

MAIN STREET

July 2019 • VOLUME 19 NO. 07
14,000 COPIES • PLEASE TAKE ONE

THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

ARUNDEL • BROWNSBURG • GORE • HARRINGTON • HAWKESBURY • HUBERDEAU • LACHUTE • MILLE ISLES • MONT-TREMBLANT • MORIN HEIGHTS • PIEDMONT
PRÉVOST • STE ADÈLE • STE AGATHE • STE ANNE DES LACS • ST ADOLPHE-D'HOWARD • ST DONAT • ST SAUVEUR • VAL DAVID • VAL MORIN • WEIR • WENTWORTH

FESTIVAL
DES ARTS DE
SAINT-SAUVEUR

20
19

Protect the
ones you love

Mtre. Barbara A. Thompson:
Wills, Mandates,
Liquidation of Estates

Mtre. Lucie Brunet:
Specialist in Estate planning for
families with members who
have disabilities

THOMPSON BRUNET, NOTARIES

707 Chemin du Village, # 201
Morin-Heights, Qc J0R 1H0
T. : 450-644-0444
www.thompsonbrunetnotaires.com

 **bonjour** Agence Immobilière
Lyndsay Wood | Over 10 years experience
514.774.8019
lyndsaywood.com
lyndsay_m_wood@hotmail.com

LORTIE ET MARTIN
CENTRE DE RÉNOVATION
SAINTE-AGATHE-DES-MONTS
819-326-3844

See p.16
for Ad

 **Erlinda Quintos**
Chartered Real Estate Broker, AEO
(514) 246-8888
ROYAL LEPAGE
Du QUARTIER HY

 **SAINTE-MARGUERITE-DU-LAC-MASSON**
AFFORDABLE, CUTE & COZY 3-BDRM, 1-BTH HOME
Centrally located. Services: Municipal water &
sewage system. Only 15 minutes walk to the village,
access to magnificent Lac-Masson to swim, boat,
fish or just relax on the beach!
Municipal Evaluation \$113,600; Listed at \$109,000
DON'T MISS YOUR CHANCE TO OWN THIS HOME!!

**Team Million -
A Winning Combination**

 **Jessica Million**
Cell: 819-323-6581
realtormillion@gmail.com
www.jessicamillion.com

 **Andrew Fugère**
Cell: 514-232-5150
fugere.andrew@hotmail.com

With Team Million your property is in good hands

MICROBRASSERIE
LAURENTIDES
SHAWBRIDGE
Q.C. CAFE
CHARCUTERIES



3023, CURE-LABELLE BLVD,
PREVOST, QUEBEC

See p. 23 for Ad

Lachute
FORD

450-562-2454
400 Avenue Béthany
www.lachuteford.com



HYUNDAI
HYUNDAI ST-JÉRÔME

450 432-4252
16600 Montée Guénette,
Mirabel



www.hyundaistjerome.com

See p.12
for Ad

Philippa Murray
COURTIER IMMOBILIER - REAL ESTATE BROKER

Proprio Direct
REAL ESTATE AGENCY

C) 450.530.5787
O) 1.800.465.8040
philippa@philippamurray.com
www.philippamurray.com



Ste-Adèle • 450 229-6655 | Ste-Agathe • 819 326-6655
St-Sauveur/Piedmont • 450 227-4663



RE 88 | 
ELECTRIC PRESSURE WASHER
\$199.95
MSRP \$249.95
120 V / 943 psi / 1.54 gal/min

RE 130 PLUS | 
ELECTRIC PRESSURE WASHER
\$399.95
MSRP \$499.95
120 V / 1,378 psi / 1.94 gal/min



RB 200 | 
GAS PRESSURE WASHER
\$599.95
MSRP \$649.95
173 cc / 2,500 psi / 2.3 gal/min



RB 400 DIRT BOSS® | 
GAS PRESSURE WASHER
\$799.95
MSRP \$849.95
196 cc / 2,700 psi / 2.7 gal/min



SE 62 | 
WET/DRY VACUUM
\$229.95
MSRP \$249.95
120 V / 1,000 Watts / 20 L



SE 122 | 
WET/DRY VACUUM
\$449.95
MSRP \$469.95
120 V / 1,000 Watts / 30 L



     | [STIHLCanada](http://STIHLCanada.com)

STIHL MOTOMIX® - THE ULTIMATE PREMIXED FUEL!
AVAILABLE EXCLUSIVELY AT YOUR LOCAL STIHL DEALER!

Dealers may sell for less. Pricing on all chain saws and blowers will remain in effect until June 30, 2019. Pricing on all other power tools and accessories will remain in effect until July 31, 2019. Illustrations and descriptions are as accurate as known at the time of publication and are subject to change without notice. STIHL, Limited is not responsible for a printing error, the local STIHL Dealer has the final authority to set product pricing. Pricing valid at participating dealers only.



NEW!
STIHL CANADA APP
NOW AVAILABLE



The new STIHL Canada App is here and is available for download on the Apple App Store and Google Play for all Apple and Android devices. With this app you can:


- Navigate the STIHL Canada product catalogue through our mobile website
- Mix fuel and oil easily with our Fuel Mix Calculator
- Find running times for all our Lithium-ion battery products
- And more...

L D R
LOCATION DANIEL BOIVIN

SALES • RENTALS • SERVICE

270, PRINCIPALE, SAINT-SAUVEUR • 450 227.0079
WWW.LOCATIONDANIELBOIVIN.COM



 **Opening Hours: Mon. - Fri.: 7 am - 5:30 pm • Saturday: 7 am - 4 pm • Sunday: Closed**

High-Speed Internet just
\$39⁹⁹ per month
 First 3 months¹
1 year term required. \$49 Professional Installation fee applies.²

Get high-speed Internet with speeds up to 25 Mbps³ in rural & remote areas!

Call your local Dealer today!

NORITECH
CENTRE INFORMATIQUE

1-866-984-4848

XPLORNET
Connect to what matters

xplornet.com

¹Offer is available until July 31, 2019 for new customers only. \$39.99/month pricing is a 3 month discount of \$20/month off the 5 Mbps plan with 25 GB of data (regular \$59.99/month). Regular monthly rates apply starting in month 4. Limited time offer. Monthly service fee includes rental cost of equipment, except Xplornet Wi-Fi router, if desired. A router is required for multiple users. ²If installation requirements go beyond the scope of a basic installation, additional fees apply. See dealer for details. ³Speed online may vary based on Internet traffic, servers, computer/router configurations and other factors. Internet Traffic Management Policies apply, please see xplornet.com/legal. Xplornet® is a trade-mark of Xplornet Communications Inc. © 2019 Xplornet Communications Inc.

What's On My Mind... Hidden jewels of the Laurentians

Susan MacDonald, Editor

On a recent visit to Morgan Farm, I was invited to take a nature excursion through a meandering forest following the shoreline of Lac du Brochet, in the municipality of Montcalm, Qc. Expecting a true hike through the woods, imagine my surprise when, after crossing a little wooden bridge over a favoured swimming hole, I found myself on a smooth, easy-access, stone-dust corridor. The path we followed was lined with placards identifying several species of trees and flora that eventually led to a large billboard display of where we were – **TerraVie** (819-687-1403, Chemin Duncan South, Montcalm /Weir).

After navigating the treacherous Kilmar road, then climbing a rugged, gravel road to the top of the mountain, I found myself at Éco Spa Highland. I was awestruck by the structure of the unique main building and the spectacular view overlooking the Harrington Valley, with its backdrop of distant mountains. This was about as close to heaven on earth as I had ever felt. **Éco Spa Highland** (1 855-532-6772 / 18 Mountain Rd., Grenville-sur-la-Rouge).

During the 1830s, “The Barracks” originally was used to store construction materials for the Carillon Canal. Later, it housed British soldiers during the Lower Canada Rebellion, and then was transformed into a hotel, serving passengers on steamers along the Ottawa River. In 1938, it underwent its final transition to a museum and, since then, has been the home of an eclectic collection of artifacts depicting the history of the region. The Argenteuil Regional Museum, as it now known, offers a historical tour through a series of themed rooms. My discovery of this museum, many years ago, inspired me to write my very first article for Main Street. It is a fascinating adventure through time, and I have been back to revisit our history several times since then. **Argenteuil Regional Museum** (450-537-3861 /44 Rte. du Long Sault, St. André d’Argenteuil)

Do I sound like a tourist guide? Perhaps so, but the above three destinations were all unexpected discoveries I experienced personally while out and about on other business. Each one was a surprise, which I explored without pre-conceived notions gleaned from websites or articles, and with no expectations. For me, this is the only true way to experience and appreciate new adventures, and I will share these destinations in depth with you in future articles, as each is worthy of further exploration.

Summer in the Laurentians is short, but it’s also the perfect time to seek out new adventures. There are many hidden jewels in our region, in some of the most unexpected places, just waiting to be discovered. Pack a lunch, choose a direction, hit the road and see what little gems you can find in your travels. Please feel free to send in your favourite destinations and, of course, do have a happy summer!

Enjoy the read.

NEW IN YOUR NEIGHBOURHOOD!

BLOOD SAMPLES*

SERVICE AVAILABLE:
 1 Wednesday every 2 weeks**
 Call us to make an appointment!

* Certain fees apply.
 ** Additional days and times may be added depending on demand.

Nurses are responsible for their professional practice

22934

SERVICES AVAILABLE AT THE PHARMACY OF

Danielle Gauthier
Owner pharmacist

Affiliated to **familiprix**

707, chemin du Village, bureau 104,
Morin-Heights
450 226-5222

OPENING HOURS
 MONDAY TO FRIDAY 9 A.M. TO 7 P.M.
 SATURDAY 9 A.M. TO 5 P.M.
 SUNDAY 10 A.M. TO 4 P.M.

palliacco
support, accompagnement & respite care

ACCOMPANIMENT AND RESPITE SERVICES
 Responding to needs of patients, caregivers and those living with loss

Accompaniment and support for ...

- Patients with cancer or life-limiting illnesses
- Their caregivers
- Those needing end-of-life care
- Those living with loss

Our free services ...

- Home accompaniment
- Laurentian Hospital oncology clinic accompaniment and support
- Caregiver respite and support
- Bereavement support
- Weekly stress reduction group sessions

Palliacco's services are provided free of charge by trained volunteers experienced in palliative care accompaniment and active listening.

Where ...

- The MRC des Laurentides, Pays-d'en-Haut and the southern part of the Antoine-Labelle region

JUST ONE CALL FOR ANY OF OUR FREE SERVICES:
819 717-9646 or toll-free 1 855 717-9646

2280, rue Labelle | Mont-Tremblant
 99, rue Saint-Vincent, Suite 2 | Sainte-Agathe-des-Monts (by appointment only)
 35, rue de l'Église | Saint-Sauveur (by appointment only)
admin@palliacco.org | palliacco.org



Observations

Climate change, carbon dioxide and the solar minimum

David MacFairlane - MainStreet

This subject has been featured here for the past two months, and here we are again! It is important because, in my opinion, we are being forced down the wrong path by politicians whose motives cannot be trusted, and who are basing their climate warnings on false premises and phony science. I will try to clarify why I believe we are being coerced into approving political decisions that are absolutely against our own best interests and will only exacerbate what are already serious environmental problems that threaten our planet's well-being and, by extension, our own existence.

Our problem is the political system itself – party politics. The party lays out its manifesto, and all elected members must speak publicly about what supports that agenda. That's why all politicians speak in support of the same things – in this case, global warming, or climate change. On TV, no matter which channel, the same public figures, anchors and interviewees alike, regurgitate the same formulaic babble, while those who disagree are virtually non-existent. Politicians who disagree openly with their party's agenda, particularly Cabinet Ministers, are expelled from the party – hence, Jody Wilson-Raybould and Dr. Jane Philpott. So, we, the public, only get to hear what has already been approved for release by the people at the top who control the system. Dissenters' viewpoints are not tolerated, and they are not invited to discuss them publicly. Instead, they are excoriated as being too radical, or extreme, and regarded as being on the fringes of society. Therefore, when only one point of view is presented to the public and repeated constantly, and no other possibilities are permitted, how can anyone differentiate truth from propaganda?

Since the evolution of photosynthesis, over 3.5 billion years ago, climate change has been a constant of life. Shifts in climate – both large and small – have been partly responsible for the rise and fall of many ancient civilisations. A stable climate ensured regular harvests, and a reliable source of food enabled a population to settle in a region and develop culturally. About 15,000 years ago, when weather patterns became predictable, complex civilisations became possible due to reliable harvests and plentiful water. In our history, many civilisations have flourished and then disappeared. Scientists and anthropologists have discovered that civilisations that were unable to adapt to changing climatic conditions eventually collapsed into oblivion. Dr. Jason Ur, of Harvard University said, "I view this inflexibility (to adapt) as the real reason for collapse."

Therefore, throughout history, it is obvious that climate change has been connected directly to the Sun's cyclic activities, and these cycles always have been the determinant of the Earth's climate. Also, abundant carbon dioxide always has been the catalyst that enabled plant growth and agriculture. So here we are, in the grip of another cycle of climate change, but this time, it is a cooling cycle that cannot be disputed, due to the evidence that it is occurring. The Sun is in a quiet period, a time when its own internal activity has quietened, and sunspots (flares) are much fewer than usual. This means that less heat reaches the Earth, and a cooler period ensues. These cycles vary in length, but this one is thought to be a long one. During this period of change, weather patterns fluctuate violently, producing unusual weather events around the world in places where they don't occur normally. For example, in early July, Guadalajara city, in Mexico, had a hail-storm that deposited over 4 feet of hail on parts of the city, burying cars to their windows and damaging property. Two days later, temperatures exceeded 80F. In January, up to 15 inches of snow fell in the Sahara Desert. These are just some examples of unusual weather events occurring around the world.

So, the point is that while climate change is happening, it's not caused by carbon dioxide (CO2) emissions. We have targeted CO2 as the culprit and are taxing it to death, here in Canada and other countries in the Paris Accord. But CO2 is not a pollutant. Our Government should know better but is too weak to stand apart from the international vested interests that control this agenda. This carbon taxing hoax is destined to cripple our industries and energy producers. The IPCC's conclusions, upon which the Paris Accord is based, was flawed from the outset. Since there is no scientific dispute that the Sun, and its cyclical output, is the true driving force of our Earth's climate, the IPCC's exclusion of the Sun from consideration, when issuing their report, can only be seen as a deliberate attempt to deny fundamental scientific processes that allow free inquiry based on reason and evidence. So, by signing up to tax and control our carbon emissions in Canada, our naïve Government has become a participant in the hoax foisted on the world by those whose motives are not aligned with the population's best interests and welfare. No matter what we do about reducing CO2 emissions in the West, India and

China alone produce more than double our CO2 output, and that will continue increasing because, together, they have 10-times our population!

What authentic science has revealed is that we are entering a "super grand solar minimum" which can cause climate chaos like we have never seen before. The last grand solar minimum, the Maunder Minimum, lasted from 1645-1715. During that period, crop losses were severe, and the global death toll was enormous. There are, literally, dozens of locations around the globe reporting significant crop losses unlike anything known in the past. Parts of the planet are dealing with severe drought, while in the US mid-west it won't stop raining. The US has reported the most severe crop failures in history. Some areas of the world are too cold, and others are too hot. Extreme weather is occurring everywhere, and the primary cause is the Sun's activity.

