subscribers. The end-goal of every GTM is clear: achieve a competitive advantage.

Successful GTM strategies can be boiled down to several basic steps:

1. Define your target market

To facilitate the identification of this target group, you might:

- Write a description of your target market and create buyer personas.
- Start out asking broader questions about the group, gradually narrowing your focus. You might ask:
  - Who faces the challenge(s) my product will solve?
  - What demographic variables define this group?
  - What other variables might help define my market (e.g., psychographic, or geographical)?



2. Nail down your value proposition and product messaging

Your value proposition clearly communicates the top reason a product/service is best suited to your customer. It should be accompanied by a clear product description designed to entice early adopters. Consider the following:

- Marketing tactics. Use outbound or inbound marketing tactics, always focusing on the best channels for hooking your target market. Oftentimes, a combination of both is the best route.
- Positioning. Your GTM should identify your product in a way that boldly sets it apart from the competition.
- Branding. Determine your product's "personality." With your target market as a reference, define the type of language, colour palette, and the values and commitments you want to communicate. Reviewing competitor messaging can be very helpful.

3. Dream up a pricing strategy they can't refuse

When setting prices, always consider the market you're targeting as well as your value proposition.

- Check out your competitors' pricing and see if you're capable of matching or outdoing it.
- Determine whether value-based pricing is feasible.

4. Clarify your distribution plan

Coming up with a distribution plan that's both fast and affordable is key. While online and on-site sales strategies both offer pros and cons, on-site delivery of products/services tends to be more hands-on, time-consuming and costly.

Top online marketplaces include Amazon, Etsy, Ebay, Handshake, and Bonanza, among others.

5. Prioritize customer support

Quality customer support is a necessity for companies of all sizes, and its importance should never be underestimated.

As you grow, consider investing in customer service software to help you do it right!

6. Identify the right metrics

To monitor the success of your GTM, you'll need to utilize the right customer satisfaction metrics. Two of the most popular ones are:

- Revenue per dollar of sales expense
- Customer acquisition cost

A strong GTM strategy can act as an invaluable guide as you enter the market, fresh-faced, in search of your first 100 clients! Need help developing an ironclad GTM? Contact YES Employment + Entrepreneurship to connect with a business coach today.

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RJHPPM est actuellement à la recherche de nouveaux membres d'équipe pour son entrepôt logistique situé à Lachute.

RJHPPM is currently searching for new team members for its logistics warehouse located in Lachute

- Responsable de la mise en caisse et de l'emballage / Crating and Packaging Manager
- Employés chargés de la mise en caisse et de l'emballage / Crating and packaging employees
- Employés d'entrepôt / Warehouse Employees
- Opérateurs de chariot élévateur à fourche et de pont roulant / Forklift/Overhead Crane Operators
- Tri et distribution / Sorting and Distribution
- Administration

SVP FAIRE PARVENIR VOTRE CV À / PLEASE E-MAIL YOUR CV'S TO [JOBS@RJHPPM.COM](mailto:JOBS@RJHPPM.COM)







# Arundel News

Janet Thomas

## INTRODUCING THE CENTRE CULTUREL ARUNDEL

As of January 1, 2024, the Arundel United Church has formed a partnership with the newly-minted, registered non-profit organization called Arundel Centre Cultural. While worship service will continue on Sundays, the congregation wishes to ensure that its church building and property will benefit everyone in Arundel, even if it ceases to be an active church. They welcome everyone to adopt the property as their own and to use it for everyone’s benefit every day throughout the week. This new partnership is made with the express purpose of extending and expanding use of the premises to the residents of Arundel and the surrounding region.

Because of its central location in the heart of Arundel, the property makes an excellent meeting place for the community. Together, we will offer a series of cultural and community events. We will continue to host the popular Strawberry Lunch, the Garden Sale, the Saturday Farmers’ Markets, the Craft Fair, the Arundel Art Show, the monthly Concert Series, the Speakers Series and Movie Night. We look forward to offering after-school programming for children, and inter-generational activities for the young, the old and the in-between.

If you have a project in mind and/or would like to become involved with this excellent initiative, please contact [arundelcentreculturel@gmail.com](mailto:arundelcentreculturel@gmail.com)

## ARUNDEL SPEAKERS SERIES

**Cordon Bleu Chef, Jenny Pearson Millar presents  
“A Culinary Trip From Ireland To Québec”**

Centre Culturel Arundel, (Arundel United Church),  
17 rue du Village

**Fri, Jan 12: 7 pm – 9 pm**

Free Admission: Donations appreciated.

JOIN US for an inspiring talk with Jenny Pearson-Millar as she takes us on a remarkable culinary journey that spans continents, cultures and cuisines. With over four decades of experience in the food industry, Jenny will share her recipes, stories and insights. Born in Ireland, Jenny learned the joys of fresh and seasonal ingredients at a young age. She followed her passion for cuisine by attending cookery school in London and having a long career as a restaurateur in Belfast during the Troubles. She has lived in Lac-Supérieur since 2010. Whether you’re a serious foodie or simply curious, you won’t want to miss this delicious journey.

## MONTCALM COMMUNITY LUNCH

Montcalm Community Centre

**Fri, Jan 26: 11:30**

Come one, come all! A delicious 3-course luncheon with friends for only \$10.

Reservations are a must: 819-681-3383

N.B. There will be no luncheon in February, but this monthly treat will recommence on March 22 and continue on the last Friday of each month.

## ARUNDEL CONCERT SERIES

**Richard Trépanier and Bernard Lapointe present  
“Le Québec En Chansons” a tribute to iconic Québec songwriters**

Centre Culturel Arundel (Arundel United Church),  
17 rue du Village

**Sat, Feb. 3: 3 pm – 5 pm**

Featuring the music of such famous Québec artists as Beau Dommage, Les Cowboys Fringants, Gilles Vigneault, Robert Charlebois, Jean-Pierre Ferland, Félix Leclerc, Leonard Cohen, and more. This popular concert was held over from November.

Tickets: \$20 at the door. Doors open at 2:30 pm. For reservations please contact [janet.thomas700@gmail.com](mailto:janet.thomas700@gmail.com)

## MOVIE NIGHT: THE GRAND SEDUCTION

Centre Culturel Arundel (Arundel United Church), 17 rue du Village.

**Tues, Feb 6: 6:30 pm**

Set in rural Newfoundland, this madcap comedy is a hilarious farce about a small community that must persuade a young doctor to stay in order to secure a vital factory contract. The cast features Canadian stars Taylor Kitsch, Brendan Gleeson, Gordon Pinsent, Mary Walsh and more. Winner of two awards, this is a feel-good, laugh-out-loud movie for everyone.



# News from Saint-André To librarians et alia

Karen Feiertag

It’s not possible to express the extent of my fetish for public libraries in 3 short paragraphs. Every new city I visit, the first thing I do is locate its central library. It grounds my experience of the place, makes me feel like a citizen of the world with keys and has me bowing in thanks that the concept itself has travelled so far, so wide, so well and for so long. The concept, that is, of a project meant to profit all, a relatively quiet place where material resources, media and books are housed, savoured and can be absconded with for a time.

