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What's On My Mind...

Café Partage - what?

Susan MacDonald, Editor

Over the course of the past few months, I have been listing an announcement under the Harrington Golden Age Club called Café Partage. To be honest, I had no idea what it was, and had never asked, assuming it was an occasion for people to get together to socialize over a cup of coffee. While this does happen to be an activity offered three days a week by Café Partage, there is so much more behind this organization. It is unwise to "assume" anything, and here is a perfect example why.



Café Partage is actually a registered, non-profit organization that was established in the MRC of Argenteuil in 2011. Based in Lachute, it serves the citizens of the entire MRC with its mission "to promote individual and collective actions towards the sustainment of food security of low-income people living in the MRC of Argenteuil." Director General, Michel Pilote, says, "Café Partage is not a food bank, but it is all about food. Food, respect and courtesy." Currently, they have approximately 200+ members who benefit from their services.

Activities include the opportunity for low-income individuals or families to purchase groceries at reduced prices, as much as 30% to 40% off the market prices; group food purchases, where participating individuals pay in advance to buy fresh food directly from suppliers at reasonable prices, oftentimes, at savings of 30%; Educational Soup, offering soup, coffee and dessert, at the low cost of 25 cents, and the opportunity to socialize and learn about food preparation; community travelling grocery, which goes to different locations throughout the municipalities to offer people of limited means the benefit of reduced grocery prices, and finally, The Good Food Box, which is a selection of fruits and vegetables that comes in 3 sizes, available to all citizens, regardless of financial status. The boxes are delivered every two weeks and contain a surprise bounty of fresh produce. Presently, three municipalities, Lachute, Harrington and Grenville-sur-la-Rouge participate in this program, and I have heard the Township of Gore will be joining in September.

I signed up immediately and my participation in The Good Food Box program has rekindled my interest in food. I now find myself challenged to come up with new recipes that will use all the produce supplied in the bi-weekly box. This program definitely provides an incentive to eat your fruits and vegetables!

Good nutrition is the foundation of a healthy life-style, and Café Partage helps to make it affordable for many individuals and families living in Argenteuil. If you can benefit from these activities, and are interested in joining the program, please call Michel at 450 562-0987. If you live in Harrington, call Deedy at 819 242-8939.

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Observations The End game is in play

David MacFairlane - Main Street

With the passing of "Bucky" Fuller, the US lost a true genius, from whose fertile mind came such timeless ideas, such as, Spaceship Earth and the Geodesic Dome. The president of Mensa for 10 years, recipient of 28 US patents, countless honorary doctorates, and the Presidential Medal of Freedom, just 5 months before his death, this unique human being declared himself, and his work, to be "the property of all humanity."

In his vision of the future, he could see that the push of evolution towards the peaceful integration of all cultures would not come easily, because such radical changes cannot happen without violent resistance from the forces committed to the prolongation of the status quo. Basically, humanity does not accept change easily, and prejudices and traditions are always defended forcefully, because the ruling classes use them to maintain control over the hoi polloi - the common people.

On such a path of upheaval are we now committed, and the evidence is there for all thinking people to see and understand. It is a time of extreme uncertainty and danger, although most of us are comfortable simply submitting meekly to the ambivalent and transitory circumstances of our lives, without questioning authority.

The World Economic Forum (WEF) publishes an annual report on the risks most likely to disrupt global economic activity. In years past, these risks have identified unstable asset prices, under (or un-) employment, poverty and environmental challenges. For the first time, this year, geopolitical risks have jumped to the front, highlighting instability in the Middle East, Africa, Ukraine, the South China Sea, and the terrorist groups of ISIS and Boko Haram as the most dangerous threats. State collapse, terrorism, internecine conflict and weapons of mass destruction have been identified as the main risks, but inter-state conflict is now ranked as #1 in terms of likelihood. John Embry of Sprott Asset Management states, "there is no doubt another financial calamity is coming, it's unavoidable ... if you thought 2008 was bad, ... this time ... the safety nets are gone ... it will be much uglier than that ... and it could be fairly soon."

Immense and unpayable sovereign debts have placed huge stresses on the world's financial system, which, when coupled with moribund national economies, inflation and declining consumer demand worldwide, have created ideal conditions for a perfect storm. Many countries in the EU are outright bankrupt; Greece, Spain, Portugal, Ireland, also Italy and France are in terrible shape with stalled economies, crippling debts, militant unions and angry citizenries. Unrestrained immigration has caused serious demographic problems in the EU and given rise to new right-wing political parties, which are decidedly anti-immigration and anti-austerity. France, in particular, has seen the increase in popularity of the National Front (FN) with firebrand Marine Le Pen as leader. She has a good chance of becoming the next president of France, much to the horror of the ruling political class.

Adding to this toxic mix of right-wing politics and bankrupt economies has been the dangerous posturing of the United States, using its influence to bait Russia, engineer a coup and civil war in Ukraine, and forcing the EU to impose severe economic sanctions on Russia, their largest trading partner and source of 40% of their oil and gas. The financial blowback has severely degraded the German and French economies, as well as invited similar retaliation from Russia. Now the US is pushing hard for a regional war over Ukraine against Russia, using NATO armed forces. The US pointedly ignores historical facts that eastern Ukraine and Crimea have always been a part of Greater Russia, and its populations are ethnically Russian. The US is tampering in Russia's backyard and the situation is becoming very dangerous. Poking the Russian bear without fear of consequences can be suicidal.

In addition, the US is back again meddling in Iraq, still in Afghanistan, still de facto occupying Germany, Japan and South Korea, and, while taunting Russia, is now also provoking a conflict with China over its authority in the South China Sea. Russia and China have a mutual self-defence treaty so, once again, the US is treading in very dangerous territory. One may well wonder why America is acting in such a belligerent manner with nations around the world, and it becomes clear when one understands the geopolitical implications of its conduct. The US is desperately broke; it spends way more than its revenue, so is constantly in deficit with no way out but to cut expenses. Military spending, including black-op costs, is nearing half the total budget. Medicare and Social Security is another huge, ever-increasing burden, and almost 50% of the US population now receives handouts from the Government in different ways, including 48 million people on food stamps. There are only three options available to the US; austerity and deep budget cuts

"Humanity is moving ever deeper into a crisis which has no precedent. It is a crisis brought about by evolution being intent on completely integrating different coloured, different cultured, and intercommunicating humanity, and by evolution being intent on making integrated humanity able to live sustainably, at a higher standard of living for all, than has ever been experienced by any (before).

Buckminster Fuller. 1895-1983. Architect, Systems Theorist, Author, Inventor.

(politically impossible), debt default (unthinkable), or another World War (eminently conceivable). So, it pushes for war wherever the circumstances are ripe. Hence the WEF report about burgeoning geopolitical risks.

Today, people are worried about Greece. The bottom line is Greece will default, maybe not this month, but it will. So will Spain and all the others. Their debts can only either be rolled over perpetually, condemning the next generations to servitude, or renounced. The entire EU is in trouble because of the Euro, the supranational currency, and there is no way out except for a supranational political union, which is impossible, or a return to independent sovereign status for all members.

The counterpoint to this hopeless situation is that the world's citizens are waking up to the political and financial legerdemain they have been subjected to for these past many decades. They are beginning to understand the dramatic manipulations of the elaborate Kabuki theatre foisted on them and directed by the powers behind the curtain - the international financiers and globalists. The goal of these puppet-masters is global control, achieved through chaos. From this chaos they will offer the final solution, a false dialectic of peace through global governance, with them in charge.

I think the next great crisis has begun and will be far worse than 2008. There is no going back to the "good old days." The road ahead will not be comfortable, but we should never accept false-dialectic solutions. Waking up is a choice; it is our right to choose how we are governed. If we don't use it, we will lose it, so understand that what happens to one, happens to all.

Evolution demands that we respond with awareness and love of truth and each other.

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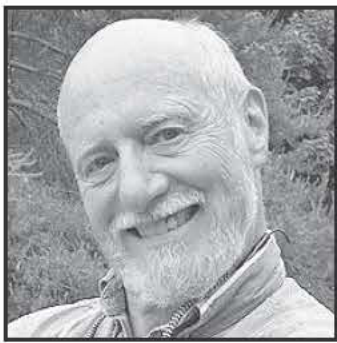
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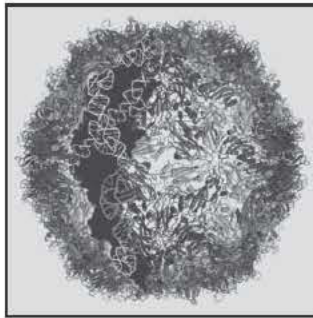
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Simply Words on Paper Re-purposing a deadly virus to fight cancer

Jim Warbanks - Main Street

My mother was infected with poliomyelitis (paralytic polio) as a youngster. Polio afflicted very many people in near-epidemic waves at that time in Canada, and fortunately, the long-term impact on my mother's health and life was not as severe as in many other cases. I well recall the prevalent terror, which saw swimming pools being closed and other activities curtailed each year when there was any incidence of polio reported.



The structure of the PVS-RIPO virus

When Dr. Jonas Salk's polio vaccine initially became available, my sister and I may not have been standing first in line, but I am certain that we were among early adopters of the vaccine. My mother would have made that her mission in life. Dr. Albert B. Sabin developed the oral live virus polio vaccine a few years later.

Virus safe

I was therefore both fascinated and delighted to learn that the dreaded polio virus was being re-purposed to treat brain cancer patients, now undergoing clinical trials at the Duke University Preston Robert Tisch Brain Tumor Center. A genetically-engineered poliovirus (PVS-RIPO) is the anti-cancer agent used to target cancer cells, infect and kill them. Very few viruses are suitable for this purpose. To make the virus safe, and prevent poliomyelitis infection, a genetic-engineering technique was used to splice a piece of the common cold virus into the poliovirus genome to remove its inherent disease-causing ability. It then becomes unable to grow in the brain.

PVS-RIPO can infect cancer cells because the receptor, a key / lock mechanism, which allows access to the cell, is present on most tumor cells. Once inside the tumor, it infects and kills it. It is lethal to cancer cells, but harmless to normal, healthy cells.

Immune system

But the likely key to this successful PVS-RIPO therapy is that it activates the human immune system, which is trained to recognize and respond vigorously to the presence of virus infections. Under a local anesthetic, a 1 mm catheter is inserted directly in the brain and the virus solution is pumped directly into the tumor over a 6.5-hour period. A software program and the presence of a tracer assure that the entire tumor is covered. No additional subsequent treatment is required.

The Gromeier Laboratory at Duke has been working to develop this treatment for malignant glioblastoma brain tumors for over ten years. There is a Canadian connection. Neuro-oncologist, and principal investigator, Annik Desjardins, who graduated from the University of Sherbrooke Medical School in 1998, is in charge of post-surgical monitoring and follow-up care.

Glioblastoma

The first patient treated, in May 2012, who suffered from recurrent glioblastoma brain tumors, was declared clinically-normal after nine months. There have been some notable successes and unfortunate outcomes in other patients treated, as the researchers strive to perfect the technique.

Based on the positive results achieved in treating brain tumors, PVS-RIPO therapy has the potential to work with other types of cancers, because the mechanisms responsible for PVS-RIPO's effectiveness apply broadly to many other common forms of cancer. Further investigation and clinical trials are to be conducted to determine if this innovative treatment may apply to patients suffering from pancreas, prostate, lung, colon and other cancers.

Innovation

A few years ago, a good family friend that I first met in my teens, was diagnosed with a glioblastoma brain tumor. It was considered inoperable. She passed away a few months later after ineffective treatment. Though it is useless to speculate, if the innovative procedure developed at Duke University had been available, the outcome may well have been more positive.

Not even the most optimistic researchers involved would advance the claim that many cancers could be eliminated within a short span of time, but the potential to do so is encouraging. The world-wide scourge that poliomyelitis was in my youth has been almost eliminated through an intensive vaccination campaign.

Eradication

The Global Polio Eradication Initiative (GPEI), which seeks to achieve Global Certification that polio has been eradicated world-wide by 2018, reports that there were only 24 cases reported in Pakistan and 3 cases in Afghanistan in 2015 to date. In the previous year, 300+ cases were reported in Pakistan, 30 + / - in Afghanistan and Nigeria, as well as five or less in Somalia, Equatorial Guinea, Iraq, Cameroon, Syria, Ethiopia, South Sudan and Madagascar.

My mother would have applauded this initiative with enthusiasm

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Three cosy lake front cottages for rent on Little Lake McDonald



Three cozy lake front cottages for rent on Lake McDonald in Harrington, south of Mont Tremblant on Hwy 327. The cottages are renovated and only a few feet from the lake with beautiful sandy beaches, great for swimming and small children. The cottages all have lovely front decks with outside chairs, tables and BBQs. Beautiful Sunsets! Excellent canoeing, fishing, kayaking, sailing, swimming, bird watching, playing on the beach and hiking.

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Please contact the property manager Grant Loewen at (819) 687-2581 or grant.loewen@gmail.com



About Sainte-Adèle

Chris Lance - Main Street

Last May, our mayor Charbonneau, suffered an emergency cardiac problem. He was transferred to Montreal, where he underwent a surgical procedure, and for the past several weeks has been recovering at home. During his absence, he appointed his friend, Roch Bedard, to act as mayor. We wish the mayor well, and look forward to his return, as the chief politician of Sainte-Adèle.

The project at La Rolland is pushing ahead. Joseph Maalouf unveiled updated plans, which you can view and read, in English, at www.la-rolland.com. It will be a huge project for our town and, hopefully, for employment within the region.

Le service de la sécurité incendie responds to 400 calls per year in Ste Adèle. The fire department has a new pump truck, capable of carrying 1000 gallons, a defibrillator, and 5 firemen.

A group named, Comité quietude Lac Rond, recently submitted a petition to the town council. They have complained that Hotel Le Chantecler, during the months of June through October 2014, was exceeding the legal noise bylaws, with disco music on the terrasse overlooking the lake, particularly on weekend evenings. Information can be obtained by contacting the Comité at cqlacrond@gmail.com.

Hotel Le Chantecler is pleased to announce the opening of its terrasse, Namos Bistro & Bar. The Brazilian theme of music and feasting is offered every day, from 11 am to 10 pm, and until 3 am on Fridays and Saturdays. Seems to me there might be a conflict arising over the Brazilian nature of Hotel Le Chantecler.

There is a new initiative by the MRC des Pays-d'en-Haut: they have established a new website of 10 municipalities and their respective town events. You can take a look at laculture.ca and see the events that might be of interest.

Check out the Soirees Nostalgia: 6 free concerts in the parc de la Famille. Dates are: July 4 - Leboeuf and Deschamps; July 11 - Chico Band; July 18 - Florence K; July 25 - Les Respectables; August 1 - Laurence Jalbert and August 8 - Rock Story. For more info visit www.ville.sainte-adele.qc.ca

There is a new outlet in the town center, near the Pine Theatre, located at 1110 boulevard Sainte-Adèle, called Gueule de Loup Micro-brasserie. Nice to sit and watch the traffic go by, and sip a beer, while the local population drives out of town.

The municipal tennis courts are open. You must buy a \$25 voucher, for a 10-time organized mixed doubles scenario, offered a few days a week (not too many people show up for the doubles). Still, with the purchase of a season pass for tennis, you can book a court for singles - one hour, doubles - two hours. Someone took the initiative to develop an email and phone number list, and forwarded it by email to the 70 tennis members, raising privacy issues. Surely, the Ville de Sainte-Adèle should check their policy of privacy. This might be something the loisirs gang in Mont-Rolland could look into, since they are so good at making all the tennis rules and regulations, while sitting behind their desks!

That's it. Enjoy the tennis, the lake and dancing all night long. Don't forget, next year you have to BBQ on Tuesdays, before garbage pickup in section C, provision B, subsection K, line 14, of council bylaw, found on the mayor's incarnation wall, in the forever-locked la Place des citoyens. Take the time for a burger at the quiet terrasse, over at La Frite a mon oncle, in Mont-Rolland.