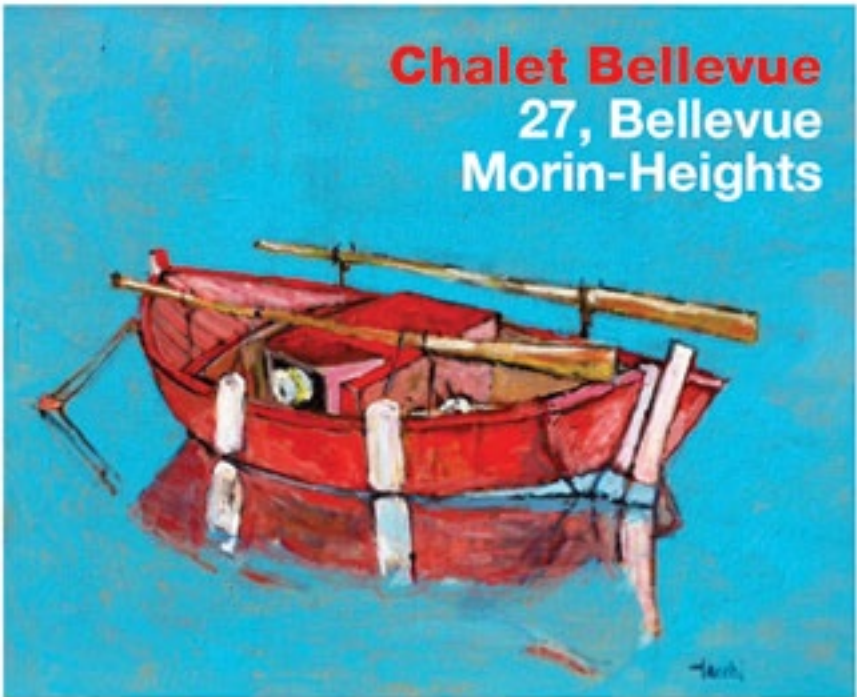
Professor Valentina Zarkhova, PhD Astrophysics, MSc Astronomy, Mathematics, of Northumbria University, gave a presentation last year warning that this next solar minimum will begin in 2020. She stated that during the Maunder Minimum (also called the "Little Ice Age") only two magnetic fields of the sun were out of phase. This time, all four magnetic fields are going out of phase, so the consequences could be quite severe. I recommend readers to listen to her presentation at - https://youtu.be/M_yqLj38UmY

Apart from this inescapable cooling cycle, the immediate problems we do face, and can control, are airborne particulate pollution (eg. sulphur and nitrogen dioxides) and habitat, wetlands and ecosystems destruction, along with the flora and fauna that depend on them for life and survival. Our oceans are dying, our Earth is being poisoned by chemicals that destroy all living things, and our water resources are being polluted, wasted and abused.

It's time to get real and stop following false prophets!

"We cannot solve our problems with the same thinking we used when we created them. We shall require a substantially new manner of thinking if mankind is to survive." – Albert Einstein 1879-1955, Nobel Prize winning theoretical physicist.

Arts **SUMMER SHOW**
Morin-Heights From July 27 to August 4
26 artists participating



Vernissage July 27 At 5 pm
Win 1 of 2 door prizes!
Open daily from 11 am – 5 pm
Free admission

Information:
www.artsmorinheights.com
artsmorinheights@gmail.com



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
www.themainstreet.org



TheMainStreetNews

Founder: Jack Burger

Advertising Sales: Steve Brecher
& Lori Leonard

Publisher/Editor: Susan MacDonald

Associate Editors: Jim Warbanks, June Angus

Art Director: Laurie Holland

Contributing writers: Ilania Abileah, June Angus, Dale Beauchamp, Louise Bloom, Lys Chisholm, Chris Collyer, Terry Cutler, Ron Golfman, Joseph Graham, Lori Leonard, David MacFairlane, Mat Madison, Erin McCarthy, Lisa McLellan, Marcus Nerenberg, Claudette Pilon-Smit, Sue Rich, Janet Thomas, Jim Warbanks and many other contributors from the Laurentian community at large.

14,000 copies distributed throughout the Laurentians

© 2013 Les Editions Main Street Inc. -
Reproduction in part or in whole without written permission is prohibited

• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: AUGUST 9TH

IF YOU WISH TO PLACE
AN AD CONTACT :

Steve Brecher
514-703-1665

Lori Leonard
450-224-7472

or

1 866 660-6246 | 819 242-2232

Legal Deposit
Bibliothèque
nationale du Québec
2014



ISSN 1718-0457

MAIN STREET



Simply Words on Paper Freedom in the World report ranks Canada high

Jim Warbanks - Main Street

In 2018, Freedom in the World report recorded the 13th consecutive year of decline in global freedom. The United States, China and Russia are among those nations registering a decline in freedom. Sixty-eight countries experienced net declines in political rights and civil liberties, while only fifty recorded gains. Over this 13-year span since 2006, 116 countries experienced a net decline, while just 63 have registered a net improvement.

With the total world population of 7.6 billion people living in 195 countries, 44% of these countries are designated as free, 30% partly free, but 26% not free. Globally, 39% of people live in freedom, 24% are partly free, and a depressing 37% are judged not to be free. Ethnic cleansing is on the rise, observed in 11 countries in 2018, up from only 3 in 2005.

U.S. ranked lower

Among the countries highlighted in the report, the United States ranked lower than other major democracies due to the restriction of the legal rights of asylum seekers, discrimination against refugees and the haphazard enforcement of immigration and detention policies. China was criticized for forcing more than a million ethnic Uighurs and other minorities into brutal re-education camps, while President Xi Jinping has consolidated his term in office indefinitely. Hungary's status declined from free to partly free, due to attacks on the media, religious groups, academia, NGOs, the courts and asylum seekers. Venezuela continued a steep decline under President Maduro's authoritarian rule.

Canada near perfect

On the brighter side of the ledger, Canada ranks very favorably, with a score of 99, a position shared with the Netherlands (perfect score: 100) very marginally below Finland, Norway and Sweden (all 100s). Then comes Uruguay (98), Ireland (97), Denmark (97), Switzerland (96), Japan (96), Germany (94), Spain (94), United Kingdom (93), Costa Rica (91), France (90) and Italy (89). The United States trails this group with a reduced 86 rating.

Troubled countries in our hemisphere, where potential migrants would consider Canada to be a favored destination, include Mexico (63), Guatemala (53), Honduras (46), Haiti (41), Nicaragua (32) and Venezuela (19). Among other countries, we see that Egypt (22), Russia (20), Cuba (14), China (11), and Saudi Arabia (7) are rated quite poorly. By comparison, South Korea rates relatively well (83) but North Korea (3) is among the lowest rated countries. The worst of the worst are Turkmenistan (2), Eritrea (2), South Sudan (2), and Syria....(0).

Concerns expressed

In 2018, Canada was cited for granting voting rights for all Canadians living abroad, improved privacy protection for voters, banning foreign donations to partisan campaigns, as well as requiring major online platforms to establish a registry of digital political advertisements. Concern was expressed for pending legislation at year end that would make it harder to request information from government, additional powers to spy agencies, and failing to curb solitary confinement in prisons. It was also noted that correspondence between a reporter and a terrorism suspect be handed over to authorities was upheld in the Supreme Court.

Canada received full marks for political rights, which included the electoral process, political pluralism and participation, and the functioning of government. Concern remained for challenges facing indigenous peoples, including high rates of suicide, violent victimization, and murder. However, it was also noted that LGBT rights and interests were protected, and more protection against hate crimes was enshrined in law.

Single point lost

In the Civil Liberties category, freedom of expression and belief, associational and organizational rights, personal autonomy and individual rights were judged to be adequate but the single point that prevented Canada from attaining a perfect score related to the problems persisting with indigenous peoples, who remain subject to discrimination and have unequal access to education, health care and employment.

In assessing the freedom of individuals to practice and express their religious faith or non-belief, in public or in private, the 2018 report expressed reservations regarding the then-anticipated Quebec legislation intended to prohibit the wearing of religious symbols, such as yarmulkes or hijabs, by certain public employees at work. An amended form of this legislation was passed this year and is now commonly referred to as Law/Bill 21.

Possible downgrade

Should this legislation, enacted by the CAQ government, under Premier François Legault, remain on the books, despite constitutional and other court challenges that are now underway, it would seem likely that Canada's rating in the 2019 report will be downgraded.



LITIGATION WITH LAND?

I'M YOUR MAN!

Me PAUL JOLICOEUR, LAWYER
433, Principale
Saint-Sauveur QC J0R 1R4
Tel: (450) 227-5099
Fax: (450) 227-5636
info@pauljolicoeur.ca

2019 Marion Phelps Award goes to Joseph Graham of Sainte-Lucie-Des-Laurentides

The **Marion Phelps Award** is presented annually by the Quebec Anglophone Heritage Network (QAHN) in recognition of outstanding long-term contributions by an individual to the preservation and promotion of Anglophone heritage in the province of Quebec. At its 2019 Convention, held this year on June 1-2 in Knowlton, Quebec, QAHN presented this prestigious award to Joseph Graham of Sainte-Lucie-des-Laurentides.

Joseph Graham, or “Joe” to many in the heritage community, is an outstanding volunteer who has contributed to his community in many ways, in particular in connection to the preservation of the history and heritage of English-speaking Quebec. A resident of Sainte-Lucie-des-Laurentides in the Laurentians, Joe, through his writing and his involvement in various local projects and organizations, has had an invaluable record of service for over thirty years.

In Sainte-Agathe, Joe led the way with several local heritage projects, such as the preservation of the town's train station, the buildings of the former Mount Sinai Hospital, the McGibbon house, and the conversion of the former CPR train corridor into a linear park, now the P'tit Train du Nord Park, a year-around recreational trail for skiing, cycling and hiking. Joe also participated in the production of a film celebrating the 150th anniversary of the town of Sainte-Agathe.

Joe is perhaps best known for his vast opus of written articles. These have appeared in QAHN's own Quebec Heritage News magazine, and in Joe's monthly historical column in the Main Street in the Laurentians - the only monthly English newspaper north of the St. Lawrence. Joe also wrote the history column in the Doncaster Ballyhoo, and has had articles published in The Beaver, the Montreal Gazette, Skiing History magazine and elsewhere. His book, Naming the Laurentians (2005) was on the Montreal-area bestseller list for many weeks and is a valuable resource for anyone who ever wanted to know anything about the history of the Laurentians.

Joe and his life-partner and long-time collaborator Sheila Eskenazi have been long-time supporters of QAHN and have actively contributed to the organization over the years.

QAHN Executive Director Matthew Farfan said that heritage network "could not think of a more deserving recipient" of the Phelps Award than Joseph Graham. "Joe," Farfan said, "is a true friend to history and heritage in Quebec, and a tireless advocate for preservation and education. QAHN salutes him for his outstanding and ongoing contributions."

The Quebec Anglophone Heritage Network (QAHN) is a non-profit, non-partisan organization engaged in promoting the preservation of the built, cultural and natural heritage of Quebec. QAHN aims to advance knowledge of the history of Quebec's English-speaking communities by informing, inspiring and connecting people through its activities. Membership is open to anyone with an interest in Quebec history, heritage and culture, regardless of language or cultural background.



Joseph Graham (left) and QAHN President Grant Myers during QAHN's annual awards ceremony, Knowlton, Quebec. (Photo - Matthew Farfan)



Read Main Street online and sign up for our newsletter to get the latest news updates and specials.

www.themainstreet.org

  Follow us on Facebook

QUEBEC ANGLOPHONE
HERITAGE NETWORK
QAHN



RÉSEAU DU PATRIMOINE
ANGLOPHONE DU QUÉBEC
RPAQ



About Sainte-Adèle

Chris Lance - Main Street

So far, in the month of June, we’ve had just a few days of sun, and everyone was claiming that summer had arrived, but it wasn’t true.

After our long, cold winter, and the fact that the days are now, once again, getting shorter, it can be tough to enjoy this seasonal weather. The lush, rain-soaked lawns are growing too quickly. The trees are flush with green, but the leaves on our maple trees are curling and infested with caterpillars again. The potholes are still growing after the rains, and those hazards on the 117 and rural town roads continue to force motorists to zig and zag. Tom, from Cinema Pine, was stopped by the police as he dodged the potholes in town; the officer thought Tom was impaired. The lane closures are unreal, often with no work crews, just orange cones standing guard.

The tennis courts opened finally in the town center on June 25, and it rained. The season opener was delayed by fence repairs and lousy weather. The two courts over in Mt Rolland were pressed into service. But make sure you don’t lob a ball into the surly neighbour’s back yard, because both he and his dog bark a lot and do not want players on their property.

Most of the area golf courses are still soggy and winter-worn, with greens that resemble bumpy, brown burnt-grass patches. I know, I sound like a forlorn, complaining kid, in the backseat of the family car, on a long trip to a rainy campground, with last year’s leaky tent and no Internet connection!

My insurance provider has turned into a construction consultant, insisting I redo the roof and replace my oil tank. And last, but not least, the mosquitoes are the size of daddy-long-leg spiders and are swarming from morning to night on windless, cloudy, summer days.

But ... on the bright side of summer ... the lakes will warm up, the sun will shine again, tennis will right itself, the golf greens will get greener, the insect repellent scent on our skin will feel like a soothing cream, and there are other insurance providers vying for my coverage.

Mayor Briere has put up a sign designating the Complexe Sportif, at an estimated cost of \$35 million, and which is scheduled to open in the fall of 2022. I think costs will double.

There are 4 pickleball courts at le Parc Claude-Cardinal. League hours are Monday, Tuesday, Thursday 5-9pm, Wednesday, Saturday 9-1:30. There is also a tennis hard court and basketball half courts. It’s first come, first served. More information can be had by calling Robert Deslaurier at 514-794-9447. The lake is open, and you have free Saturday concerts in July at 8 pm, at Parc de la famille. Remember to bring a lawn chair.

Those who like to Rock Climb, check out www.fgme.qc.ca and www.clubmontagnardslaurentiens.ca, you can conquer Mt. Baldy.

The gruelling sport of Petanque, over in the Mt. Rolland sector, has 6 courts available. Hours are Tuesday to Friday 12 to 7 pm, and Saturday at 10-4 pm, and Sunday 10-2 pm. Get more info by calling Gilles Legault at 450-229-6725.

Library hours are changed; Tuesday through Friday, noon to 7 pm, Saturday 10-4 pm, Sunday 10-2 pm.

If you are looking for walking and biking trails, check out corridoraerobique.ca, lespaysdenhaut.com/cartes or www.ville.sainte-adele.qc.ca.

Theoret is re- opening in the town center. Call 450-229-4722 for information.

That’s it for now. Enjoy the fleeting summer.



Village of Weir Newswire

Claudette Smith-Pilon

Summertime and the living is easy

MUNICIPALE NEWS

A thousand times thank you to all our volunteers who have given their time freely to serve the community luncheon and help with other activities offered in the hall.

Activities at the Community Hall:

Monday: 1 pm - Art get-together

Tuesday: 1 pm Bridge \$2

Wednesday: 10 am - Activities for kiddies, parents, grandparents

Friday: 7 pm - Country dancing.

Generational Park

The inauguration will take place on July 13, please note in your agenda. There will be music, a shuffleboard contest and prizes to be won, Refreshments will be served. We have received a \$750 grant for the implementation of a box to store toys and games and we have also been given a set of 'PÉTANQUES' that will be available to all.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our next workdays will be held on Monday, July 15 and Monday, July 29, at 9 am.

If required, we may have U.F.O. days for which we will give advance notice.

If you are interested and would like to see how this quilting group produces lovely quilts for cancer patients, you are most welcome to join us on our sewing days.

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



'News of note' from across the Laurentians

Camp Weredale – 85 years young!



Leigh Johnston

This year, as the town of St. Hippolyte celebrates its 150 birthday, Camp Weredale, nestled on the shores of Lac L'Achigan, celebrates a milestone of its own, its 85th birthday!

Like many of us, who live up here in the lower Laurentians, I had the privilege to work at the camp in my early twenties, as a child-care worker, employed by Youth Horizons. The camp had been closed for many years, and under the direction of the Director General of Youth Horizons, Howard Martin, the camp was brought back to life! Later, after retiring from Youth Horizons, Howard took on the role of the Executive Director of Camp W until just last year.