The bigger and more historic the city, the greater the chances are that it’s an architectural experience of sublime proportion. Marble lions can stand guard, vaulted columns can arch like cherubs ready to shoot someone into amorous submission, actual frescoes of their subjects can, in flagrante delicto and like books themselves, take the eyes and the spirit to other realms.

I say a “relatively” quiet place because it’s not the shushing, austere lieu of the past. Today, as Joanne Proulx, Manager of **Saint-André-d’Argenteuil Library, Au fil des mots** reminds me as we sit together in the English-language section of the library, it is ‘The Third Lieu’, the place after home and work or school where you can go to find not just space and resources but your scrabble partners.

I have a long-held adoration of librarians who, despite their smarts, never make you feel silly, who carefully select new books every month, who send for your desired pick from the Réseau biblio or other collections, and who, have you ever noticed, are more driven to find what you need than you might deserve. Indeed, it was hard to keep Joanne in a chair as questions drove her to bookshelves, the public computer, or the backroom.

She made me realize that I must extend my admiration to others who help create the library experience: in this case, to the group of women who founded Au fil des mots, the volunteers who guard or give books and collect all my late fees, the Boards of Directors’, themselves volunteers, the workshop animators, the seniors who built the swings in the backyard, the husband who came to fix an overflowing toilet during a Superbowl game and the handyman that is now employed so that this never happens again. I thank the parents who instill the library habit in their kids and all municipal leaders and residents who understand the concept that even if you don’t jump through the window into this unbelievably vast universe of knowledge, pleasure, community belonging and potential yourself, that universe continues to exist for those who do. Even the humblest of libraries is a glorious thing.



Photo: Joanne Proulx, Manager of Saint-André-d’Argenteuil Library, Au fil des mots  
Photo credit: Karen Feiertag



## Cancer Support Group Cancer Support Group Meets Feb 17

The next Laurentian Region Cancer Support Group meeting is February 17 at 1 pm at Chalet Bellevue in Morin Heights. Participants are welcome to attend in person or via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the January meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca).



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**Susan MacDonald  
450-533-0222**

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MAIN STREET **f**



# Morin-Heights Historical Association

On Saturday, January 13, the Morin-Heights Historical Association held the inaugural “Mayor’s Heritage Awards Dinner” at the Chalet Bellevue. The reason for the event was to honour a person in the community who has made a significant contribution to the preservation of our history, and also to recognize a building of historical importance that has been maintained in its original architectural value. Mayor Tim Watchorn spoke of the importance of our history, stating that the Municipality is lucky to have such an active historical association that is dedicated to its preservation and promotion. He then participated in the presentation of the awards to Don Stewart and to the home of Peter MacLaurin.

Don was born and raised in Lachute and lived in Shrewsbury before moving to Morin-Heights in 1977. He is a noted author of “The History of Morin-Heights”, and is also a playwright, having penned “Nature’s Victory”, an adaptation of Margaret Cook’s novel “Land Possessed”. For more than 20 years, Don has been involved with the Morin-Heights Historical Association, serving two terms as president and has been the editor of “Porcupine”, the journal of the history of Morin-Heights for many years.

Peter MacLaurin’s home on Christieville Road was built in the mid 1890s and has been in his family since 1955 when it was purchased from the Brown family who had lived there for almost forty years. The Dutch Colonial Revival look of the building is an excellent example of the preservation of the architectural value of a heritage home.

As well as being an evening full of fun, good food and good company, it was a successful fundraiser thanks to a silent auction of many items generously donated by local citizens and businesses. We also want to thank the almost seventy people who braved the ravages of a major snowstorm to attend, ensuring the success of the event.

Doug Simon, president  
Morin-Heights Historical Association



## Call for Projects

The Deputy Prime Minister and Minister of Transport and Sustainable Mobility, Ms. Geneviève Guilbault, invites organizations eligible for the Financial Assistance Program for Sustainable Mobility Awareness Activities (MobilisActions) to submit their requests for financial assistance from now until April 30, 2024.

The general objective of the program is to increase, among citizens and businesses, knowledge of existing and innovative sustainable mobility solutions in order to encourage their use. Thus, it supports eligible applicants (municipal sector, non-profit organizations, cooperatives and Indigenous communities) in carrying out activities in this direction. These may include the production of video capsules and advertising campaigns on various media or the implementation of employer programs aimed at encouraging their staff to use active or collective transportation when traveling.

With a budget of \$8.1 million, the MobilisActions program is funded as part of the Sustainable Mobility Policy – 2030 of the Ministry of Transport and Sustainable Mobility and the Government Health Prevention Policy of the Ministry of Health and Social Services.

## JOYFUL NOISE CHOIR

invites you to sing  
**Tuesday at 3 pm**

**January 23 - May 28, 2024**

Chalet Bellevue 27, rue Bellevue  
Morin-Heights, Qc J0R 1H0

Please let me know if you are interested  
Cost \$150

Penny Rose 450-226-2746 pennyrose@jenanson.com  
see our Director's (Ian Lebofsky) website:  
<http://www.thephysicalvoice.com>



## STRICTLY BUSINESS

By Lori Leonard - Main Street

### Congratulations to:

**Valerie Barrette-Mayrand, Mark Bédard and Danielle Gauthier** owners of the newly renovated **Familiprix**, 707-104 ch. du Village, Morin Heights. Valerie and Mark are the new owners, while Danielle has been an owner there for 20 years. Many exciting new renovations have taken place. They have a much larger cosmetics section and the laboratory is 3 times larger than before. They now offer products such as **Vichy, Pupa, Karine Jonca** and many others. They will continue to provide excellent customer care including blood tests and follow-up for minor conditions. The official opening was December 14. 450 226-5222 / 2784gerant@familiprix.ca / familiprix.com

Also, **Mark Bédard, Valerie Barrette-Mayrand** and **Karine Éthier** are the owners of the new **Familiprix**, 128 ch. du Lac Millette, St. Sauveur (in front of the IGA). This is a brand-new building that opened on December 7. It is a new concept of pharmacy that focuses on well-being and ecology. They also offer a variety of consultations to help people from St-Sauveur and the region for minor conditions such as streptococcal pharyngitis, urinary tract infection, assessment of ear problems, footcare and many other conditions! One of the owners will be present most of the time so feel free to visit whenever you wish. Best of luck to all of you and we wish you much success with these exciting new challenges. 450 227-2491 / familiprix.st.sauveur@gmail.com / familiprix.com.

**François Marcil** and his team who raised an outstanding amount of \$122,000 for local charities through funds raised for the **Souper-Bénéfice François Marcil**. These funds will have a positive impact on initiatives for Garde-Manger des Pays-d'en-Haut, the Maison des Jeunes St. Sauveur/Piedmont and other important charities in the region. These contributions will support vital food assistance programs, promote youth development and strengthen social activity within our community. François and his team would like to express their gratitude and appreciation to their sponsors, donors and partners for their kind generosity. If you would like to have further information regarding the fundraiser or about Jardins de François, please contact Gina Frost, Assistant to François at 450 227-4666 / gina@immomarcil.com

### Did you know that:

**Ateliers Müz** welcomes artists and artisans to showcase their artwork on “Carte de Magie du territoire de la MRC des Laurentides”? This wonderful interactive map aims to highlight and promote the artistic and cultural attractions of each territory within the MRC. With a simple click you will be able to view artist’s profiles, their collection and information about their studio and activities. Participating artists will get significant visibility free of charge. Please note that to showcase your artwork and take advantage of this great offer, you must live within the MRC des Laurentides.

