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Summer Holidays

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Happy holidays in the Laurentians! Mailand

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What's On My Mind... **Prudent driving protects wildlife**

Susan MacDonald, Editor

It's July, summer is here and with the arrival of seasonal visitors and residents, road traffic has increased substantially across the Laurentians. Unfortunately, this is also the month when wildlife is most active and wild mothers with young families are oftentimes seen along country roads and highways, even during daylight hours. While we all love to see nature at its finest, nothing is more disturbing than seeing dead animals lining the roadsides, particularly when they lay there for days on end.



Recently, two fawns and two mother deer were struck and killed by vehicles on Route 364 between Morin-Heights and St. Sauveur. In other areas, more deer and a number of dead turtles seeking nesting spots have also been reported, squished, along with several juvenile groundhogs, raccoons, a family of geese and even a baby porcupine. These are the ones I know of, I am sure there are others. It is not clear why they were not picked up promptly as they did lay there for a number of days.

Wild animals tend to be creatures of habit and usually follow the same routes for hunting, foraging and scouting out new territories. This habit offers us the opportunity to help them by providing safety fencing, proper signage and possibly even flashing lights in order to alert drivers of the increased chance of an altercation with deadly consequences, for both animals and drivers.

If you happen to know of a specific section of road where animal crossings are frequent, you may contact your municipality and ask for that section to be recognized. You may also contact the Minister of Transport at dll@transports. gouv.qc.ca

To have dead animals picked up from the roadside on secondary roads, contact your municipality and make your request. We have now learned that to have any dead animal removed from a provincial highway, people must call 511 to report the incident.

Accidents are bound to happen yet can be greatly reduced if everyone would just slow down, pay full attention to their driving and, keep a close eye on the sides of the road at all times. We are responsible for these incidents, not the animals that are just trying to survive and raise their families, as nature intended them to do.

Please drive safely, report all incidents and be part of the solution on protecting our Laurentian wildlife.

Enjoy the read...



CAUTION: Animals Crossing From the Canada Safety Council

https://canadasafetycouncil.org/caution-animals-crossing/

If you've driven on North American roads, you've seen roadkill – animals that have been killed by passing traffic. At some time, you may have run over a small animal on the road. You may even have had the harrowing experience of striking a large animal.

Road collisions kill and maim wildlife, pets and humans, and result in millions of dollars in insurance claims. Incidents are under-reported. When a driver swerves or stops to avoid hitting an animal, the resulting mishap may not be recorded as a collision with an animal. Or, an animal that has been hit by a vehicle may move away from the road surface to die and not be recorded by the maintenance crews who remove the carcasses.

Deer and other big-game populations are on the rise. At the same time, the number of vehicles on the road goes up every year. The combination of animals with traffic has led to a rise in serious collisions. Public awareness campaigns warn motorists of the danger, and new ways to prevent vehicles from hitting wildlife are being explored. light because they are dark brown and their eyes do not reflect light like those of deer. Due to their height, their eyes are above most headlight beams.

Avoid Ambush

The sudden appearance of a large animal in the middle of the highway, seemingly out of nowhere, is any driver's nightmare. To protect themselves, defensive drivers adapt their speed to conditions and keep alert for wildlife.

Vigilance is the first and best defence, especially when driving on unfamiliar rural roads. Watch out for warning signs that indicate high-risk areas. Use eye-lead time and take extra care. Ask passengers to help by scanning both sides of the roadway. Use your high beams when no traffic is approaching and never over-drive your headlights — you need to see an animal in time to avoid hitting it.

Should you spot an animal beside the road, slow down until you have safely passed it. Expect more animals to follow. Animals near the roadside may bolt suddenly, so approach with caution. Turn on your flashers to warn other drivers.

If the animal is in your path, brake firmly but do not swerve to avoid it. Sound your horn in a series of short bursts to frighten it away. Provided you can slow down with control, steer around the animal but stay on the highway. Watch out for oncoming traffic.

Engineering Solutions

Corridors which wildlife have used for millennia now intersect roads. Wildlife researchers and safety officials are seeking better ways to protect motorists from wildlife and vice versa.

The Season to be Wary

Collisions with wildlife are a hazard throughout the year, but they start to peak in the summer and fall. The majority of these crashes occur between dusk and dawn, when visibility is low. However, animal activity can be high during the daylight hours.

The route to a cottage or campground usually includes driving long distances on highways in forested and rural areas. Many vacationers start their trip in the wee hours of the morning or drive until well after dark.

Ungulates (hoofed mammals) that stand high on their legs, such as moose and deer, pose the most danger to vehicle occupants. If they are hit they can roll onto the hood and into the windshield or roof, resulting in extensive damage and serious or fatal injury. Moose pose a serious hazard to motorists because of their height. Deer usually "bounce" off the bumper. It is important to use the appropriate avoidance strategy for each.

Today's large deer populations pose a year-round hazard. However, deer collisions peak in October and November, which is the mating season and the time for migration to winter living areas.

Newfoundland and New Brunswick may be a moose hunter's paradise, but their abundant ungulates create a menace to unsuspecting motorists. (Equally, motorists are a menace to unsuspecting ungulates.) Those provinces report the most moose collisions during June, July and August. Moose are especially hard to see in low indine dina viee veredi

Parks Canada erected an eight-foot high fence along the Trans-Canada Highway through Banff National Park. To redirect animal traffic, 22 underpasses (culverts) and two 164-foot wide overpasses were built. Highway kills dropped 96 per cent.

Reflector devices have not been shown to deter deer from crossing the road, although they may cause drivers to slow down by designating high-risk road sections.

The Wildlife Warning System, developed by Saskatoon-based International Road Dynamics Inc., uses proven technologies to sense vehicles and then to warn the animals. The system monitors traffic entering a problem area. Approaching vehicles trigger a sensor, which selectively activates deterrent devices (e.g. sounds or lights) to scare the animals away from the road and let traffic pass safely. The Saskatchewan government is testing the system on a stretch of highway notorious for wildlife-vehicle collisions. There are no official results yet, but during the first year of operation deer-vehicle collisions seem to have dropped.

Similar NASA infrared technology is available in some General Motors cars. NightVisionTM enhances the driver's ability to detect potentially dangerous situations, such as the presence of animals or pedestrians, beyond the range of the headlamps.

These are a few of the techniques being tried to prevent collisions with wildlife. **However, there is still no substitute for a defensive driver.**

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MAIN STREET New distribution Location in **Mont- Tremblant**

We are pleased to inform Mont-Tremblant our readers that Main Street is now available for pick-up at Rona-Forget in Mont-Tremblant (302 rue de St-Jovite, Mont-Tremblant)





Making it Work in the Laurentians Validation Guide: Will your business idea work?