Village of Weir Newswire

Claudette Smith-Pilon - Main Street

NEWS FROM CITY HALL

Lights and flags

On the Main Street of the Village of Weir, take a few minutes to notice the different images on the flags that were installed. They are a very nice touch that improves the look of the main drag.

Mont Larose

This was once known as Blueberry Mountain and next to it is Bald Face Mountain. Many hikes and picnics have been enjoyed during summer vacations while climbing the rugged terrain but oh, what fun everyone had! Always a different story to tell but now it is a fond memory for many. Remember the blueberry pies? I was told the "path" as it is called, was designed by Paul Courte.

September 25, 26 & 27 2015: Days of Culture. The Municipality of Montcalm solicits your participation on Saturday, September 26 at 9:30 am, at the Community Center, for your input of "Remembering Old Times." Share memories, photos and tales of years gone by, of how this was once a booming village enjoyed by so many people. The municipalities of Arundel & Huberdeau will be the guests of Montcalm (WEIR).

Morgan Farm activities: please call 819 687-2434
CINE FOIN / HAY CINEMA on Wednesday night every 2nd week starting in July.

Victoria's Quilts Canada Laurentian Branch

Next Victoria's Quilts Laurentian Branch workday will be on Monday, July 20 at 9 am.

The summer ladies have already confirmed their presence, looking forward to seeing you.

Like father, like son

Steve Robitaille, the 24 year-old son of Yves Robitaille of Weir, graduated from "IPIQ" in Laval in June. His father retired as Captain after 31 years of service with the Montreal Fire Dept.

Congratulations Steve. Good Luck in your career!

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



The Laurentian Elementary School Awards - June 2015

Laurentian Elementary School awards were presented on June 22nd & 23rd. This year there were ten major awards. Congratulations to all! And the winners are...

Principal's Award - for outstanding academic achievement in all subjects and for demonstrating altruism, compassion, inner strength and a pleasant disposition: **Joëlle Comeau.**

Rachel Moore Memorial Award - donated by the Moore family in memory of Rachel Moore, a former student of LES. This award is given to a student who has the genuine characteristics of "always there and willing to lend a helping hand:" **Tamara Muro.** Mrs. Dianne Dixon, Rachel's mom, presented Tamara a gift.

Reid Drouin Mathematics Award - given in honor of Mr. Drouin, retired teacher/Principal of LES: **Victoria Lees and Hayley Cooper** by Mrs. Painchaud and Ms. Bergevin. Criteria: to demonstrate fluency in approaching mathematical problems; evaluate solutions to mathematical problems, describe the approach strategies used to solve the problems and enjoys and appreciates mathematics.

Lachute High School Award - In memory of all teachers of Lachute High. This award is given to students who demonstrate sportsmanship. Mr. Vincent Gagnon gave trophies to the following recipients: **Sky Gauvreau, Selena Ruiz, Brooklyn Adapoe and Jacob Glucksman.**

Music Award - Created to honour a student who is an excellent musician, dedicated to learning music and offers leadership in all activities: **Émilie Dubois.**

Sir Wilfrid Laurier Foundation Citizenship Bursary - awarded to a Grade 6 student who works as a volunteer within his/her community and contributes to the well-being and betterment of society. The Foundation Bursary was awarded to **Jacob Glucksman.**

Pat Berry Citizenship Award - is donated in memory of the late Pat Berry; awarded to a boy and girl in Grade 6 who show the genuine characteristics of responsibility, respect, leadership, punctuality, participation and congeniality: **Selena Ruiz & Kieran Campbell.**

Lara Koury Award - is donated in memory of Lara Koury, a former student of LES. This award is given to a boy and girl in Grade 4 who show the genuine characteristics of a person who embraces all aspects of life: **Jacob Guay and Brooke Craig.** Lara's dad, Mike Koury, presented a cash award to Jacob and Brooke. Laurentian Elementary would like to thank Les Edition Jonction and the Koury family who are working together to keep Lara's memory alive at LES.

F.O.L.E.S. Art Award - This award must be a Grade 5 student who shows outstanding originality and creativity in Art and demonstrates initiative and pride in all academic subjects: **Dylan Cameron.**

Creative Contribution Award - Is a new award at L.E.S. and given to a student who, through their creativity, contributed in a positive light to our school: **Benjamin Lachapelle.**

Laurier Gala Awards - This award is awarded to students who succeed in multiple areas. Winners were presented with medals at the Laurier Gala in May and received their certificates at our June assembly:

- Jacob Glucksman - Community Involvement
- Amber Granich - School Perseverance
- Emily McOuat - Academics
- Mary-Kate Tellier - Arts
- Tyler Dufresne - Sports

Local 4-H participates at the Ormstown Fair Off to a good start

Earlier this spring, six members of the local 4-H club participated in the dairy division of the Ormstown Fair. Joshua McOuat won honorable mention in the Holstein calf division and (not shown), is Emily McOuat who proudly placed first in the pee-wee Showmanship class. The group photo shows the first placing group of five: left to right: Jason McOuat, Joshua McOuat, Ryan McOuat, Hannah McOuat and Matthew McOuat.



The MRC d'Argenteuil hosts a second Caribbean delegation under the Federation of Canadian Municipalities (FCM) Cariled Program

It was with great enthusiasm and excitement that the MRC d'Argenteuil recently welcomed a three-member delegation from Belize, a member of the British Commonwealth, located in Central America, south of Mexico and east of Guatemala.

The delegation was made up of two municipal managers from the nation's capital, Belmopan, and a third from the city of San Ignacio. The objective of their four-day visit, from June 22 to 26, 2015, was to study the geomatics system used by the MRC d'Argenteuil, and those of its nine constituent municipalities, for the collection and management of geographic data (cartography and databases) and to discuss Argenteuil's local and regional municipal management model.

This knowledge-sharing activity provided an opportunity to present concrete examples of projects and expertise that are exportable to the Caribbean, where they would benefit local communities, in particular in the areas of land use planning and public transport.

During their stay, the delegates visited local attractions and landmarks of the MRC d'Argenteuil, met with local mayors and MRC staff, and toured the different municipalities of the MRC. The delegates also had the chance to meet with community partners to discuss the importance of citizen and corporate involvement in community development. These meetings allowed the delegates to assess the efforts made by the MRC, its nine constituent municipalities, and its invaluable community partners, to improve the conditions and quality of life of our community, with a view towards sustainable development.

This international exchange project was made possible by the Caribbean Local Economic Development Project (CARILED) of the Federation of Canadian Municipalities (FCM), of which the MRC d'Argenteuil is a member. CARILED is an international cooperation program currently operating in fourteen (14) Commonwealth countries across the Caribbean.

The six-year project (2012-2018) is implemented by the FCM, in partnership with the Caribbean Forum of Local Government Ministers (CFLGM), the Caribbean Association of Local Government Authorities (CALGA) and the Commonwealth Local Government Forum (CLGF). It has a budget of \$22.9 million, including funding from the Government of Canada, through Foreign Affairs, Trade and Development Canada, and is aimed at stimulating sustainable local economic development in the Caribbean region.

"This project involves twenty-four (24) Canadian municipalities," observed Scott Pearce, Warden of the MRC d'Argenteuil. "The MRC d'Argenteuil is the only municipality in Québec that was chosen to take part in the CARILED program. We are extremely proud of that fact."

In September 2014, the MRC d'Argenteuil had the honour of hosting a first CARILED delegation of seven representatives from Guyana, Trinidad and Tobago, Jamaica and Saint Lucia. The central theme of that mission was local economic development.

Information session on TransCanada's energy east pipeline project

An information session organized by NDP MPs, Guy Caron (Rimouski-Neigette-Témiscouata-Les Basques) and Mylène Freeman (Argenteuil-Papineau-Mirabel) and NDP candidate, Chantal Crête (Argenteuil-La Petite-Nation), was recently held in order to inform the public and elected officials about the impact that TransCanada's Energy East Pipeline could have on the region.

The MPs shared their serious concerns about the environmental assessment process, which has been under attack from the Conservatives since 2011. They believe that the public has lost faith in the National Energy Board (NEB) process, which explains why social license is increasingly difficult to secure.

"I was very pleased to see so many people get engaged and come out to the event. The TransCanada pipeline will cross the riding of Argenteuil-Papineau-Mirabel, so it was critical for us to hold an information session to answer people's questions and hear their comments," said Freeman.

The NDP has committed to reforming the environmental assessment process to ensure communities, First Nations and members of the public are included.

During the event, Alexandre Desjardins, a lawyer with the environmental law organization, Centre Québécois du droit de l'environnement, discussed the rights and responsibilities of the public, property owners and municipalities relative to the project and explained the process the NEB will follow.



Mayor of Canton of Gore re-elected to the board of FCM



During the annual FCM meeting, held on June 4 - June 8 in Edmonton, Mayor Scott Pearce of the Township of Gore was re-elected as a member of the Board of Directors for a 6th mandate. He was also unanimously voted in as Vice-President of the FCM Quebec caucus. "I am very happy to continue my commitment within FCM. I have spent the last 6 years building a strong network and actively representing the citizens of Argenteuil and Quebec, in particular, by defending files with regard to environmental issues affecting the municipalities of Quebec and Canada. At the dawn of this new mandate, it's my duty to represent the voices of the Township of Gore, the MRC d'Argenteuil, and rural communities and to defend their interests to the best of my ability."

Regulation of sand pits and quarries: the MRC d'Argenteuil adhering to the principles of sustainable development

During its regular meeting held on June 10, 2015, the council of the MRC d'Argenteuil adopted a by-law modifying its revised land use and development plan as it relates to sand pits and quarries (by-law number 68-15-15).

In keeping with the guidelines established in its 2013-2017 strategic plan, the MRC council is aware that all land use and development projects must respect the principles of sustainable development, those being the environment, the economy and social acceptability. As the MRC's Warden, Scott Pearce, explained, "the council endeavours to apply these principles to different types of projects, such as pipelines, forestry and the exploitation of resources, for example, sand pits and quarries."

"When we asked the government about making changes to our development plan and our by-laws in order to be able to regulate quarry activities, we realised that municipalities don't have that power," explained Mr. Pearce. "So, we are required to manage the social acceptability of projects on a local level without having the power to do so," he added. Municipal bodies have no control over the operating hours, sifting and crushing, noise, etc. related to extraction activities. As a result, it is not desirable for municipalities to accept an increase in operating activities without the power to regulate them.

Mr. Pearce added that "the proposed change is part of the vision of the Council of Mayors, established in 2009, when the plan was revised: pit and quarry operations must be prohibited in cottage and resort areas. We are simply making an adjustment that will strengthen this vision, to retain the social acceptability of such activities."

A public consultation was held on May 28, 2015 to gather the opinions of interested parties and individuals regarding the proposed modification. The MRC has taken note of the concerns raised and, in response to requests from certain site operators, will approach the municipal unions (FQM and UMQ) with the eventual goal of asking the Québec government for more power to regulate extraction activities.

By-law number 68-15-15 is available at the MRC d'Argenteuil offices during regular office hours and on its website: www.argenteuil.qc.ca.

Rue Berry in Lachute closed on market days

The Ville de Lachute wishes to inform the public that on Saturdays, from July 4 to September 12, rue Berry will be partially closed to public circulation between 7 am and 3 pm. This is to ensure the safety of market vendors and clients. All parking areas will remain accessible for clients shopping on rue Principale. The Ville de Lachute appreciates your cooperation and invites you to contact the Department for Public Works for further details if necessary.



QAHN presents annual awards to Elaine Fuller

The Richard Evans Award, presented annually by the Quebec Anglophone Heritage Network to an organization or group of volunteers who, collectively, have contributed to preserving, or promoting, their community history, has been awarded to the Scotch Road Cemetery Association. The association is a non-profit organization dedicated to the maintenance, preservation and remembrance of the Scotch Road Cemetery, a heritage graveyard in Grenville Township, in the MRC d'Argenteuil. The QAHN also awarded The Marion Phelps Award to Elaine Fuller, who has been a heritage activist in the local community for many years. This award is presented in recognition of outstanding long-term contributions by an individual to the preservation and promotion of Anglophone heritage in the province of Quebec. QAHN veteran, Rod MacLeod, was also presented with a Special Recognition Award for his dedication to the organization.

U.S.A. President Barack Obama soars in Charleston

Steve Brecher - Main Street

On Friday June 26, 2015, President Barack Obama delivered a monumental bookend to his electrifying keynote address at the Democratic National Convention in Boston on July 27, 2004.



His hair had turned gray, but his dynamic energy and passion were intact, as he stepped to the podium to deliver the eulogy at the funeral of slain South Carolina pastor Reverend Clementa Pinckney, one of nine victims of the mass shooting at Emanuel AME Church in Charleston.

For the next 40 minutes, by preaching with revivalist cadences, he brought the nearly 6,000 mourners to their feet numerous times, as they applauded and cried and swooned, in response to his soaring rhetoric. His overarching theme of "grace" enabled him to address not only the predominantly Black audience, but all Americans, much as he had done in Boston eleven years ago, when he embraced the "United" States of America.

Grace, as defined in the Christian tradition, is God's unmerited favour. It is kindness from God that we don't deserve. There is nothing we have done or ever do to earn this favour. It is a gift from God, a state of sanctification enjoyed through divine favour.

By this definition, President Obama was able to help us understand how the families of the victims were able to forgive the alleged assailant. And we were able to understand the true meaning of forgiveness. When we forgive, we do not erase the memory. We choose to forgive in order to free ourselves from the bitterness. The memory stays, not to be forgotten, but to be remembered as a valuable lesson.

He challenged all Americans to take up the responsibility that grace brings, and, with an open heart of forgiveness, to act in unison to take down the Confederate battle flag that still flies in many of the thirteen Secessionist States. For that flag "... was created by an army raised to kill in defence of slavery, revived in a movement that killed in defence of segregation, and flaunted by a person who killed nine innocents in defence of White supremacy." (Yoni Appelbaum: The Atlantic).

As I sat alone in my car listening to the President, I began to well up with tears of both sadness and joy, the joy of something valued and appreciated. I was moved by the feelings that come with inclusion and connection and compassion. The Commander in Chief became in that moment the Pastor in Chief. I could not imagine any other President connecting with his fellow Americans so poignantly and authentically.

As he was seemingly ending his eulogy, the President invoked the hymn entitled Amazing Grace (which ironically was penned by an English sailor, John Newton, in the late 1700's who had been a captain of slave ships before he became an Abolitionist). After a pregnant pause, he began to sing in solo, from the gut and full of resonance, the opening refrain of Amazing Grace, to an astonished and captivated congregation.

I will never forget this experience, nor, I suspect would many of the worldwide audience that were watching. Whatever criticisms I may have of the President's politics, at that sacred moment he transformed the crowd as a veritable agent of change and audacious hope.

The supposed "lame duck" had soared like an eagle.

Essay Competition Winners

The Argenteuil County Women's Institute recently handed out prizes to local winners of the annual Quebec Women's Institute Past President's Essay Competition. Congratulations to all the winners from Grenville Elementary School and to Sarah Cowan, for winning 3rd prize for the Province of Quebec.



Sarah Cowan (Grenville Elementary School), Joyce MacIntyre and Joyce Crooks (Grenville Women's Institute)

Grenville Elementary School winners of QWI Essay contest in Argenteuil County.



Blood drive a success

The mayor of Lachute, Carl Pélouquin and the members of the fire brigade of Lachute would like to thank all the donors who attended the blood donor clinic recently held in Lachute. The objective of 135 donations was surpassed and Héma-Québec collected 152 donations.



STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

David St. Germain, who recently opened the new resto Lola XLV, 206 rue Principale, St. Sauveur. Specialties are French-Mediterranean cuisine including delectable salmon and beef tartare, paella, pork ribs, oysters and fish of the day. Lunch and dinner are served. 450 227-0022, www.lola45.com. Best of luck!