Almost 40 years later, retired from Batshaw, the entity that “absorbed” Youth Horizons, I sit as a member of the Board of Directors for the Weredale Foundation. Another name that many of you will remember is Elizabeth Pusztai, who took over from Howard, in 2018, as the Executive Director of the camp. Not one to retire easily, Howard is still very present!

The Boys’ home of Montreal was founded in 1877 and moved to Weredale House in 1930. Camp Weredale is an extension of Weredale House and was opened in 1934, thanks to the Rotary Club of Westmount, to enable the Weredale House boys spend the summer in the country. Special activities at the camp included annual sailing and canoe races, lake swims, and overnight hikes.

Today, set up as a resource for kids who, might not normally be able to attend a sleep-away camp in the Laurentians, the camp serves the Batshaw kids, other youth from Montreal, and some children from The Children’s Aid Society in Eastern Ontario.

The camp has faced many challenges over the years, including fires, funding problems, and trying to keep up with the ever-changing norms associated with running such a facility. Several foundations and individuals have been very generous, and the contributions of the “Old Boys” alumni, who lived at Weredale over the years, have been innumerable. Some of the historical data in this text were provided by “old boy”, Richard Huint.

In order to celebrate Camp Weredale’s birthday, we are hosting an open house on August 24, from 9 am – 12 pm, and we would like to invite you, our community, to participate.

We hope to celebrate many more birthdays, but like other non-profit organizations, we struggle with funding. If you would like to make a contribution to Camp Weredale, and give vulnerable kids a chance to spend time outdoors this year, you can donate on-line at <https://www.canadahelps.org/en/charities/weredale-foundation/>.

Thanks, and we hope to see you there on the 24th!



Arundel News

Janet Thomas

ACW BAKE SALE AND BAZAAR

Grace Anglican Church,

Church Road, Arundel

Saturday, July 13: 2 pm - 4 pm

Raffle, White Elephant table, handicrafts, home baking dessert and beverages available.

ALBeRo ANNUAL GENERAL MEETING

Montcalm Community Centre

Sunday, July 28: 10 am - noon

Learn about our joint initiative with the Municipalities of Montcalm and Arundel to study issues affecting the health of our lakes within the watershed area. Review the results of recent water testing around our lakes. Learn what methods the provincial government is experimenting with to eradicate Eurasian Milfoil. We will also elect officials to the Executive Committee. Nominations welcome. If you would consider volunteering to help us monitor and protect our lakes, please email Janet Thomas janet.thomas700@gmail.com

ARUNDEL CONCERT SERIES: ERIKA KULNYS

Arundel United Church

Sunday, August 4: 2 pm

Reviewers say that this Halifax daughter is destined to be our next Sarah McLachlan, with her lyrically textured, multi-timbered voice. Erika’s writing has been compared to Leonard Cohen, Suzanne Vega and Joni Mitchell. Though her roots are deep in story-telling folk traditions, she is also a classically trained pianist, a poet, and a composer who pushes the boundaries of genre. Her musical scope ranges from ancient folk songs to rock-pop and she has the gift of writing meaningful songs that remain intimate, tender, and joyful while being political. She connects deeply to audiences with her powerful voice, her humour and authenticity, and her infectious joy, opening hearts with her passion and commitment for social change.





NEWS BITS FOR JULY

Palliacco - AGM

Palliacco held its Annual General Meeting on June 19 at the Mont-Tremblant Town Hall. To the delight of more than fifty members, a play entitled “The Ups and Downs of Being a Caregiver” was presented before the meeting. The 2018-2019 annual activity report and financial statements for the year ending March 31, 2019 were presented and are now available on the website www.palliacco.org.



The 2019-2020 board members are, from left to right: Carl Delorme, Administrator (newly elected); Pierre Paquin, Treasurer (re-elected); Diane Paquin, Administrator (re-elected); Aline Robillard, President (re-elected); Claire Levasseur, Vice-President and Administrator (re-elected); Gladys Symons, Administrator (newly elected); Johanne Legault, Administrator (newly elected); Guy Barbe, Administrator (re-elected) and Jean Desnoyers, Managing Director. Absent from the photo are: Réjean Villeneuve, Secretary (re-elected); Sophie Chartrand, Administrator (newly elected) and Francine Laperrière, Administrator (re-elected).

Fonds d’Emprunt - AGM

The Fonds d’Emprunt held its Annual General Meeting (AGM) on June 19, at which time three new members were added to the Board of Directors.

The Loan Fund is proud of its recruits on its Board of Directors. In addition to the current members who have been re-elected: Nicole Labelle, Mélyssa Robert and Audrey Marleau, we can now count on Sonya Chartrand, Roxanne Courcy and Élyse De Sève. Marie Labelle and Marjolaine Allie complete this new board of directors ready for a busy next year.

The mission of the Loan Fund is to develop the entrepreneurship and financial autonomy of the people of the Laurentians so that they have access to better living conditions. The territory of the Loan Fund covers the MRCs of Argenteuil, Rivière-du-Nord, Pays d'en Haut, Laurentides and Antoine-Labelle.

You can read the 2018-2019 Annual Report on our website (felaurentides.org) in the Documentation section.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Dr. Myriam Bourgault, Chiropractor, DC, who recently opened her practice at 280 chemin du Bosquet, Piedmont. The conditions that Dr. Bourgault can treat include lower back pain, sciatica, neck pain, headaches, migraines, frozen shoulders and carpal tunnel syndrome. She also works on wellness and prevention, and with pregnant women, as well as children. Dr. Bourgault followed the 3-year DICPP program. She recently moved from Laval to Piedmont. Best of luck Myriam! Open: Tuesday 8:30 am to 8 pm / Wednesday 11 am to 7 pm / Friday 9:30 am to 8 pm / Saturday 8:30 am to 3 pm. To make an appointment: 579 995-0119 / www.chiropiedmont.com / Facebook: Chiropiedmont.

Did you know that:

If you are seeking a fun, unique adventure, on your own, as a couple, or with friends or family, you can learn about and participate in a fun fly-fishing experience? **Denis Landreville**, owner of **NaturAventur** is a professional, highly experienced fly fisherman who works in the Tremblant region. Denis offers a variety of fly-fishing instruction, for beginners up to advanced fishermen. It's great fun if you enjoy nature and the outdoors. We tried it and loved the experience! For more info: 819 425-4216 / naturaventur.com.

If you are looking for one-of-a-kind, rustic, custom-made, 100-year old barn wood home-décor items, you can contact local artisan/craftsman **Rick Fewtrell** to purchase them? Rick specializes in beautifully handmade, antique wooden tables, coat racks with hooks, end tables, dining tables and much more. These items are tastefully decorated with antique hardware, such as glass or porcelain doorknobs and handles. Prices are extremely reasonable. Info: 514 880-5785 / rickksroom@gmail.com.

If you would like to take some podcasting/time management courses, you can call **Lisa Capri**? Lisa hosts Raise Your Frequency Podcast, a weekly show tackling lifestyle and productivity hacks for entrepreneurs. Her podcast was recently awarded Feedspot's “Top 20 Productivity Podcast.” With over 15 years as serial entrepreneur, Lisa uses her experience/expertise to teach students how to grow their community, influence and audience through podcasting. The popularity of podcasts presents a massive opportunity for entrepreneurs to grow their brand, influence and audience by using podcasting as a business growth tool. Info: lisacapri.com / Facebook: [lisacapricoaching](https://www.facebook.com/lisacapricoaching) / Instagram: [@raiseyourfrequencydaily](https://www.instagram.com/raiseyourfrequencydaily)

Les Sommets Saint Sauveur, 350 ave. St. Denis, St. Sauveur is offering surf sessions on Saturdays until August 31? Beginner sessions will be held at 6:50 pm to 8:15 pm, cost is \$59.99. Price includes on-site coach and board rental, (wetsuit to be rented). Open sessions for experienced surfers will be held from 8:30 pm to 9:45 pm for \$24.99. Board and wetsuit rentals are not included. Longboards are strongly recommended. 450 227-4671 / infos@sommets.com

For 12 weeks, **the Green Patrol (La Patrouille Verte) Zacharie Dagenais, Alex Langlois and Zachary Brissette** will be available at local environmental events, to inform the population about what should and should not be disposed of in our various BAC containers? They will be present at Parc Thomas-Louis Simard, on July 28 from 11 am to 3:30 pm, and at Henri Piette Park, Ste. Anne des Lacs, on August 17 from 2 pm to 7 pm. Info: 450 229-8052 / lespaysdenhautrecyclent.com.



QCNA wraps up AGM, Conference & Awards Gala

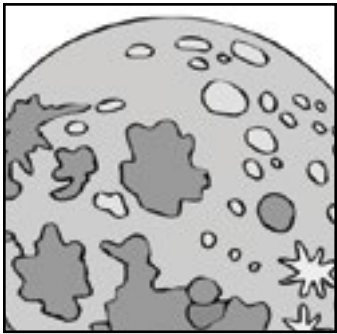
On June 7th & 8th 2019, The Quebec Community Newspapers Association Conference & Awards Gala took place as well as the 39th Annual General Meeting. We welcome our new Board: President Lily Ryan, Vice-President Brenda O'Farrell, Secretary-Treasurer George Bakoyannis, Director Nikki Mantell, Director Michael Sochaczewski, Director Ethan Cox, Director Sharon McCully and Director Fred Ryan. We would like to thank all those in attendance, as well as our workshop leaders, sponsors and partners who helped make this event a success. Congratulations goes out to QCNA member newspapers for their attendance. We also had the opportunity to attend great workshops. The 2018 winners of the Best Overall Newspaper award for can be found on our website at www.qcna.org. It was a great weekend, as we celebrated the hard work our members continue to do to ensure local community news remains accessible and relevant.

Hope to see you next year for our very special 40th Anniversary event!



Premier Ministre du Québec François Legault
Députée de Saint-Jean - Louis Lemieux
Député de Papineau - Mathieu Lacombe
Députée de Westmount - Saint- Louis -

Maccarone
Député d'Abitibi-Est - Pierre Dufour
Député d' Orford - Gilles Belanger
Députée de Saint-Laurent - Marwah Rizqy



Zach Factor

Ancient star maps

Lys Chisholm & Marcus Nerenberg -
Main Street

Star maps exist because we can hardly expect to memorize the night sky with 3-4000 stars visible to the naked eye at one time. Maps are a product of our insatiable curiosity, combined with a need for constancy and stability in the face of unpredictable stellar and weather phenomena. Since our lifespans are short, and stars move slowly, every ancient culture in the world has produced stories of gods and goddesses who came from the stars and left behind mysterious maps to ponder.

Until the development of quality telescopes by Herschel, and his sister Caroline, in the 1700s, our technology to observe stars was limited. Star maps were rudimentary until technology caught up. Finding ancient maps with details beyond that which our eyes can see is always curious. Only in the 1800s did astronomy advance with spectroscopy (analyzing starlight by wavelength) and then, along with the invention of the Astronomical Distance Scale, were scientists able to make star maps with greater detail and three-dimensional perspective.

The Dunhuang star scroll was found in an abandoned Buddhist monastery cave, behind a false wall, along with hundreds of other scrolls, and was brought back to England by Aurel Stein, in 1909, to the British Library. Examination of the very detailed and multi-paneled Dunhuang document revealed that it has stunning mathematical and scientific accuracy to within 1 degree, and is clearly a 3-D representation on a 2-D surface- something that did not correlate with knowledge held by the Chinese at the time, around 750 AD. Its sophistication suggests that it may have been copied from an older, rare document. The astronomer somehow had knowledge of constellations from a global perspective.

Author and Engineer, Robert Bauval spent 10 years examining the Great Pyramid complex and recalculating the original measurements of Sir Flanders Petrie from the last century. He and fellow researcher Adrian Gilbert were appalled at the resistance of Egyptologists to examine the massive amounts of evidence demonstrating astronomical connections. The Egyptians, even by their hieroglyphs, were obsessed with the stars. The pantheon of gods and goddesses all have original celestial connections, so to Bauval, it seemed only obvious that the Pyramids be related to the stars. Through careful mathematical assessments and astrophotography comparisons to astronomical data, he was able to identify that the three pyramids at Giza lined up accurately with the Belt of Orion. Then, with the help of a robot, UPUAUT 2, the measurements of the shaft exiting the Queens Chamber lined up precisely with the star Sirius. Bauval inspired a revolution in thinking about the relationship of other pyramids and temples to the Cosmos, and opened the door to the field of AstroEgyptology and the creation of a corresponding database.

Among many ancient Star maps worldwide are ones like the Olmec Stone Circle in Alberta, Stonehenge, Gobekli Tepe in Turkey and the legendary Inca, Inti Punchaco, gold sun disc that pointed to the home of the God, Inti. Also, the ancient Sumerian clay Planisphere, which is still under study by modern scholars. This cuneiform tablet in the British Museum collection - No. K8538 - provides extraordinary proof of the existence of sophisticated Sumerian astronomy, over 5000 years ago.

Another is the Cochno Stone, discovered in West Dunbartonshire, Scotland, in 1885. This massive stone came to the attention of a controversial public antiquarian, Ludovic M. Mann. At 13 meters long and 7.9 meters wide, the stone is covered in petroglyphs, the finest known in Europe. Also nicknamed the Druid Stone, the rock is covered in symbols which many agree are predictions of eclipses and marked movements of the Sun and Moon. Some speculate that this stone is much more, yet another 3D star map in a 2D form, preserved in stone for us to find today. The stone dates to Neolithic times and shows a sophisticated grid network, with spiral galaxies, distant binary star-clusters with encoded information about the individual make-up of these star units. The piece is curiously signed by handprints with four fingers on each hand.

The Laurentians offer all of us the chance to observe the night sky, away from the light pollution of urban centers. August meteor showers, like the Perseid, occur when the Earth passes through streams of debris left behind by comets and asteroids. This shooting-star show is visible for free each night, from July 23 to August 20, peaking on August 13. Be there to catch one this year. Put it in your pocket.



The Cochno Stone in Scotland. In 1965, the stone was reburied due to vandalism, but was partially re-exposed for investigation by archeologists from the University of Glasgow. Image Credit: Royal Commission on the Ancient and Historical Monuments of Scotland



The Story Behind

The Rise of Cynicism

Joseph Graham - Main Street
joseph@ballyhoo.ca

Throughout history, prophets have made dire warnings while cynics have ridiculed them. Often people believe the warnings and take heed as in the case of the Y2K bug in the late 1990s. It takes courage to express concerns in the face of the status quo. Our scientific community, built on a system of peer review and self-doubt, struggles to bring to the fore studies, some that challenge our direction and some that help us develop in new ways. There have always been cynics, picking on picayune details, trying to discredit whole notions based on some aspect that sounds unreasonable, and some cynicism serves a purpose, but too much is caustic to the social fabric. The Internet has exploded with such a huge amount of information that one can find support for any idea or argument. Today, cynics have become the experts. Glib dismissals, complete with references, serve to undermine our community faith. Even the flat earth proponents have been resurrected and once again state categorically that the earth is flat. Their arguments are made to sound reasonable, but they can often be identified by their categorical conviction. Even the greatest scientist or prophet expresses complex ideas humbly.

One such is the mythical prophet Jonah, whose story is told in the Bible. It was after choosing the name for our elder son that I went back and read the full story. Jonah was commanded by God to travel to Nineveh and to warn the people that they must change their wicked ways or be prepared for the wrath of God. Jonah, filled with self-doubt, refused the mission. If he undertook it, he feared being ridiculed, and if they were not destroyed because he had succeeded in changing the wicked ways of the people of Nineveh, he would lose credibility. God's commandments must be obeyed, but Jonah chose to flee. He bought passage on a ship going far away, in the opposite direction.

Once aboard and out at sea, a huge storm blew in and threatened to sink the ship. The crew and passengers concluded that someone on board had offended his god, who was showing his wrath. After discussion, Jonah owned up, saying it was him, and that the sea would calm if they threw him overboard. They refused, trying their best to row to shore, but finally they called to his god saying they should not be blamed for throwing him overboard and did not deserve to be further punished. Then they threw Jonah into the sea.