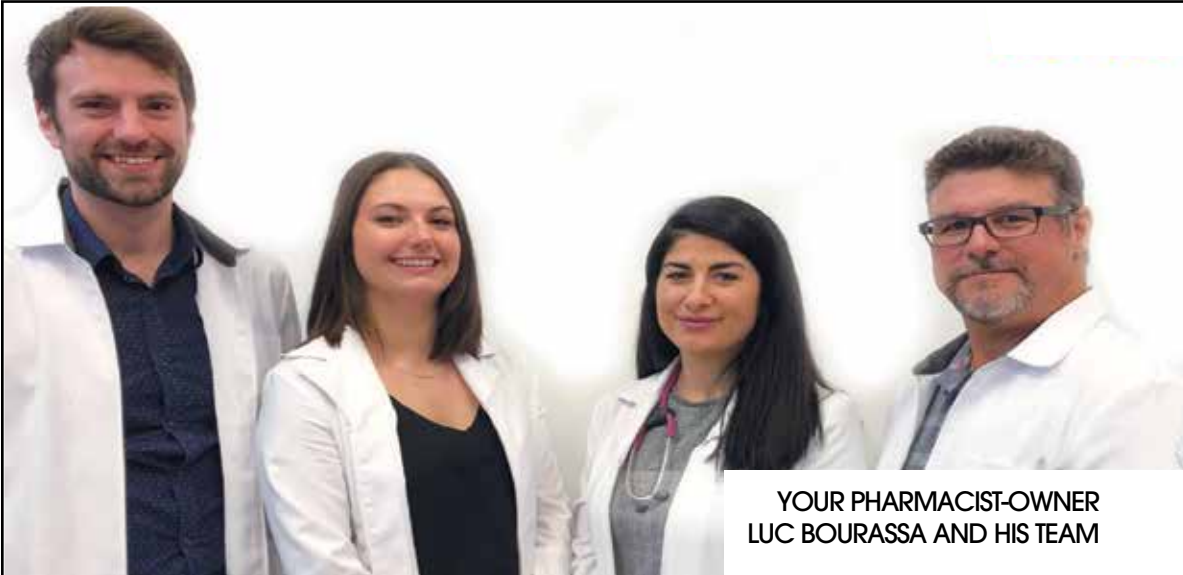
For more info, please visit [AteliersMuz.com](http://AteliersMuz.com) or contact **Simin Foster** Ateliers Müz at [info@AteliersMuz.com](mailto:info@AteliersMuz.com)

The **SADC (Société d’aide au développement collectifs des Laurentides)** located at 1332 boul. Ste-Adèle, suite 230, Ste-Adèle helps to provide financial support and other support to both English and French entrepreneurs?

Types of support offered are: Adapted business loans, business support and mentoring and financial participation in local projects. The SADC is not involved in the pre-start-up process of a company (registration, business plan) but will be present when the business is started or about to start. Contact: Jean-Sébastien Roy, Business Services Director, 450 915-2263, / [jsroy@sadclairentides.org](mailto:jsroy@sadclairentides.org) Website: [About — SADC des Laurentides \(sadclairentides.org\)](http://About—SADCdesLaurentides(sadclairentides.org))

If you are looking for a great pair of shoes, boots or a purse that **Chaussures Monik**, 515 rue Principale, Lachute has an amazing choice for you? Boots of all types: lined or unlined, sporty, casual or dressy. They offer a wonderful assortment of casual and dressy shoes as well. **Rieker** boots and shoes are featured, which are known for their warmth and comfort and, there is a wide array of high-quality purses to choose from. These ladies know their boots and shoes! **Monik** has been selling boots and shoes for 60 years. **Chantal** has worked at Chaussures Monik for 47 years and **Simone** for 37 years. There are no taxes on purchases of any boots as the store pays them for you. Drop by to say hi to these lovely ladies and keep your feet warm and happy. 450 562-2773.

**I take this opportunity to wish all our readers a wonderful, healthy and happy 2024.**



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Sunday: 10 am - 5 pm







# COMMUNITY UPCOMING events

## SUPERFOLK PRESENTS

Bluegrass Jam Sessions with David Laflèche  
Café Mickey's (832, Ch. Du Village, Morin-Heights)  
3rd Sunday of each month at 7 pm – FREE!

## JOYFUL NOISE CHOIR

Chalet Bellevue (27, rue Bellevue, Morin-Heights)

Jan 23 – May 28 (Tuesdays at 3 pm)

Info: Penny Rose: 450-226-2746 / pennyrose@jenanson.com

## WINTER FESTIVAL IN DEUX-MONTAGNES

Sat, Feb 3: 6 pm – 10 pm

On the program: Music, entertainment, torchlight skating, slide (bring your luge), site lighting, campfires, hot chocolate and more!

450-473-2796 / ville.deux-montagnes.qc.ca

## TREK UNDER THE STARS – Objective \$250,000

Feb 10 (Sainte-Agathe-des-Monts) / Feb 17 (Morin-Heights) / Mar 2 (Mont-Tremblant)

Ski, walk or snowshoe for a good cause – this is

Palliacco's annual fundraising campaign

855-717-9646 / palliacco.org

## FLUOFEST FOR TEENS

Parc Ducharme ice rink, Sainte-Thérèse

Fri, Jan 26: from 6 pm (postponed to Feb 2 in case of rain or storm)

DJ, hot chocolate, bonfire, fluorescent everywhere!

450-434-1440 / sainte-therese.ca

## LIVELY EVENING IN SAINT-EUSTACHE

Jardins du Manoir Globensky

Fri, Jan 26: 7 pm – 8 pm

Skate or slide during this musical evening with a lights and sound show (7 pm – 8 pm), beaver tails, outdoor fireplace and hot chocolate. Cash only, bring your reusable bottle.

Info: 450-974-5000 / st-eustache.ca



## CONCERT TRIBUTE TO ELTON JOHN

Salle Jean-Michel-Bergot (425, rue Blainville Est)

Sat, Feb 3: 7:30 pm – 10 pm

Admission: \$25

Info: www.productionspop.ca

## ARUNDEL CONCERT SERIES

Centre Culturel Arundel (United Church, 17, rue du Village)

Sat, Feb 3: 3 pm – 5 pm

Richard Trépanier and Bernard Lapointe present “Le Québec en Chansons” – a tribute to iconic Québec songwriters.