Maya Khamala

Not quite sure about your business idea? Validation, the process of using channels like experimentation and user testing to learn more about your idea's feasibility, can help guide you.

The validation process

Identify what you're validating

Define your goals by identifying the problem you'd like to solve. What core features would a valuable solution possess? Generate a business model and a pricing and revenue model to help you assess.

Map out your assumptions

Identifying your goals can also uncover your assumptions. Ask yourself: who's my target audience? What assumptions have I made about them? Why is my product valuable? What sets it apart?

Categorize your assumptions

Consider:

- Desirability: If no one wants it, why make it? ٠
- Viability: If the customer won't pay for it who will?
- Feasibility: Can your product/service be implemented?

Prioritize your most critical assumptions

Separate out the assumptions that are critical to the functioning of your business and validate them ASAP.

Transform your assumptions into hypotheses

A hypothesis is a testable statement—AKA, your best guess about what will happen in an experiment. It should take the form of a cause and effect "if then..." statement and include a measurable target.

Design the relevant experiments to test your hypotheses

Clarify your OMTM (one metric that matters), define your target audience, and outline what, exactly, would validate your hypothesis.

Now you're ready to choose your experiments. Well-known techniques include:

- Picnic in the graveyard: Learn from past failed projects to harness existing lessons while avoiding the same mistakes.
- Customer interviews: Conduct short interviews composed of open-ended questions to help you better understand user context.
- Test ad campaign and landing page: Run a test ad campaign on social media to measure how efficiently you can communicate your message and to gauge interest. Create a landing page describing your business' value proposition. Then, compare engagement rates using a tool like Google Analytics.
- Feature sorting cards: Gain insights about how your product/service features should be organized with sorting cards. Define a list of priority features and create cards corresponding to each. Then, find out what matters most to your customers by having focus groups sort the cards as they see fit.

Other experimental techniques you can use include crowd-funding platforms, pre-sales, mockups, and product simulations-to name a few.

Whatever technique(s) you choose, know that you're doing your potential business a great service by educating yourself before you launch!

A YES Business Coach can help guide you through the steps to validate your business idea. Visit yesmontreal.ca for more info!



July 2023





Laurentian Personality

Mary Antioco Teacher, Coach and Cheerleader to Children

Lori Leonard - Main Street

Mary Antioco started working at Morin Heights Elementary School way back in 1985 (38 years ago). Mary and husband Peter travelled back and forth to Morin Heights from Dorval for the first 8 years before moving to St. Sauveur in 1994. It seems that Mary believes in long-term relationships.... she also married the love of her life, Peter Ridgeway (a teacher) in 1985. They have two adult sons, Stephen and Michael (who are, you guessed it, teachers). The only non-teacher in the family is Django, their 10 year old dog, but an old dog can still teach a few tricks!



Becoming a teacher at Morin Heights was pure

luck. Mary was subbing for a friend in Montreal when she met her old professor from McGill who mentioned "Morin Heights was looking for a Phys. Ed. teacher." Being a city girl, Mary had no clue where Morin Heights was, so she checked the phone book and called Principal, Andy Mason. The rest is history!

Initially, Miss A. (as the kids fondly call her), was the only Phys. Ed. specialist, but she also taught many other subjects. When Phys. Ed. class time increased, Mary became full time Phys. Ed. specialist. She taught basketball, baseball, track and field, handball, hockey, gymnastics and many more sports. Mary also taught extracurricular sports and even coached a Rubik's cube club!

Mary believed in having a structured class and imparted her passion for sports with her students. Empathy, fairness and gender equity were important. She strived for maximum participation ensuring that kids moved. When these strategies aligned, it was beautiful teamwork. Mary always boosted the children's selfesteem.

She says "I love kids, I'm a big kid myself and I really delight in participating in all activities with them." She has dedicated many hours after school coaching and running lunchtime intra-murals. "I had a personal connection with students and we had mutual respect for one another."

Sportsmanship is comprised of pride, honour, empathy and respect. Mary informed the kids there is a good way to win and to lose. She explained that one day they may experience a heartbreaking loss, so it was important not to brag or be disrespectful to opponents.

If Mary noticed that some children seemed more fidgety and anxious, she just doled out more hugs. She was always there as teacher, coach, nurse and friend. Mary also enjoyed meeting parents at an interview or sports tournament.

She says it was fun watching children progress from kindergarten to grade 6. Some students even went on to the Olympics such as Olivia Bouffard-Nesbitt which was amazing!

Many special moments and events stand out for Mary. The pinnacle of her coaching career was in 1998 when they won the very first basketball Provincial Championship, a dream come true.

Mary was also Interim Principal for half a year in 2018. She led by example and managed the school as a team. Mary had her fair share of Restorative Circles, which the parents truly appreciated.

Mary decided to retire, after 38 years, she is ready to pass on the baton. She will be a grandmother soon and wants to be involved in her grandchild's life. She also enjoys travel and wants to visit every National Park in USA. "The most difficult part of retiring is not being with the kids. They have brought so much love and joy to my life."

Mary would like to share the school board's motto BUILD, ENGAGE, ACHIEVE. She says "I have memories to last a lifetime. Thanks to the MHES community for their love and support throughout the years. My heart is full."



In the Anglosphere Shakespeare is again headed our way

Kathleen Hugessen | Penny Rose

Egad! 'Struth!

Shakespeare in the Park, our annual summer treat from Repercussion Theatre, is once again on its way to Basler Park in Morin Heights. The theatre company brings Shakespeare to parks in and around Montreal and, of course, to its one Laurentian stop.

This year, the play on offer is Cymbeline, which the company, now 35 years old, has not

performed since 1993. Artistic and Executive Director Amanda Kellock says the play, one of Shakespeare's last, falls in with other works such as The Tempest, A Winter's Tale and Pericles which "defy categorization. They all seem to ask the question: What happens after tragedy? We must strive toward forgiveness and reconciliation, and recognize our deep relationship with the Earth."

If that sounds a bit dry, worry not. Cymbeline features many of Shakespeare's greatest hits - star-crossed lovers, evil stepmother, abducted children, sleep mistaken for death, blended-family drama. Kellock says, "It's as if AI wrote a Shakespeare play." The result, she says, is a sort of fairy tale with pathos. She says, "It's not well-known, that's one of the reasons I like it. It's fun to see the audience come along for the ride."

The play is Shakespeare's second longest, being slightly shorter than Hamlet. Kellock worked diligently to produce an edited version about half as long as the original, without, she assures us, losing any of the rhythm and flow. She has lots of experience to lean on, having started with the company as an actor in 2004, then becoming artistic director in 2015.