Michel Maccabee, owner of the unique and beautiful condo/chalet project called Domaine Rive Gauche Lac Ouareau. Their motto is "Chalet Life Simplified." These condos border the shoreline of majestic Lac Ouareau, 23 Rive Gauche, St. Donat. Features include a pool, warm ambiance, fun activities and many sports areas close by, including La Reserve ski hill. 514 659-2045, www.rivegauchelacouareau.com.



Krista Kuo, new owner of Excelsior Hotel Spa Ste. Adèle, 3655 boul. Ste. Adèle. Best of luck to new General Manager, Richard Poirier and to new Guest Manager, Anne-Michelle Lepage. The hotel includes 50 rooms, most with a balcony, lovely heated exterior and interior salt water pools, which are open to the public as well as guests; only \$12 for a daily pool pass and \$46 for a monthly pass. There is also a sauna, steam room and Jacuzzi. Many renovations have taken place, including their restaurant, Amadeus, which features delicious French cuisine. 450 229-7676. www.hotelspaexcelsior.com.

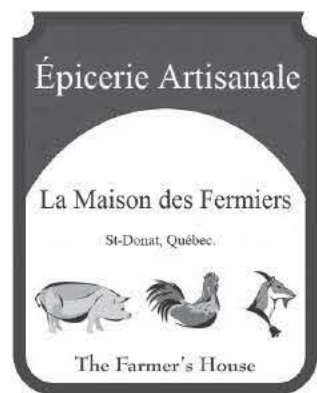


Frederick Heath Edwards who opened a brand new bar called Bar 1840, 194 rue Principale, St. Sauveur. The name is derived from when the building was built. It has 2 floors and has an "Old Montreal" feel to it, but is located right here in the heart of the Laurentians. What better time to open for a nice, cool relaxing drink than the summer? It's a fun place to drop by. 450 744-0807, Facebook page - Bar 1840.



Did you know that:

There is a wonderful new place to purchase "artisanal groceries" called La Maison des Fermiers, 1193 Principale, St. Donat? Owners, Céline Valiquette and Michel Hébert, used to own a small farm and learned to appreciate the superior taste of meat from small farms as opposed to buying it in the local supermarket. They believed that everyone else would appreciate the same, so they offer fresh, small-farm meat, such as bison, deer, pork, veal, duck, natural trout, grain-fed chicken, 24 types of homemade sausages and pâtés. As well, they offer homemade soup, spaghetti sauce, organic frozen fruit, vegetables and artisanal beer. Sounds healthy! Open Wednesday through Sunday. 819 217-6187, www.lamaisondesfermiers.com.



You can now purchase incredible vintage items right here in St. Sauveur? Anne Durivage recently opened Gatés Pouris, 222C rue Principale (facing the church), St. Sauveur. You can find such treasures as toys from the 50's, authentic Coca Cola machines, gas pumps from years past, and many more exciting items. 514 929-7120, Facebook page gatés pouris. Good luck Anne!

Med-Esthétique owner, Louise St-Aubin, opened a new branch on May 25 at 325 rue Principale, St. Sauveur? Specialized medical services include Botox and Juvaderm treatments, laser treatments and treatments for varicose veins, age spots, dermabrasion, injections and biopsies for precancerous lesions. Other non-medical services include hairdressing, facials, hair removal, pedicures, manicures and much more. A one-stop-shop! Two other branches are located in Mont-Tremblant and in Blainville. To make an appointment call 450 744-0440 / www.medesthetique.ca/

If you are looking for a lovely little hideaway B & B for your guests to stay at, there is such a place called Auberge Le Papillon Sauvage? This little gem is located at 100 boul. Ste. Adèle, Ste. Adèle (off highway 117). The inn borders the clean, flowing waters of the Simon River and is right next door to Spa Bagni. A full hot or cold breakfast with fresh fruit (local produce) is served, or you may enjoy dinner in the charming dining room. Drop in and say hi to owner Ian Doliveira or Inn Manager, Sylvain Rocque. 450 229-3404.



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Out & About

Ilania Abileah - Main Street



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

MONT TREMBLANT

June 27 to Aug 29: 17th Upper Laurentians Classical Music Festival. Tickets \$35 (tax incl.) Outdoor concerts free! 1 877 545-3330 / <http://www.concertshautes-laurentides.com/>

Salle Alphonse Desjardins,

1147, rue de Saint Jovite
819 425-8614 # 2500 / www.villedemont-tremblant.qc.ca.

July 31 - Aug 23: To mark the 100th anniversary of the municipality of Lac-Tremblant-Nord, "Peintres de plein air d'hier et d'aujourd'hui," an exhibition of paintings by Canadian masters and current outdoor painters.



Mont Tremblant 100th Anniversary

Aug 5 - 9: 8th Festi Jazz Mont Tremblant. Two outdoor stages in the heart of the Old Village (St. Jovite). Over 50 free concerts and 200 musicians. 514 994-0543 / <http://jazzmttremblant.com>.

ST. FAUSTIN

Maison des Arts, St. Faustin Lac Carré

1171, rue de la Pisciculture
819 688-2676 maison.arts@cgocable.ca / www.maisondesarts.ca

Until Aug 30: Annual competition: The theme "Dream in Colours."

ARUNDEL

Arundel United Church,

rue du Village (Rte 327)
Sat, Aug 15: 10 am - 4 pm: Arundel Art Exhibition & Sale. Discover local artists working in oil, acrylic, watercolour, pastels and wood sculptures.



Michel Normandeau - Arundel

VAL DAVID

2435, rue de l'Église,
819 322-6868. expo@1001pots.com
July 10 to Aug 16: 10 am - 6 pm:
27th 1001 Pots.

Val David Exhibition Centre

2495, rue de l'Église
819 322-7474. www.culture.val-david.qc.ca.
Open: Wed - Sun 11 am - 5 pm
Until Sept 20: Making Prints in Duo: several artists with the collaboration of Bonnie Baxter.

Old Train Station, 2525, rue de l'Église
July 18: 9 am to 9 pm: Atelier de l'Île is celebrating its 40th Anniversary (1975-2015).

Steam Roller Print Making ("Faire impression au rouleau compresseur") an all-day performance of steamroller printing. Twenty artists of Atelier de l'Île and twenty print media students from Concordia University will print forty large woodcuts with the steamroller. This commemorates the 1983 steamroller performance done by Michel Tremblay, founder of the atelier, at the Museum of Contemporary Art in Montreal. The Steven Barry Blues Band will join the celebration at noon.



Mayor Nicole Davidson and Louise Bloom, President of Atelier de l'Île

Open: Thurs & Fri: 1-4 pm / Sat: 10 am - 5 pm / Sun: noon - 5 pm
Thurs & Sat until Aug 15: a 60-minute tour of the twelve murals in Ste. Adèle, depicting its history. Call to reserve 450 229-2921, ext. 300.
Until Aug 17: an exhibition from the Montreal Insectarium entitled "Les Gagnants de la nature," with creative workshops for the young on Saturdays at 10:30 am (call to reserve: 450 229-2921, #300).

Val David Church

Espace Fresque
letempsnous2010@gmail.com.
Open Sat: 10 am - 4 pm & Sun: noon - 4 pm.
Until July 26: Six local artists exhibit large-size artwork.

VAL MORIN

Val Morin Théâtre du Marais

1201, 10è ave, Val Morin.
819 322-1414. / www.theatredumarais.com
Sun, July 19: 2 pm: Flute & Harp in a garden with refreshments served. \$40
Sat, July 18 & 25 & Aug 1: 8 pm: Fabiola sings Piaf & Brel, accompanied by piano. \$35.
Sat, Aug. 8, 15 & 22: 8 pm: The Cat Stevens Years with Pierre Trépanier, Martin Lessard and Alain Couture. \$35.

Espace Rhizomes Gallery,

6140 rue Morin
819-322-5998 / www.espacerhizomes.com
Aug 8-9 & 15-16 & 22-23: noon to 4 pm: "Impermanence" Rose-Marie Fournier

ST. ADOLPHE D'HOWARD

Atelier Culturel,

1889, chemin du Village 819 323-1878.
July: An exhibition of paintings describing the life of First Nations people by Dominique Normand, a unique artist, painter and film-maker. Suzanne Bourdon exhibits photographs of First Nations people.

August: Odette Pinard and Suzie Pilon, two artists (painters & print-makers) will exhibit their work. Philippe Alary will display his collection of antique work tools.



Lenverre du Décor logo

To mark the 50th career anniversary of sculptor, Armand Destroismaisons, the village is organizing an exhibition entitled "Je bicycle 2015." During the summer, sculptures made from recycled bicycles will be on display on the street.

St. Adolphe Church

Sat, July 11: 7 pm & Sat, July 25: 7 pm: Musical Camp Summer Serenades - free "String Orchestra" concerts. The camp also offers other free concerts at Salle Amati, 163, rue Vivaldi. 450 227-0909 / www.cmlaurentides.qc.ca.

STE. ADÈLE

Place des Citoyens,

999 boul. Ste. Adèle.
450 229-2921 #300 / <http://ville.sainte-adele.qc.ca>

Open: Thurs & Fri: 1-4 pm / Sat: 10 am - 5 pm / Sun: noon - 5 pm
Thurs & Sat until Aug 15: a 60-minute tour of the twelve murals in Ste. Adèle, depicting its history. Call to reserve 450 229-2921, ext. 300.
Until Aug 17: an exhibition from the Montreal Insectarium entitled "Les Gagnants de la nature," with creative workshops for the young on Saturdays at 10:30 am (call to reserve: 450 229-2921, #300).

Parc de la Famille:

Nostalgia Evenings - free concerts
Sat, July 11: Chico Band; Sat, July 18: Florence K; Sat, July 25: Le Respectables;
Sat, Aug 1: Laurence Jalbert; Sat, Aug 8: Rock Story.

PIEDMONT

Salle Polyvalente (Old Station),

146, chemin de la Gare Art Thé
July 25-26 & Aug 1- 2: 4 pm: Thérèse Joannette, Nathalie Morel, Lucie Nadeau (sculpture). Aug 8 - 16: noon to 6 pm (vernissage Aug 8: 6 pm): Luc Bovet & Fabien Bedoucha exhibit photographs of horses.

Théâtre des Pays-d'en-Haut

400 chemin Avila (exit 58 from Autoroute 15 N, or exit 60. Reservations: 450 224-5757 / 1 855 551-5757 www.tpdh.ca
Wed, July 15 - Sat, Aug 15: 8 pm.
Veronic Dicaire; "La Voix des autres." The singer impersonates over fifty personalities such as Edith Piaf, Adele, Céline Dion, Madonna and many more. Reg. \$82.95 / VIP \$94.45.

ST. SAUVEUR

Park Fiion

Sat & Sun, July 11-12 (Sat: noon to 9 pm & Sun: noon to 6 pm): The 11th "L'En verre du décor," an exhibition of glass and ceramic art.



Suzie Pilon - St. Adolphe

Ça-me-dit Concerts:

Sat, July 11: 7:30 pm: Shirleen & New Love. Shirleen sings, accompanied by 10 musicians. Fri, July 17: 7:30 pm: Perri Canestrari and his quartet play romantic Pop.
Sat, July 18: 7:30 pm: tribute to AC/DC and Bonjovi. Sun, July 19: 3 pm: St. Sauveur's Fever. Dance on Sunday afternoon with Ritchie Philibert (DJ Boogee). Sat, July 25: 7:30 pm: Keith's Zombies pay tribute to the Rolling Stones. Sun, July 26: 3 pm: Emerging artist, Steve Provost.

MORIN HEIGHTS

St. Eugene Hall,

148, chemin Watchorn
Fri, July 24 - Sun, Aug 2: ARTS Morin Heights Summer Exhibition. Vernissage: Sat, July 25: 5 pm - 7 pm. Demonstrations of various techniques at 1 pm on July 25, 26, 28, 30, 31 & Aug 1.

Morin Heights Library,

823, Village Rd.
450 226-3832 / www.artsmorinheights.com.
Until Sept. 26: Arts Morin Heights "Monochrome," a thematic exhibition.

HARRINGTON

Festival Cammac:

85, Chemin Cammac
1 888 622-8755 / 819 687-3938
www.cammac.ca/en/festival-cammac-2015
Sunday Brunch Concerts: 11 am & lunch at noon: \$35 concert and brunch.
July 12: 11 am: A Cappella! Voces8; a vocal ensemble from Great Britain singing an eclectic mix of music ranging from Renaissance to jazz and pop. July 19: Chaconne - The Voice of Eternity! - Ensemble Caprice will play music by Bach, Vitali, Falconiero, Merula, and Rebel. July 26: Celtic Fling - Laura Risk and Friends; Laura plays her fiddle accompanied by Nicolas Williams (flute, piano and vocals) and Anann Falquet (guitar and vocals). Aug 2: Sound of the Future - Myriam Leblanc, Soprano; first prize-winner of the Three Rivers Competition 2014. Aug 9: French Feast: Cheng2 Duo. Siblings, Bryan (cello) and Silvie (piano) Cheng play music by Debussy, Fauré and Saint-Saëns.

BROWNSBURG - CHATHAM

Golf Oasis,

424, route du Nord (327 Nord)
Sat, July 11, 18 & 25: 8 pm: Summer

Theatre: Le Coeur en chaleur, a comedy written by Louise Matteau and directed by Philippe Albert. Reservations: 450 562-1094. Tickets: available at the Library, City Hall and the "Paroisse Ste-Trinité." \$18.50.

Restaurant Faim-Fino

338, rue des Érables, Brownsburg-Chatham
450 407-0708. La Société culturelle du Pavillon des Jardins: 450 495-8022 scpj.wordpress.com.

Wed, July 8 - Aug 30: artist Michel Dufour exhibits his paintings

GORE

Holy Trinity Anglican Church

4 Cambria Road, near Route 329 between Lachute and Morin-Heights
450 562-9620 / 450 562-9249
Sat, July 11: 8 pm: MG3: Montréal Guitar Trio; Marc Morin, Sébastien Dufour, and Glenn Lévesque will be performing the music of their recent album, "Der Prinz." \$25.

PRÉVOST

450 436-3037. www.diffusionsamalgamme.com
Sun, July 19: 2 pm: Annual Garden Concert. Buy tickets in advance at the Library of Prévost. \$25.

Prévost Old Station,

rue de la Station 514 833-8718 / www.symposiumdeprevost.qc.ca.
Wed, July 29 - Sun, Aug 2: Prévost Symposium: One hundred artists paint outdoors.

ST. JÉRÔME

Laurentian Museum of Contemporary Art

101, place du Curé Labelle 450 432-7171
www.museelaurentides.ca
Tues - Sun: noon - 5 pm
Until Sept 13: an exhibition entitled Ça!: works by Alain-Marie Tremblay and Ève K. Tremblay. Photographs, sculptural installations and ceramic pieces were selected to show a dialogue between father and daughter.

Le Tapis Rouge

338 St-Georges 450 436-7500 # / www.tapisrouge.ca/ Mon, July 20: 8 pm and Mondays throughout the summer: Joël Denis and his musicians perform "Les Idoles de Jeunesse d'Hier ... Aujourd'hui!" Dinner/Show: \$65 + tax (service incl.) Doors open 5:30 pm, dinner service 6 pm. Show only \$35 + tax. Hall opens 7:30 pm.

ST. COLOMBAN

Route des Arts Gallery Centre Récréatif et Communautaire

323, montée de l'Église
450 436-1453 / www.routedesarts.ca
Sat, July 11 - Sun, July 19: 10 am to 6 pm: A discovery tour of 35 studios of artists and artisans in the Lower Laurentian region. An illustrated brochure describes the artists' work and studio location. Visitors can participate in a free raffle.