Tickets at the door \$20, doors open at 2:30 pm. Info / reservations: janet.thomas700@gmail.com

## WINTERFEST

Sainte-Marguerite-Du-Lac-Masson

Feb 3, 11, 17 & 25

Info: 1-855-228-2545 / lamasson.com

## WINTER FESTIVAL

Parc Olympia, Deux-Montagnes

Sat, Feb 3: 6 pm – 10 pm

Music, entertainment, torchlight, skating, slide (bring your luge), site lighting, campfires, hot chocolate + + +

Info: 450 473-2796 | ville.deux-montagnes.qc.ca

## MOVIE NIGHT: THE GRAND SEDUCTION

Centre Culturel Arundel (United Church, 17, rue du Village)

Tues, Feb 6: 6:30 pm

Info: janet.thomas700@gmail.com

## VIKING SKI CLUB – LOPPET

MORIN-HEIGHTS

Sun, Feb 25.

Info: www.skiloppet.com

## UPCOMING CHURCH SERVICES

### ST. SIMEON'S ANGLICAN CHURCH

(445, rue Principale, Lachute)

Sunday morning services at 10 am

### GRACE ANGLICAN CHURCH

(7 Chemin Church, Arundel)

Sun services at 11 am – children's programming on 2nd & 4th Sundays

### TRINITY ANGLICAN CHURCH

12 rue Préfontaine O., Ste-Agathe-des-Monts

Sun services at 10 am – children's programming on the 1st & 3rd Sundays



**ROYAL CANADIAN  
LEGION**

**LA LÉGION  
ROYALE CANADIENNE**

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

### BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)

Wed: 3 pm – 7 pm

Thurs: 3 pm - closing

Fri: 3 pm – 7 pm

### LACHUTE – BRANCH #70

634, Lafleur (450-562-2952)

Open Thurs –

Sat: 4 pm – 9 pm

### MORIN-HEIGHTS BRANCH 171

Open Wed – Sat: 3 pm – 6pm

Darts every Thursday at 3 pm

Sat, Feb 10: 6 pm – Valentine's

Day Supper

Fri, Feb 16: 5 pm – 7 pm –

TGIF Smoked Meat

Hall rental / Location de salle:

legion171@cgocable.ca

Info: 450-226-2213

Email/Courriel legion171@

cgocable.ca

Web site: https://www.

legion171.net

Facebook: legion171

Music shows Facebook:

morinheights live

### ARUNDEL – BRANCH 192

79 Rue du Village, Arundel

(819-687-9143)

Open daily from 3pm



## On With the Show

## Music is in the air

Florian Gaudreau

Live music isn't considered a sin, as it once was, “thank God,” I couldn't see myself partying to Beethoven, I'm a little too old for that.

You don't have to ask why I'm so drawn to listening to live music. I'm like a “Musical Moth” attracted to any musical venue that exists and, I try to take in at least one night of music a week. Most of the time, it's friends playing, but it's been a while since I've experienced a live band. I love to dance the night away and forget the outside world exists; it brings me to that moment where nothing else matters. These cover bands have very talented musicians who play the songs exactly as they were recorded, note for note. It's hard to be disappointed. Musicians put in hours of practice to enable them to perform. It doesn't show because it's done with such ease. Other work that goes into an evening of dancing and partying is organizing the event, this falls under the responsibility of the event planner.

There is little recognition for work the event planner does. One person in particular is Pierre Rawicz who has been doing this for 8 years at the Royal Canadian Legion in Morin Heights. The bands he brings in are incredible; a “yahoo time” if ever there was one! The venue is local and provides an evening of great entertainment at low cost, definitely great value for your money. There is no need to drive all the way into town to hear a good band – many are brought to us right here in Morin-Heights.

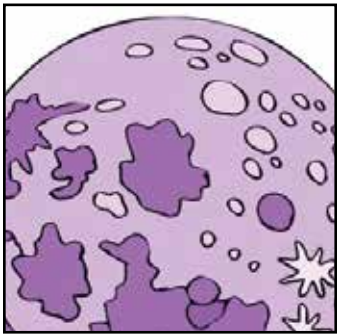
Way back when, Pierre used to play in a band and organized open mics, so managing such events comes to him naturally. Over the years he's attracted some great talent. PosaBlues was one of them, with its spectacular sax and awesome blues harp player. If this isn't music then shoot me in the head!

Pierre Rawicz is the chief cook and bottle washer of the music world. Not only does he book the bands, sell the tickets, carries in the equipment, sets up the sound and collects at the door, he's a man with many hats and only one head. Rumor has it many of the bands for 2024 are already committed. We're thinking of collaborating on an open mic come this spring. If there is any interest, it's sure to happen.

Checking out the bands coming to Morin Heights should be on your bucket list this coming year.







# Zach Factor

## Predictions 2024: Power to the People

Lys Chisholm & Marcus Nerenberg

Astrologically, these are Pluto’s final days in Capricorn; Pluto represents power, transformation and death. The further collapse of pyramidal style business models is inevitable as computer savvy and ambitious 20-somethings manipulate the online markets and make tax free fortunes. Pluto also represents that which is hidden. Central Banks and governments continue to control local and regional economies with high interest rates causing small commercial enterprises grief when their pandemic loans come due. Without small contributors our social systems start to crumble. The general strike in Quebec by teachers and public service workers demanding adequate salaries after minimal increases for over 40 years has not gone unnoticed. Across the country, the rumble of worker dissatisfaction grows louder.

On January 20, Pluto moves into Aquarius, the sign of innovation and technology. In materialistic Taurus, we have the erratic and unpredictable Uranus, conjunct Jupiter the planet of joy, expansion, spirituality and wealth. We are at the threshold of the New Industrial revolution. With similar aspects in 1850, thousands of weavers were dismissed and replaced by a few automated looms in the name of economics. Today, we are moving swiftly into job replacement by AI (artificial intelligence). Last year, surveys showed 33% of companies were planning to lay off workers and replace them with AI and this year another 44% will do so. McDonalds, like many other fast-food services will soon have a robot at the drive-through taking your order. Expect job losses in customer service, bookkeeping, assembly line work, educational training, data management, middle management and R&D. As numbers swell, the homeless will begin to organize.

**AI Battles:** Get ready for the Great Internet Split over open or closed source AI software that will run your smart phone, tablet, laptop, or desktop. Advantages lie on both models- open AI (Open Office, Gimp, Firefox etc.) will give you community access, transparency and greater security and privacy. Closed AI systems (Skype, Google Earth, Microsoft, Meta, etc.) will be more costly, yet have more tech support, more features and will have seamless integration. China, like Pac-Man will gobble up a chunk of the market scaring US legislators who are frantically trying to keep up with AI development. A hybrid model may yet be the outcome.

**Medicine:** Expect telemedicine expansion as well as diversification of medical responsibilities. Keeping track of and, managing your own health needs is becoming paramount as the communication gap between medical systems, treatment centers, GPs and specialists grow. After taking an important role in the pandemic, Pharmacists will soon be providing many more medical services as individuals cannot find a GP. Expect the doctor and nurse shortage to continue even as AI headsets train new practitioners.

**Sun and Space:** Our sun is reaching the peak of Solar Cycle 25. New predictions from NASA indicate it is coming into the most volatile period. With increased sunspot activity coupled with Earth’s weakening magnetic field, our planet becomes less able to deflect radiation from solar storms. Solar radiation impacts GPS, radio, and emergency electronics, knocking out entire electrical grids. This past year saw Auroras deep into the Southern US. High solar radiation levels are seen to affect heart health, lungs and immune systems.