The performance, in rehearsal all through June prior to its opening in July, has been designed to "limit our eco-footprint," Kellock says. All the music, singing and percussion will be performed live. The set and costumes are made to be as eco-friendly as possible.

Children of all ages are welcome, Kellock says. She recalls a three-year-old who watched Repercussion Theatre's Julius Caesar in 2016. He confided to her, toward the end of the play, "Something is wrong with Caesar." She solemnly agreed. As the cast took their bows, the same child looked at her and said, expectantly, "Again."

Seasoned Shakespeare-in-the-Park goers know a chair or blanket is a decided advantage. Bring your own or, Kellock says, there will be chairs available to rent for \$5 for those who forget or who prefer not to schlep furniture. And, of course, there will be merchandise so audience members can take home a little of their evening of theatre under the sky.

Repercussion Theatre's Cymbeline will be performed in Basler Park (99 ch. du Lac-Écho) in Morin Heights on Saturday, July 22, starting at 7 pm. The performance is free, though the performers circulate to gather donations during breaks and after the play ends. Zounds!

Exeunt, pursued by a bear...

Mille-Isles Hold Dedication Ceremony

On June 19, the Mille-Isles Women's Institute held a ceremony to commentate the existance of the Women's Institute in Canada for 125 years. A Japanese Lilac bush had been planted earlier at the Mille-Isles Town Hall. Mille-Isles Mayor Howard Sauvé and President of Lakefield/Mille-Isles Institute, Judy Kenton, welcomed everyone and spoke of the presence of Women's Institute in Mille-Isles with Lakefield for 103 years and in Canada for 125 years. Everyone was invited to lunch following the ceremony.

Thank you for your role as a dedicated teacher, coach and cheerleader to the children for so many years Mary. Now it is your turn to relax and enjoy!

More Music in Arundel

Music at the Market

There will be a performance every Saturday morning at the Market. Fully booked for July and August, still a few spaces available in September.

Legion Jam Night

Every first Thursday at the Legion coming up on August 3 & September 7

Monthly Garden Party at Petites Follies

July 23 and August 27: 6 hours open mic with BBQ and 20 + musicians

Church Concerts

MAIN STREET

Saturday: July 29 - Jason Lang. Currently booking
September and October.
Every Sunday afternoon: 1 pm -3 pm
Solo guitar performance.
70,s classic acoustic songs.





Photo: Mayor, Howard Sauve and Judy Kenton, with members of Mille-Isles and Grenville Women's Institutes

July 2023

Arundel News

Janet Thomas

PENNY LANG: A TRIBUTE CONCERT BY JASON LANG "HANDLED WITH CARE"

Arundel United Church (17 rue du Village) Sat, July 29, 7:30 pm

If you can choose only one concert to see, this is it! Do you remember how legendary Penny Lang enthralled the Montreal crowds at The Yellow Door? Now her son, Jason, will play a musical tribute to his mother, as well as playing some of his own compositions. Jason is an applauded musician in his own right, having toured extensively throughout Europe, Canada and the United States. His new release, "Handled with Care" covers his mother's songs with his own spin on each. It's rare to be able to listen to music of this calibre in an intimate venue. Tickets \$25 payable at the door. Tickets available at the door and by reservation. Seating is limited. To reserve please contact Janet: janet.thomas700@gmail. com Doors open at 7 pm. Refreshments will be served.

MONOPRINTING ON FABRIC: WORKSHOPS W/NAOMI PEARL

Terra Perma (218 Chemin White, Harrington) July 22, Aug 5 or Aug 26:10 am – 4 pm -Workshops

In this fun and creative workshop we will explore monoprinting and other techniques on natural fabrics. Using water-based printing inks, pull your prints from plexiglass and gel plates. Discover soft backgrounds, overprinting and layering techniques for spontaneous and rich surfaces. Bonus: silkscreen printing demo. Take home lots of original pieces!

Maximum 4 people per class. Weather permitting

Cost: \$125. Includes materials

To reserve, please contact: naomiron1@ hotmail.com

ARUNDEL ART SHOW: BACK BY POPULAR DEMAND

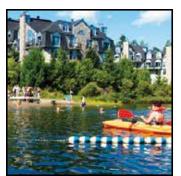
Arundel United Church (17 rue du Village) Sat, Aug 12: 10 am – 4 pm

Thirty local professional and semi-professional artists will gather on the grounds of the Arundel United Church to show and sell their work: painters, sculptors, stained glass and ceramicists. What a line-up of quality work! We are the only art exhibit in our region. Come to look and you may go home with a piece you love. What could be better on a summer day than strolling the lawns feasting your eyes on fine art? You may even win a

treasure in our fundraising raffle. While you enjoy your visit, we offer a fun art activity for young children and a challenging Scavenger Hunt for older kids. A Bake Table of homemade goodies will tempt you to take home a tasty treat. Don't forget to visit the Farmers Market across the road.

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About Sainte-Adèle

Chris Lance - Main Street

At last count, Ste-Adèle has 22 parks that residents can

enjoy. Also, the Parc Lineaire Le P'tit Train du Nord passes through our town. We have access to Lac Rond in the town center to enjoy dipping on those really hot summer days. You can climb

Mount Baldy, bike over on Parc du Mont Loup-Garou and walk in the woods over at Parc de la Riviere Doncaster. There are at least 14 parks that have picnic tables. Twelve parks allow you to walk with your dog. You can grab a 2-page map illustrating all these great outdoor activity centers at City Hall. The town's website has a Parc-O-Metre where you can check what installations and opening hours are available at each of our parks.

Sophie Charpentier has been hired as the town's new Director General. She will replace Simon Filiatreault on July 24.

The Ste-Adèle Public Market opens Saturday July 15 from 9 am to 3 pm and August 19 from 9 am to 3 pm. Check it out at Place des Citoyens.

Starting on Saturday, July 8 and continuing every Saturday until August 5, the Soirees Nostalgia evenings are back at Parc de la Famille. The first show starts at 7:30 pm with the main event starting at 8 pm. July 8: opening show at 7:30 pm with Jade Lessard and, Tassezvous de d'la at 8 pm. July 15: opening show at 7:30 pm with VE and Lady'5 at 8 pm. July 22: opening show with the Tribe of 2 and Guitar



Story at 8 pm. July 29: opening show with Roxanne Garceau and Alexandre Da Costa and King Melrose at 8 pm. Last show on August 5: opening show with Jordan Desjardins and the ambassador of the event, Marc Hervieux, at 8 pm. Come early, as starting at 4pm, there will be animation and surprises.