He was immediately swallowed by a large fish, where he resided for three days before being spat out onto the shore. Of course, he immediately made his way to Nineveh where he wandered the streets warning the people to change their wicked ways.

The people of Nineveh listened. Even the king discarded his rich robes and wandered the streets in sackcloth dusted in ashes. Jonah's god was mollified, and destruction was avoided. But Jonah was devastated. He called to God to take his life, declaring that this was why he had fled. He had lost credibility in the face of the people. God answered, scolding him, saying that there was no cause to destroy the people and the innocent animals of Nineveh. They had heard Jonah's message and they had repented. Jonah, the successful prophet, could not live on in the face of the cynicism that he knew would follow. He had been a fake. There was no fire and brimstone to validate his authenticity.

The Y2K bug followed a similar story line. It was based on society's dependency in the computer age. When it began, in the middle of the 20th century, computing required punch cards. These cards had holes punched into them that codified the information being stored. Each card could handle 80 characters. Since space was at a premium, dates were reduced to six characters: MMDDYY. The next millennium was little more than a futuristic concept and the limits of two digits to express the year weren't considered. Punch cards evolved to binary programs recorded onto magnetic tape, but the problem was still not addressed. Dates were essential but bit storage was expensive. Although some systems anticipated the need for the year to be represented in four digits, there were a variety of different results anticipated when the year 99 rolled over. Depending upon the system, the next year could appear as either 00 or 0100, or it could simply trigger an alarm and shut down. Utilities, communications, railroad scheduling and other services had to coordinate their programming rules. The system had grown like topsy and there was fear that chaos would reign when the clock ticked past midnight on December 31, 1999 and different computers interpreted the new day differently.

Happily, people believed the scientists and prophets who anticipated these problems. Right across the world, computer clocks were standardized, and patches were put in place. When the date rolled over, there were only minor problems. Alarms sounded in isolated nuclear plants, some email programs began automatically deleting newer messages because it interpreted them as being a hundred years old, and the US Naval Observatory official time posted the date as January 1, 19100. The worst problems were avoided but that did not stop the cynics. A huge amount of press was given over to the 'false alarm' of the Y2K bug. Perhaps we can date the current rise of cynicism to this crisis, but it was society's belief that there was a crisis that enabled it to be averted.

We received an email from our son, then an IT student. The CBC had published a letter he had written complaining of the cynicism of people criticizing the scientists who saved us from the crisis. Of course, it was signed 'Jonah,' recalling the story of the successful prophet for whom he was named. Like the prophet, the young science student saw the dangers of cynicism.




10 YEAR FULL WARRANTY
PARTS & LABOUR

- The best heat pump on the market
- Best energy efficiency
- Ultra-quiet operation • Best warranty of the industry



www.refrigerationMB.com **877 322-2330**



Your all time favorite Gourmet Pub
with an **AMAZING NEW DECOR !**

BOOK NOW

450-227-0218
236 Principal street,
Saint-Sauveur,
QC, J0R1R0





25 SUMMERS
with you

**CENTRE NAUTIQUE PIERRE PLOUFFE
TREMBLANT INC.**

Boat rental & watersport activities

Enjoy your summer



tremblantnautique.com • cnpptremblant@gmail.com

819.681.5634 • 1.888.681.5634 • 



FASS

Some highlights not to be missed



Ilania Abileah – Main Street

Thurs, July 25: 8 pm - Dorrance Dance, 70 minutes (no intermission). The **Dorrance Dance Group** from New York specialises in **Tap**. In “**Soundspace**” eight dancers’ movements make music along with that of **Gregory Richardson**. Choreography: **Michelle Dorrance**, with improvisations by the dancers. “**All Good Things Come to an End**” danced to music of **Artie Shaw**, and **Fats Waller**. It is an imaginary story of the last travelling Vaudeville quartet on earth, sharing stories of a world that no longer exists, revealing the truth about the world today. **\$50 - \$65**.

Wed, July 31 & Thurs, Aug 1: 8 pm - To mark **Guillaume Côté’s** 5th year with the festival - two evenings – featuring the world premiere of **Crypto**. This piece, created in collaboration with librettist **Royce Vavrek**, is filled with theatre, video, technology and music by Swedish composer, **Mikael Karlsson**. **Crypto** is a work about “forced displacement and the human need to control and transform beauty in wholly unnatural ways.” **\$50 - \$80**

Fri, Aug 2 & Sat Aug 3: 8 pm: Complexions Contemporary Ballet of New York, is back for two nights, celebrating their 25th anniversary. The program includes **Bach 25** - choreography by **Dwight Rhoden**, music by **Johan Sebastian Bach**, and his son. **Star Dust** - a ballet tribute to **David Bowie**, danced to his music, choreographed by Rhoden. **\$50 - \$65**

Free dance classes & performances at Park Filion: Two performances per evening with a class at **6:15 pm & 8:15 pm**. Performances **7:15 pm & 9:15 pm**. **Thurs, July 25:** Tango. **Fri, July 26:** Swing. **Sat, July 27:** Flamenco. **Thurs, Aug 1:** Gigue. **Fri, Aug 2:** Swing. **Sat, Aug 3:** Traditional & Indigenous.



Photo: Complexions Contemporary Ballet, Star Dust, Photo by: Sharen Bradford

ARTS Etc.

The top picks of free shows in July & August

Ilania Abileah – Main Street

Mont Tremblant
Festival International Hautes-Laurentides – This year most concerts are **FREE** and for some there might still be a few VIP seats available for \$20. 1 855 776-4080 <https://fihl.ca/spectacle> mcardinal@fihl.ca

Saint-Jovite Church - Mont-Tremblant Town Centre
Fri, July 19:7:30 pm - The Royal 22nd Regiment – music from the movies, with Alexander da Costa and his violin.

Saint-Faustin-Lac-Carré Church - 1179, rue de la Pisciculture, Saint-Faustin-Lac-Carré
Sun, July 21: 7:30 pm - Giorgia Fumanti performs a selection of romantic songs.

Mont Tremblant Resort
Sat, Aug. 10 - Sam Roberts Band: Award winning Canadian singer/songwriter Sam Roberts with his band give a mesmerizing live show.

Ste. Agathe
Place Lagny
Sat, July 20 - Les Respectables / **Sat, July. 27** - Tequila / **Sat, Aug 3** - Kaïn/ **Sat. Aug. 10** - Andréanne A. Malette

Ste. Adèle
Park de la Famille –Nostalgia series, All shows are on Saturdays at 8 pm.
July 20 – Les Brothers (Pop-Funk-Rock) / **July 27** – Beatz: this group will make you dance / **Aug 3** – Disco Divas.

St. Sauveur
Park Filion – next to the church
July 19-21- Blues Weekend / **Fri, July 19: 7:30 pm** - Carolyn Fe. /**Sat. July 20: 3 pm** / Gaby Woogy and Brian Harisson Band: 7:30 pm / **Sun, July 21: 7:30 pm** - Dan Martel and invited artists / **Sat, Aug 10: 7:30 pm** - Dr. Soul.

Morin Heights
Sat, July 27: 5 pm - The annual OPENING of the Arts Morin Heights summer show. Twenty-Six artists are showing recent and other works at the Chalet Bellevue, 27, rue Bellevue. The exhibition continues to **Sun, Aug 4: 11 am to 5 pm** daily.



Mont Tremblant - Sam Roberts Band- photo: Paul Labonte



Ste. Adele – Beatz



All events will be held at **Parc Georges-Filion** unless otherwise specified

July 13: Tribute to Motown

July 13 – 14 – 15: Heritage comes alive

July 19-20-21: Blues Weekend

July 19 - 20 - 21: BLUES WEEKEND WITH...

Carolyn Fe - July 19: 7:30 pm

Gaby Woogy Band - July 20: 3 pm

Dan Mantel and invited guests - July 21: 7:30 pm

July 25 – Aug 4: Festival des Arts St-Sauveur

July 26: Outdoor cinema – Dumbo (fun park)

Aug 3 – Piedmont Festival

Aug 9 – Outdoor cinema - Aladdin



More information 450.227.2564 | 1-877-528-2553
www.valleesaintsauveur.com

hot blizzard

Brûlerie Des Monts

CAFÉ-BISTRO

197, RUE PRINCIPALE, SAINT-SAUVEUR 450 227 6157
WWW.BRULERIEDESMONTS.COM

7/7
From 6 a.m.
Mon. to Sat.
7 a.m. Sun.

FABULOUS COFFEE · MOUTH-WATERING BREAKFASTS AND LUNCHES · DECADENT DESSERTS

RELIEF AND
CORRECTIONAL
CARE AND
WELLNESS

MAISON
CHIROPRACTIQUE
PIEDMONT

Impulse® is available at our clinic. Produces a "thrust" without a cavitation, also known as "cracking" sound.

Mention this ad in the Main Street and take advantage of a complete exam at **no cost (\$ 60 value)!**
Treatment extra if applicable. By appointment only.

Dr Myriam Bourgault, chiropractor, DC
280 chemin du Bosquet, Piedmont JOR 1K0
(579) 995-0119 www.chiropiedmont.com

Located only 4 minutes away from exit 60 off autoroute 15

HYUNDAI

HYUNDAI ST-JÉRÔME

DEPUIS PLUS DE **30ans** à votre service
www.hyundaistjerome.com

Lease* or Finance*
from **0%**
on select models

2019 KONA
Lease the 2.0L Essential FWD for
\$55 weekly for **60** months
(261 weeks) **\$2,195 down***
*Cash price: **\$23,019** Delivery, destination & fees included. Plus taxes.
Standard key features include:
♥ 7.0" touch-screen with rearview camera
♥ Android Auto™ & Apple CarPlay™ ***
♥ Drive Mode Select

5 YEAR WARRANTY
Comprehensive/Limited Warranty: 5-year/100,000 km

2019 SANTA FE
Lease the 2.4L Essential FWD for
\$75 weekly for **60** months
(261 weeks) **\$2,995 down***
*Cash price: **\$31,019** Delivery, destination & fees included. Plus taxes.
Standard key features include:
♥ 7.0" touch-screen with rearview camera
♥ Android Auto™ & Apple CarPlay™ ***
♥ Roof rack side rails

5 YEAR WARRANTY
Comprehensive/Limited Warranty: 5-year/100,000 km

2019 TUCSON
Lease the 2.0L Essential FWD for
\$65 weekly for **48** months
(208 weeks) **\$2,545 down***
*Cash price: **\$27,019** Delivery, destination & fees included. Plus taxes.
Standard key features include:
♥ 7.0" touch-screen with rearview camera
♥ Android Auto™ & Apple CarPlay™ ***
♥ Front 3-stage heated seats

5 YEAR WARRANTY
Comprehensive/Limited Warranty: 5-year/100,000 km

That's the H-Factor.™
Hyundaincanada.com

BUYRIGHT

HYUNDAI

Lease offer available OAC from Hyundai Financial Services based on the following new vehicle: 2020 Santa Fe Preferred auto (MY2019 Kona 2.0L Essential FWD/2019 Tucson 2.0L Essential FWD) with an annual lease rate of 1.49%/2.49%/1.89%. Total lease obligation is \$12,000/\$14,500/\$11,500. Registration, insurance, license fees, taxes, and all applicable fees are included. (Finance offers available OAC from Hyundai Financial Services based on the following new vehicle: 2019 Santa Fe Preferred manual with an annual finance rate of 3.9%. Cost of borrowing is \$0 for a total obligation of \$22,410. 261 weekly payments of \$86 for 60 months. Down payment of \$2,995 required. Taxes and air conditioner charges of \$170, \$215 and \$130 respectively for models with air conditioner) and delivery and destination charges of \$1,335 included. Registration, insurance, a maximum/RCPM charge of \$75 and all applicable taxes are included for all purchase financing offers and payable at delivery. *Cash price of \$23,019/\$31,019/\$27,019 available on new in-stock 2019 Hyundai Preferred auto (MY2019 Kona 2.0L Essential FWD/2019 Tucson 2.0L Essential FWD) models. The dealer conditioning charges of \$115 (\$25 and \$100 respectively) and delivery and destination charges of \$1,335/\$1,335/\$1,335 are included. Registration, insurance, a maximum/RCPM charge of \$75 and all applicable taxes are included. *Offer available for a limited time and subject to change or cancellation without notice. Vehicle colour is subject to availability. Delivery and Destination charge includes freight, PDI, and a full tank of gas. Dealer may sell for less. Inventory is limited. Dealer order may be required. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. Visit www.hyundaincanada.com or see dealer for complete details. ***The Hyundai names, logos, product names, feature names, images and designs are trademarks owned or licensed by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. For further details, terms and conditions visit www.hyundaincanada.com/financing or your local dealer. (Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions. Android Auto™ is compatible with Android phones running Android Lollipop or newer. Android Auto may not be available on all devices and is not available in all countries or regions. Additional apps may be required. Visit www.android.com for further details and any applicable limitations. Android and Android Auto are trademarks of Google Inc. Apple CarPlay™ works with iPhone 5s, iPhone 5c, iPhone 6, iPhone 6s and later models running the latest version of iOS 7 and above. CarPlay™ may not be available on all devices and may not be available in all countries or regions. Visit www.apple.com for further details and any applicable limitations. Apple, Apple CarPlay and iPod are trademarks of Apple Inc. *Fuel Economy figures are based on manufacturer testing and are used for comparison purposes only. Actual fuel economy may vary based on driving conditions and the addition of certain vehicle accessories. Fuel Economy based on 2020 Santa Fe LT model.

HYUNDAI SAINT-JÉRÔME

www.hyundaistjerome.com

450 432-4252
16600, Montée Guénette, Mirabel

OPEN

Monday to Thursday
9 am - 9 pm
Friday 9 am - 5 pm



Garden Talk

Growing Jerusalem artichokes

June Angus - Main Street

The Jerusalem artichoke, also called a sunchoke, is a variety of perennial sunflower, grown for its edible low-starch tuber. It looks much like a small potato, or even a ginger root, but tastes nutty like a water chestnut. This hardy perennial grows 2 to 3 meters tall, and the rough-textured leaves range from 10 to 15 cm long. The plant is topped with beautiful yellow chocolate-scented flowers that can bloom from July through to a heavy frost in fall.

Despite its name, the plant is not related to the artichoke family and has nothing to do with Jerusalem. Most sources surmise the name is derived from the Italian word for sunflower – girasole – and the fact that the tuber tastes a little bit like an artichoke. Native to North America, and harvested by Indigenous people, they were also taken back to the “old country” by early European explorers, where they became popular too.

Sunchoke tubers can be planted as early as 2 to 3 weeks before the last frost in spring. Plant a whole or part of tuber in an area with full sun, 5-15 cm deep. Space them about 30 to 45 cm apart. Their roots are shallow and can spread up to 45 cm away from the main stem.

They prefer loose, well-drained soil, but will grow almost anywhere – which can be a significant problem with these plants. Sunchoke tubers grow, divide, and spread easily. They are a highly invasive perennial. Because even a small piece of tuber will grow if left in the ground, the plant can ruin gardens by smothering or overshadowing nearby plants and can take over huge areas. That’s why some people prefer to grow them in containers. But they require a pot with at least a 45 cm diameter – and only one plant per pot.

As ornamentals, sunchoke tubers can be planted densely to form a screen or windbreak. But again, beware of the territory they will take over.

Sunchoke tubers will be ready for harvest 120 to 150 days after planting. When their leaves die back, loosen the tubers with a garden fork and collect by hand. Harvested after a light frost, sunchoke tubers will be even sweeter tasting. Tubers left in the ground will regrow the following season. Even tiny bits of a tuber will reproduce.

Unlike potatoes and some other root crops, sunchoke tubers do not store well. They have a thin skin and dry out easily. Once dug up they must be kept cool and moist in a root cellar, or bagged in the refrigerator, for a short period of time. Burying them in pails of sand in a cool area, such as a basement or garage can work.