Route des Arts - Louise Houle

ST. PLACIDE

Sundays at the Park at 11 am (if it rains concerts will be given at the Church). Contributions appreciated.
July 12: Beija Flor; Latin music. July 19: Music from films. Tina Louise Cayouette (violin alto) and Alejandra Diaz (piano). July 26: Leaf Quartet shares their universe of poetic Jazz. In August concerts will begin at noon for the rest of the season. Aug 9: Argentinean dance; Aug 16: performance by Rock & Roll musicians and dancers.



St. Placide Sunday at the Park

Due date for next edition: July 20
ilania@ilaniaabileah.com
450 226-3889

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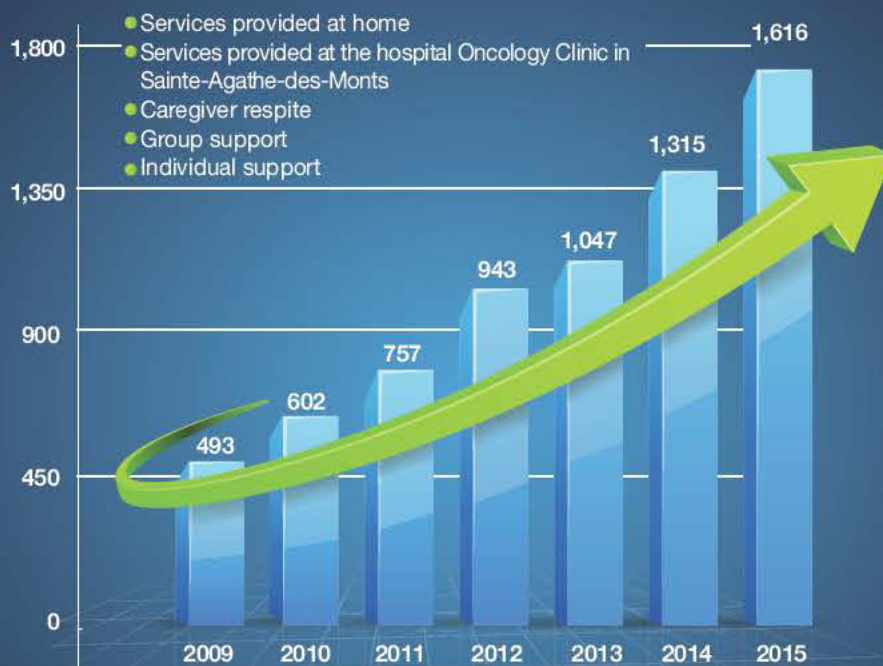
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AC/DC



La Vallée
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Friday, July 17 | 7:30 pm

Perri Canestrari and his romantic Pop Quartet

Saturday, July 18 | 7:30 pm

Tribute to AC / DC and Bon Jovi.

Sunday, July 19 | 3:00 pm

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Laurentian Literacy Centre

Lori Leonard - Main Street

It was with great excitement that the Laurentian Literacy Centre opened the doors of its new location for the first time on June 29. The center is now located at 505 rue Bethany, suite 302, in the Argenteuil shopping mall in Lachute.

The new location offers far more space plus, there is an elevator, to facilitate access. Board President, Jim Warbanks introduced the special guest speaker, Fred Levine, author and illustrator of Triple Trouble: One Good Deed Deserves Another.

Fred read excerpts from his book to the audience of more than 40 people who thoroughly enjoyed the reading. Afterwards, several people purchased his book. All funds raised from the sales will be donated to brain cancer research.

Executive Director, Marlene Dagenais, unveiled a beautiful new painting, created by artist, Louise Bonnet. The artwork will be placed in the entrance of the new center to be viewed by all who pass through the doors. Marlene also introduced and thanked the Board Members and various volunteers. Certain members were recognized for their dedication, understanding and the time that they have devoted to others to promote literacy.

Math tutor, Mary Chuprun, was presented with the prestigious Freda Hudson Recognition Volunteer Award, which is presented annually to an active volunteer who has made a significant contribution to literacy.

Please feel free to drop by the centre to learn more about their services and various programs.



Photo: L-R: Fred Lavigne (author), Lori Leonard (publicist), Jim Warbanks (Literacy Council President), Marlene Dagenais (Executive Director of Literacy Council).

The Lake Louisa great relay race - 29th Edition

The annual relay race, which has become the local "athletes' challenge," will take place on August 1, starting at the Lake Louisa Social Club, 132 Lac Louisa (south road). Teams must register between 8 am and 9:55 am and the event gets underway at 10 am - sharp.

Teams must consist of 6 participants, one for each leg of the race with the exception of the canoe paddle, which requires 2 paddlers plus the runner (3 participants on board). Several categories are available to enter, from the youth category (average age of all participants equal to 14 years) to the senior category, with the average age being 50+.

There are 5 segments to the relay, starting with a bike ride (6.5 km) followed by a run (4.5 km), canoe paddle (2.5 km), kayak scull (1.5 km) and swim (0.5 km). The race is an open challenge to all!

Medal ceremony for the top winners will take place following the event and light refreshments and Bar BQ will be offered.

For full details contact Lawrence: 450 533-4713 or Mike: 514 825-9255.

*Please note: all foreign canoes or kayaks must be washed at the washing station (fire station - 116, ch. Louisa) prior to launching in the lake.



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Festival des Arts de Saint-Sauveur

A Festival packed with surprises

Ilania Abileah - Main Street

This year there is a pre-opening show on Wed, July 29, featuring Rufus Wainwright (son of folk singers Kate McGarrigle and Loudon Wainwright). There will be a 5 pm cocktail hour with the Artistic Director, Guillaume Côté (at the VIP tent), Rufus Wainwright performs at the big top at 8 pm, and at 10 pm there is an after-show dinner with Rufus Wainwright at Bistro À Vino. All this for \$180! At noon on the same day, the new name for the Park Filion outdoor stage will be officially unveiled. It is: McGarrigle!

For Ballroom Dance lovers - Thurs, Aug 5 & 6: 7 pm: Bahia, with Canadian sportive dance champions. At the Big Top, see the Coleman Lemieux & Company whose dancers perform to music by Elvis Presley and Johnny Cash.

The Gauthier Dance - Theaterhaus Stuttgart, performs two nights: Thurs, July 30 and Fri, July 31. There are still tickets and good seats available. Before the show under the Big Top, you can enjoy free shows in the park at 5 & 7 pm: Thurs, July 30: Flamenco Quartet; Fri, July 31: "Oktopus," eastern European music; Sat, Aug 1: "Les Pieds Légers de Laval," Quebec folk dance, and at the Big Top, the Ballet Jazz Montreal at 8 pm. More free shows at the park: Thurs, Aug. 6: Shyre - Sarah Rosy (vocals and piano) and her group; Fri, Aug 7: 6:30 pm to 7:45 pm: Les Improdances - Ligue, Impro Mouvements, Jazzamboka; Free Yoga Classes at the park at 11:30 am on Fri, July 31; Sat, Aug 1; Fri, Aug 7 & Sat, Aug. 8.

On Thurs, Aug 6 at 8 pm, "Stars of American Ballet" features top-notch dancers who perform choreographies by Georges Balanchine, Daniel Ulbricht and Christopher Wheeldon to music by Tchaikovsky, Art Tatum, Arvo Pärt, John Philip Sousa and George Gershwin.

There are two evenings of "International Ballet: A Night with the Stars." These are soloists and principal dancers who will perform solos, and pas-de-deux, in classical, neo-classical and contemporary dance. They defy gravity, and dance with power and grace.

It is time to get your tickets! www.fass.ca



Gauthier Danse_Maria Prat & David Martinez_Photo by Regina Brocke



Skyler Brandt_Photo by Gene Schiavone, courtesy of American Ballet Theatre

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Nature's Gift

Wolf Spiders

Rose Labrie- Main Street

The first time I laid eyes on one of these scary looking spiders was last summer, nestled in the corner of a white bucket that I use for gardening. Though spiders are number one on my list of undesirable insects, I did not kill this furry-looking creature, but took two pictures before hurrying into the woods to set it free.

This spring, I had two encounters with another similar spider, but a bit smaller; once in my basement and again on my bathroom garbage bucket. I noticed these spiders seemed to like white, because during all three encounters, they were resting on a white object.

I posted my picture on Facebook and my friend Dominique suggested this was a wolf spider. I looked it up, compared pictures, and came to the same conclusion.

IDENTIFICATION & FACTS



Like most spiders, the Wolf spider has eight eyes but has sharper vision than the others, relying on that faculty, rather than vibration, to capture its prey. Their eyes are comprised of three rows; the first, with four small eyes, the second row has two larger eyes, and the third has two medium eyes. The two eyes in the center of their faces are distinctively larger than the other six. Wolf spiders also have 3 tarsal claws and hair covers their abdomens.

Several varieties of Wolf spiders have been identified throughout Canada. These spiders do not construct webs to capture their prey as most other species do; instead, they hunt. This frequently leads them into garages, homes and other buildings, but their normal habitats include grasslands, fields, meadows, gardens, beaches and the shores of ponds and marshes.

Mating occurs during the autumn months. Males die shortly thereafter, while females move to protected locations for overwintering. The following May or June, fertilized females produce an egg cocoon. It takes approximately one month for the spiderlings to hatch and grow to half their full size, before the onset of colder weather, which initiates another round of overwintering. After shedding their skins multiple times, the spiderlings emerge fully-grown the following spring.

Given their large size and imposing appearance, wolf spiders tend to instill fear in humans. They will bite if handled or trapped, but their venom is not lethal and is more like a bee sting. Overall, wolf spiders pose no threat to people or property and, in fact, are more helpful than harmful, because their main diet consists of insects.

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Argenteuil Regional Museum

On July 5, the Argenteuil Regional Museum hosted nearly 350 people for guided tours and a myriad of outdoor activities during the 6th edition of its garden party.

"This was by far our best edition," announced Luc Grondin, President of the Argenteuil Regional Museum. The hosts welcomed people from across the MRC of Argenteuil and gave tours of the museum and offered several cultural activities with historic flavor. Admission was free, thanks to the financial and logistical support from the municipality of Saint-André d'Argenteuil.



Candle maker: Louise Gagné La Vieille Forge

This year, the theme for the open house was based on "New France" and participants were able to meet a blacksmith (Sylvain Rondeau) and a candle maker (Louise Gagné), both of La Vieille Forge, a trapper (Billy Rioux), a tapestry specialist (Danielle Potvin) and wool spinners. Accordionist Guy Rent and guitarist Hector Jacob entertained the crowd throughout the day.

Directors and administrators of the Regional Museum would like to thank all its sponsors and partners, the volunteers, participants and visitors for making this fundraising event such a resounding success.

The garden party kicks off the summer season and the museum is now open Wednesday through Sunday from 10 am to 5 pm. Guides / interpreters are on site to show you the many exhibitions, including a new one highlighting the first World War, presented by the Historical Society of Argenteuil County.

The Museum is located at 44, Route du Long-Sault Saint-André d'Argenteuil. For information call 450 537-3861 / email info@museearg.com / web site: www.museeregionaldargenteuil.ca / Facebook page.

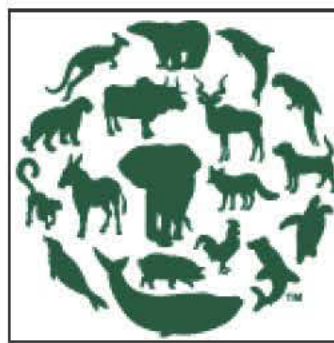


Coureur de bois

Seven family friendly ideas to enjoy a nature staycation this summer

(NC) Have you ever heard of nature deficit disorder? It refers to the adverse effects of spending less time outdoors. This summer, make getting outdoors easier than ever with seven family-friendly ideas from TD Friends of the Environment Foundation.

- Explore the outdoors: Go birdwatching, plan a family hike or join a guided nature walk. There are many opportunities to enjoy nature in your own community.
- Organize a nature-inspired scavenger hunt: Make a checklist of natural items to watch for - like butterflies, maple trees or shrubs with berries - and check each item off the list after it's spotted.
- Plant a garden: Enjoy the benefits of nature in your own backyard by planting and maintaining a vegetable or flower garden.
- Become a friend to a local park: See if there are any groups in your community dedicated to the preservation of a local green space. Whether it's through educational initiatives, park cleanups or plantings, the whole family can get involved.
- Take it outside: Take lunch on the go to a local park, set up an outdoor movie night, or have a camping adventure in your own backyard.
- Participate in local greening activities: Whether it's a park cleanup or a community garden, take the time to plan your own activity or volunteer for a neighbourhood project.
- Get in touch with trees: With a bit of research first, parents and kids can together explore and learn to identify the trees and shrubs in their community, including those that are native to their region and invasive species. Check out the leafsnap app to get started by visiting: CanadianWildlifeFederation.ca/Leafsnap.



Chickens Deserve Compassion Too Animal welfare is for all animals

Sayara Thurston - Humane Society International/Canada

"Nothing is stronger than an idea whose time has come," wrote iconic novelist Victor Hugo, and surely animal welfare is an issue whose time has come. Quebec recently proposed a new law that would improve the treatment of animals - this, after years of living under the dubious reputation of "the best province to be an animal abuser."

Whether the law will go on to pass and have its desired effect remains to be seen; that will largely be a question of whether the government invests the resources to enforce it. What is certain, however, is that this public acknowledgement of needing to do better for animals is a pivotal moment. Usually, when we think of animal welfare, we think of cats and dogs (Quebec is the puppy mill capital of Canada,) but we must remember that farm animals dramatically outnumber our pets and need to be safeguarded as well. Quebec's protection of these animals needs to improve, but until they do, individual habits can prove to be just as powerful as any law.



In the month of June, Quebec alone slaughtered approximately 15 million birds, a practice that is repeated monthly. Whether you eat meat or not, we can all agree that the animals we raise for food shouldn't suffer during their lifetimes. And yet, almost every chicken slaughtered, lives in conditions that would be considered illegal if a cat or a dog were treated the same way. Locked in a windowless barn, packed into cages so tightly that free movement is impossible, then, at just six weeks of age, loaded onto a transport truck so roughly that broken legs and wings are common. Finally, they suffer a merciless death by out-dated slaughtering practices, which science has documented as being inhumane. All standard practice.

Providing farm animals with adequate living quarters and decent lives needs to become standard practice in every facility that raises these animals. Every one of us has the power to send a message about how they should be treated, every time we go grocery shopping. By choosing to go meat-free more often, and / or opting for higher welfare options when we do buy meat, Canadians have the power to transform the lives of millions of animals. This is a strong idea, and its time has come.

Find out more about our work: hsicanada.ca

News from Holy Trinity Church, Lakefield

Beth Farrar - Main Street

1. Montreal Guitar Trio (MG3) concert. Holy Trinity Church continues its tradition of summer concerts with the return of an international and local trio. One of MG3's members, Marc Morin, lives in Lakefield, but the trio is renowned internationally. They are known in Quebec, having played with Jorane and the Quebec Symphony Orchestra, and are also known in the rest of Canada, in the US, Europe and Australia. They have recently released their sixth album and you can listen to their varied music at www.MG3.ca. Their concert is on Saturday, July 11 at 8pm. For tickets, call Hugh: 450 562-9249, or Linda: 450 562-9620.
2. Sing-A-Long. The musical focus of Holy Trinity continued this spring with a 10-week sing-a-long, conducted by former choir director from CAMMAC, Alain Vadeboncoeur. Some 20 or more "young at hearts," from 8 to 80 years of age, met on Wednesday evenings at the church. Similar groups, sponsored by the MRC d'Argenteuil, met in St. André Est and Avoca; all joined together at CAMMAC on June 13 for a joint concert. There is talk of creating a choir in the fall.
3. Truth & Reconciliation. To recognize the completion of the Truth and Reconciliation Commission, which dealt with the healing of the wounds created by the Residential Schools, Holy Trinity rang the bells twice; once on Wednesday June 10 and once during the June 14 service. In solidarity with other Anglican churches across Canada, the bells were rung in memory of murdered and missing aboriginal women.
4. Community Garden. As a pilot project, a small area on the church grounds has been set aside for a community garden. Led by two facilitators, who are starting similar projects throughout the MRC d'Argenteuil, volunteers have planted vegetables that will be available to any members of the community who want or need them. If successful this summer, a larger area will be designated in 2016.
5. New Ministry. 10 churches in the Laurentian Region (Lachute to Ste-Agathe) formed a Team Ministry on July 1. This new and growing model of ministry is composed of a team of priests, curates and lay readers who provide the pastoral and religious services for all the regional churches. The Venerable Ralph Leavitt, already the incumbent in Ste. Agathe, becomes the Regional Archdeacon and is supported by a new priest to the region, the Rev. Nicholas Pang, of Lachute. The times of the Sunday services have been adjusted to cater to the new ministry (see the religious services section of the community bulletin page of this paper). Particular thanks go to Ralph Leavitt, who shepherded representatives from all ten churches through the process of agreeing to the ministry.
6. Rev. Peter Asbil. A very special thank you to Rev. Peter Asbil, a retired priest, who doesn't understand the term "retired", and who helped us, and other churches, during the two years between the retirement of Rev. Dr. Peter Prosser and the creation of the Regional Ministry. His good humour and simple, direct approach to ministry is enjoyed and appreciated by all.