The Eurasian water-milfoil, an invasive plant, has become a real problem in Laurentian lakes. As of 2016 there are 40 lakes with the submersed plant embedded in and colonizing our regional lakes. Once in place, it is almost impossible to limit their propagation.

In Quebec, many species of plants are present: European frog-bit, yellow floating heart, water chestnut, curly-lead pondweed and, of course, Eurasia water-milfoil.

Milfoil is spreading from lake to lake by people who go from one lake to another with unwashed boats, canoes, wetsuits, seaplanes, paddleboards, fishing gear and hunting gear. This plant can be released into a lake with a fishing line, waders and footwear, not to mention straps, paddles, float decoys, anchors, snorkels, mask, weight belts, fins, bait-containers, nets and downriggers.

The least you can do is wash everything that you might

bring to the lake. It is up to us to make sure you even wash your swimwear and safety gear before you use any lake. You can read up on this plant before you use your lake – preventive measures and education might be the best defence in curbing this invasive plant.

Wishing you a great summer.

Dogs die in hot cars

With only hot air to breathe, a dog's normal cooling process – panting – doesn't work. A dog











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can withstand internal body temperatures of 40 C for only a few minutes before brain damage or death can occur. The older or more vulnerable the animal, the more susceptible they are to heatstroke or something worse.



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PALLIACCO: What are your donations used for? Annual general meeting

On June 14, President Ms. Maryse Brunet-Lalonde, accompanied by the new General Manager, Ms. Chantal Roy, presented the 2022-2023 Annual Report and proudly shared Palliacco's achievements and accomplishments throughout the year.

"...This Annual Report testifies, with supporting statistics, to our vigor and the growing relevance of Palliacco in our sector of activity. It also informs you about the use that Palliacco makes of your donations", underlined the President.

Read our Annual Report! You will discover our activities as well as interesting statistics on the services offered by our duly trained volunteers. These volunteers support, accompany and listen to our customers with kindness, compassion and discretion. During the last fiscal year, our 150 volunteers offered 8,570 hours to some 232 caregivers, and accompanied 112 people to their homes. The number of services offered, all territories combined, is 4,075.

In addition, the new support service for young people in mourning, or who will become so, has started. After six months of operation, it is clear that demand will increase. See the goals of this program and the results in our report!

On a budget of just over \$720,000, our fundraising activities raised some \$280,000. The rest of our funding comes mainly from governments. The accounting firm Amyot-Gélinas, represented by its President, Mr. Patrice Forget, presented and commented on its report on the financial administration of Palliacco and highlighted the organization's good tax practices.

In view of all these observations, the Palliacco team is therefore proud to be able to say: Mission accomplished! But Palliacco would not exist with the support of donors, large and small, and without the support of governments! Thank you very much to everyone.

The 2022-2023 annual activity report is now available by visiting our website at www.pallicacco.org

A RENEWED BOARD OF DIRECTORS AT PALLIACCO

Following a nomination and election process, three new directors were elected. Here is the composition of Palliacco's Board of Directors for 2023-2024:

- 1. Ms. Maryse Brunet-Lalonde, President
- 2. Mr. Antoine Atallah, Vice-president
- 3. Ms. Céline Piché, Secretary
- 4. Ms. Louise Perreault, Treasurer (newly elected)
- 5. Mr. Carl Delorme, Administrator
- 6. Mr. Guy Barbe, Administrator
- 7. Ms. Carine Boutin, Administrator
- 8. Ms. Nancy Wilson, Administrator
- 9. Mr. Gilles Daoust, Administrator
- 10. Ms. Isabel Hardy, Administrator (newly elected)
- 11. Ms. Rachel Landry, Administrator (newly elected)

We welcome the new directors and warmly thank our outgoing directors, Ms. Sophie Chartrand, Ms. Gladys Symons and Mr. Grant Mackenzie for their unfailing contribution to the Board for several years.

And to all our members and collaborators, thank you very much for being there for us, and we are happy to be there for you!



STRICTLY BUSINESS

By Lori Leonard - Main Street

Did you know that:

If you are looking for a delicious prepared meal for family or friends, for great cuts of fresh meat, or, authentic Italian specialties, that you can stop by **Epicerie Traiteur La Cena**, 585 boul. des Laurentides in Piedmont? Owners **Maya Ramacieri** and her husband **Jio Beaucage** (a butcher by trade) offer home prepared Italian cold cuts, homemade sausages (no nitrates) and local Quebec meat products. Other quality products are imported straight from Italy (oils, pasta,



arancini, etc.). They also offer wonderful hot rotisserie items for lunch and dinner. Maya and Jio opened their store in September 2020. Their most popular items are homemade focaccia and sausages, a delectable tiramisu and delicious olives. They also offer custom menus to suit your own particular entertainment requirements (BBQ's, family dinners, business meetings, etc.) This includes many items for a cold or hot buffet. They carry an excellent choice of imported wines, authentic Italian cheese and many types of Italian appetizers.

450 227-8800, lacenaepicerietraiteur@hotmail.com, Facebook :La Cena Épicerie Traiteur Piedmont, website: Lacenaepicerietraiteurpiedmont.com

The **City of St. Sauveur** was pleased to announce that since May 15, 2023, Chemin Mont-Saint-Sauveur is now called **Chemin Louis-Dufour**? The municipal administration obtained this approval from the "Commission de toponymie" in Québec. In order to facilitate the street orientation for citizens and visitors, the old signs, which are crossed out with a black line, will remain in place for a few months. In order to simplify the transition, the City sent a communication to citizens affected by this change.



This initiative is the result of a concerted decision between the City of Saint-Sauveur and the Municipality of Piedmont, who on November 12 unveiled the new signage. This signage change was completed to pay tribute to Mr. Louis Dufour, the Chairman of the Board of Directors and Founder of Les Sommets, who passed away in February 2022. What a great gesture on the part of these two villages. Mr. Dufour certainly deserves this tribute and recognition for his valuable contributions for so many years.