While they’re not very appetizing when boiled and mashed, they are still nutritious and can be very tasty thinly sliced raw, in a salad, stir-fried or steamed. If you’re not sure what to do, there are entire websites devoted to sunchoke recipes. Be aware that some sources claim eating a large amount of sunchoke tubers may lead to mild gas. So, if you haven’t tried them before, start slowly.

Sunchoke tubers are available for sale online. But anyone who is already growing them - say a neighbour for example – likely will have such a proliferation of tubers and be happy to share. That’s how I got mine.

While the size of Jerusalem artichoke plants is impressive, and the tubers produced are delicious, remember that once planted they can take over, and can be very hard to control or eliminate. So, always proceed with caution.



Word Play

Plastic - plastique Part I

Louise Bloom - louisebloom@me.com

Curiously, I am writing this month from California, as I contemplate my associations with the word PLASTIC. I unearthed a prejudice, garnered in my childhood, that associates the word plastic with images of palm trees and pink flamingos, of neon and Disney-like souvenirs and notions. I can only surmise that I developed this view in relation to all that was Hollywood, “plastically” flashy and fabulous. In this context, plastic is an adjective that infers imitations of the real.

As well, the word plastic (for me) conjures various, small Japanese-made appliances, intrinsic to 1950’s and 60’s, such as transistor radios, and other commodities, usually fabricated from plastic, before this became the norm in North America. These were thought of as “cheap”.

Of all the impressions regarding plastic, the one that stands out is the famous line in the 1967 film THE GRADUATE, where a businessman family friend advises the young protagonist, whispering “just one word, plastics,” He elaborates, saying “There’s a great future in plastics.” Fifty-two years later, since that sage prediction of plastic’s great future, the detritus of plastic is now forecasting our planet’s demise, the tragic results from too much of a good thing.

Plastic is bendable, flexible, formable, and resilient, characteristics that herald endless possibilities. Its properties have made possible the products of literally hundreds of thousands of manufacturers.

“Les Arts Plastiques” refers to the visual arts in the Quebec system of education. In the Miriam Webster Dictionary, the definition of plastic art is - 1: art (as sculpture or bas-relief) characterized by modeling; three-dimensional art. 2: visual art (as painting, sculpture, or film) especially as distinguished from art that is written (as poetry or music) —often used in plural. Plasticity, as the capacity to be molded or modulated, refers to art production and the creative process in general.

Ironically, this broad reference to the arts, and contemplation of unlimited creativity, led my research on plastic into the world of the science of Neuroplasticity. This is the study of the ability of the brain to adapt and change. “Neuro” is for the nerve cells, or neurons, and “plastic” refers to the modifiable nature of the brain and nervous system. Neuroplasticity is the reason teachers teach and therapists treat. They see that with repeated exposure, practice, and attention, their students and clients learn and change, and so do their brains. It has been determined that the brain is plastic at all ages. We continue to learn and cause changes in our brains and nervous systems throughout our lifespans.

Recently, the electromagnetic imaging of the functioning brain, has revealed the effects of meditation on the brain, in situations of psychological distress, and the physical symptoms of illness. In all cases they are finding that meditation leads to profound improvements in functioning. Thus, recent scientific interest in the plasticity of the brain inspires the hope that we can reprogram the habitual tendencies that we find difficult to manage.

Let’s hope that we can make positive changes to the area of our brains that has caused our dependency on the type of plastic that is murdering our planet, before it is too late. (to be continued)

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.



The Argenteuil Hospital Foundation
invites you to its
Summer blast party!
Saturday, August 17th
At “ Salle de réception des Laurentides ”
136 ave. de la Providence, Lachute

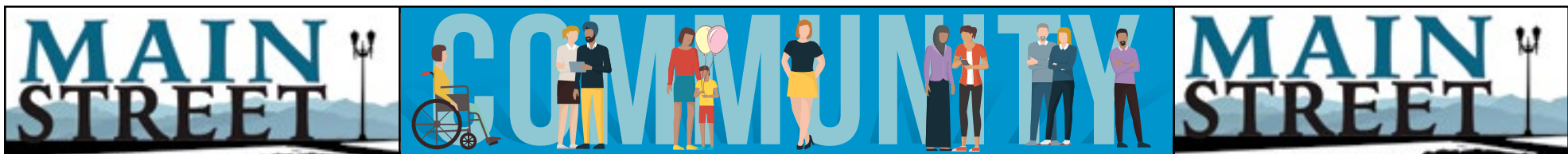
Book before August 8th

- *Cocktail: 6:00 p.m.*
- *Dinner: 7:00 p.m.*
- *Let's party!!*

\$65.00 tx incl. per person
8 to 10 people per table
Tickets available at the hospital gift shop

Reservations on line at www.fhargenteuil.com/en or phone 450 562-3761 ext.72100





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.

Branch 171 Filiale Morin Heights

Fri, July 19: 6 pm - TGIF Smoked Meat
Sat, July 20: 8 pm - The Paolo Stante Band
Sat, Aug 3 - Flea Market

Darts: Thurs: 3 pm - new players welcome
Military Whist: 1 & 3 Mon at 1:30 pm
Check with the legion for daily bar hours
Hall rental available at competitive prices
Info: 450 226-2213

<http://www.legion171.net/> / Facebook: legion 171

Branch 70 Filiale Lachute

Monthly bus trips to the Casino have resumed.

Please call the branch for info

Monthly Saturday night Military Whist

Games – call for info.

Tues: 1 pm: Euchre

Thurs: 1 pm - Cribbage

Saturdays: 2:30 pm – Darts

For information call: 450 562-2952 after 3 pm
634, rue Lafleur

Branch 71 Filiale Brownsburg

1st Tues of each month - Soup luncheon

4th Thurs of each month - Military Whist

Bar open Wed - Fri 3 pm - closing

Everyone welcome.

Contact Sheila: 450 562-8728 / 514 909-8885

Branch 192 Filiale Rouge River

July 12: TGIF Margarita Night

July 13: Painting Social

July 26: Member BBQ

Aug 17: BBQ with the Honey Mead Brewers

Mon: 9 am - Chair Yoga

Tue & Fri: 9 am - Yoga flow

Tues: 7:30 pm - cribbage. Info Lloyd
(819-687-3541)

Wed: 1 pm - Bridge. Info: Connie:
819-687-2403

Everyone welcome

Bar open daily at 3 pm

For further info: 819 687-9143 /
arundellegion@gmail.com

RELIGIOUS SERVICES

**THE CATHOLIC CHURCHES
NOTRE DAME DES MONTS PARISH**
Office 887, Chemin du Village, Morin Heights
Huberdeau 10:30 am • Laurel •
Montfort 11 am • Weir 9 am
Info: 450-226-2844

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

HOUSE OF ISRAEL CONGREGATION
27 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/mrpmc
Rev. Dr. Douglas Robinson: 450 562-6797
Sunday service and Sunday school 10:30 am.

**MILLE ISLES
PRESBYTERIAN CHURCH**
1261, Mille Isles Rd.
Summer Services
Sundays: 9:30 am
Please join us in worship with
Reverend Richard Bonetto
Refreshments will follow the service

**ST. ANDREWS
EAST PRESBYTERIAN CHURCH**
5, John Abbot St., St. André d'Argenteuil
Interim Moderator: Rev. Linda Robinson
Info: Sharon McQuat: 450-566-4549
Services from May 19 - Aug 25 at 11:15 am
* There will be no service on July 14 *
August 18: Communion Service

LOST RIVER PRESBYTERIAN CHURCH
5152 Lost River Rd., Harrington
Services are held every Sunday beginning
July 14 until August 25 at 9 am
Everyone is welcome

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Thurs: 4 pm - Prayer Meeting
Sun: 10 am - Sunday School
Sun: 10:45 - Worship service

LACHUTE BAPTIST CHURCH
45 Ave. Argenteuil - 450 562 8352
Pastor Rénald Leroux
Worship Service - 10:30 am

**TRINITY ANGLICAN CHURCH –
MORIN HEIGHTS**
757, Village, Morin Heights (450-226-3845)
Sundays 11 am: Worship service
We are a member of the Laurentian Regional Ministry.

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

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe
The Rev Josée Lemoine
Sunday service: 9 am
Fellowship in the church hall afterwards.

**ANGLICAN PARISH OF ARUNDEL &
WEIR GRACE CHURCH**
Sunday services are held every
Sunday at 11 am,
followed by tea / coffee, refreshments &
fellowship in the Church Hall.

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
The Reverend Josée Lemoine -
Priest in Charge
The Reverend Nick Brotherhood -
Interim Priest
Tania Lesack - Curate
Services are held every Sunday at 9:15 am.
The second Sunday of each month is a
fun Family Service
Everyone is most welcome to join us.

**ANGLICAN CHURCHES
ALONG THE OTTAWA RIVER**
Holy Trinity, Calumet,
St. Matthew's, Grenville
Holy Trinity, Hawkesbury
Please call 613-632-9910 for
information about Sunday
service times.

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

KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Contact: James Hocquard - 819-242-4722
Sundays: 9:15 am - Weekly Sunday Worship
and Sunday School

ST MUNGO'S UNITED CHURCH
661 Rte. Des Outaouais, Cushing
Contact: Sandra Goorbarry - 819-242-5523

LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Contact Pat Hodge 450-562-8365
Sundays: 11 am - Weekly Sunday Worship

**HARRINGTON
UNITED CHURCH**
370 ch. Harrington, Harrington
Contact: Eleanor Morrison: 819-429-1925
Last Sunday of each month: 1 pm
ST ANDREWS CHURCH, AVOCA
150 Avoca Rd, Grenville-sur-la-Rouge
Contact: David Elo 819-242-6559
2nd Sunday: 1 pm - April - December

SHAWBRIDGE UNITED CHURCH
1264 Principale, Prévost
(at de La Station)
Contact Sandra Trubiano - 450-224-5188
Sunday service time is 9:15 am.

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819-687-3331
Contact : Heather Hodge - 819-687-9230
Sundays: 10 am: Worship service.

MORIN HEIGHTS UNITED CHURCH
831, Village, Morin Heights
Contact Catherine Davis – 514-712-8863
Sundays: 10:30 am - Weekly services

STE-ADELE UNITED CHURCH
1300 ch. du Chantecler, Ste-Adèle
Contact: Jacques-Henri Honoré / 450-512-8007 /
eglise.ste.adele@gmail.com

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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
July 21: 11 am - Morning Prayer

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
July 14: 4 pm - Evening Prayer
July 21: 4 pm - Holy Communion
July 28: 4 pm - Evening Prayer
Aug 4: 4 pm - Holy Communion

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
July 28: 11 am - Morning Prayer
Bilingual services with gospel/
bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
June 9: 11 am - Morning Prayer
July 14: 11 am - Holy Communion

VALLEY GATE CHURCH
Pauline Vanier, 33, de l'Église, St. Sauveur
Info: porte.valle@gmail.com
Website: <http://www.portedelavallee.org/>
Please join us every
Sunday at 10 am

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

MORIN HEIGHTS HILLSIDE CHAPEL
755, du Village, Morin Heights
Services at 6:30 pm until the end of September
Everyone welcome, invite a friend!
Refreshments and fellowship will follow
each Hymn Sing

FABRIQUE DE LA PAROISSE ST-SAUVEUR
205 rue Principale, Saint-Sauveur
Saturdays: 5 pm - The parish offers a
bilingual mass
Everyone welcome.



FAUBOURG SUICIDE PREVENTION CENTRE

24 /7 HOTLINE

1-866 APPELLE (227-3553)

Intervention and help for all
Laurentian residents.

For info and full services visit
www.cps-le-faubourg.org



Quail Eggs • Chicken Eggs
Lamb • Squab • Sausages
Honey • Maple Syrup • Preserves
Bread • Vegetables
Local Artisans • Vintage Finds

Saturdays and Sundays 10 a.m. to 4 p.m.

Closed on Rainy Days

663 Ch. de la Rivière Rouge, Harrington, QC

t. 819-687-2577

Currently Seeking Exhibitors • On parle français

Laurentian Region Cancer Support Group

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



Next meeting for cancer patients,
families and caregivers is

FRIDAY EVENING
July 19, 2019 at 6 pm

Annual Summer Pot Luck BBQ
for more information call June 450-226-3641

Upcoming Meetings: Saturdays at 1 pm
Aug 17 • Sept 21 • Oct 19 • Nov 16
Chalet Bellevue, Morin Heights

Meetings are conducted in English
ADMISSION IS FREE

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

REGISTERED CHARITY - DONATIONS APPRECIATED



COMMUNITY NEWS

AMI-QUEBEC PROGRAMS
ACROSS QUEBEC

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

VICTORY SOUP KITCHEN / SOUPE
POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA
LACHUTE MOUVEMENT PERSONNE
D'ABORD LACHUTE

Bazar MPDA Lachute
(177 Rue Bethany, Lachute).
Used clothing, shoes, books and
more for the whole family.
Tues - Thurs: 10 am - 3:30 pm
Fri: 10 am - 2:30 pm

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.

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE
2811 RTE 327

Sun, Aug 4 9 am - noon: August Breakfast
Basket draw tickets at the door -
proceeds will go to Canadian
Diabetes Association
Adults \$7 / children (6-12) \$3.50 /
under 5 yrs. free.
Everyone welcome!
Wed, Aug 14: 4:30 pm - Lost River Quiz Nite
Groups of 4
Soup, sandwiches, pickles, dessert. \$8
BYOB.
Prizes announced at the event.
See Facebook for details, LRCC-Lost River
Community Centre

HARRINGTON
GOLDEN AGE CLUB

(259 Harrington Rd)
Cook's Night Out: 1st Friday
of the month at 5:30 pm
Bingo: 1st & 3rd Sunday of the
month at 1:30 pm
Quilting: Mondays at 10 am
Knitting: Mondays at 1 pm
Line dancing: Tuesdays at 7 pm
Welcome back to all

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

Laurentian Elementary School
455 Court St, Lachute
(side entrance on Bellingham)
Wed evenings: 6:30 pm - 8 pm
Any girl (age 5+) or woman
is welcome to join us

THEATRE MORIN HEIGHTS

We are currently preparing for our
2019-2020 season including casting
our major production in November.
Want to become a
member, work behind the
scenes or act, call
Info: 579-765-3999 /
www.theatremorinheights.ca
facebook.com/TheatreMorinHeights

ALCOHOLICS ANONYMOUS
MEETINGS

Holy Trinity Church Hall,
Ste-Agathe
Corner of Préfontaine St. W
& Tour duLac Road.
Friday evenings: 8 pm
Having problems with alcohol?
Looking for help? Join us for
a group meeting and support.

LACHUTE ARMY
CADET CORPS

Recruitment currently underway!
Open to teenage girls and boys
between 12 and 19 years.
Leadership, music, map and compass,
marksmanship and Eco-Stewardship are
among the training that is offered.
Uniforms and training are free; all we
ask for is a commitment.
Info: Captain Dan Demers:
514-927-9260

ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

HUBERDEAU
GOLDEN AGE CLUB

Huberdeau Church Basement
Thursday evenings: 7:30 pm.
The Club Huberdois invites you for a
game of Pétanque Atout.
Info: Lionel Provost: 819-687-3720
Info: Gilles Goyer: 819-687-3498

SENIOR VOLUNTEERS
READING PROGRAM

The Table des aînes of the Pays-d'en-Haut
MRC is looking for volunteer readers aged
50 and over to share the pleasure of reading
with children in schools.
As part of a movement to promote the plea-
sure of reading with children in the commu-
nity, the Table des aînes has implemented
an intergenerational reading program
throughout the MRC.For further information
please contact Violaine Guérin
at 819-321-9404.