Laurentian Personalities

Rachel Lapierre -Le Book Humanitaire

Lori Leonard - Main Street

We are fortunate to have an extraordinary lady in our midst, Rachel Lapierre, who founded the registered charity, "Le Book Humanitaire." It started 17 years ago. Rachel, a compassionate person, has participated in humanitarian missions worldwide. Many individuals have expressed interest in her volunteer work. Rachel founded Le Book Humanitaire, which now boasts more than 3,000 volunteers from around the world.

Rachel did not have funding to continue her work. One day, she bought a lotto ticket at Loblaw's. She thought to herself that if she won, she would continue her lifelong dream to help others. Rachel did win the lotto; a prize of \$1000 a week, for her lifetime! It was destiny!

In India, Rachel and her team sponsored an elementary school, in a rubbish dump, opened street clinics, built desks and chairs, painted interiors of schools and cleaned grounds. They saved girls who were prostitutes, by allowing them to study in school, and provided music/singing classes to 60 students.

Back here in the Laurentians, Rachel and her team have helped war refugees who arrive with no money, food or clothing. In May 2015, Rachel and some local children visited itinerants at Maison du Père, with their smiles, tasty home-cooked food and clothing. Each day Rachel resolves different problems, such as the little paralysed girl, who needed a team to renovate her bathroom, the suicidal person, who just needed someone to listen, and the handicapped person, who required a ramp for the wheelchair. They refer impoverished families to Lunette Depot to acquire glasses for their children.

Rachel's team distributes food in local parks and has organized a clinic, called Nouveau Regard, with help from Claudio Coiffure, to aid ladies in transition homes to receive a complete makeover. Their LOVE ÉCOLE project provides needy children with school supplies and gently-used clothing.

This year, 60 people went on humanitarian missions, including 28 students from 10th and 11th grades. Each one of them said that the mission changed their life completely.

Becoming involved with Le Book Humanitaire brightens the life of many, including volunteers. If you would like to volunteer, or if you know someone who needs help, visit their Facebook page, at Le Book Humanitaire, or www.lebookhumanitaire.com. Receipts are provided for monetary donations.

Rachel, we need more people like you in the world. Thank you for your valuable contribution across the Laurentians and around the world!



Walk Run 'N Roll - through Winnipeg and beyond

Marcus Nerenberg - Main Street

Since our short blog in the May issue Steve has travelled over 3000 kilometers. He has crossed British Columbia, Alberta, Saskatchewan and Manitoba. When you read this he will be in the wilderness of western Ontario. Small towns and villages too numerous to recall have crept by at 50 kilometers per day. We have bivouacked at parks, truck stops and municipal recreation centers. All western towns were built on the rail lines. We have been blasted awake by the ubiquitous train horn on too many nerve jangling occasions. In larger centers free parking and free wifi comes with almost every Walmart parking lot and they all look just the same.

Steve continuously visits schools and boys and girls clubs spreading the message of school perseverance. He is well received by students and staff alike. Steve has been interviewed by over 25 radio and TV stations and newspapers.

On June 15, in Winnipeg, while being interviewed by a commentator for TSN Radio, Winnipeg, Steve mentioned that his life-long favorite news anchor and idol was Lloyd Robertson. What followed was a cascade of unlikely, but wonderful events. It so happened that the radio man knew that Robertson was in a hotel a block away at a Shriner's fundraising dinner. Minutes later Steve found himself at the event being presented to Lloyd Robertson. Steve was speechless, but he recovered almost immediately and engaged Lloyd telling him about the Cross Canada Tour. The Shriner's insisted that he stay for dinner and Robertson's speech and later he participated in his idol's Q and A. To Steve the entire event felt like destiny and to date it must be the highlight of the first 3000 kilometers.

Last but by far not least, and most remarkable, is the constant and consistent warm-heartedness of rural Canadians. It's like we share a common bond of how privileged we are to live in this amazing, bountiful and beautiful country.



Special Church Service



St-Andrew's East Presbyterian Church, John Abbot Street, Saint André d'Argenteuil, is celebrating its 200th year anniversary with a special service on Sunday, August 2 at 2 pm. The service will be followed by light refreshments. Everyone welcome!



Photo: L-R: current elders, Susan Weightman, Dave Bryson, Sharon McOuat, Rev Linda Robinson, Andrew McOuat, Tony Hungerbuhler. On the table are original communion vessels.

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Did you know that hearing loss affects about one in ten, and 8 out of 10 people are undiagnosed and untreated? Deafness often appears gradually which usually affects people's early detection. Come and try the new technologies in our hearing aids. We are available year-long to answer any of your questions or concerns about your hearing.



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Qc J8B 2N1

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SUDOKU

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

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



Answers for the May edition sudoku



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

Organic salmon, white fish, scallops, scampi, tuna, calamari & in-house smoked Finnan Haddie



- Fresh fish every 2 days
- Smoked Salmon, various other smoked fish, pre-cooked meals (weekly products will vary based on availability)
- Shell-fish, lobster, and whole-fish*
- Our famous smoked salmon with maple syrup on Saturdays

*Please call Wednesday for weekend orders



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the smoke master and the chef

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An astronomy evening for the family

On Saturday, July 18 at 8 pm., we invite you to our "family evening to learn how to "move through the sky." We will explain Jump-star," an easy way to walk in the sky following the stars. With this method, the night sky reveals its secrets. We will also demonstrate how to construction a star finder.

Meet at Pavilion Velan, Domaine St. Bernard, 539 Chemin Saint-Bernard.

Cost: Adults: \$20, children: \$10 and \$5 for Friends of Domain St. Bernard and residents of Mont-Tremblant: \$5 (on presentation of their citizen card. Info: 819 425-3588 or email info@domainesaintbernard.org.



Vita Bella B&B

Inspired by the concept of universal accessibility or barrier free design, this architectural concept promotes the creation of obstacle free environments. The ultimate aim is to build a world in which the population in general, including people with functional disabilities, can live in security and freedom.

At Vita Bella, the interior (dining room, living room, bedrooms, bathrooms) as well as the exterior (gazebo, rock garden, fire pit, picnic table) are set up to allow all our guests to move about safely, efficiently and with full autonomy.

Vita Bella is the first bed and breakfast in Québec to be certified "accessible." This certification is awarded by Kéroul, a key consultant for Tourisme Québec regarding accessibility, whose mission is to make tourism and culture accessible to people with physical limitations. (<http://www.larouteaccessible.com/en/etablissement/show/id/529>).

Vita Bella B&B is an accomplishment, which contributes to the advancement of social integration of people with disabilities, their families and the community in general. It is a project whose aim is to inspire other bed and breakfast operators as well as all members of society.

For more information call 819 327-5037 or visit the web page www.vitabella.ca



Hosts Tom Silletta and Line Caissy

Good news for the Agricultural Society of Argenteuil and agricultural exhibitions in Quebec

The MNA for Argenteuil, Mr. Yves St-Denis, is very pleased with the renewal of the financial support program for agricultural exhibitions for the year 2015-2016, which was recently announced by his government. Under this program, financial assistance totaling \$1.7 million will be devoted to Quebec's agri-food sector.



"Agricultural shows are an exceptional showcase for local products and also promote communication between the agricultural world and consumers. I invite the population of Argenteuil to come meet these passionate producers and see their expertise and capacity for innovation at the Expo Lachute Fair to be held from July 9 to 12 at the fair grounds in Lachute," said Mr. St. Denis.

In addition to the Argenteuil Agricultural Society, more than thirty regional agricultural exhibitions will be supported to organize their activities highlighting Québec agriculture, farmers and regional products. The exhibition and judging of farm animals emphasizes the excellence of Quebec producers, particularly in terms of genetic improvement.

Agricultural exhibitions across Quebec welcome nearly a million visitors each summer and the economic benefits they generate are estimated at over 61 million annually.

BY THE PULITZER PRIZE WINNING PLAYWRIGHT

The Glass Menagerie

by Tennessee Williams

starring Martha Burns

3 time Gemini Award Winner on stage at HVT

July 8 to July 26

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August 1st & 2nd, 2015

35 artists, painters & sculptors on site
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Sunday 10 am to 4:30

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539, chemin Saint-Bernard

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MONT-TREMBLANT
819 425-3588
www.domainesaintbernard.org

RELIGIOUS SERVICES



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

Branch 171 Filiale Morin Heights

Fri, July 17: 6 pm: TGIF Smoked Meat Dinner
Sat, July 25: 6 pm: Chicken 'n Ribs Special BBQ
Sat, Aug 1: Flea Market (rain date Aug 2)
Sat, Aug 15: Gerry Hecklinger's Golf Tournament & Steak Dinner
Fri, Aug 21: 6 pm: TGIF Smoked Meat
For information on any event call 450 226-2213 (after noon)

Branch 70 Filiale Lachute

Fri, July 27: 9 am: Casino \$14 (bus)
Sat, July 28: Annual golf tournament
Tues: 1 pm: Euchre
Alternating Thursdays: cribbage & shuffleboard
Sat afternoon: 1:30 pm: Darts
For information call: 450 562-2952 after 2 pm!

Branch 71 Filiale Brownsburg

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

Branch 192 Filiale Rouge River

Summer time and the living is easy
July 11: Horseshoe Tournament – Hot Dogs
You must register at the bar (fee)
July 17: 6 pm: TGIF Summer Salads Night
July 25: Christmas in July (\$15)
Cribbage every Tuesday night at 7:30 pm
Yoga classes Mon, Tue & Wed.
Info: Marlene: 819-687-8665
For further details call 819 687-3148 / 819 687-9143 or email mmcs40@gmail.com

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

HILLSIDE CHAPEL
755 Village Road, Morin Heights
Terry Sheahan: 450 229-5650.
We are known as a singing church so if you enjoy Country Gospel and like to sing Old Time Gospel, or just listen, come and enjoy our Sunday evening services. Services will be held at 6:30 pm. Everyone (and their instruments) welcome.

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

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

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

MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH
463 Principale, Lachute / www.pccweb.ca/mrmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Sundays: 10:30 am: Regular worship service.
Everyone welcome.

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

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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

MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.
June 28: 9:30 am - Church service
Services will be held at 9:30 am every Sunday throughout July & August.

ST. ANDREWS EAST PRESBYTERIAN CHURCH
5 John Abbot Street, St. André d'Argenteuil
Rev. Linda N. Robinson officiating
Summer services: June 7 - Aug 30: 11:15 am
Aug 2: 2 pm - Anniversary Celebration.
Everyone welcome.
Info: Sharon McQuat 450 537-8560

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

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

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

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

HARRINGTON UNITED CHURCH ST. ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates.

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

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

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church
Please note that as of Sunday, July 5, services will be held at 11 am every week, followed by coffee & fellowship.
Everyone is welcome.

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

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

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

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

LOST RIVER PRESBYTERIAN CHURCH
5152 Lost River Road, Lost River
Rev. Douglas Robinson
Summer services will be held every Sunday at 9:30 am throughout the months of July and Aug.

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

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
July 19: 11 am - Church service
Aug 2: 11 am - Church service
Aug 16: 11am - Lay Reader
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
July 19: 4 pm - Church service
July 26: 7 pm - Lay Reader
Aug 2: 7 pm - Lay Reader
Aug 9: 7 pm - Lay Reader
Aug 16: 7 pm - Church service
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
July 26: 11 am - Church service
Aug 9: 11 am - Church service
Aug 23: 10 am - Lay Reader
Bilingual services with gospel/bluegrass music

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

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
July 26: 11 am - Church service
Aug 9: 11 am - Lay Reader
Aug 23: 10 am - Church service
*** Aug 30: 11 am - Combined Service - TBA ***

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
with Rev. Paul Tidman: 450 562-2917
July 12: 9:15 am - Communion
July 19: 9:15 am - Morning Prayer
July 26: 9:15 am - Communion
Aug 2: 9:15 am - Communion
Aug 9: 9:15 am - Communion
Aug 16: 9:15 - Communion
Everyone welcome! Refreshments follow most services

ÉGLISE LAC MAROIS UNION CHURCH
802, Ch. Sainte Anne-des-Lacs (SADL)
Until Sept 6: 10:30 am – Sunday service
All are welcome / Bienvenue à tous.



2015 LESAN - Regional exchange

On May 28, 2015 approximately 30 people from the 5 LESAN (Laurentian English Services Advisory Network) committees from across the Laurentians met to network and share knowledge about our respective communities. Joanne Pocock of the CHSSN (Community Health and Social Services Network) presented highlights of statistical analysis of the make-up of the English-speaking communities vis-à-vis the majority communities of which they are part and much discussion followed. Although regions in the Laurentians have several similarities, variations in demographics do exist. If you are interested in viewing the complete statistical details, go to 4 Korner's Family Resource Center's website: www.4kornerscenter.org in the Quick Links section under Contacts.

After lunch, the meeting focused on both internal and external communication. The LESAN Communications Committee, comprising members from each LESAN committee, presented a communication plan that was established in order to deliver a unified message to the English-speaking community, along with a communication kit to support this action. The group broke into Committee tables to discuss the different kit elements and to make suggestions for improvements and strategies for implementation. A simple brochure describing LESAN was developed and all members were encouraged to find creative ways of distributing it, raising awareness, both among service providers and community members in need of services.

If you want to get involved in this movement and participate in your local LESAN committee, please contact us at 1 888 874-3940 or by email at info@4kornerscenter.org. Your input is welcomed.

Laurentian Region Cancer Support Group

Groupe de Soutien du Cancer de la Région des Laurentides



Our annual summer BBQ for cancer patients, families and caregivers is FRIDAY July, 31 2015 - 6 pm
for more information call June at 450-226-3641

Next Meeting: Saturday, August 15, 1 pm
Overview/Q&A about changes in Pharmacy Services
St. Eugene Hall (rear entrance) 148 Watchorn, 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
PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

COMMUNITY NEWS

**AMI-QUEBEC PROGRAMS
ACROSS QUEBEC**

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

SOUPE POPULAIRE

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

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA LACHUTE

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

BADMINTON – WHO'S UP NEXT?