If you love viewing spectacular gardens, that **Le Jardin de François** offers the unique opportunity to view beautiful, colourful gardens, whilst making a worthy donation to the Laurentian Alzheimer's Society? The 7 acres of gardens border the Simon River, St. Sauveur. Entrance fee is \$25, which is entirely donated to the Laurentian Alzheimer's Society. The tour lasts about 2 hours. There are more than 8,000 varieties

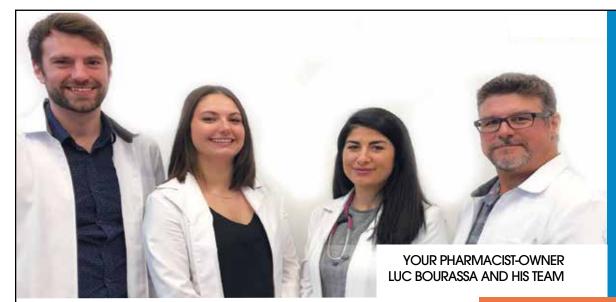


of flowers this summer, which make these gardens comparable to Jardins de Métis. There is a team of 30 volunteers who share the pleasure of welcoming you to this garden paradise. The gardens are open Wednesdays and Saturday mornings from June 21 until August 5. Visit departure times take place between 8:30 am and 10 am. (every 15 minutes). Reservations are required. People with Alzheimer's and children under 10 years old may visit for free. The gardens are always open, rain or shine! To reserve, go the lejardindefrancois.com. Once you have paid, you will receive a receipt. More than \$271,000 has been collected for the Laurentian Alzheimer's Society since it opened in 2010. Quite a feat! For more information, contact Gina Frost at 450 227-4666 or at info@jardindefrancois.com



Cancer Support Group Next Cancer Support Group Meeting August 12

The next Laurentian Region Cancer Support Group meeting is August 12 (no meeting July) at 1 pm at Chalet Bellevue in Morin Heights. Option also to attend via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the August meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.





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July 2023

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- Patients with cancer or life-limiting illnesses
- Their caregivers
- Those needing end-of-life care
- Those living with loss including children and young people

Free services :

- Accompaniment
- Accompaniment training
- Support groups
- Respite and support for caregivers

%4korners **The 4Korners Fathers Project**

Jude Hussain

The month of June was jam packed for 4Korners, as we finished the final sessions of our spring classes, held our Annual General Meeting, and hosted our big Summer Kick Off Party! But one special week really stood out during June for 4Korners and partners - Semaine Québécoise de la Paternité / Paternity Week. During this week, organizations and communities across Quebec celebrated the importance of Quebec fathers as role models and supportive partners amongst families and communities.

With the spirit of Semaine Québécoise de la Paternité in mind, 4Korners hosted a free movie night for dads and their children at the Deux-Montagnes activity center! The purpose of this night was for kids and their dads to spend some quality time together and create fond memories. Additionally, 4Korners held a social media based contest to promote Paternity Week and highlight some of the great fathers in the Laurentians. We asked people to submit a photo of the father of their families doing an activity with their kids, along with the caption 'I Love Dad' and the hashtag #paternityweek. Various submissions were received, and one lucky winner won a \$30 gift card from us!

The support for Laurentian fathers at 4Korners goes beyond Paternity Week. In March of 2022, 4Korners partner and lead of Semaine Québécoise de la Paternité, the 'Regroupement pour la Valorisation de la Paternité' (RVP), alongside the CHSSN, published a survey about the vulnerability of fathers in Quebec. A total of 2119 English and French speaking fathers across Quebec were consulted, and results showed that there are a large percentage of fathers facing various forms of distress. 41% of English-speaking respondents claimed that it was difficult to adjust to fatherhood, while another 19% claimed that they experienced high psychological distress from being a father.

In reaction to the results of the RVP and CHSSN survey and based on the challenges and feelings that fathers and families are facing with fatherhood, 4Korners has decided to pursue the idea of a 'Fathers Project'. The goal of this project is to offer specialized services for fathers to guide and support them and their families. Starting with the two fathers-based initiatives held during Semaine Québécoise de la Paternité, 4Korners will continue to organize activities and events where fathers and children can spend time, have fun, and create stronger bonds together. Through the Fathers Project, 4Korners looks to get more fathers engaged in their role as a dad by helping them explore, learn, and practice the different facets of fatherhood.

Throughout the next fiscal year, 4Korners will be organizing various activities for fathers and children such as:

- Outings (hebertisme, canoeing, hiking, plant trees, gardening, sports events, etc.)
- Entertainment Activities (movie nights, music time, reading time, dance les-• sons, board games, singing, cooking, etc.)
- Sport Activities (ex: soccer, cycling, volleyball, tennis, etc.)
- Group Discussions (ex: fatherhood challenges, kids development, co-parenting, couple relations, etc.)
- Manual Activities (ex: painting lessons, arts & crafts activities, etc.)

The development of these activities would depend on responses from our own 4Korners Fathers Survey that is currently released and in circulation awaiting responses. Fathers project activities are led by the newly appointed 4Korners Fathers Project Coordinator, Ricardo Santacruz. For more information about the Fathers Project, or other upcoming 4Korners programs and activities, please call 1-888-974-3940|450-974-3940 ext. 601, or email info@4korners.org. If you are a father living in the Laurentians, please consider filling out the 4Korners Fathers Survey by visiting our Facebook page, Facebook.com/4KornersCenter.

Theatre Morin Heights Casting call and save the

- Individual support
- Massage therapy at home
- Respite and support for parents of children affected by cancer (NEW)

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2280 Rue Labelle, Mont-Tremblant 24 Rue Sainte-Agathe, Sainte-Agathe-des Monts (by appointment only) 200 Rue Principale, Suite 21 A-D, Saint-Sauveur (by appointment only) admin@palliacco.org | palliacco.org

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dates

The TMH Main Stage Production is set for October 18 to 22. The play will be 'a comedy ... peppered with very dramatic and tender moments.' The show is currently being cast and rehearsals begin soon. Let us know if you would like to act or volunteer behind the scenes. Tickets for four evening performances and two matinees go on sale mid-September. Check out theatremorinheights.ca for details.



We are also currently casting for Les Journées de la Culture. TMH will present a free staged play reading on October 1 at 2:15 pm at Chalet Bellevue. We will premiere a work by local playwright David Sherman titled "Nickey's Café." The play is set in a small-town café and the storyline fits perfectly with this year's theme: La Collectivité/The Community. For actors, the show involves a few rehearsals and is a great way to appear onstage with your script in hand, a few props and some stage directions, complete with lights and sound effects. Let us know if you want to be part of the October 1 show. Of course, every show needs an audience, so save the date to come, sit back, relax and enjoy!

For more information about either of the upcoming productions contact: theatremorinheights@gmail.com or call 579-765-3999.

main.street@xplornet.ca 8





MUSICIANS' JAM NIGHT

Arundel Legion – Branch 192 (79, rue du Village) Monthly event from May to October Open-mic, jam-style evening

Folk/ rock/ country/ blues/ lounge all welcome. Info: Guy Melhuish. Guymelhuish@gmail.com

ESPACE PUBLIQUE 885, rue de Saint-Jovite

Sat, July 15: 8 pm - Dan Livingstone will revist the blues with a clever mix of ragtime, swing and traditional folk.