The astronomical highlight is the Great American Eclipse on April 8. This time, its path will cross from Southwest US to Northeastern Canada with totality over Montreal. The Laurentians will experience about 88% coverage. Keep those eyes protected! On each side of the eclipse period expect major seismic events.

**Weather:** Strong solar storms are now linked to a disruption of Earth’s magnetosphere and jet stream. Impacts are correlated to Polar vortex swings and influence El Nino who may pick up another long duration Pineapple express. Otherwise, expect a mild winter, with little precipitation. Although good for those with limited snow shoveling capacity, this does not bode well for the wildfire season.



**The Curse of Oak Island:** After 11 seasons, this popular show about the 229-year search for treasure on a small island in Mahone Bay, Nova Scotia may come to a successful conclusion after this latest exhaustive effort.

**Orbs and Presidents:** This past December 22, near Los Angeles Airport, several UAP orbs were clearly videoed by daytime plane spotters from the ground. The orbs of light sped past Air Force One as it flew out of LA with President Biden aboard, much to the chagrin of the accompanying military jet fighters. Stay tuned for more bizarre disclosure events in this election year. Have a great 2024 dear Zachians! Much power to you all!



The robotic drive thru at McDon-  
alds. Photo credit: foodiemunster  
@ Tiktok



# The Story Behind

## Skiing at Mont Sauvage

Joseph Graham joseph@ballyhoo.ca

*Up-North*, particularly Val Morin and Lac Raymond, was our summer destination when I was a child, as it had been for my mother, Patricia Paré. When in late 1959, my mom became a young widow with six children, Val Morin evoked the security she desperately needed. The next month, January 1960, she moved us to the Laurentians.

In 1961, Mom landed a job in skiing. Andy Hamilton, a semi-retired businessman, knew her by reputation as a champion skier and asked her to manage Summit Sauvage. It was a ski hill that was very close by – about a mile’s walk from where we lived at Lac Raymond.

Judging from the condition of the lift and the hill groomer, Summit Sauvage had been operating for years, and from 1961, skiing would become the focus of our lives. For those of us who grew up in the Laurentians during the 1950s and ’60s, there was always a small local ski hill nearby. It had begun a generation earlier when Alex Foster and Moïse Paquette independently invented the rope tow, one in Shawbridge and the other in Ste. Agathe. In her younger days, my mother skied up the hills before skiing down again and Jackrabbit Johannsen deplored the opportunity lost by being pulled up the hill.

Our school bus stopped not far from the ski hill. My new school, an English Catholic afterthought in the front of a chapel in Sainte-Adèle, had four classrooms, seven grades, and four intrepid Acadienne lay missionary teachers. The ski hill was much more interesting.

Mont Sauvage is an unusually high peak. It is in the south part of Val Morin and back then it had a fire tower up top. The tower was unmanned and climbing it was not for the queasy, but the view was magnificent, way above the treetops. We were told that our hill was the second-highest peak in the Laurentians, but people have made the same claim about a few other hills. From the fire tower to the bottom of the slope represented only 60% of the height above the valley floor. Just across the old, meandering Route 11, now called Rue Morin, was Mont Belair, built by Alcide Belair when he saw that the chalet owners were coming for the winter holidays. He had a rope tow at first – boy did it go fast! To maintain his privacy in the summer, he left his bull to graze alone on the slopes.

My mother had advised her employer that Summit Sauvage needed a beginner’s trail. He authorized her to cut one. She did. It was narrow, safe-ish and a mile long. She didn’t actually run the machines, but she walked it, marked it and oversaw the work. We were often with her on that project, a wonderful life for an eleven-year-old. I learned about the narrowness and safeness that winter, because it was the only place I ever caught my pole while going as fast as I could. That hurt, but no-one ever knew because there was no-one else around. A real beginner, though, would never have had the opportunity to pick up speed on that run.

There was a T-bar and grooming equipment, probably things that a more mechanical person would have considered as important. My Mom was going to learn fast.

When the season began, we had the hill to ourselves – us and our cousins and friends. There was some marketing, but it was not a high-profile place and there were many small competing ski hills. We all had to be available if Mom needed us though, like the day a major storm dumped over a foot of new snow and the grooming equipment groaned, coughed and stopped. It promised to be an excellent ski weekend if the trails could be groomed.

Mom called on her kids, a slew of nieces and nephews, and friends. She had taught most of us how to ski. The lift was fine, so our job was to go up to the top, form lines and pack the trails all the way down. It was one of the most exciting ski days of my youth. The conditions were incredible. After packing for a bit, we each skied down, caught the lift back up, skied to where we had packed, and continued work. I suspect that all of us who were there that weekend still remember. By eleven, the hill was a skier’s dream – lightly packed powder. Mom knew skiing.

In the course of time, we met the mechanical guy, Pete Gilmore. He was huge and always greasy but that didn’t help things work. He taught us all we needed to know about guiding clients into the right position and putting the T-bar under their bums while he puzzled away to keep the machines going or took the groomer apart trying to get it started.

We all have stories of our early days of skiing, regardless of the hill. Our ski equipment was minimal. I had low-profile lace boots and wooden skis with a harness that trapped the toe-end of my boot in and relied on a cable behind my ankle to keep it there. I skied so far forward that I didn’t really need the cable. I remember once skiing at Mont Castor, a similar-sized hill in Ste. Agathe. I flew over the wooden jump and, landing flat on my skis watched as both harnesses popped open. Those same skis and harnesses could be used for cross-country by simply releasing the cable on the side.

For me, and many like me, those were the magic years of downhill skiing. To get an extra run in on a good day, we would forfeit our lifts home and ski along back roads, sliding along snowbanks, sometimes for miles, depending which ski hill we were leaving. When the taller boots came, I felt like I was in a cast instead of a ski boot. I gave it up and stuck to the woods.







## Garden Talk

# Houseplants and pets can coexist

June Angus - Main Street

Common wisdom says that having both pets and houseplants in a home environment is good for our overall health and wellbeing. But curious pets and some houseplants don't mix. Fortunately, with a little planning and care, you can keep your cats and dogs safe while protecting your indoor greenery, allowing both to happily coexist.

The key to making this arrangement work is either choosing pet-safe, non-toxic plants or placing plants out of your pet's reach. Doing both is highly recommended.

### Choosing plants

To start, avoid houseplants that emit a nasty sap if a leaf gets broken. Many have crystals in the leaves and stems that can make curious mouths itch and swell, or give unpleasant sore tummies. Some pets react worse than others, which can mean the same plant causes no reaction for one pet, yet an emergency trip to the vet for another.

As a rule of thumb absolutely avoid the following common houseplants if you have pets (especially cats) who want to nibble at your greenery: all lilies, philodendrons, pothos, English ivy, cyclamen, chrysanthemums, azaleas, amaryllis, aloe and succulent flowering plants such as Kalanchoe. There are many other plants that can be toxic to pets, so always best to check first.