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

WILLKOMMEN

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

JOYFUL NOISE CHOIR

St. Eugene's Church (148 Watchorn, Morin Heights)
Joyful Noise Choir sings an eclectic assortment of music in four-part harmony. Please contact Penny Rose: 450 226-2746 or email pennyrose@jenanson.com

ASSOCIATION ALPHA LAURENTIDES

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

COMMUNITY EVENTS

THE LOST RIVER COMMUNITY CENTRE

Wed, July 22: 6 pm - The annual Bar BQ- will be held at Pub 327 in Lost River, Harrington. Music & door prizes, hamburgers, salads & desserts. Adults: \$10 / children (12 & under) \$6.
Aug 2: 9 am – noon: Monthly Breakfast. Basket draw donations to go to the Lost River Presbyterian Church.
Aug 15: 2 pm - 8 pm: Harrington Day; events will take place at the Harrington Township office and Community Centre: To join the LRCC email list please advise Mike Carroll at lrcc.harrington@gmail.com
Everyone is welcome to attend all events.
Info: Barrie Smith: 819 687-9498

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
1st & 3rd Sunday of each month: 1:30 pm: Bingo
July 16: 1 pm – 3 pm: Café Partage
July 18: 1 pm – 4 pm: Strawberry Social and raffle for a lovely quilt.
Raffle: hand-sewn quilt dating back to 1950s. Tickets: \$0.99 each / 6 for \$5.
Aug 1: 10 am – 2 pm: Garage Sale (rain or shine).
Tables available, contact Donna Fox: 819 242-0436
Aug 7: 5:30 pm – Bar BQ Chicken
Aug 15: 3 pm – Summer Bar BQ & Corn Boil
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Hamford Chapel, 232 Hamford Street,
Aug 7: Annual UAPC Bar BQ (details to follow)

MORIN HEIGHTS UNITED CHURCH

831, rue Village, Morin Heights
Annual Garage Sale & Bar BQ.
July 25: 9 am - 3 pm
Lots of English and French Books
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ADVANCE NOTICES

ANNUAL HARVEST SUPPER

Margaret Rodger Memorial Church, 463, Principale, Lachute
Lachute Chapter # 56
Order of the Eastern Star
September 18: 5 pm – 7 pm
Adults: \$10; children under 10 years: \$5.
Please keep this date open.

MUSEE REGIONAL D'ARGENTEUIL

44 Rte du Long-Sault
St. André, d'Argenteuil
Thurs, Aug 20: 7 pm - 9 pm
Chamber Music and Refreshments
Donation \$15.00

MORGAN FARMS - CINÉ-FOIN

2, chemin Morgan, Weir / 819-687-2434
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July 15: La reine malade
July 29: Anticosti: la chasse au pétrole extreme
Aug 12: Resistencia: The fight for the Aguan valley
Aug 26: Le sel de la terre*
Sept 9: The other side of the road
Sept 23: Québécoisie
Presented in collaboration with Cinéma sous les étoiles de Funambules
Info: unpneualafais@gmail.com

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Dr. Suzanne Morin & Dr. Stella Daskapopoulou
The goal of the study is to measure how the health of your heart and blood vessels is affected by calcium from the food that you eat compared to calcium that you take in the form of supplements. Women who are postmenopausal, over the age of 50 and non-smokers may be eligible to participate. If you are interested in participating or would like to learn more about the study, please contact the study coordinator at 514 934-1934, ext. 45742 or calcium.medicine@mcgill.ca

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The Farmer's House




Cottage Life Incommunicado

Terry O'Shaughnessy - Main Street

Imagine a world with no iPhone or email—no Facebook or Twitter. Imagine a full day without a single message of any kind. The 1960s, in the Laurentians, was just such a place, and it quietly shocks me now to think of it. Not because of the way it was, but because I am a living memory of it. Talk about feeling like a dinosaur.

My grandparents lived for 6 months of the year in a lakeside cottage, which you needed a boat to get to, and then 6 months in the city during the winter. In the summer, they lived with no electricity, no running water, except for what my grandfather could pump from the lake, and without any kind of device to reach anyone. There was no phone. The only source of information from the outside world was the mail and the transistor radio that was severely rationed for Montreal Expos baseball games.

In contrast to the constant flow of information and messages I'm accustomed to now, my grandparents were limited to the CJAD news on the hour, which was often abruptly turned off on a boring news day so the batteries would be saved.

While my grandfather reveled in his summer hermit's existence in the house he built, my grandmother was a city girl through and through—a bridge player and discerning dresser, and someone accustomed to the company of her children and sisters. Sure she could sniff out wild strawberries and raspberries in the thorniest, remotest wooded places, and could make a lemon meringue pie in a wood stove, but she would rather have been on St. Catherine Street, in Montreal.

Once a week, she would change out of her faded lake dress and canvas flats and put on grey trousers, a red jacket and city shoes, and head to the waiting outboard motor boat my grandfather would have started up. The gurgling of the Johnson 25 horsepower motor must have cheered her. It was the sound that always promised a trip to the public pay phone, at a local general store, for which she had hoarded her nickels all winter.

After reaching the other side of the lake, my grandfather would tie up the boat and then get back into it, while my grandmother climbed the short hill to the pay phone. If I was staying with them, I would walk with her, of course, because another thing we would buy, aside from phone calls, cigarettes and milk, was a week's supply of chocolate bars. Nut Milk, Caravan, Caramilk, Bar Six, Cherry Blossom, Macintosh Toffee, Oh Henry. The exciting names were listed in my head, replacing the dull multiplication tables, acquired in boring school, during the dark winter. Because here, on a warm sunlit evening, the prospect of all that chocolate waited, once my grandmother was finished with her calls to her two sisters, and to my mother and aunt, far away in the hot, dusty city.


The metallic thud of the heavy nickels being fed into the big pay phone is a sound I can still hear today, although it can feel like a lost world, as my messages beep in and out all day, on a phone that rarely leaves my side.



A big thank you to the Morin Heights Scout group

On May 30, Trinity and Hillside cemeteries were beautifully groomed and many Legion headstones were properly supported and cleaned by our local

Scout group. With the organization of scout leaders Tom Noakes and Les Wilcox, as well as Legion members Craig Archibald and Jan Van der Hoeven, the day was filled with activity. Venturers, Scouts, Cubs and parents participated in a great community effort. On behalf of the Royal Canadian Legion Br. #171, a huge thank you to everyone. Good job, well done!



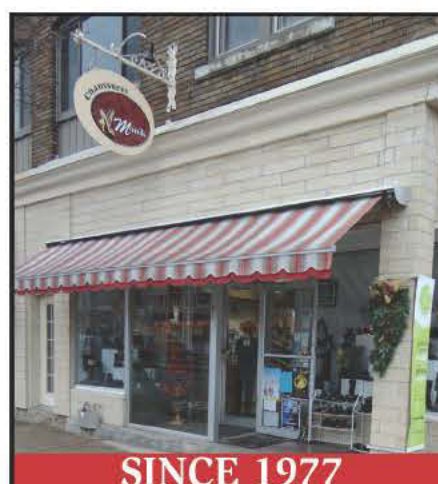
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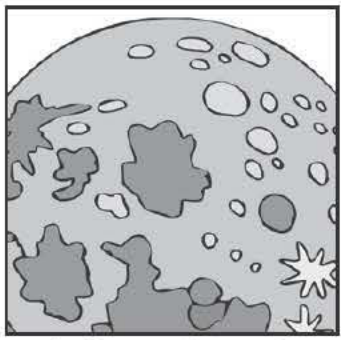
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SINCE 1977





Zach Factor The Lights On Ceres

Lys Chisholm & Marcus Nerenberg - Main Street

Not far from our home, orbiting between Mars and Jupiter, lies a tiny dwarf planet named Ceres. In 2004, the newly repaired, and refurbished, Hubble Telescope turned its powerful eye towards the asteroid belt of our Solar system to focus on Ceres. With a 950km diameter, and a mass 0.00015 that of Earth, it is very tiny, and images of the Little Prince tending his garden come to mind. Since the 17th century, Ceres has fired the curiosity of laymen and astronomers alike, even as it struggled for a celestial definition. Recently, astronomers were amazed to find light emanating from its surface, and a flurry of theories erupted as to what these lights could be.

Ceres had always been categorized as a planet with its own solar orbit, since its discovery by Italian priest, mathematician and astronomer, Giuseppe Piazzi, in 1801. Piazzi was part of a team of astronomers called, at the time, the Celestial Police. Scottish mathematician, Colin Maclaurin, in the late 1730s, theorized that the planet existed, and it was only a matter of telescope lens improvements that led to Ceres' almost accidental discovery; at the time, akin to finding a needle in a haystack. Piazzi named the planet Ceres, after the Roman Goddess of Agriculture.

According to astrophysicist and writer, Dr. Marc D. Raymond, Ceres is a planetary body, known as a protoplanet. In the early days of our solar system, our young Sun was surrounded by clouds of dust and gas, and some particles collided and stuck together. Eventually, these bodies grew larger, until planets formed. However, gravitational perturbations from Jupiter, imbued the protoplanets with too much orbital energy for them to accrete into planets; otherwise, Ceres may have grown larger.

In 2006, the International Astronomical Union (IAU) created definitions for separating the asteroids from the planets, and true planets from dwarf planets. Pluto was demoted to a dwarf planet, and Ceres was similarly categorized as well. A planet will, in time, clear the space around it due to its gravitational field. A dwarf's gravity is too weak to clear the space around it, and thus, Ceres occupies an orbit between Mars and Jupiter, within the asteroid belt, along with thousands of its tinier neighbors. It remains a planet, because it is so spherical, while asteroids are irregular and lumpy.

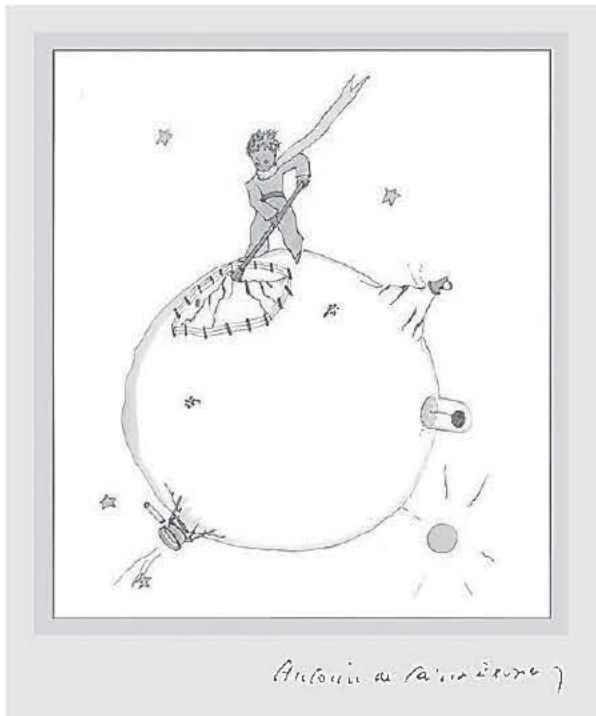
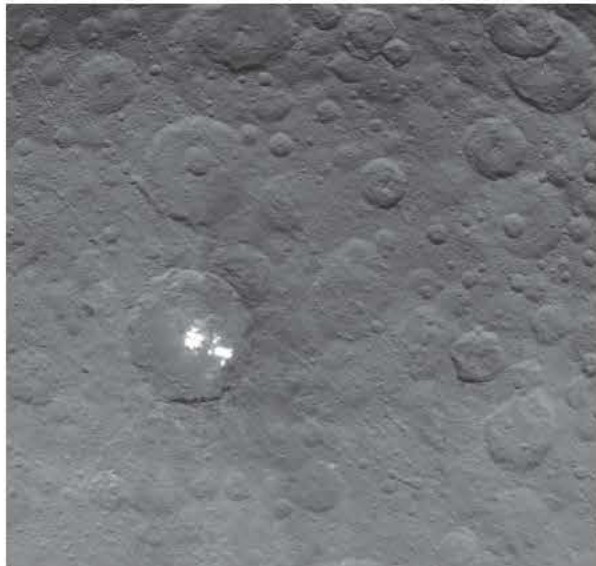
Labeling technicalities aside, when scientists surmised that there was some kind of atmosphere on Ceres created by water ice, NASA launched the DAWN Explorer in 2006 and directed it towards the asteroid belt, hoping to get more answers about our own planet's origins. Taking nine years to get to its destination, this past December, 2014, DAWN took its first clear pictures of the lights on Ceres. Originally, what looked like one bright spot, has amazed the scientific community by being two large "lights" and seven small ones. Infrared images reveal no surface temperature anomalies; Ceres is a stable -88C, the lights are not heat sources.

NASA claims the low resolution of the images is due to a budget decision, which put an inexpensive telescopic camera aboard DAWN. Instead, they focused their finances on equipment to analyze data.

The DAWN images, presently taken from a height of 2700 miles above Ceres, reveal somewhat organized patterns and, as the lights do not dim when it rotates away from the sun, conspiracy writers and underworld astronomers are having a field day proffering otherworldly analyses of the images. So far, no one in the scientific community is disputing that these lights do not fit with any of the original scientific ideas we had about Ceres, be it cryovolcanism, or sublimating water ice. The undimming brightness of the lights, over a time span of ten years, coupled with the patterns, are more suggestive of habitation; the images are similar to what we would find looking down at, say, New York City at night, from the International Space Station.

In mid-July, the hydrazine thrusters will be turned on to put DAWN into an orbit, 900 miles and, later, an even lower orbit of 230 miles, by December. Scientists are lusting for sharper pictures from a lower orbit.

The IAU plans to further honor Piazzi, by naming all significant discovered features after an array of goddesses and gods of agriculture from world mythologies. But then, maybe we could just find out the names of such places by asking the present occupants?



The Story Behind The Anderson Talks at the QAHN AGM

Joseph Graham - Main Street
joseph@ballyhoo.ca

On Friday June 5 and Saturday June 6, the Quebec Anglophone Heritage Network (QAHN) held its 15th Annual General Meeting, visiting Saint André d'Argenteuil and environs. The two-day event was a rich treat. On Friday afternoon, the tour visited the Macdonell-Williamson House in Chute-à-Blondeau, just over the border in Ontario. After we had a chance to examine the house and learn a little about the Williamson's tenure, we had the opportunity to hear David Anderson describe Macdonell's period and the last generation of the fur trade, through the story of William Thompson. Anderson, the licensed tenant of the Bethune-Thompson house in nearby Williamstown, told how Thompson mapped 20% of the continent, travelling 80,000 miles through the Canadian bush to do his work. His surveys, measuring angles through the stars, still formed the Canadian government's basic map reference when the Great War began. When the Treaty of Ghent was signed, after the War of 1812, Thompson worked on the survey from Lake of the Woods to the Eastern Townships, finding that, in places, the border was 1000 feet further south than had been previously understood.

Thompson left 77 journals and Anderson described reading Thompson's daily notes in his abbreviated script, written at the time for his sole reference. To Anderson, the challenge is to tie these short references to Thompson's accomplishments. Of Welsh origin, Thompson was born in 1770 in London, England, just two years before his father died. Thompson grew up in poverty and, at the age of seven, he was admitted to a charity school where he demonstrated skills in mathematics. At fourteen, he was apprenticed to the Hudson's Bay Company (HBC) and sent to Fort Churchill, losing contact with his family. In 1797 he switched to the rival North West Company (NWC), rejecting a future as a manager in the fur trade. His interest was surveying, and anything that distracted him from that was to be avoided. Over the following 15 years, he accomplished a prodigious amount of work, surveying, among other projects, the 49th parallel and defining the main headwater of the Mississippi River. Anderson told much more than can be related here, but he inspired me to plan a visit to the Bethune-Thompson House in Williamstown.

Explorers and traders such as Thompson and Macdonell often took a 'country wife,' establishing a family with an Aboriginal or Métis woman. Most of the time, these women and their children were abandoned when the men moved back East, but both Thompson and Macdonell bucked that trend, bringing their 'country wives' back East with them to live a proper married life.

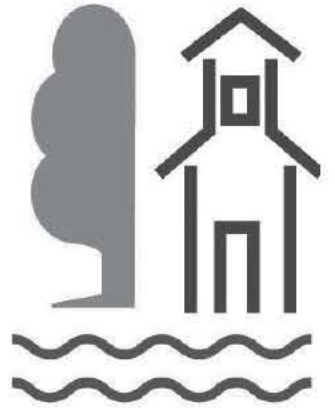
On that subject, David Anderson turned the podium over to Anne Anderson.