Sat, July 22: 8 pm - Ramon Chicharron will perform a mix of electro-tropical sounds, guitars inspired by Colombian champeta, and Latin & Carribean rhythms.

Sat, Aug 19 - Hay Babies will be on stage with their Indy folk and country music.

Sat, Aug 26 - The Brazilian rhythms of the group Bomboruba - a fusion of the groups Bombolessé and Zuruba will take to the stage.

Sat, Sept 9 - closing performance with Les Tireux d'Roches, a group firmly rooted in Quebec, which skilfully fuses traditional music, folk and world music.

Free entrance, no reservation required!

MONOPRINTING ON FABRIC WORKSHOPS WITH NAOMI PEARL

Terra Perma (218 Chemin White, Harrington) July 22, Aug 5 or Aug 26: 10 am – 4 pm \$125 includes materials. To reserve, please contact naomiron1@hotmail.com

BAKE SALE & BAZAAR

Grace Anglican Church (7, rue de l'église, Arundel) Sat, July 22: 1 pm – 3 pm Come one, come all! Tea Room, home baking, handicrafts, painting by local artist, wine basket, flowering plants - something for everyone!





ROYALE CANADIENNE

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

210 rue McVicar (450-533-6381) Wed: 3 pm – 7 pm Thurs: 3 pm - closing Fri: 3 pm – 7 pm

LACHUTE – BRANCH #70 634, Lafleur (450-562-2952) Open Thurs – Sat: 4 pm – 9 pm

MORIN-HEIGHTS BRANCH 171 Open Wed – Sat: 3 pm – 6pm 127, Rue Watchorn, (450-226-2213) Fri, July 21: 5 pm – 7pm – TGIF Smoked Meat Dinner

GARDEN PARTY IN ARUNDEL **Petit Follies** Sun, July 23 & Aug 27

ARGENTEUIL UNITED PASTORAL CHARGE BBQ FUNDRAISER

17 Canal Street North, Grenville Fri, July 28: 5 pm -7 pm Bring a lawn chair and enjoy hamburgers, hotdogs, salads and dessert. Info: 613 - 677 - 3490

A TRIBUTE TO THE MUSIC OF PENNY LANG BY HER SON JASON LANG "Handled With Care" Arundel United Church (17 rue du Village) July 29, 7:30 p.m.

Tickets: \$25. Space is limited. To reserve, please contact janet.thomas700@gmail.com

LATCHO DROM TRIO Holy Trinity Church (2 Cambria Rd. Gore) Sat, July 29: 8 pm Presenting the music of 'traveling people... gypsy / swing.

Tickets: \$26 available at 819-507-1979 / lepointdevente.com

ARUNDEL ART SHOW: BACK BY POPULAR DEMAND Arundel United Church (17 rue du Village) Sat, Aug 12: 10 am – 4 pm

FESTIVAL SUPERFOLK – MORIN-HEIGHTS August 18-19-20 Tickets available at SUPERFOLK.CA

ARGENTEUIL EN BLUES Friday Jam Nights Trinity Community Centre (2, chemin Cambria, Gore) Fri, Aug 19: 7pm

UPCOMING CHURCH SERVICES

St. Simeon's Anglican Church 445, rue Principale, Lachute Sunday morning services at 10 am











Sat, Jul 29: 8 pm – Madhouse Band

Sat, Aug 5 – Flea Market #3 Sat, Aug 12: 6 pm – Corn Roast Sat, Aug 19 – Legion Memorial **Golf Tournament** Events are open to all !! Darts every Thursday at 3 pm Hall rental / Location de salle: legion171@cgocable.ca Info: 450-226-2213 Email/Courriel legion171@ cgocable.ca

Web site: https://www.legion171.net Facebook: legion171 Music shows Facebook: morinheights live

ARUNDEL – BRANCH 192 79 Rue du Village, Arundel (819-687-9143) **Open daily from 3pm**





On With the Show **Meet the Honey Mead Brewers**

there always seems to be a full house when I see them.

There's something about acoustic music that I find grounding, especially when you add in some nice harmonies. Acoustic music just feels more intimate and it makes you move; now there's a mood changer if I've ever seen one. That's what music is about, getting out of yourself, enjoying that very moment and bringing it home later in a memory. I know individual musicians that can do that including all four members of The Honey Mead Brewers. I like the energy of the band as they own the music rather than just play it. If you want to get out and take in a live band this is the one to see.



Florian Gaudreau

What better way to start a band than at a musical get together in someone's backyard? It just seems

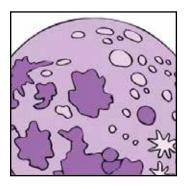
like a natural progression and, if you add to the mix four talented musicians; Kevin McNeilly, Michael Downing, Jonathan Bates and Shelly Downing, you have The Honey Mead Brewers, a lively band that gives you reason to celebrate. If you think bluegrass is not for you then you haven't heard this band - I swear they can almost raise the dead. Maybe it's me, but the sound of four totally different instruments blended together to create a toe tapping sound is an awesome feat. I love mandolin, but add to that a banjo, guitar and fiddle and you've got a symphony of home gown music worth listening too.

What I like about the band is they seem pretty tight; it brings about better music when everyone is in sync. There's a good reason why they appear tight, it's because they've been together since 2016. Michael, Jonathan and Shelly grew up around Harrington and Kevin moved up from town around 2009. Music was their universal language, a nice base for friendship.

It's all about the music with these folks - no aspirations of becoming famous, definitely not about the money, it's purely music and fun, doing what they love and loving it. Life doesn't get better than that! They have done their share of community work and I think it's fair to say the community supports the band, as Personally, I'm looking forward to hearing more of them. They will be playing at Music in Vines on July 14 (3725 Dandy Rd., Vankleek Hill, Ontario) and at the Expo Lachute Fair on July 15.



MAIN STREET



Zach Factor Evidence for the Zep Tepi: time before time

Lys Chisholm & Marcus Nerenberg -Main Street

For thousands of years Egyptian archeological treasures have been hidden under a sea of sand. There are temples and pyramids and numerous tombs that were partially visible and easily excavated, restored if possible, and dated sometimes with arbitrary evidence. Millions of tons of sand were removed to reveal how these ancient peoples lived and worked. That which has been exposed tantalizes us with what is still buried or hidden in plain sight.

Among those visible, yet often ignored, are the Edfu temple texts carved on the interior and exterior. French Egyptologist Emile Chassinat (1868-1948) spent 40 years examining the enormous number of Edfu inscriptions and texts and published his research consisting of fourteen volumes giving us a unique insight into mysterious ancient Egyptian history.