Fortunately, the list of pet-safe, non-toxic plants offers plenty of variety: African violets, Boston ferns, bromeliads, Christmas cactus, orchids, parlor palms, ponytail palms, peperomia, prayer plants and spider plants to name a few. Many online resources related to both plants and pets are available to check on the safety of anything else you might want to consider growing.

### Protecting plants and pets

The next challenge is to protect your collection of non-toxic plants from curious or rambunctious pets. Any plant at floor level, or in range of a large dog's wagging tale, is in jeopardy of being knocked over or disturbed. Some dogs won't bother at all with your indoor jungle, but if you have one that does, elevate your plants.

Cats are more likely to "play" with plants as well as munch on them. Since most cats love to climb, simply elevating plants is not always a satisfactory solution. Whenever plants are placed high up on bookshelves, atop cabinets or on plant stands, try to keep the space around the plants filled. In other words, don't leave easy spaces for the cat to perch or settle in.

Hanging plants is another good option. Ceiling hooks and wall brackets work well. Try to keep the ends of particularly long trailing plants trimmed. Those dangling vines or leaves can be awfully tempting. However, if a cat persists in nibbling at your plants, consider giving your feline its own tray of safe greenery (such as catnip) to munch on.

If you have a couple of highly toxic varieties or a few special plants that your pets just won't leave alone, consider caging them – the plants that is, not the pet. Pretty ornate birdcages found at home design stores or thrift shops are ideal. You can also create your own simple cage by making a globe out of two wire hanging baskets joined together.

One pet lover I know has come up with another creative solution to keep pets off by cultivating water plants in an aquarium. If all else fails, consider sequestering your plants in a part of your home that is off limits to your pet.

Having lived with both cats and houseplants at different times in my life, it was always worth the effort to find ways for us all to happily coexist.



## Word Play

# Refuge in trying times

Louise Bloom - [louisebloom@me.com](mailto:louisebloom@me.com)

Taking refuge is part of our nature from our very beginnings. Seeking safety begins at birth. In the most ideal circumstances the crying infant, wrapped and cuddled, takes refuge in the arms of his mother or the shoulder of his father. He or she has, early on, discovered a place where safety and contentment soothes all objections to the 'outside world'.

The Miriam Webster Dictionary defines refuge as; 'shelter or protection from danger or distress', (a place that provides this shelter); something to which one has recourse (return) in difficulty.

Consequently, I was thinking that our culture of 'escapism' is generated by a very basic need for any kind of comforting habit that helps us to interrupt the stresses that affect our sense of safety on a daily basis.

Social media feeds us with the opinions, perceptions and anxieties of any number of people, and we may become significantly influenced by the strong emotions of others. In the news, the dangers of social unrest, genocide, the consequences of war or a cyberattack, to name a few, confront us daily. The need to burrow into the pleasures and distractions provided by television, food, alcohol, drugs; all those things that heighten or dull our sensorial nature, is highly activated. Since we human beings are informed by our senses, it stands to reason that our animal instincts instruct us to move towards elements that seem to provide protection. The truth, however, is that these external fixes are all temporary ways to deal with (block out) everything from the mildly unpleasant to that which is life threatening.

I was greatly inspired when I encountered the term 'taking refuge' in the Buddhist tradition. I am not suggesting that one invest in the complexities of Buddhism, but I am thinking that there are ways for us to take refuge from the negative events that surround us, by a logical approach, reducing the anxiety that understandably plagues us.

Buddha was asked, "What have you gained from meditation?" He replied, "Nothing!" he continued, "However, let me tell you what I have lost: anger, anxiety, depression, insecurity, and fear of old age and death."

In the formal practice of Taking Refuge, one recites three times: "I take refuge in the Buddha, I take refuge in the dharma (teachings), I take refuge in the sangha (fellow students)." Yet even though there is a formula, this is not an empty or mechanical ritual, but a practice meant to expand our understanding and intention.

This taking refuge is an expression of determination to follow the Buddha's path, but not a relinquishing of responsibility.

In order to activate that responsibility, I would suggest that on a secular level, we learn to take refuge in our own primordial goodness, to remember that we are all born with the capacity to be good, to live life as the child who was comforted and to commit to comforting others. We can make an effort to create a safe environment for ourselves, family and friends, and to develop an unconditional acceptance of what is. This can bring peace to that part of our selves that believes that combat is a solution to aggression, and an aspect of control.

We might work to develop what is called in the cyber world "a platform", a new "ground" on which to stand. This expanded awareness requires that we examine our habitual belief in the dangers of the world, and to come to understand that we have a choice as to how to react.

Refuge begins when we do not perceive ourselves as victims, but rather as functional generators of a fresh view.

In this fresh worldview we are loved, and we are primarily deserving of peaceful resolution of conflict and a safe place to live (with food and electricity). Our compassion for those that are doing without awakens our hearts, and thus without prejudice, we can find a refuge within our own view.

Louise Bloom is a Visual Artist interested in the power of narrative through image or written word, to transform consciousness and awaken us to the source of well-being.

# CALL FOR PROJECTS

« FONDS CULTURE ET PATRIMOINE 2024 »

### INFORMATION

[lespaysdenhaut.com/fonds-et-programmes/#fcp](http://lespaysdenhaut.com/fonds-et-programmes/#fcp)

### CONTACT

PHILIPPE LAPLANTE  
Cultural development advisor  
450 229-6637, ext. 119  
[plaplanthe@mrcpdh.org](mailto:plaplanthe@mrcpdh.org)

Application deadline :  
**February 15, 2024**



**MRC des  
Pays-d'en-Haut**





# Obituaries

## VERA JANE EVANS

Peacefully on New Year's Day, January 1st, 2024, in Tremblant, Quebec, Vera Jane Evans passed away at the age of 99. Vera was born in Arundel, Quebec on December 12th, 1924, to the late Theodore Evans and Winnifred Bennett. She lived her entire life in her hometown, where she was raised.

Vera was predeceased by her first husband, Walter McMahon, and their son, Donald. She was also predeceased by her second husband, Robert Evans. Vera was a beloved sister to the late Iris (late Franklin Keatley), the late Edgar (late Ada) and the late Allan (Joan). She was a cherished Aunt to nieces, nephews, and their families, who will miss her deeply.

We celebrate Vera's life and legacy, and we remember her with fondness and love. Family and friends are invited to a Celebration of Life that will take place in Arundel in spring 2024. The details will follow when confirmed.

In memory of Vera, a donation to The Arundel United Church, 12 Rue du Village, Arundel, QC J0T 1A0, would be greatly appreciated by her family.

A Tree of Remembrance for Vera will be planted in the McAlpine Forever Forest, Vankleek Hill.

Funeral arrangements entrusted to Hillcrest Funeral Home 151 Bond Street, Vankleek Hill, ON K0B 1R0 (613)678-2002



## MARIE ANNA PHOEBE (STEWART) KYLE

It is with the heaviest of hearts that the Kyle Family announces the passing of their beautiful and loving matriarch, Marie Anna Phoebe (Stewart) Kyle.