Although they share a name, the two Andersons are not related. Anne, who retired from a corporate position, decided to use her new-found time to explore her family history. Not sure where to begin, she contacted a cousin who put her in touch with their extended family. A Métis herself, she discovered many Métis cousins who had stories to share.

She told us the story of John Macdonell and his life with the North West Company in the Red River area from 1793 until 1812. Rising rapidly in the company, he was nicknamed Le Prêtre, because of his piety and encouragement of the Roman Catholic Church. She described the protection afforded to explorers by Aboriginal and Métis women. Starting with a quote from John Macdonell's memoirs in which he noted that "Poitras' wife made me nine pairs of shoes..." she described the tasks assumed by the women, called by some the Red Beasts: They carried the necessities, maintained the needs of the men, prepared food, and offered protection to them through their own families and community connections. The contributions of Aboriginal and Métis women in the lives of people in the North West have been ignored. These tough women were solid partners and many must have known that, one day, their 'country husbands' would move on, leaving them to bring up the children. This was not the route that Macdonell followed, taking Magdeleine Poitras as his country wife in 1794, a year after he arrived, when she was just 12 years old.

Miles Macdonell, John's elder brother, had served two years in the King's Royal Regiment of New York in 1782. After the war, he and his family moved to British North America as loyalists and he took up farming. Over the next few decades, he looked for permanent employment, finding himself regularly in debt and relying on his younger brother to help him out. During that same period his first wife, Isabella McDonell, gave him two sons but he was twice a widower. Through the family of his third wife, he met people of influence, including Lord Selkirk, and in 1811, was named governor of Assiniboia, a creation of the HBC and Selkirk, one of its influential shareholders. His management led to the Pemmican War, pitting Métis against the new colony, with the NWC on the side of the former and the HBC on the side of the latter. He was arrested by agents of the North West Company and sent back to Montreal to face charges, which never materialized. A widower for a third time and the victim of a nervous breakdown, he ended his life in the basement of the very house where Anderson was giving her talk. Anderson added that he had to be chained to the walls at times and that for years after, people claimed to have seen his spirit on the property and to have heard him in the basement rooms.

The QAHN AGM is held in a different region each year and it is well worth having a membership. You will receive their quarterly magazine, and can attend events and meet people from across the province who share an interest in our unique history. Learn more at www.QAHN.org.



= Obituaries =

SEARY, Iola (nee: Kennedy)

Peacefully at the Hawkesbury & District General Hospital, Hawkesbury, Ontario on Sunday, June 21, 2015 in her one hundredth year. Dear mother of Elaine, Lloyd and Wayne. Loving grandmother, great-grandmother and great-great grandmother. She will be lovingly missed by her feline companion, Cindy. Iola enjoyed thirty-eight years of retirement from C I L. In lieu of flowers, donations to the United Church of Grenville, C/O Mrs. Vera Young, 162 rue Principale, Grenville, QC J0V 1J0, would be appreciated by the family. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

MEMORIAL SERVICE

KENNEDY Patricia (Pat)

It is with great sadness that we mourn the loss of Patricia (Pat) Kennedy on April 12, 2015, and Allan Nilsson, on June 10, 2015. A memorial service will be held at the Morin Heights United Church on Saturday August 29, 2015 at 2 pm to celebrate their lives. Light refreshments will be served at the church following the service.

Seniors and Families at the Heart of Argenteuil

Do you need a hand at home?

Evelyn Bergeron - Main Street

For the past five years, the Coopérative de solidarité Coup de pouce Argenteuil has been known for the professional services of domestic help and personal assistance it offers to the residents of the MRC d'Argenteuil.

Whether it's for annual window washing, spring cleaning or housekeeping on a regular basis, Coup de pouce meets the important needs of the population and fulfills them at reasonable costs. The costs are set taking into account the income of the person who uses the Coopérative.

In many situations, especially for seniors who wish to remain at home for as long as possible, it is often valuable and desirable to have the help of someone trustworthy who

can prepare meals, run errands or offer a few hours of respite to a caregiver.

Anyone 18 years or older who resides in one of the nine municipalities of the MRC d'Argenteuil is eligible for Coup de Pouce's services. The price varies depending on the type of service and on the age, the annual income and the marital status of the person. In addition, anyone 70 years or older is eligible for a tax credit. For a personalized assistance plan, contact the staff of the Coopérative Coup de pouce Argenteuil at 450 562-9993.

For further information, please contact Evelyn Bergeron: 450 566-0530 or at, ebergeron@argenteuil.qc.ca



The English Link Winning appointment at the new CISSS Laurentides

By Kim Nymark - Main Street

The overhaul of Quebec's health care system was put into effect on April 1, 2015 resulting in the creation of integrated health and social services centres (CISSS) in each of the province's health regions, including the Laurentians. English-speaking Quebecers feared that it would result in less control and power over the institutions their community helped build. However, key modifications to Bill 10 protect the bilingual status of Anglophone health institutions and representation on the new regional boards and the community will continue to retain power and control over assets and fundraising.

On May 14, 2015, the CISSS Laurentides made a very important announcement that will positively impact the English-speaking community (ESC) of the Laurentians. Mr. Alain Paquette was appointed as Assistant to the President-CEO Responsible for Media, Public and Community Relations. He is the official spokesperson for the Laurentian CISSS and will assist the President-CEO, Mr. Jean-François Foisy, and the Board of Directors in all strategic decisions dealing with the media, elected officials and the community. He will also have the responsibility to act as the liaison person

with the Users' Committees and to manage the Access Plan, which deals with health and social services offered to the ESC. This is great news for our community! Not only is Mr. Paquette extremely qualified for his new role, he has long been an advocate for the ESC on his former territory, even participating in regular English Communities Committee meetings.

He is sensitive to our challenges and willing to listen to our specific needs. Mr. Paquette will be looking at re-establishing the CRASLA (Comité régional d'accès aux services en langue anglaise) during the summer months. This committee stemmed from the former Agence and brought together representatives from different parts of the Laurentians to advise on the Access Plan. He wants to look at the current process for implementing the new Access Plan and establish what has been done and what remains to be done. All recommendations for changes will then be brought to the new Board of Directors for review and approval. Over and above his commitment to the Access Plan, Mr. Paquette wants to look at what else can be done to improve services offered to the ESC, all while respecting the

current legal restrictions. He will analyze how best to work with the ESC and keep its members actively involved.

I was very pleased to hear Mr. Paquette say: "With my new appointment, the English-speaking population has a direct voice to the President-CEO of the CISSS Laurentides and that was his goal." During the transition period, and prior to all positions being filled, any questions or concerns can be addressed directly to Mr. Paquette at: alain.paquette.sommets@ssss.gouv.qc.ca. Now that is commitment!

Mr. Paquette and his team are also working on a CISSS Laurentides website that incorporates all the "old" CSSSs. A temporary site has been created: www.santelaurentides.qc.ca which hosts all the "old" sites and answers many questions about the new structure.

kim@4kornerscenter.org for the English Communities Committee of the CSSS des Sommets and 4 Korners Family Resource Center: 1-888-974-3940 or 819-324-4000 ext. 4330.



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99 St. Vincent Street - Local 2:

For information: 819 717-9646 and toll free 1 855 717-9646

Coffee meeting for the bereaved

Tues, July 14: 7 pm - 8:30 pm: Mont-Tremblant

(2280 Labelle Street).

Wed, July 15: 1:30 pm - 3 pm. Sainte-Agathe:

(99 St. Vincent Street - Local # 2).

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Reaching beyond Canadian borders to access other markets and sectors can be a rewarding strategy to help strengthen your investment returns and manage risk through diversification.

Facts about the Canadian stock market: There are approximately 250 businesses available for investment, as listed on Canada's main stock index, the S&P/TSX Composite Index. 72 percent of Canadian businesses' market capitalization is concentrated in three sectors: financials, energy and materials.

One clear reason to look around the world for investment opportunities is highlighted by a list of the world's leading economies, as ranked by the United Nations in 2012. Ranked by gross domestic product (GDP), which is the market value of goods and services that a nation produces in a year, the United States is the world's largest economy. The rest of the top 10 list includes countries in Europe, Asia and South America. So, other corners of the world appear to have plenty of places where businesses can thrive and grow.

The Canadian economy ranks just outside the top 10, at number 11, and we do have world-class businesses that call this country home. These businesses, however, are primarily concentrated in three sectors: financials, energy and materials. While Canada's S&P/TSX Composite Index lists approximately 250 public companies available for investment, by comparison, global stocks, as represented by the MSCI World Index, feature thousands of businesses available for investment, across a broader range of industries.

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Your advisor is the best resource when it comes to the details of your investment strategy. He, or she, has the training and skills to match your financial goals with suitable investments in Canada and around the world.

Will you invest in yourself with a will?

If there's one part of financial planning that gets shortchanged more often than not, it's preparing a will. After all, who wants to comb through some tedious financial matters when there's a big game on TV or even laundry to do? Just about anything can seem more appealing than planning your will.

A will is an important estate planning document that no one over the age of 18 should be without. It's an even greater priority for parents with dependent children.

So, before you turn on the game, here's one simple question to answer: which of the following two scenarios do you prefer?

What can happen with a will?

- Your estate can be divided up as you wish.
- You can control your legacy.
- You can help prevent legal disputes over the division of your estate, which can be time-consuming and costly to those you leave behind.
- Your children, other dependants and charities can be taken care of.

What can happen without a will?

- Your wishes may not be followed, even if they are known.
- Your estate may be distributed according to laws in your province.
- Distribution of your assets to your heirs may be slower and more expensive.
- Higher taxes may reduce your estate's value.
- Family heirlooms may be sold, rather than passed on to succeeding generations.
- Your children may obtain their shares upon reaching the age of majority, whether or not they are able to handle the responsibility.
- Your spouse may receive less than you had planned.
- The courts will appoint someone you may not otherwise have chosen to administer your estate.
- Family members may contest the distribution of your estate.

Contact your advisor. He can help you understand the importance of writing your will and guide you to a notary that fits your needs.

If you would like advice or want to discuss, you can reach me at 514-788-4883 or my cell at 514-949-9058.

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

Harrington Volunteers

Elaine Colquhoun and Gerald Lynch were recipients of the Extra Mile Award in Harrington. The awards were presented during the Closing Golden Age Dinner, on Tuesday, June 9, at the Lost River Community Center. A posthumous award was also presented to Beverly Lynch, a great trooper, who unfortunately passed away recently. Bev will be fondly remembered by everyone. The community is grateful to our volunteers...they are a precious species.



Elaine Colquhoun and Gerald Lynch

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I'm Just Saying Small town yin & yang

Ron Golfman - Main Street

Living in a small town is both a good and a bad thing because, most often, the intimacy is beyond one's control. My sense is that what one chooses to do with this dynamic has more to do with the individual and the responsibility of those around that person. Being a resident of Morin Heights for the better part of the last 40 years has given me license to share a few observations with you.

Driving up the Autoroute 15, in the midst of yet another crawl northwards, I found myself forced to listen to the blaring beat of some repetitive garbage music from the open window of the car next to me. I could not tolerate such a high volume, so I asked the driver if he could lower the tunes a tad. His response was, predictably, to give me the middle finger and turn up the volume even more.

Still brewing, hours later, about the road incident I had just experienced, I decided on a walk through my little hamlet, all the while thinking about how we see things in front of us. As I passed Vaillancourt's grocery, I wondered why such a busy market, with two cash registers, never opened the second cash, despite the line-ups. Then, after buying a soft ice cream inside, I realized how lucky I was to have a spot like this, only minutes away on foot.

I continued my walk, passing the new Mickey's restaurant, sleek and shiny, with a terrace in back overlooking the water, and remembered mourning the loss of the old dry-goods/laundromat building, thinking that the charm of its former store-front presence was gone. Having been in the new Mickey's several times, I now appreciate the effort the new owner has put in, how nice the serving staff are, and how wonderful it is to be able to have a great cup of java in a tranquil haven in the centre of town.

Only feet away, I passed the quaint new flower shop, and looked across the street at the old Chuckie's bar, now Comforts, and instead of the former broken-down eyesore, I saw a revitalized and friendly bar/terrace. Now refurbished inside, it has become striking, both respectful of the town's character and impressively fresh-looking on the exterior, a welcoming watering hole for locals and visitors.

As I continued on, I reached the lights at the intersection of rue Principale and Route 364. Behind me was the garden and pathway, which host the "Welcome to Morin Heights" sign, always a pleasing symbol of being home. The town is growing up, I thought, in good and expected ways. It now hosts an IGA, a SAQ outlet, a pharmacy, a recently developed medical centre, and has avoided the blight of fast food joints.

Passing the elementary school, I remembered that it had been some time since I stopped at the local library - in this age of electronics, we have a flourishing library! I stopped in at City Hall and learned about scores of courses being offered locally, from Spanish to Yoga; there's a vibrant resurgence here. Crossing over, I made a haircut appointment at Euro, owned and operated by Heidi, much like Mimi at Comfort's, and Sally and Sam at the Big 'V', all people who have come here and invested well, and they know you by name.

Next was Robert Gauthier's garage to book an oil change. I have been going there for decades, and while I am no different than others in wanting the best deal, my oil change was going to cost exactly the same as what my Ford dealer would charge me. The difference is that Bob will talk fishing with me, and the boys in the pit will do a full inspection, and even tell you about a problem, knowing you have a warranty at the dealer. On most occasions, if your issue is not huge, they'll try and fit you in right away.

So, what you can count on, and I'm just saying, is the fact that I will never stop writing about the shameful eyesore, which was once the garage, across from the daycare. Nor will I let the town off the hook, until it pushes the fight to reduce the speed limit on the highway going in and out of town.

In the big picture though, if you look with the proper perspective, aside from the taxes, it's a great town to call home!



"Save The Tatas" Continuing the battle against breast cancer

Lori Leonard - Main Street

We invite you to join us in supporting the Canadian Breast Cancer Society for the 2nd annual "Save The Tatas" Music Festival on August 15, for a fun-filled day of music in the backyard of Carol Lyng's lovely ancestral home, at 681 rue Principale, Lachute.

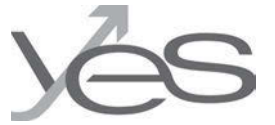
Creative and talented Festival Director, Carol Lyng, came up with "Save the Tatas" concept, not only to raise funds for the battle against breast cancer, but to create a platform for musicians to perform. After the huge success of last year's event, the 2015 edition has drawn new talent from Ottawa and Toronto, and promises to provide this year's attendees with a greater return on their donation.

There will be a silent auction, a raffle and tasty corn-on-the-cob, baked potatoes with all the fixings and delicious home-baked goods will be for sale. All proceeds will go to the Canadian Breast Cancer Society.

Such an event relies greatly on the efforts of our team of volunteer organizers, but we also need donations from the community to make it a success. We are seeking financial donations, items for the silent auction, equipment loans, raffle prizes, gift baskets, artwork donations (paintings, photographs, sculptures, handicrafts...). No donation is too small! Names of all of the generous sponsors and donors will be highlighted on a board on-site.

To see this year's musical line-up, for updates, and to view silent auction items, visit www.facebook.com/pages/Save-the-Tatas-MusicFest. For info, monetary donations and equipment loans, contact Festival Directors Carol Lyng: 450 613-0193/ carollyng@videotron.ca or Shawna Dunbar: 450 226-5756 / shawna.dunbar@cgocable.ca. For donations of artwork, raffle prizes or for silent auction, contact Lori Leonard: 450 224-7472 lori.leonard@sympatico.ca.

Making it Work in the Laurentians Money matters when starting a business



Jamie-Lynn Robinson - Main Street

So, you've got an amazing business idea, and you're ready to jump in with both feet! But wait, do you have all the money you'll need?