On the exterior wall, the important registry text of the original dedication of Edfu was recorded. The pylon retells the great myth of Horus and his lineage. The texts also tell one of the most interesting epochs mentioned in Egyptian mythology – that of a period of time called the 'Zep Tepi'. It was during Zep Tepi that the Neters (or Gods and Goddesses) established their kingdom on Earth in Egypt and performed the deeds described in later myths. Chassinat's work proposed that Edfu was built on top of a much older temple, but this idea was shunted aside. It did not fit with the timeline to which classical Egyptology adhered rigidly.

Thirty years ago, Robert Bauval was the first to publish works about the alignment of the 3 Giza pyramids with celestial stars of Orien's Belt. This revolutionary concept invited the study of other temple complexes and their potential stellar alignments. In his highly controversial book, The Dawn of Astronomy, Norman Lockyer was the first to propose that the ancient Egyptians aligned their temples to the sun and stars. Using knowledge of precessional motion he estimated that the Temple at Edfu and other temples were built in alignment with Ursa Major around 6400 BCE. Yet, classical timelines for the Pyramids remained rigid, until this past March.

The Great Pyramid, a World Heritage site, has three small known chambers. It garners much speculation from many academics as to the possibility that other hidden chambers exist and the potential marvels they might contain. To date, the concept of tearing into a pile of two and a half million massive stone blocks is impossibly costly and absolutely prohibited by the Supreme Council of Antiquities in Egypt. To this end, in 2015, under the authority of The Egyptian Department of Antiquities, the Scan Pyramids Project was launched. It was designed and produced by the HIP Institute (Heritage, Innovation, Preservation) and the University of Cario, Faculty of Engineering. The international scientific partners are two Japanese institutes, three French universities, and our very own Laval University in Quebec.

The Project uses non-invasive technology to scan the vast structure. Their main method, called muography, detects anomalies in the structure by the behavior of cosmic rays called Muons. Muons are high speed, high-energy, sub-atomic particles that race throughout the Universe. They pass through just about everything, the Great Pyramid included. If there is a void in the object, the course and the frequency of these rays is subtly altered, which show up, over time on Muon Emulsion film. Another method used was Thermal Tomography, which detects temperature variants that show the possible presence of voids in the stone-mountain.

In November of 2015, this Muon film was placed strategically in chambers and corridors in the Pyramid and a first void was detected above the 12th century tunneled entrance of El Mamoun. In June of 2016, muography again determined that another cavity existed above the Grand Gallery, now measured to be the 2nd largest feature within.

In March of 2023, with global fanfare, Zahi Hawass, former head of the Supreme Council of Antiquities and other ministers, confirmed the existence of a passage, photographed by endoscope, via a small opening behind the massive triangular chevron blocks on the North Face. Where it leads is still undetermined. What it proposes, is that this ancient structure was never a tomb; it may have been an antique ruin back in the early days of Egyptian history and potentially repaired and repurposed by later cultures.



The Story Behind

How a Carrot Should Taste

Joseph Graham - Main Street joseph@ballyhoo.ca

I care for soil and am always moved by the miracles it performs, producing food for us, going beyond simply reciprocating our care. The joys of discovery repeat as though totally novel each year, the tastes of a fresh carrot, podded peas, deep red beets, potatoes varieties chosen for eating.

Over the past 45 years we have learned to grow most of what we eat. The soil is thin here in Ste. Lucie, and the farmers abandoned it to Montrealers for a grubstake of cash. The Montrealers followed the train up north bringing the new economy of



easy credit and secure banking with them. The train itself was a part of that new economy, of huge infrastructure projects that used public money to jumpstart the European and American economies. The Panic of 1873, a currency crisis, set off a long period of economic stagnation in both Europe and North America. The worst years here were the late 1880s. A three-year drought caused crops to fail, and by the third year, local seedstock was gone. The government stepped in, resupplying seedstock, and Curé Labelle's progress in promoting a railroad lifted people's hopes, but many were leaving, abandoning their family's traditions, looking for something more secure.

Even without the drought, in the best seasons it is hard to imagine how local farmers succeeded in those times. They had no refrigeration and many had only hand pumps. Both refrigeration and powered water supply – an electric water pump – are two items without which we would not be able to grow or preserve our food for winter, yet they did manage to grow their food, work in lumbering, and build communities. Some, when they sold their farms, refused to include the compost pile.

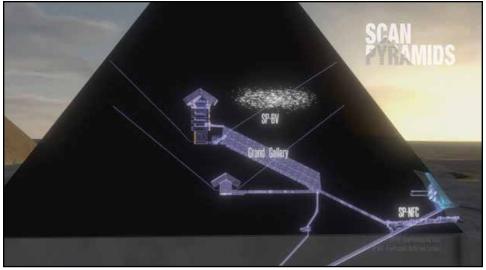
Years ago, I was struggling to grow things on our thin soil and at the same time I was reading Bruce Trigger's book The Children of Aataentsic, describing Huron Wendat society up to the mid-1600s. The women were the farmers and the Jesuits who came to live with them needed an escort to find their way through their thousand-acre fields around Lake Simcoe. These women used a technique developed down south, in present-day Mexico, in which they set three different kinds of plants to grow together. It is a form of companion planting and is achieved by piling up the surface soil along with its grasses and other woodland detritus, adding some protein like dead fish, and planting the pile to corn (maize), beans and squash. These three plants are called the Three Sisters, and they support each other, the maize by giving the beans a place to climb, while the beans secrete nitrogen into the soil for the other two companions. The role of the squash is to cover the ground, holding moisture and, with their uncomfortable leaves, discouraging interlopers – and weeds.

What intrigued me about this description was the mounds that they created. These mounds were piles of soil, and the vegetation and added protein was likely to speed up the rotting process. They grew other things, too, like sunflowers and tobacco, but the Three Sisters improved the soil.

I slowly evolved my gardening techniques and became interested in the Iroquoian and Algonquian cultures. I discovered a sophisticated, mostly peaceful society that celebrated good fortune by sharing it. Their cultures are very old, going back as far as ones that developed in Eurasia, but their structure was not based upon military escalation, which leads to better methods of building weapons to kill human enemies. It also drives technology.

Sharing in times of plenty was a way of creating a huge bank of goodwill. I learned that the cultural trait of sharing in times of plenty had a counterpoint of sharing in times of want. People could celebrate plenty, but they could also accept starvation and death together. They shared stories of the risk of the breakdown of society and the fighting, cannibalism and death that would result if they did not maintain their ethic of sharing. More surprisingly, they saw themselves and all forms of life as one – one family – and the humans, the youngest members, had a role in keeping the balance between and among all the members of the family.