"Mary" was born December 7, 1926 in Blenheim, Ontario and was the eldest daughter of the late Herbert Stewart and Emélie Leclerc. She is predeceased by her husband Herbert Kyle, her brothers Ernest, Alexander and Francis, her sisters Eleanor and Doris, brothers-in-law Murray Lyster, Roger Nassif and Steven Chew, sisters-in-law Amy (Kyle) Lyster, Anne (Squires) Stewart, Frances (Taylor) Stewart and Yvette (Provost) Stewart. Also predeceased by her nephews Stewart Smith, Gary Nassif and Serge Chew, and her nieces Wendy Chew and Lynda (Howell) Lyster.

She leaves to mourn her three sons and their spouses: Jim (Linda), Peter (Heidi) and David (Kym), her cherished grandchildren Connor and Marina, her remaining siblings Herman, Jean and June (Donald), and many more nieces and nephews.

Mom died peacefully on January 9, 2024 at the Lachute Residence after a long battle with breast cancer and dementia.

"Thank You" does not even scratch the surface when it comes to acknowledging the help mom received from her doctors and caregivers over the years and her dear friends and neighbours who assisted in keeping her comfortable. Rest in Peace, Mom. You have earned and deserve it and we ALL know that the Lord has waited a long time and prepared a special place for you.

At Mom's request, there will not be a visitation period but donations to cancer and Alzheimer's/dementia research or The C.N.I.B. would be appreciated. At Mom's request kindly do not send flowers. There will be a Memorial/Celebration of Life at a date when the weather is warm and dry.

Arrangements entrusted to Salon Funéraire Roland Ménard in Lachute, Quebec [www.salonrolandmenard.com](http://www.salonrolandmenard.com)



**IN LOVING MEMORY**



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



## Replacement of the mammography machine at the Multiservice Center health and social services of Argenteuil

The Integrated Health and Social Services Center (CISSS) of the Laurentians is pleased to announce that the mammography machine at the Multiservice Health and Services Center social services (CMSSS) in Argenteuil has been replaced by a new device at the cutting edge of technology.

Nearly 1,200 mammograms are carried out each year at the CMSSS in Argenteuil. After several months of preparation and renovations, the new mammography machine came into use over the last few months. This work, judiciously planned, had no significant effect on the usual course of operations.

"The CISSS des Laurentides attaches great importance to women's health. Our goal is to guarantee that the entire population of the Laurentians benefits from the same quality standards of care. For this reason, I am always enthusiastic about the idea that our facilities have the most possible. The new technology is also attractive for the next generation of doctors. It is therefore both good news for the Argenteuil region as well as for our dedicated medical staff," mentions Julie Delaney, president and CEO of the CISSS des Laurentides.





# FUNERAL SERVICES



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# Critical year looms for Tamaracouta in 2024

Rick Moffat

How many mayors and environment ministers does it take to save a lake? Nun. Make that 2 nuns and a primatologist for Tamaracouta.

While Scouts Canada tries to self-impose a vow of silence, refusing to answer even the most basic questions about the planned sale ending a 5-year purgatory at its Laurentian reserve, an unlikely alliance of concerned residents and nature lovers is strengthening.

Sources within Scouts tell “Main Street” the coming months are crucial for protecting the dilapidated campground, home to as many as 96 “at risk” animals and plants, not to mention Tamaracouta trout believed to have evolved their own lake-specific characteristics. Nor will it take a miracle, as saving another well-kept conservation secret nearby confirms.

Former Quebec environment ministers Clifford Lincoln and Tom Mulcair warn against rampant developers. Swaths of forest destruction linger in the Lower Laurentians like long-Covid. “It always comes down to money,” cautions Lincoln, who once challenged Shell to create a bird sanctuary in the Magdalen Islands. “It would be a crying shame if developers get their hands on Tamaracouta.”

Now serving on Coalition Verte/Green Coalition’s Advisory Board, Lincoln offered \$1 for Ile Brion when the oil giant struck out in the 1980s. Shell demanded \$1-million, ransom on 27 unique bird species. Lincoln won expropriation, but advises against a legal fight over Tamaracouta.

Lincoln and Mulcair have instead met Argenteuil MNA Agnes Grondin and she urges Scouts to honour their obligations to Quebec youth and nature. “Developers jumped in near Prévost and the Shawbridge Cliffs, home to peregrine falcons,” alerts Mulcair. “There are deep pockets ready to sue at the drop of a hat if municipalities step in, but thankfully, for every sketchy developer, you’ve got well-intentioned families in the Laurentians who value preserving nature.”

Grondin says, “it’s clear Tamaracouta must be preserved as much as possible... if they sell to a promoter it’s not going to be very easy for them.” She met the previous Scouts CEO, but for now has no plans to meet with the well-intentioned new Executive Commissioner, Liam Burns.



As Assistant to Quebec’s Environment Minister, Grondin points proudly to \$144-million newly delivered so Nature Conservancy Canada can buy land for “Plan Nature”--30% protected areas by 2030.

Grondin’s partner Scott Pearce, the head of MRC-Argenteuil, has also declared Tamaracouta a conservation priority. “We have local expertise,” Grondin reassures. “I don’t want to be a gerant d’estrade. ‘Eco-corridors laurentiens’ could also be an important player.”

Neither NCC nor ECL comment on lands they do not yet own or manage, but they have proven track records. “We have to be humble so we can be a voice for species that do not have a voice,” affirms Marie-Lyne Despres, the ECL director-general with a vision to connect green spaces from Oka to Mont Tremblant.

Researching lemurs and chimps in Madagascar, Ivory Coast and Guinea, she gained her Masters, a PhD, and the desire to stop living out of a suitcase. Concepts proposed for primates in Africa resonated with her desire to protect wolves closer to home. “Only 9 % of the Laurentians is protected. Connecting Eco-corridors requires social corridors. We connect to protect what we care about.”

Those who know the new Scouts CEO say his leadership has opened a window of opportunity to connect Tamaracouta with a new eco-corridor, but some Scouts may advise him to put dollars before youth.

One veteran Scout leader tells Main Street the time for Burns to make a deal is now because he has overcome the “sh\_t-show he inherited...a peculiar mix of arrogance, incompetence and obedience”.

Other longtime Scouters warn Burns is still treading a swamp of self-serving careerists and a morass of internal misinformation spreading false hope about reopening the camp.

One well-placed Scout claims he’s been ordered not to talk. Another denies he’s a “Yes Man” but makes an absurd suggestion - he would block the sale if it involves “a house of ill repute”.

Morin-Heights Mayor Tim Watchorn has a better suggestion. With only 2 nuns remaining on a 60-acre property nestled beside Ski Morin Heights, Watchorn submitted a first right of refusal bid under powers given municipalities by the Legault government. When a developer offered to buy “Castel Marie” from The Sisters of the Good Shepard, the town matched the offer.

Mayor Watchorn already has another preemptive bid on a nearby Girl Guide camp. Mille-Isles Mayor Howard Sauve’ may be reluctant to go after Tamaracouta Scout Reserve with fiscal guns blazing, but may reconsider if Liam Burns fails to deliver to greener partners.