Simply calculating your start-up costs isn't enough. You can't expect to turn a profit immediately, so you'll need enough cash for the first 3 to 6 months of operations. To help you assess these cash requirements, get advance quotes for your main overhead expenses and from your principal suppliers. Small businesses frequently fail by underestimating their initial monetary needs. Don't make that mistake.

Once you've made your calculations, the hunt will be on for financing. The first place to start is with your own available savings. How much can you afford to invest in your dream? After all, others won't likely want to contribute if you haven't done so yourself. Everyone from your banker to your brother-in-law will expect you to invest.

After opening your wallet you'll want to look for "love money". This financing is from friends and relatives who believe in your venture. It can be loaned with interest or interest-free. Or it may be given for a share in the business. But there's one caveat here: love money can lead to love lost. Be sure to sign a contract outlining the terms of your agreement. A two-cheek kiss is definitely not enough.

Many new entrepreneurs hope to get government or foundation grants. Why not? It's free money! But the competition here is stiff, and it's generally targeted to certain industries and groups (youth, women, and cultural communities).

A more probable source of financing will come in the form of government or foundation loans. This funding is not judged as a competition. If your business meets the criteria, your loan will be approved.

But most new business owners simply rely on commercial bank loans or lines of credit to finance their startups. Loans of under \$25,000 won't likely require personal collateral but you'll need a good credit rating. You can check your credit score by contacting Equifax at www.equifax.ca. For loans over \$25,000 be prepared to use your home and/or savings to guarantee the funding. Banks use the following 5 C's to assess applications:

- Character: What's your personal credit score? Do you have business experience?
- Capital: What have you invested in your business? Is it sufficiently capitalized?
- Capacity: Can you handle the loan payments? What's your 3-year financial plan?
- Conditions: Is this a good environment for your start-up?
- Collateral: Do you have enough personal assets to secure the loan?

You've probably spent days, months, or years imagining your business. Your product may be revolutionary, and your marketing strategy brilliant, but without proper financing, your best-laid plans could crumble. Don't let that happen. Talk to a YES business coach, or register for a workshop on grants & loans today! Capitalize on their experience, because money matters. Join YES on facebook or contact us with questions, suggestions, or comments at info@yesmontreal.ca or by phone 514-878-9788 or 1-888-614-9788 and visit us at www.yesmontreal.ca



Meet the 4-H Club

Pam McOuat

The Lachute 4-H Club was originally established, in 1925, as the St-Philippe Calf Club and was led by county agronomist, Alex Bothwell.

There is a perpetual trophy, still given out in his honor. In the late 1940's, the name was changed to the Chatham Calf Club, and then in 1953, it became the Lachute 4-H Calf Club, with Ross Oswald as leader.

The current club has a number of young members, and this year's executives are Matthew McOuat (president), Bobbi Heatlie (vice-president), Thomas Sassen (second vice-president), Danika Neill (secretary) and Stacey Godin (treasurer). There are several different 4-H activities in our club, including exhibiting livestock, gardens, square dancing, crafts, cooking, etc. You do not have to come from a farm to be in 4-H but joining the club will give you a better knowledge of agriculture and new skills, and you will establish friendships that will last forever.



Meetings are held monthly at LRHS in the winter and at various farms in the spring and summer. The annual Achievement Day is at the end of August and the annual meeting will be held in November. The club hosted the innovative agriculture tour in March 2015 and 4-H members from across Quebec came to visit local farms of interest. Members will be showing their calves at various local exhibitions this summer.

* Be sure to look for the 4-H ice cream booth at the Lachute Fair!

What 4-H means to me

Matthew McOuat

4-H is very important to me and my family, and we have been involved for as long as I can remember. My grandpa was in 4-H back in the 1950's and was very successful in judging competitions. My dad was in 4-H and is now our club leader, and my brother, sister and I have been members for several years. Dairy cattle have been the most popular 4-H activity in my family, by far. Ever since I was little I was bitten by the "show bug" as they say. I love to show cattle. My dad inspired my love of the dairy industry and taught me to show, clip, and judge dairy cattle. I learned to clip from the best fitter I know; my dad. He learned from my grandpa, and for us, it all started in 4-H. I am proud to be this year's Lachute 4-H club president, following in my dad's footsteps.

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Heather Ogden - Photo: Aleksandar Antonijevic - courtesy National Ballet of Canada

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Generous donation to the Hospital Foundation Association

During the handover ceremony of the presidency of the Lions Club of Lachute, which took place at Le Faimfino, in Brownsburg-Chatham, the Hospital Foundation Argenteuil (FHA) received a very generous donation of \$36,713.60. These funds had been raised through the annual Lions Club lottery.

In May 2013, at the launch of a major campaign, Choosing Health, the Lachute Lions Club pledged to raise \$ 125,000 USD for five years. True to their promise, the Lions have given to date \$ 77,216. The Foundation is proud and grateful to be the recipient of these funds and wishes to thank all Lions members and all community members who bought tickets!

The Hospital Foundation Argenteuil is dedicated to the development of means to collect donations to support CISSS Laurentians. This includes the hospital's missions, community services (CLSC) and people with loss of autonomy (CHSLD)

Historical group launches new magazine

The Morin Heights Historical Association (MHHA) held its 18th annual general meeting on May 23.

At the 18th annual general meeting held on May 23, a highlight of the day was the unveiling of The Porcupine 10, the association's magazine of Morin-Heights history. The 100-page journal includes an index for all 10 issues of the magazine published since 1997. The index was compiled by a group of volunteers that included Joan Beauregard, Monique Belisle, Katherine and Bill Weary, Betty Reymond and Don Stewart. Local artist Henry Giroux kindly provided photos of his paintings featuring various local scenes to grace the front and back covers.

Writers of articles included David Hodgson (History of Mickey's store), Barbara Traill (Memories of life on the farm in the 1940s), and Don Stewart (History of local schools, and History of skiing in Morin Heights). Copies of the publication will be on sale (\$15) at all MHHA events as well as at town hall, or by sending a cheque for \$15 to the Morin Heights Historical Association, P.O. Box 2693, Morin Heights, J0R 1H0. Please include your address and contact information.

Le Porc-épic 10
The Porcupine 10

2015

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À l'intérieur : nouvel index des n° 1 à 10 du Porc-épic
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Healthy Channels Fatigue and acupuncture

Christopher Garbrecht, Ac. – Main Street

I've had many patients come to me for help with fatigue these past few weeks. Treating people for fatigue with acupuncture is very interesting, because there are so many reasons for a feeling of tiredness and so many ways that acupuncture can be of benefit. Often, when people think of acupuncture, they think of how it can help with pain, but also how it works with the body's energy and can help revitalize how the body works. Here are a few trouble areas to check if you are feeling tired and how acupuncture can help.

Sleep

Sleep problems are a major reason for general fatigue. If a person's sleep is affected, it is only a matter of time before tiredness sets in. Sleeping is when the body heals itself. There are many reasons for a sleep disturbance, such as insomnia, hot flashes, stress, or waking in the middle of the night with constant thoughts. Acupuncture is very useful for helping the body regain its correct sleep cycle in cases of insomnia, but can also help reduce hot flashes and help the body better handle stress. One thing I love about acupuncture is that it literally forces the patient to be still and calm as the needles are placed on the body. The sensation goes deeply into the body, and affects the sympathetic nervous system, creating a deep calm during the treatment and which continues many days after the treatment.

Diet

Eating properly is very important in order to combat fatigue. If a person is eating irregularly, or consumes an inappropriate amount for the body's needs, such as an extreme diet can result in tiredness. Most digestive problems can also tax the body's energy and reduce its ability to properly assimilate the food's nutrients, thus compounding the problem. Eating three well-balanced meals a day, full of fruits and vegetables, is the best step to take if a person's diet is creating fatigue, but acupuncture can be very useful for nearly all digestive problems and help the digestive organs to work at their full potential in order to better assimilate the energy in the food.

Stress

Stress comes in many forms, whether financial, family, work, or just plain worrying about the future. Stress can be an insidious problem that slowly sets in and is hard to get rid of. It slowly saps all the body's resources, most importantly the adrenal glands, often without the person noticing it. There are many ways to deal with stress; taking a walk in nature, meditating, exercising, spending time with friends, but, nonetheless, we often need a little outside help. This is where acupuncture can do wonders. Acupuncture not only calms the body and mind, but it also helps strengthen the body's natural resistance to stress. Stress is a natural part of our "flight or fight" response, but it becomes a problem when it gets out of control.

It is very important to find the root cause of fatigue, in order to take care of it properly and make sure it doesn't come back. I wish you all lots of energy this summer!

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

Hole in One for Fondation du Centre jeunesse des Laurentides

On June 22, the Fondation du Centre jeunesse des Laurentides held the third edition of its annual golf tournament at the Lachute Golf Club. The event raised a total of \$43,395 for children in trouble, serviced by the Centre jeunesse des Laurentides (CJL). The golf tournament was held under the honorary chairmanship of actor Luc Guérin and brought more than 120 golfers together for the cause.

Participants were able to enjoy the beautiful 18-hole course. In the evening, there was a gourmet dinner, auctions and draws that entertained the crowd and encouraged generous responses. The guests also had the privilege of hearing the touching testimony of a young man who appreciates the services of youth protection and who also participates in the C-Palette project at the Huberdeau campus. The C-Palette is a project that recycles industrial wood pallets to make new items, such as frames, tables, shelves, coat hooks, etc.

As stated by Luc Guérin: "The amount raised will promote, encourage and support programs to help young people in need of assistance or relief. Children will also receive support for projects promoting their autonomy and social integration."

Torah Dedication

Ilania Aibileah – Main Street

On June 28th, Rabbi Yitzhak Ezagui, with his wife, Chyena, organized a beautiful celebration for the first Torah Dedication. Dr. Moshe Blank and his wife, Estelle, sponsored the dedication for the Lower Laurentian Jewish community. After the scribe finished inking in the last letters on the Torah scroll, there was a celebration with singing and the men dancing in circles, followed by a sumptuous meal. This was a milestone in the work of the Rabbi and his wife. Since their arrival in St. Sauveur they have been working incessantly, reaching out to the community and organizing traditional festivities. Well done! As we say in Hebrew, "Yishar Ko-ach." <http://www.chabadsauveur.com/>



Commons Reunion Ski Morin Heights - August 1: 6 pm

Many great bands, including Barb Harris from Barb and Barband and Liz Harris from the Ste-Agathe Flyers
Profit to MHES and LES school breakfast programs



Long live Commons Hotel memories!

Literally thousands of people living around the world remember the Commons Hotel. In fact, when out-of-towners talk about Morin Heights, the Commons is usually the first name that comes up. "Remember the Commons? Remember the great rock and roll?" Of all the good bars in Morin Heights over the years (Bellevue, Carriage House, Rockcliffe, Chuckies, Alpino, Swiss Inn, etc.), the Commons was undoubtedly the best-known spot for music, drinking and dancing. The third floor functioned as a boarding house for many decades, offering cheap rooms during the ski train days of the 1930s, and a few seedy rooms to crash if you were too drunk to drive home 40 years later.

From the 1960s until the 90s, the Commons was the spot to be for loud, hard driving rock and roll. Famous musicians recording at Le Studio sometimes came to jam with local bands in the wee hours.

One of the biggest physical changes was a major renovation in 1983. The owners decided to expand the capacity of the place after a concert by Iron Butterfly with a record 550 people in attendance. They installed a new raised stage and cut a huge opening in the ceiling to permit the show to be seen from the top floor balconies as well; the third floor was then opened to the public with its own bar.

In the "Showbar" phase of the Commons, performers included Blue Rodeo, Levon Helm, Jeff Healey, Honeymoon Suite, Dutch Mason, the ZZ Top tribute band Très Hommes, Long John Baldry, Rare Earth, Edgar Winter, Blushing Brides, James Cotton, Corey Hart, Minglewood, and the Downchild Blues Band. Local favourites were Barb and the Barband, the fabulous Harris Sisters.

But the Commons was a swinging venue long before rock and roll. It was built around 1925 as Hammond's Dance Hall and continued as The Commons Hotel for the next 75 years under many different owners. Undoubtedly, it was one of the town's most famous (or infamous) landmarks.

Part of the roof of the old building collapsed in March 2005 when the heavy snow proved too much. Luckily, no one was on the premises at the time. While there were a few attempts to rebuild and save the historic building, these efforts proved too costly; besides, country show bars no longer had much future since police had started paying more attention to drinking and driving. The building remained empty for the last few years of its life, and was finally torn down. At least the Commons didn't meet its fate by fire like so many other old hotels and boarding houses in the region. While there was no public closing ceremony at the end, tears were shed and many people waxed nostalgic about the good times they'd enjoyed there.

Nothing remains of the historic building now, just a tall concrete retaining wall to remind us of great days gone by. And many wonderful memories. Share yours with the old gang at the Commons reunion on August 1.



Garden Talk

Japanese Knotweed: Godzilla of the garden

June Angus - Main Street

Japanese Knotweed has the dubious distinction of being listed as one of the world's 100 most invasive species by the World Conservation Union. It earned this well-deserved label by wreaking havoc everywhere it grows outside of its native Japan where it has natural predators - hence the nickname, Godzilla. The plant is known formally as *Polygonum Cuspidatum* or *Fallopia Japonica*, and informally as false bamboo, Japanese bamboo or Mexican bamboo.

It grows as a perennial that produces bamboo-like stalks that reach two to three meters in height with dense heart-shaped foliage. Sprays of beautiful creamy flowers appear in late summer. These qualities made it attractive to gardening enthusiasts who imported the plant to England in the mid-19th century. But looks are deceiving. The plant chokes out native vegetation, poisons soil with toxins that prevent the growth of competing plants and has a destructive root system.



In the UK this marauding plant has affected the value of real estate (even making it hard to get insurance or mortgages) and upset delicate wild eco systems. In fact, being caught selling or dumping the plant in the UK can land you with a fine or jail time. Problems with Japanese Knotweed also extend across Europe, the Americas and as far away as Australia. It is well entrenched in most Canadian provinces including Quebec. Driving around the Laurentians you can spot vast clumps of it growing in ditches, along waterways and even in neighbours' gardens.

The most sinister problems created by this plant take place underground. Japanese Knotweed rhizomes can extend more than two meters deep and seven meters horizontally. The toxins released into the soil interfere with other plants. This is a huge problem along waterways and wetlands. In built up areas, the rhizomes have proven strong enough to push up through concrete and can mangle house foundations as well as public infrastructures such as bridges. Worst of all, there are no easy solutions for eradicating the plant because it's virtually impossible to destroy.

Trying to pull it out is never successful because the roots are so deep and it propagates easily from the tiniest bit of stem or rhizome. These bits can remain dormant in soil up to 10 years. Herbicides are not a viable option due to pesticide regulations. And the jury is still out on how effective chemicals are on destroying rogue rhizomes underground.

According to James Jackson, Environment and Parks director for Morin Heights, "Currently, botanical gardens and several universities are studying the problem, but have not come up with a solution." He suggested that repeated cutting of the stocks down to the ground throughout the growing season, and covering the affected area with geotextile may help slow down growth, but won't eliminate it. Never compost the cuttings; they must be burned instead.

There are no by-laws in place here for invasive plants such as Japanese Knotweed. "The best we can do is inform people," said Jackson.

Most forward-thinking garden centers in Canada have stopped selling Japanese Knotweed as an ornamental perennial. Bottom line is: never introduce this plant to your landscape no matter how attractive you think it is. If you are stuck with some on your property, do your best to prevent it from spreading.

Upcoming Raffle Hand-sewn quilt

This hand-sewn quilt, approximately 60 inches x 80 inches, was designed and sewn together by Mrs. Annie McCallum in the late 1930's. The women from the Harrington Golden Age finished quilting it by hand and it is now to be raffled on July 18 at our Strawberry Social as a fund-raiser for the Centre.

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