COOP SORE'S
COMMUNITY LUNCH

Chalet Bellevue, Morin Heights
Community lunch prepared by
Soupe & Cie every Monday.
Voluntary donation of \$6 is suggested.
Meal includes soup, main dish, salad, des-
sert, tea or coffee.
Advance reservatiopn required
on Fridays from 9 am – 4 pm
at 514-944-9335

RIFLE CLUB WILLIAM TELL

Upcoming events
3229, Cr. Fridolin Fandrich, Wentworth North
Sun, Aug 11: Schlachtfest -
to establish a king & queen
Sun, Sept 22 - Schlachtfest (Thanksgiving)
Sun, Nov 24: Adventkranzbinden
(binding of our own
Advent wreath)

HOLY TRINITY CHURCH CONCERTS

4, ch. Cambria, Gore
Doors open at 7:30 pm / Concert 8 pm
Aug 17: Carlos M. Ramirez
Sept 14: Slocan Ramblers
Advance tickets \$25 / at the door \$30.
Info: Jody: 450 562-2025 ext. 3543

COUREUR DES BOIS CHALLENGE

Municipal Park, 45 Cambria, Gore
Sat, July 20: 9 am - 3 pm
Races, duathlon, demonstrations, lunch (\$)
games for children and music!
Registration: 9 am – 9:30 am / race at 9:30 am.
Info: Jody: 450-562-2025 ext. 35423

NOSTALGIA EVENENING
CONCERTS

Parc de la famille, Ste-Adèle
June 29 – Aug 3: 8 pm
Series of FREE outdoor music concerts

LE P'TIT TRAIN DU NORD

The P'tit Train du Nord has a new website.
Stay up-to-date on their latest
news by visiting
www.ptittrainunord.co

MORIN HEIGHTS UNITED CHURCH
YARD SALE & BBQ

831, ch. Du Village
Sat, July 20: 8 am – 3 pm
One person's junk is another
person's treasure!
There will be a BBQ with burgers and
hot dogs for sale.
Rain or shine, we hope to see ou there!

ANNUAL ARGENTEUIL
UNITED PASTORAL
CHARGE BBQ

Park by the Grenville Canal
Fri, Aug 9: 5 pm - 7:30 pm
Bring a lawn chair and enjoy the music
and food.

29th ANNUAL ECHOES OF
A PROUD NATION
POW WOW

South of Kahnawake Mohawk Territories
Routes 132 & 138 (off Mercier Bridge)
July 13 & 14: starts at 9 am
Adults: \$8 / 60+: \$4 / 5 & under: FREE
Info: 450-632-8667 /
www.kahnawakepowwow.com

ARTS DE LA TABLE

Town Hall (6120, rue Morin, Val Morin)
Saturdays in July and August: 11 am - 3 pm
Music shows, crafts and exhibitors.
Bring a picnic
Entry FREE!

SUMMER DAZE

Val David skate park
Tuesdays, until August 13: 4 pm - 7 pm
Adam Green & Co., professional
skateboarders will entertain
you with their prowess on skateboards.
819-324-5678 / 1 888 322-7030
valdavid.com

3 LAKE CROSSING

Starting at Parc des aînés (Lac Saint-Jo-
seph) to Lac Théodore.
Sat, July 13
Rental equipment available.
1 855-327-2044 / seadolphedhoward.qc.ca

BANZAI WEEKEND

Tremblant Resort
Sat, Aug 3 & Sun, Aug 4
A weekend of family entertainment
and activities!
Dancers, comedians games, scavenger
hunt, magic tricks and jugglers.
Learn the choreography and join in the
evening performance!
816-681-3000, ext. 46643 /
tremblant.ca

ATTENTION MAIN STREET
ADVERTISERS



Sign up to stay in touch!

Subscribe to our newsletter to receive
advance notice of special editions and
discounts delivered right to your inbox.
Sign up on our web site:
www.themainstreet.org

You dream it. We build it... **ALTAMAX**
CONSTRUCTION RENOVATION

www.altamax.ca 1.866.924.8282

4 Korners 888 974.3940
Family Resource Center
A Cornerstone of the Community
LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL
info@4kornerscenter.org 4kornerscenter.org

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

Alcoholics Anonymous
Helpline:
1 877 790-2526

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

Sumara Fibres
Susan MacDonald
819.242.7938
Angora rabbit fibre and yarn blends
available by request

Read the
Main Street
online

www.themainstreet.org



So-Fine

Boutique & Atelier

So-Fine clothing and accessories made with high-quality, easy-care fabric, entirely designed and created in our in-house atelier.

Fashion to make you look and feel So-Fine

1001 rue Valiquette, Sainte-Adèle
(450) 745-4447 SO-FINE.CA





LORTIE ET MARTIN

CENTRE DE RÉNOVATION

819 326-3844

Come see us for your renovation project; our experts will be happy to advise you.

Sainte-Agathe-des-Monts
www.lortieetmartin.com



LOST RIVER

CANOES



CANOES

CEDAR CANVAS

BUILDING - RESTORING

LUCMELANCON@CANOTSLOSTRIVER.COM

LUC MELANÇON 819 687-2462
CANOTSLOSTRIVER.COM



DQ

Treat Yourself



Now Open!

Lachute 89, av de la Providence 450-562-7771	Blainville 1355 Bd Michèle Bohec 450-419-6777	Hawkesbury 76 Main St W 613-632-8133
---	--	---

LACHUTE HOURS: Sun - Wed: 11 am - 8 pm | Thurs - Sat: 11 am - 9 pm

HONEST, EFFICIENT AND QUALIFIED SERVICES



Les Contacts de Lori

Lori's Links

450.224.7472
lori.leonard@sympatico.ca
www.lorislinks.com

Need help with a job?

- Cleaners, handymen, carpet/sofa cleaning
- Excavation (drains, septic, crushed stone)
- Furniture restoration, seamstress
- Property management
- Renos, painting, decor, plumbing
- Electrician, Structural Engineer
- Tree cutting, snow removal
- Limo service to airport or Montreal

Anyone or anything...

Summer Fun in the Laurentians

Just add water...

Susan MacDonald

Summer fun in the Laurentians is synonymous with life on the water, and from easy to extreme, there is a multitude of sports and activities, for water enthusiasts of all ages, and levels of physical fitness, to enjoy.

Many of our larger lakes allow motorized boats on the water, which opens the waves to a variety of extreme sports such as water-skiing, wake boarding and yes, even surfing, right here in the Laurentians! Thrills abound as enthusiasts challenge their spirits and abilities against the wakes from the towing boats. For thrills of a lesser nature, there are tow rides such as banana boats and other inflatable toys, for single, or multiple riders.

Less-intense activities, popular on the smaller, non-motorized lakes, include canoe and kayak rides, pedalos, sailing, stand-up paddle and bike-pedaling boards. These serene rides allow you to travel at your own pace, stop to enjoy the scenery at will and enjoy the simple pleasures of being out on the water. Swimming, diving and snorkeling are other popular water sports.

Whatever your lake adventure, it is vital to practice safety measures at all times when near or on the water, and to act respectfully towards other people, the environment, and its inhabitants. Following a few guidelines will ensure everyone will enjoy time on the water to the utmost. Here are just a few simple rules to keep in mind:

- Know how to swim: if you don't know how, enroll in a program to learn!
- Always wear a life jacket when on, or in the water
- Never go out alone: safety is in numbers, even if that number is 2
- Protect your skin: UV rays are reflective on the water
- Be aware of others out on the water at all times
- Reduce boat speeds when near the shoreline
- Do no throw anything overboard
- Thoroughly wash all boats before entering, and after leaving, new waterways.
- Enjoy, be safe and have fun

Summer is in mid-swing and nothing adds more to the pleasure of the season than playing on and around the lake. For a little fun in the sun, remember, all you have to do is add a little water.

Play safe and happy summer to all.



What if we could eat local year-round?

(NC) Warmer weather marks the beginning of the growing season for local produce, but what if we could enjoy local fruits and vegetables all year round?

Thanks to local farmers using greenhouses to regulate temperature and produce summer-like conditions to extend the growing season, we no longer have to wait until spring and summer to enjoy the first local strawberries or juicy tomatoes. Greenhouse farming also provides us with local cucumbers, peppers, lettuce, mushrooms and much more throughout the year.

As it has a chance to ripen on the plant before being picked, local produce may also taste better. But like all produce, vegetables and fruit contain important vitamins and minerals we need in our diets to contribute to overall good health. As recommended by Canada's Food Guide, we should aim to fill half our plates with fruits and vegetables.

Local is not just limited to the produce section. You can also find local seafood, meat, deli products and frozen foods from across Canada. Make sure to stop by the seafood counter to see what's local, such as trout, salmon, scallops and more. The same goes with the butcher's counter and fresh meat case.

With 450 Canadian farmers growing, keep a lookout for local produce at your nearby Loblaws and Your Independent Grocer locations. Not only will you find produce, seafood and meat marked as Canadian, but also by province and within 150 kilometres from your local store.



IT'S TIME TO TOYOTA

see your Toyota Lachute dealer for details.

Vehicle Shown 2019 RAV4 Hybrid Limited



TOYOTA

LACHUTE

275, Av Bethany, Lachute



www.toyotalachute.com
OPEN Mon to Fri 9 am - 8 pm
Exit 260 West off Autoroute 50

1 877-588-7955 | 450-562-5235



Making it Work in the Laurentians

How to set up your Etsy store

Rachel Morgenstern-Clarren

Whether your passion is wheel-thrown ceramic mugs, vintage dresses, or craft supplies, Etsy is the most popular marketplace, worldwide, for selling unique, and often handmade, items. The hardest part of opening an Etsy store is simply figuring out what you want to sell. After that, the site has lots of great tools to help you manage, grow and promote your store.

Finding resources and inspiration

One of the perks of selling on Etsy is that everything you need to know about setting up your store is available on the site. Take advantage of their extensive resources for sellers, like their Sellers Handbook, and Etsy Success newsletter, and look at what other sellers are doing to get ideas for what works and what doesn't.

The nitty-gritty of getting started

All you need to get your store up and running is a PayPal account (Premiere or Business), a credit or debit card (to pay your Etsy bills), your shop name and brand identity (which should be consistent on Etsy and across your social media channels), your product listings (complete with catchy descriptions and high-quality photos), shipping info (for the US, Canada and international addresses), and clear policies regarding things like estimated shipping times and return policies.

For each listing, use all 13 possible tags to increase your chances of being found, and pick keywords that correspond with terms people commonly use while shopping. For example, include the general type of item (jewellery), a more specific description of the item (chandelier earrings), material (rose gold), main colour (pink), person it is for (woman), method used to make it (hammered), size (3 in.), style (Victorian), what occasion it is for (wedding), etc. It's also a good idea to label some of your items with your shop name.

Product photography is also important. Use a professional camera to take a variety of photos of each item so that the customer can easily visualize the product's size, colour and material. Take the time to make the photos eye-catching and flattering.

Also, don't forget that it's not just about the design of the product, but the packaging too. In addition, experiment with SEO (Search Engine Optimization) and monitor your stats.

If necessary, adjust your products, copy, visuals, and store design.

Developing your marketing plan

Connecting your Etsy store to Facebook and Twitter will help you to stay in touch with clients and drive more traffic to your site. Make sure to respond quickly, positively, and appropriately, whenever someone contacts your company through email, social media comments, or messages. Build community by following customers in return, liking their stores, commenting and sharing. Send samples to prospective and existing customers, as well as to bloggers and social media influencers. Create a newsletter to keep your customers informed about new products, upcoming sales, and store events. By maintaining a strong brand and good customer service, you will be able to build a community within Etsy and develop a loyal clientele around the world.

Selling your art online can be a profitable business if you have the right tools. Learn how to start, grow and monetize your online art business at yesmontreal.ca or call 1-888-614-9788

Distribution Points

We are often asked where our FREE copies of Main Street can be picked up. While there are too many locations to list them all, below you will find our major distribution points across the Laurentians where your copy of Main Street can be found on the 2nd Friday of each month. Better be quick though as they literally fly off the shelves! Enjoy the read...

MORIN HEIGHTS – 1325 copies
Available at: IGA, Familiprix, Vallaincourt's

ST-SAUVEUR – 2675 copies
Available at: IGA, Provigo, Rachelle Béry, Petino's, Jean Coutu. TD Bank, Brulerie des Monts and Fumoir des Lacs, Chalet Pauline Vanier

STE- ANNE-DES-LACS – 50 copies
Available at Marché du Village

STE-AGATHE – 1950 copies
Available at Metro and IGA,

ST. ADOLPHE D'HOWARD – 50 copies
Available at the Marché

ST. JOVITE – 1150 copies
Available at Maxi, Bourassa, Metro and Rona

VAL DAVID – 175 copies
Available at Au Petit Poucet Restaurant, Familiprix and Metro

STE-ADÈLE – 535 copies
Available at IGA, Valso Esso, Tim Horton's and Chateau Stationary

STE-MARGURITTE DU MASSON – 100 copies
Available at Le Magasin Legare

PIEDMONT – 100 copies
Available at City Hall, Couche Tard, Tim Horton's and Hopital Vétérinaire Piedmont

PRÉVOST – 200 copies
Available at IGA, Jean Coutu, Tim Horton's, Microbrasserie Shawbridge and Floral Fatimo

LACHUTE – 3500 copies
Available at IGA, Super C, Giant Tiger, Canadian Tire, Dépanneur Campbell

GRENVILLE – 650 copies
Available at IGA

ARUNDEL – 150 copies
Available at Arundel Provisions

HUBERDEAU – 125 copies
Available at Dépanneur Au Petit Centre

HARRINGTON – 40 copies
Available at the Municipal Town Hall

LOST RIVER – 50 copies
Available at Dépanneur Lost River

GRENVILLE-SUR-LA-ROUGE – 50 copies
Available at Dépanneur Kilmar

HAWKESBURY – 650 copies
Available at Freshco



Nature Everyday

From caterpillars and flies, to turtle crossings

By Mat Madison, biologist

This month's article aims at responding to readers' questions about nature and the world of biology. I have two subjects for you this time.

First, we all remember last year's tent caterpillar infestation. This insect called Malocosoma disstria (in biology we always use the Latin name as it is recognized across the world as the official name, no matter the language spoken) is in fact a moth. It's a very boring, beige-brownish yellow, thick and hairy moth. It mates once a year, and the first caterpillars appear in May, as soon as the first leaves appear on the trees. Between May and mid-June, the caterpillar has 5 molts before reaching its final caterpillar form. At this point, it turns into a moth after cocooning in large groups. We trace infestations back to the 1790s, at the beginning of colonization. Back then, it was mostly the boreal forest that was affected, as the main hosts for the caterpillar are the poplar and aspen trees found up North. These days, the infestation ranges from north Abitibi to the whole of southern Quebec. From decades of studies done by scientists at Natural Resources Canada between 1938 and 2002, the typical infestation lasts 2-5 years, and tends to happen 7-11 years after the previous infestation. Climate conditions seem to be the main factor that helps the insect disperse over multiple generations. So, what stops them after a few years? Climate conditions can, but also, the food web is the limiting factor. Stress on food sources can diminish reproduction rates. We must also consider predators, which brings me to the flies.

The "friendly fly" (named friendly because, unlike its looks, it's totally inoffensive to humans) or the "large flesh fly" (a less friendly name), recognized as Sarcophaga aldrichi, comes to the rescue during tent caterpillar infestations. Have you noticed how many of these large 'house' flies are around our houses this year? It is a general rule that if you raise the number of prey, there will be a direct rise in predators, which comes afterwards. The friendly fly numbers rise in the second year of infestation as their larvae feed directly on the fleshy pupae (the caterpillar not yet transformed to a moth in the cocoon). This year, following a few years of caterpillar infestation, we see a rise of flies, and a major decrease of caterpillars. We can expect the flies to diminish in the next year or so, and another caterpillar infestation to follow, in 7-11 years, if climate change doesn't alter the patterns.