Photo: Morin-Heights Mayor Tim Watchorn outside the chapel of “Castel Marie” referenced in article.

## Upcoming classic cross-country ski event

The Morin-Heights based Viking Ski Club will host its popular classic cross-country ski Loppet event to be held on Sunday, February 25, 2024. This will mark the 52nd year of holding this historic event, which offers competitive courses of 5 km, 10 km and 20 km distances on the club’s Skip Sheldon racing trail network. These distances have proved to have appeal across the age range from youngsters to seniors!

More complete details and access to registration can be found at the website: [www.skiloppet.com](http://www.skiloppet.com)

Take advantage of the Early Bird registrations up until Sunday, February 11, 2024

Viking Loppet Organizing Committee



## Congratulations to the owners of the new Familiprix in St. Sauveur



Photo: From left to right: Karine Éthier, Mark Bédard and Valerie Barrette-Mayrand



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These stunning photos were taken on December 9 by Nathalie Soussana of Lac Marois, Sainte-Anne-des-Lacs

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# Real Wine for Real People

## Pairing the red wines from light to bold

April Sirois – Sommelier - ISG

Have you ever stood in the SAQ looking at a bottle of wine and wondered if it would be a nice light wine to go with that salmon dish you are making or, perhaps bold enough to match up with that mixed grill you plan to BBQ? Well, you can reliably tell how light or bold a wine is likely to be just by knowing the grape that has gone into its production.

What is a light-bodied red wine? Well, they tend to be paler in color, higher in acidity with lower tannins than their bold, red counterparts, which tend to be darker in color and richer in flavour and tannins. What wines are light and, which ones are bold? Well let’s start with the light ones.

### LIGHT-BODIED

**Beaujolais:** A wine made from the Gamay grape, thin light and translucent known for its refreshing taste and hints of cranberry and banana. Great with grilled salmon and charcuterie.

**Pinot Noir:** A light, slightly acidic and fruity wine with notes of cherry, raspberry, and plum. Delicious with duck.

**Chianti:** A Tuscan wine known for its light body, high acidity and fruity taste. Goes well with anything made with tomato sauce.

### Medium-Bodied Red Wines

Medium-bodied red wines are more robust than light-bodied red wines and offer a balance of acidity, tannins and fruitiness. They are an excellent choice for those who prefer a wine that is neither too light nor too heavy. Some of the most popular medium-bodied red wines include:

**Merlot:** A smooth and mellow wine with notes of black cherry and plum. Nice with grilled chicken and roast pork.

**Cabernet Franc:** A wine with notes of blackberry and green bell pepper, known for its medium body and moderate tannins. A good wine to accompany burgers.

**Sangiovese:** Another wine from Italy, known for its medium body and high acidity, with notes of cherry, raspberry and tomato. Great pizza wine.

### Full-Bodied Red Wines

Full-bodied red wines are bold and robust, with high levels of tannins and a deep, dark color. They are an excellent choice for those who prefer a wine with a complex and powerful taste. Some of the most popular full-bodied red wines include:

**Cabernet Sauvignon:** A wine with notes of black currant, cassis, and cedar, known for its full body and high tannins. Classic with roast meat especially lamb.

**Syrah/Shiraz:** A wine with notes of blackberry, pepper and tobacco, known for its intense and bold taste. Delicious with grilled meats, including game meat.

**Malbec:** A wine with notes of black cherry, blackberry and cocoa, known for its rich and full-bodied taste. Will stand up well to strong stinky cheeses.

In conclusion, red wine is a diverse and complex beverage that can be enjoyed in many different ways. Whether you prefer light, medium or full-bodied there is a type of red wine out there for every palate and you can easily find the perfect wine to match your taste buds.

Cheers

~ “Most days I juggle everything quite well, on the other days there's always red wine.” Rachael Bermingham





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# Laurentian Quilters Guild

This quilt was raffled off to raise funds in order to purchase materials to create quilts for the elderly, the ill and children at various hospitals. Each year the women sell raffle tickets to raise funds. Raffle winner was announced on December 5, 2023 at the Royal Canadian Legion, Morin Heights. Many of the members took part in its creation.



Photo: Toni Taylor winner of the beautiful quilt created by the women of the Laurentians Quilters Guild.

# Miracles Can Come in Tiny Packages

Karina Odell

My name is Karina and I’m here to share the story of a true miracle: A fluffy 7lb wonder with a wet, shiny nose and four little paws.

I’ve been struggling with my mental health for quite some time. A few years ago, 11 days after leaving the hospital, we found a lost dog wandering on the road. The tiny Yorkshire puppy was miraculously unscathed and came towards me. As soon as our eyes met, all I wanted was to love and protect her. Right after life itself had become such an uncertainty, Mia showed me the beauty of what can lie just around the corner. We might have saved her that day, but she’s been saving me every day since.

Our bond, forged by such an incredibly timed coincidence, has evolved into a life-changing partnership; something that would help me even more than years of assorted therapies and medications, crisis centres and hospitalizations. Mia became my Psychiatric Assistance Dog.

My what? If this is news to you, rest assured – you’re not alone. Luckily, two of my passions converged to reveal this little-known possibility. My struggles inspired me to create the blog ‘I Will Not BE My Mental Illness’; a combination of personal experience and research. I also have the pleasure of working at ‘Moulées du Nord’, a family owned pet store where I meet animal lovers from all over. Our quest began here, with a great deal of blogging research and the generous help of a client with her own Assistance Dog.

I learned that Service Dogs aren’t limited by size or breed, and can be trained to help with a myriad of illnesses and disabilities; including those of a psychological nature. Best of all, with a doctor’s prescription and the guidance of a legitimate organization, you can often train your own Assistance Dog.

Though physically small, Mia’s role and capabilities are quite the opposite! Scent training for example allows her to detect oncoming anxiety attacks before I do. This reminds me to take medication sooner, which prevents the situation from worsening. Mia helps in more ways than I can describe, giving me the freedom to function and take part in things that would be too difficult otherwise. Imagine my surprise when this new ‘freedom’ also became our next challenge!

People often associate working dogs with larger breeds and expect the handler to have a visible reason for needing their Service Animal. Despite having the same right of entry as other Service Dog types, anything outside the norm triggers skepticism and resistance. Mia and I have faced it all: curious individuals, offended clients, misinformed staff, and angry managers denying us entry because she “isn’t a Mira Guide Dog.”

I found my Miracle and I know how many others are out there, restricted by a lack of awareness. It took me a long time to speak up for our rights so I want to transform my privilege into an opportunity. Hence, my petition to the House of Commons that I’m really hoping you will support. The crux of my request is implementing a standardized document for every commerce and public venue. This will facilitate the distinction and acceptance of legitimate Service/ Assistance Animals; regardless of size or need.

This issue might appear small, but it represents something much larger: the systemic acknowledgment that every challenge is equally significant. If every commerce should be wheelchair accessible, why should this not be the same?

To sign the petition please follow the link: <https://www.ourcommons.ca/petitions/en/Petition/Details?Petition=e-4588>







# IMPROVING OUR COMMUNITIES HEALTH

in the Laurentians

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Community resources and programs

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