June isn't only fly season for us in the Laurentians, it is also turtle reproduction season. In the Laurentians, we see mostly the painted turtle (Chrysemys picta), with its bright red lines, as well as the snapping turtle (Chelydra serpentina) that rightly looks like a dinosaur. May and June are the breeding season for both these turtles. They start moving around much more, looking for partners, and for breeding and nesting grounds. Nesting happens in the middle of the day, when the temperature is high, because these cold-blooded creatures require heat from exterior sources, unlike mammals that have internal heating sources. (That topic could be the subject of another article, perhaps). That's why we see so many turtles on our roads at this time of the year. What you need to know is that it's not the turtles that are using human infrastructures to move around, but its humans who have fragmented the natural habitat of turtles to build roads. If you see a turtle on the road, chances are it's not too happy having to cross that road. You should also know that they are not poisonous, or disease ridden. You can pick them up and help them to get across safely but be very careful not to get bitten or scratched, especially by the snapping turtle. There are videos online showing you how to grab and carry these turtles, if you do want to help them. Biologists in the Laurentians are helping towns to locate potential high usage turtle-crossing areas. This could enable towns to put up signs in May and June on the roads to raise awareness, as well as for security reasons.

That's it for this month's edition of Nature Everyday. Do feel free to ask your questions, and the answers could be in the next edition.

Creative Writing Competition

Argenteuil County Women's Institute is pleased to announce that four Grenville Elementary School students are Provincial winners of the Quebec Women's Institute Annual Creative Writing Competition. Hannah Hoare, Grenville Women's Institute President recently presented the awards.



Winners:



1st prize – Level 1:
Hayden Snelgrove



3rd prize – Level 1:
Erika Alarie



1st prize – Level 2:
Rory MacTavish



1st prize – Level 4:
Ella Mott

===== Obituaries =====



A Celebration of Terry's life will be held at the Weir Community Center Montcalm August 10, commencing at 2 pm. In place of flowers, donations to Victoria Quilts Canada, Laurentian Branch, 47 Barkmere Road Arundel Québec J0T-1A0.



(NC) Whether you're stuck in the office or spending a long weekend at the cottage, extreme heat can surly put a damper on your day. To stay cool and safe, follow these simple tips recommended by Health Canada:

When it comes to cooking, prepare meals that don't need to be cooked in the oven – opt for salads, sandwiches or grilling something outdoors under the shade. Pay attention to how you and those around you feel. Frequently visit neighbours, friends and older family members, especially those who are chronically ill or live alone, to make sure that they are cool and hydrated. Never leave people or pets in your care inside a parked vehicle or in direct sunlight. Find more tips on how to stay cool this summer at canada.ca/health.

Andie Bennett

Lauréanne Castonguay who, like many current volunteers was once on the other side of the counter, greeted me inside. Five years ago, Castonguay called Entraide Bénévole for a ride to a doctor's appointment in Sainte Agathe. Seeing the need for volunteers she quickly enrolled and found her niche as one of the rotating group who give their time at reception.

This past year they even started a pool club -- think cues, not speedos. Once a week, a volunteer accompanies a group of people who are experiencing a loss of physical autonomy for a round of billiards. It is a chance for people to connect, have fun and get out of the house in order to enhance their health.


Depending on your abilities and your willingness, you can volunteer for a specific occasion, or, set something up on a regular schedule. Because there are fewer requests in the summer, volunteer recruitment increases in September. For more information on becoming a volunteer, or if you would like to take advantage of any of their services, contact Entraide Bénévole at info@entraidebenevolepdm.com or by telephone at 450-229-9020. They are located at 1013 rue Valiquette in Sainte-Adèle.



"We Are Family." "It Takes Two." "Started from the Bottom." There is a reason why there are so many great songs about collaboration. Working in the health and social services sector you quickly realize how important partnerships are if you want to get anything done. This past month our LESAN (Laurentian English Services Advisory Network) groups that are spread across 5 MRC's came together at Chalet Bellevue for the LESAN Regional Exchange. The goal was to make new connections, reinforce old acquaintances and see areas where we can continue to help each other serve our community better heading into another year.

We were asked to think about change vs organization. How best to effect community change and not just stimulate organizational growth. Ideally these two things would happen simultaneously but often that is not the case and we need to remember the community is what is most important. We were encouraged to think of ourselves as a node not a hub. This circled back to our human spiderweb and was another reminder to think of ourselves as interconnected as opposed to a static hub of action. We need each other was the message and we can help each other achieve our goals if we work together instead of isolating ourselves and trying to do it alone.

LESAN's mission is to improve access to English health and social services but our executive director, Stephanie Helmer, put it best when she told her 4 Korners staff that what we do is actually about human dignity. And we will continue to work towards helping our residents of all cultures, ethnicities and languages retain that dignity while navigating our health and social services system.



palliaccio

support, accompaniment & respite care

Upcoming Activities

All the services offered by Palliaccio are free, from L'Ascension to St-Sauveur

PERSONAL SESSIONS TO RELIEVE STRESS

Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe. MontTremblant and Saint-Sauveur by appointment.

FOR PEOPLE WITH CANCER OR WHO ARE IN REMISSION

Comforting Tea
Mon, Aug 12: 10:30 am - noon (Mont-Tremblant - by reservation)
Fri, July 26: 10:30 - noon (Ste-Agathe)

RELAXATION GROUP

Exercises to relax, promote calm and serenity. Available to caregivers, people with cancer and the bereaved.

July 19: 10:30 am - noon (Ste-Agathe)

FOR PEOPLE IN MOURNING

Coffee Meeting for the Bereaved
Tues, Aug 13: 7 pm - 8:30 pm by reservation
Thurs, July 18: 1:30 pm - 3:30 pm (Ste-Agathe)

Accompanying services

Offered by PALLIACCO to people with cancer and people at the end of their life, thus providing respite for caregivers.

Municipalities on the territory of the MRC des Laurentides: At any time (day, evening and night)

Info: 819 717-9646 / 1 855 717-9646

Mont-Tremblant: 2280 Labelle Street | Sainte-Agathe: 99 St. Vincent Street - Local 2



Main Street Money Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Are you leaving money on the table?

Don't miss out on what should be yours.

We all work hard for our money, so the thought of letting free money slip through our fingers is almost inconceivable. Yet every year Canadians do just that by not taking full advantage of value that is rightfully theirs. Here are some ways to help ensure you're getting all that you're entitled to.

AT WORK

Embrace employer-sponsored plans

Canadians could be losing out on as much as \$3 billion by not taking full advantage of the retirement savings plans offered by their employers. Most defined contribution pension plans allow employees to contribute a percentage of their pay cheque, which is then matched by the company – that's free money towards your retirement! As an added bonus, these plans often have lower management fees than individually held investments. Ask your human resources department if your company has a retirement savings plan and how you can start contributing.

Take a vacation

Who doesn't love vacations? Apparently, we don't – a recent survey found Canadians forfeit 31 million vacation days every year. There are several reasons why employees don't take time off: a heavy workload, precarious employment or fear of missing out on a promotion. However, choosing work over play can backfire. Without time off to re-energize themselves, workers actually become less productive and more prone to burnout. And don't forget that vacation days have monetary value – for example, a worker making \$50,000 a year who doesn't take two weeks of vacation is essentially donating \$1,923 to their employer. Make it a goal to sit down with your calendar and book some time off. Whether it's a two-week getaway or several long weekends, you owe it to yourself to recharge.

Perks at work

If you are a full-time employee, chances are your employer offers a group health and dental benefits package. Coordinating benefits with your spouse can help you get more money back for your medical expenses. For example, if your plan covers 80 per cent of a dental treatment, you can submit a claim through your spouse's plan for coverage of the remaining 20 per cent.

EVERY DAY

Cash in on rewards

Endless reward programs are offered by retailers, hotels, airlines and gas stations. The key to racking up points is to join a reward program that fits your spending habits, rather than trying to change your habits to maximize rewards. A recent poll found that Canadians belong to an average of 12.2 loyalty programs and are active in at least half of them. The result is that the average cardholder is sitting on 50,000 points, which may be worth hundreds of dollars. A cash-back credit card that automatically credits money back to your account can be a simpler option – look for a card that pays a higher percentage on items you normally purchase.

Bank smart

Almost as disappointing as leaving money behind is frittering away dollars on banking fees. Look for an account that works for you – such as one offering a high interest rate on your savings or allowing free unlimited everyday transactions. If there's a minimum balance involved, consider whether you can maintain it easily. Financial institutions often offer attractive promotions for opening a new account – read the fine print to confirm that the account will suit you even after the introductory offer expires.

Use your gift cards

Gift cards make an easy and convenient present – but many of them end up lost in the depths of a wallet or handbag, or never even leave the envelope they came in.

If you have gift cards for stores you don't typically shop at, consider using them to purchase gifts for others, and then treat yourself with the money you save. Or find a reputable gift card resale site where you can exchange or sell gift cards for as much as 70 to 90 per cent of face value.

IF YOU HAVE KIDS:

Contribute to an RESP.

Opening a Registered Education Savings Plan allows you to save for a child's education while also benefiting from the Canada Education Savings Grant, which matches 20 per cent of your contributions up to \$500 per year. That's like a guaranteed rate of return on your investment. Ask your advisor about opening an RESP and setting up regular contributions to take full advantage of government grants.

Knock some money off tuition fees.

Almost \$200 million in scholarships, grants and bursaries is available to Canadian post-secondary students every year – money that doesn't have to be paid back after graduation. If there's a budding scholar in your home, check out the following websites that help connect students with available awards:

- www.scholarshipscanada.com
- yconic.com
- www.canadian-universities.net/Scholarships

By examining your habits and doing a little research, you could reap some financial rewards. Ask your advisor for more ways to ensure you're getting all that should be yours.

Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc. This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell at 514-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca

Stocks, bonds and mutual funds are offered through Manulife Securities Incorporated. Insurance products and services are offered through Manulife Securities Insurance Inc. Banking products and services through referral.

© 2018 Manulife. The persons and situations depicted are fictional and their resemblance to anyone living or dead is purely coincidental. This media is for information purposes only and is not intended to provide specific financial, tax, legal, accounting or other advice and should not be relied upon in that regard. Many of the issues discussed will vary by province. Individuals should seek the advice of professionals to ensure that any action taken with respect to this information is appropriate to their specific situation. E & O E. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. Any amount that is allocated to a segregated fund is invested at the risk of the contract holder and may increase or decrease in value.

Summer Event For Readers

Every summer, the Association des auteurs des Laurentides organizes a book fair, a highly anticipated event for readers and vacationers. This seventh summer edition of our outdoor book sale will take place on July 12 from noon to 5 pm; July 13 from 10 am to 5 pm and July 14 from 10 am to 3.30 pm, at the Georges-Filion Park in Saint-Sauveur. Here is an opportunity to do a lot of reading in a friendly atmosphere.

Come discover literary treasures all at low cost. You'll find pocket books, CDs, DVDs and vinyls for as little as \$0.50, comics and children's books at \$1 and other readings at \$2. Connoisseurs will be able to find special books, old and beautiful books at great prices. In addition, by purchasing your summer readings, you will encourage the Laurentian Authors' Association, a non-profit organization that promotes authors in the region.

The event will take place rain or shine. Do not forget to bring your bags!





**BUYING
COLLECTABLES**

Coins, comics, war medals, old paper money, sterling silver cutlery & tea sets, watches, gold, jewelry, stamps, records, judaica, Olympic & military items

38 YEARS OF TRUST
Call Ron:
514 996-6798



M
CONSTRUCTION
McVeigh
Craig McVeigh

Bur. : 450.226.7448 | Fax : 450.226.7485
Cell. : 450.712.6593 | craig@cmcveigh.com



Soins Dentaires Prévost

Call us today!
450.335.2990
www.dentisteprevost.com

Healthy teeth and gums
for a healthy life!



**Mathieu Sabourin & Mathieu Labonté
Pharmacists**

Opening hours:
Monday to Friday
from 9:00 a.m.
to 9:00 p.m.
Saturday and
Sunday
from 9:00 a.m.
to 5:00 p.m.

373-A, rue Principale, Lachute
450.562.0522
Toll Free: 1.866.362.0522

PSST!
Plan to stay in shape today

*Details
in store*

AFFILIATED TO:
Familiprix

ENTREPÔTS

MORIN-HEIGHTS

Indoor Storage Space Rental

24 hours/ 7 days

- Individual alarms
- 50 square feet and up

(450) 226-1313
543 du Village, Morin-Heights
Office at 591 du Village



dōTERRA
Wellness Advocate

SUE RICH LIVING
Sue Rich
Wellness Advocate

Phone: 819-421-2253

E-mail: suerichliving@gmail.com www.facebook.com/suerichliving
www.instagram.com/suerichliving www.mydoterra.com/suerichliving



Essential Oils

Summer, skin, and the sun

Susan Rich

Although we love to feel the warm sun on our skin, we must be careful not to over-do it. The sun is important to our overall well-being. Without it, we cannot create vitamin D, which is vital to our health. We are told, repeatedly, to slather our bodies with sunscreen, and while the alternative can be badly burned skin, the over-use of cheap sunscreen isn't good either.

The quality of the sunscreen is extremely important. Since their introduction on a wide-scale basis, the incidence of skin cancer has risen exponentially. This is because what most people are applying is a toxic soup of chemicals that is being absorbed directly into the skin.

We can, however, find good quality, non-toxic, sunscreens almost everywhere these days. They might cost a little more, but they're totally worth the cost. Another alternative is to make your own. They're easy to make and just as effective. I've been using this recipe for the last 2 years and am completely in love with it.

Recipe: Total Time: 20 - 30 minutes

Ingredients:

- 1 tbsp pomegranate oil (SPF 15- 20)
- 3/4 cup coconut oil (SPF 2 - 8)
- 1 tsp carrot seed oil (SPF 38 - 40)
- 1 tsp raspberry seed oil (SPF 28 -50)
- 2 tbsp Shea Butter (SPF 3 - 6)
- 2 tbsp Non-Nano Zinc Oxide (non-nano = won't absorb into your skin)
- 10 drops lavender essential oil (hydrating and soothing on the skin)
- 10 drops myrrh essential oil (excellent oil for skin health)
- Glass Jar

Directions:

- Combine all ingredients, except zinc oxide and essential oils, in a jar.
- Place a saucepan with 2 inches of water on stove over medium/low heat.
- Place jar in saucepan and stir contents until ingredients start to melt.
- Once all ingredients are combined, add in zinc oxide, essential oils and stir well. Store in a cool place.

Please note that it's highly recommended to let this absorb into the skin for a few minutes before exposure. Although I have added SPF values, this in no way means that the total SPF factor is extremely high. We cannot add them up for a total value. Always be mindful and cover up, or avoid exposure, during midday, when the sun is the strongest.

For more information on how to get 100% pure CPTG oils, please feel free to contact me, at 819-421-2253, or join my public education page on Facebook, at Éducation Publique Living Essentials Public Education



Fit Tip #136

Exercise for brain health

Lisa Mclellan – Main Street

Did you know that our brains shrink over time? That explains it, some of you are thinking. Most average, 90-year old people have only half the wiring they once had. The good news? Brains can grow. Multi-sensory stimulation, novelty, enriched environments, and brainteasers promote neural plasticity by challenging the brain to work in new ways. But here's the kicker: Exercise seems to have the biggest impact on maintaining brain health. If Sudoku is the shovel, exercise is the bulldozer. The hippocampus area (responsible for memory) grows most significantly from the challenge of exercise. So, if you want to hang onto your marbles ... EXERCISE!

Exercise halts brain damage. It regenerates and halts cognitive decline. Exercise stimulates all aspects of cognition; improved reasoning, spatial functioning, processing speed, decision making, learning of balance, as well as several kinds of memory. Exercise helps to eliminate stress, as well as renovates the part of the brain that manages stress. Exercise makes us relaxed and happy, in a deep and lasting way. Exercise bolsters the parts of us that normal aging erodes. It adds life to our years!

Aerobic exercise:

1. Boosts our central command functions; think critically & deal with ambiguity.
2. Re-insulates the axons of the brain cells, boosting processing speed & improving connections
3. Cognitive multiplier effect; sparks production of neurotransmitters and creates more receptors for neurotransmitters in key areas of the brain
4. Turns on genes which keep that positive cycle spinning

Resistance (strength) training:

1. Improves executive control; scheduling, planning & dealing with ambiguity
2. Produces brain building proteins (neurotrophins) that signal the brain to survive and renew
3. Pumping the heart and at same time performing more skillful, more complex movements creates a superpower boost
4. Combine spatial orientation + variety + explosive heart pump in short blasts gives best results

Sweat equity: intensity and rigour count:

1. Hippocampus grows quantitatively in relation to intensity
2. Intensity concentrates the physiological benefits of exercise
3. Level of effort is what promotes astounding recovery
4. 10 minutes of high intensity makes you much more fit than 120 mins of light moving around
5. Intensity is in relation to an individual's activity level and ability - try for 80% of your maximum heart rate for short bursts, alternate between intensity and rest (recuperation)
6. Exercise becomes beneficial when you sweat.

Exercise buys us a chance at a long life by lowering the risk of a variety of ailments. It reverses the effects of a genetic bad hand (it switches off genes which pre-dispose us to obesity) and promotes the growth of stem cells in muscles. You will feel younger every step of the way! When you add exercise to anything, you get the 'synergy effect'. Exercise makes every good habit more potent. You can introduce exercise at any point - right up into very old age - and reverse decline!

So, up the ante on your exercise regime everyone, and ... Go for it!



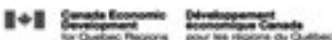
AT YES, WE ARE DEDICATED TO HELPING YOU AND YOUR BUSINESS SUCCEED!

We have business coaches across Quebec who are able to work through your options, guide you through important decisions and lead you in the right direction.

- Idea Evaluation and Business Set-Up
- Business Plan Review
- Market Research, Sales and Marketing
- Advice on Financing Options and Resources
- Growing and Maintaining Your Business
- Importing/Exporting, Online Business, Franchising and More

All of our services are
FREE or LOW-COST.

Program funded by:



yes
yesmontreal.ca
1-888-614-9788

YES is a not-for-profit organization.

Cigarette butts remain a major cause of wildfire

In this period of forest fires, SOPFEU confirms, on average, more than 83 forest fires are triggered in the province each year by people who throw their cigarette butts on the ground without worrying about the risk that entails. In hot, dry weather, a butt that lands in the undergrowth can easily ignite a fire. With a little wind, all the conditions are there to set the forest on fire.



To reduce risks, SOPFEU recommends that smokers who work in the forest or who go there for recreational activities adopt the following behaviors:

- Avoid throwing cigarette butts from the window of a vehicle
- To smoke, stay still on a clear surface (dirt or gravel)
- Do not smoke while walking or riding on ATVs
- Extinguish the butt by wetting or crushing it on a rock
- Do not throw the butt on the ground
- Place the butt in a designated place

SOPFEU, although it first focuses on awareness-raising and educational activities, underlines that under section 6 of the Forest Protection Regulations, "from April 1 to November 15, no one may smoke in or near the forest in the performance of a job or during a trip, unless he/she is in a building or a closed vehicle ". The Sustainable Forest Development Act states that anyone who contravenes these regulations is guilty of an offense and is liable to a fine of \$ 1,000 to \$ 5,000.

Since the beginning of the protection season in Quebec, 101 fires fought in the intensive protection zone have affected 5,641 hectares of forest. On average, 460 fires occur each year affecting more than 36,000 hectares of forest in Quebec. SOPFEU wishes to recall that about 76% of these fires are attributable to human activity. The collaboration of all remains essential to reduce the number.



Real Wine for Real People Fun and interesting wine facts

April Sirois – Sommelier - ISG

After studying and drinking wine for many years, it still never ceases to interest and surprise me. No other beverage is as interesting as wine, with its history and constant evolution and the fact that it has a place in almost every culture.

At 9000 years old, wine has been with us for a very long time, maybe not from the very beginning, but almost. Grapes are grown and wine is produced in almost every country in the world, including Lebanon, Japan, Netherlands and India. It has also become the world's #1 fruit crop, with 10,000 varieties of wine grapes planted on over 20 million acres worldwide. This number does not include table (or eating) grapes.

Wine and food grapes, though similar, are not the same type of grape. Table grapes (*Vitis vinifera*) are much larger, with a higher water content and thinner skins, and contain much less acidity than wine grapes (*Vitis labrusca*).

Considering all those acres of grapes, you may be wondering how many grapes it takes to make a glass of wine. Well, one cluster of grapes will equal approximately one glass of wine, and one vine would equal about a bottle of wine. With 20 million acres that is a lot of wine.

Because wine is made of grapes, it is naturally fat and gluten free. But it is not always a vegan product. It is very common for winemakers to use animal products, like egg whites, Isinglass, and even blood to clarify the wine, which would make these wines non-vegan.

We know, from many studies, that wine is good for your heart, but did you know that wine has also been found to be good for your brain? Mice that ingested the equivalent (per body weight, compared to humans) of two and a half glasses of wine a day showed lower levels of brain inflammation, and their cerebral spinal fluid (CSF) was more efficient. What this study has shown is that that low-to-moderate alcohol intake is associated with a lesser risk of dementia.

The Italians have a long-running appreciation of wine and have a long history of making some of the best wines in the world. Recently, they also have opened a 24-hour wine fountain. This 24-hour, seven days a week, 'Fontana Del Vino', in Caldari di Ortona, was installed by Dora Sarchese vineyard winery, and is free to the public. I kid you not.

Finally, the word vino comes from the word Vanas which, appropriately, comes from the word Venus, for love. So, Vino = Love.

~Cheers



I'm Just Saying Future shock

Ron Golfman - Main Street

I admit to using the title of Alvin Toffler's classic book, about society struggling with a future containing too many choices, because there's an irony that this prediction has come true, many decades later. In simple terms, it is easier to get on a crowded city bus and take whichever seat is available, rather than boarding an empty bus and standing for minutes trying to decide where to sit. We are so conditioned in our thinking, and this rings even more true for us Canadians, to do what is expected of us, far too often.

In politics, we are given the choice to vote for left or right agendas and, while this seems abundantly clear, prior to marking an 'X' on the ballot card, the distortion of truth, via the media, results in our choices being based on misleading data rather than fact. It appears that choices are based largely on popular conceptions as opposed to actual reality. The forest and the trees have a distinct blur to them of late. It's not easy being green.

Purchasing power has taken a hit also, in recent years, in a variety of areas. I spent a bit of time toying with the idea of trading in my car for a newer model recently, and while my focus was on gas mileage, warranties and such, just about all the information available, both in print and at the dealers, was largely about which car charges your phone better, or possesses the best sound system to drown out the rattles. At several dealers, the salespeople knew much more about Microsoft Sync and Bose than about the engines or power trains. It felt like I was shopping for a living room rather than new wheels.

Given the reality and repercussions of global warming, and the wealth of chemically infused food at most grocery stores, the food-shopping process has become not just difficult and expensive, but the products themselves have morphed into faint replicas of what they used to be. Try and figure out the qualities of three types of tomatoes, available at different, albeit exorbitant, prices, when the only similarities are that they all look like tomatoes, but they all taste like balsa wood. Meat is a whole different universe, and I find myself making choices based on what hasn't been recalled recently rather than on what I had a craving for.

Last year, I paid a fee to Bell to block those calls offering me not-so-free cruises, or horoscope readings in Swahili, my choice, right? Well, after this block that I chose to avoid such spam, those annoyances have resurfaced in different forms, on my landline, my cell phone, harassing me with audio spam from political parties, and offers of many items I never, ever asked for. After calling my service providers to complain, and when both responded that "nothing is fool proof", it became abundantly clear to me who the fool is. Great expectations without resolution.

Last week, trying to gain back some control, I advertised an aging 52-inch TV and a lovely piano for free, and much to my surprise, they both went quickly.

I concluded, and I'm Just Saying, that it is better to give than to receive...

July, 27th – August, 4th

visit the artists!

DON'T MISS NEW

GALERIE-BOUTIQUE

76, Clyde Street, Lachute

LAURENTIDES.com

MAIN STREET

20 Years Events
1 circuit +3 Events

BROWNSBURG-CHATHAM
LACHUTE
GORE
SAINT-COLOMBAN
MIRABEL
SAINT-JOSEPH-DU-LAC
OKA
SAINT-PLACIDE
SAINT-ANDRÉ-D'ARGENTEUIL

29
/artists
/artisans

ROUTE
DES
ARTS.ca

ANS

JUIN, 1^{er} TO
SEPTEMBER, 30th

MAIN STREET

July 2019

main.street@xplornet.ca 21

Over 10 years experience



Lyndsay Wood

Real Estate Broker

I AM PRESENT



Tranquillit

SecurIT

IntegrIT

FREE MARKET EVALUATION

514.774.8019

lyndsaywood.com

lyndsay_m_wood@hotmail.com



LAKEFRONT @ \$175,000: Superb 4-season cottage - well-maintained & comfortable on the shore of Lake Bird (Oiseaux), with access to Lake Barron. Quiet, natural environment only 50 min. from Montreal. Upgrades include: heat pump, roof, insulation, eaves troughs, electrical box, water pump, septic. Fully furnished, wood stove, quick possession. # 17675119



TURN KEY WITH LAKE ACCESS: Beautiful, sunny house tastefully renovated with flat, double lot on a dead-end street. Attached garage, large shed. Covered balcony on 2 floors, bathrooms and kitchen redone, wood stove, finished basement with family room. Access to Grace Lake. A real turn-key gem! Located 15 min from Lachute. #18552324



LAKEFRONT ON MORE THAN 2 ACRES: Stunning 2002 property on Lake Dawson with 2.14 acres of land! Large facade on the lake, breathtaking views from the master bedroom! Huge and spacious with 17 rooms and 3 bathrooms. Ideal property as a cottage for 2 or 3 families or secondary house with income. Less than 1 hr from MTL! A must see! #21319503



LACHUTE: Superb house with everything to please! 2008 turnkey, 4 bedrooms, double garage, private backyard with heated pool & large shed & patio. Fully equipped & minimal maintenance, finished basement, wooden kitchen cabinets, open concept main floor. Located near all services. Mun. evaluation: \$290,900! #27436567

CLASSIFIED ADS

BUYING COLLECTABLES

Coins, comics, war medals, old paper money, sterling silver cutlery & tea sets, watches, cufflinks, jewelry, Judaica, vases, figurines. Olympic items & Estate liquidations
Call Ron: 514 996-6798.

GUITARS

Do you have a guitar you don't know what to do with? Give me a call, I may be interested in buying it.
Greig: 514 386-7717

ADVERTISING POSSIBILITY

QCNA offers a one-order, one-bill service to advertisers. Call us for details on reaching English Quebec, and through classified ads French Quebec and every other Canadian province & territory.
Info: 819-893-6330

SERVICES REQUIRED

Excellent handymen & efficient housekeepers. Please call Lori's Links at 450 224-7472 for info.

GET UP TO \$50,000 FROM THE GOVERNMENT OF CANADA

Do you or someone you know have any of these conditions? ADHD, Anxiety, Arthritis, Asthma, Cancer, COPD, Depression, Diabetes, Difficulty Walking, Fibromyalgia, Irritable Bowels, Overweight, Trouble Dressing...and Hundreds more. ALL Ages & Medical Conditions Qualify. Have a child under 18 instantly receive more money. CALL QUEBEC BENEFITS 1-(800)-211-3550 or send a text message with your name and mailing address to (819) 805-1250 For Your FREE Benefits Package.

YARD SALE

ANTIQUES AND COLLECTABLES !
909 Village Rd., Morin Heights
July 20: 9 am – 5 pm. In case of rain,
July 21: 9 am – 5 pm

CONDO FOR RENT

Deux-Montagnes. High-end condo for rent. Exceptional waterfront site. Complex for retirees with bilingual services and activities included. Large, south-east facing, 3 ½ on 8th floor, panoramic view of Rivière-des Milles-Isles. Recent construction, heated indoor garage. For August or sooner. Lespac: 54280577. Pre-rental survey. 450-621-6461.

À l'Hôpital Vétérinaire Lachute, nous apprécions la FIDÉLITÉ de nos clients!

At HVL, we really appreciate customer LOYALTY!

C'est pourquoi nous sommes fiers de vous présenter le TOUT NOUVEAU

Club fidélité HVL

That's why we're so proud to introduce the BRAND NEW Club fidélité HVL

HVL inc.

HÔPITAL VÉTÉRAINAIRE

Lachute



Commencez à ÉCONOMISER dès aujourd'hui! Demandez à notre personnel comment devenir membre... C'EST GRATUIT!

Start SAVING today! Ask our staff how to become a member... IT'S FREE!

450-562-2434

hvlachute.ca | info@hvlachute.ca

f

Our Communities, Our Heritage

A look back through the MRC d'Argenteuil

Susan MacDonald

On the weekend of August 2 to August 4, 2019 join us as we celebrate our historical connection with the MRC d'Argenteuil. This once-in-a-lifetime event will be filled with fun activities for all ages, live entertainment, good food and fellowship.

Over 50 display booths representing the past and the present will be set up by local families, businesses and community organizations, such as The Lion's Club and Legions. Photos and artifacts will be presented for viewing, depicting our journeys throughout the times.

Our spokesperson for the event will be local historian, Robert Simard. Robert is the published author of a book on local cemeteries. He is also a grand story-teller and most certainly will have a story of the past to share.

The event kicks off on Friday evening from 5 pm – 10 pm at the Brownsburg-Chatham Legion Hall. André Sequin and Marie-Eve Birmingham will provide the music entertainment for the evening.

On Saturday, peruse the abundance of booths and take a walk through history at the MRC d'Argenteuil booth where photos, videos, newspaper clippings etc. will take you on a close-up journey through the MRC's highlights over the years. Meanwhile, the youngsters can enjoy fun activities, which include horse and wagon rides. Music during the afternoon will be provided by Ray Sequin and Norm Compeau and Black Out will entertain us for the rest of the evening. Bring your dancing shoes!

Join us Sunday at 10 am as we wrap up the weekend with a breakfast / brunch while enjoying the music of Mountain Steam.

Entry fee for the entire weekend is \$20 per person (meals not included) and under 16 years is FREE!

Info: Patricia Joly: 450-562-3661 / Charles Lefebvre: 450-562-3298 / reunionargenteuil@gmail.com



Proudly serving the community since 1971!



Breakfast every morning at 10:00 am
Lunch time specials Monday to Friday
Table d'hôte menu 7 days a week
Free Wifi

490 Main Street, Lachute
Call for reservations (450) 562-9000



David Graham

MP • Laurentides—Labelle

FROM HERE, FOR HERE

80A Norbert-Morin Blvd (route 117), Sainte-Agathe-des-Monts J8C 2V8
819-326-4724

424 du Pont Street, Mont-Laurier J9L 2R7
819-440-3091

1-844-750-1650

david.graham@parl.gc.ca • www.davidgraham.ca

/daviddebgraham

22 main.street@xplornet.ca

July 2019

MAIN STREET



MICROBRASSERIE
LAURENTIDES
SHAWBRIDGE
QC, CAN.
CHARCUTERIES

|
S



SHAWBRIDGE'S FIRST BEERS

NOW AVAILABLE AT YOUR
LOCAL GROCERY STORE.

If you can't find them yet, don't worry, we
have a ton for you at our P'tit Magasin !

WATERFRONT REAL ESTATE FOR SALE
IN THE LAURENTIANS.



BORD DE L'EAU
LAURENTIDES
WATERFRONT

REAL ESTATE AGENCY

A targeted approach to showcasing your property.
Our summer campaign is about to launch - add your property now.

1.866.787.5328 | leslaurentides.com