What remains unseen to date are eyes on the very large chamber above the Grand Gallery. The Scan Pyramids Project continues, and the enigma grows as evidence that advanced human civilizations have come and gone many times before us.



The Scan Pyramids Project, using muography techniques, has located two undiscovered chambers in the Great Pyramid. The Chevron corridor (SP-NFC) confirmed by endoscopy, and the larger void(SP-BV). Image Credit: http://www.scanpyramids.org/

Eventually, as I mimicked the Three Sisters system, I discovered that I was improving the soil. The more I worked it, the more I learned, and soon began to feel that the soil itself was communicating to me not simply how to proceed, but also helping me understand how the soil and its needs are connected to many aspects of my life. I took greater care of how and why I broke up the soil, when it was necessary and when it should not be done. I saw my rototiller as something that attempted to give me a sense of power and control, but in fact simply disturbed the natural structures, mixing everything together as though I was making cement. I observed how chemical fertilizer was spoiling the soil, like feeding sugar to a child instead of encouraging balance. I began to draw these lessons further, wondering how we have come to accept cutting nature into a grid of roads, how we were destroying the soil and dividing the parts of the forest into separate bodies.

In continuing my research into Indigenous practices, I began to understand how European values do not really marry well with what they found here and I came to believe that the soil was showing me a different way and helping me appreciate the people who maintained their relationship with place, with soil and with their siblings. This is not Pollyanna stuff; this is real. We can find our way out of the madness that our society is becoming by listening to the soil and to the large extended family of here.

As a bonus, we can rediscover how a carrot is supposed to taste.







Garden Talk Use perennials to create a garden symphony

June Angus - Main Street

Perennials are the mainstay of most flower gardens. Once planted and established, perennials ("les vivaces" in Quebec) make a carefully timed appearance year after year. It's as though Mother Nature is the conductor, and each flowering plant blooms on cue with a wave of her baton.

In essence a perennial plant will regrow each year. Most perennial shrubs will lose leaves in the fall, while others, such as peonies, appear to die back completely to the ground. However, come spring perennials start the seasonal dance of growing anew.

Getting the mix right is the secret to creating a continuous symphony of colour that lasts the entire

growing season. The goal is to select plants that have different blooming schedules. That way, as one set of flowers fade, the next variety is ready to take over.

Even though we have rather harsh winters, there is a huge selection of perennials that thrive well in our climate. The suggestions that follow are just a sample of the possibilities.

Bulbs such as snowdrops, crocuses, daffodils, tulips and hyacinth pop into view in early spring providing assurance the growing season has arrived. While these and other spring bulbs return each year by late April, but more likely in May, it is wise to keep adding fresh bulbs to your mix each fall to ensure a truly spectacular display. Cut dead flower stalks back once blooms fade. Wait another few weeks until the foliage withers before cutting it back because in the meantime the leaves will replenish the bulbs to ready them for next year's bloom season.

Bleeding hearts are another showy early spring favourite as their delicate heartshaped pink and white flowers seem to appear from ground zero to blooming in a matter of a few weeks, as do lupins. Forsythia is another great perennial shrub for an early spring splash of colour. It produces a mass of brilliant yellow flowers before its bright green leaves appear and take over for the rest of the season.

Next in line, starting early June and continuing throughout the month, are irises, lily-of-the-valley, forget-me-nots, poppies, peonies and rustic roses (rougosa). Flowering shrubs such as lilac and most berry bushes also bust out blooming now too. I was fascinated recently to watch dozens of swallowtail butterflies and many different bees enjoy a pollinator paradise as these busy insects worked our patch of common blackberries and roses. If the quantity of flowers is any indication, we will have a great crop of berries this year.

By the time these flowers fade lilies of all varieties are taking over, soon followed by hostas, great clumps of daisies and different types of coneflowers including echinacea and many varieties of rudbeckia, such as black-eyed Susan. Hydrangeas are the next showy perennial plant that generally blooms from mid-July through August. There are many varieties ranging from shrubs to trees.

What all of these plants have in common is that once planted, they continue to reward your gardening efforts year after year. And when clumps of perennials become too large or crowd too close together, most can be divided to create whole new sets of plants to expand your garden...but that's a subject for another entire article.

Of course there are many other perennial plant choices too numerous to mention here. Your local garden centre can give guidance about what plants or combination would be best for the conditions in your garden.

Enjoy this year's colour concert for the eyes.

Mont Tremblant Beach and Tennis Club is ready for a new summer season!



Word Play In defense of the ego – part 1

Louise Bloom - louisebloom@me.com

In popular American culture and the eastern

spiritual traditions, the EGO has taken on a bad rap, carrying the way we define the "egotistical nature", from mild self-centeredness all the way to damaging narcissism. I would establish here that EGO, as a solid sense of self, is the foundation necessary to the understanding that conscious awareness is beyond self-aggrandizing.



Loosely, according to Freud, the 'id' is the animal part of the personality, an unconscious drive to have lots

of sex, to survive and, to thrive. The EGO is where the conscious mind lives, with the tricky task of satisfying the id's wild desires in a realistic and socially acceptable way, while dealing with the parent-like SUPEREGO, that punishes overindulgence, producing feelings of guilt and shame.

Well known psychologist Erik Erikson defined ego (c.1963 onward) as **a person's ability to unify experiences and actions in an adaptive manner**. Erikson is one of the originators of ego psychology, which emphasized the role of the ego as being more than a servant of the id.

The eight stages of personality development as outlined by Erikson include:

Trust and mistrust: Trust established in very early life (first 18 months) and responsible for the "virtue" HOPE. This foundational aspect is critical to the building of all the other stages. The baby develops a sense of trust, which "forms the basis in the child for a sense of identity", failing which, fear and a sense that the world, as unpredictable, prevails.

Autonomy vs shame creates the virtue WILL. Will is achieved by those children successful in this stage, resulting in "self-control without a loss of self-esteem. (1 ¹/₂ to 3 years).

Initiative vs guilt creates the "virtue" - PURPOSE". At this stage guilt might be characterized by a sense of being a burden to others. (3 to 5 years)

Industry vs inferiority where achieving a sense of industry, results in COMPETENCE.

Identity vs confusion occurs at the stage of adolescence, (12 to 18 years), when seeking one's own unique identity involves looking at personal beliefs, goals and values. It is a time when morality comes into question. The "virtue" manifested is FIDELITY.

Intimacy vs isolation - Intimacy achieves the ability to LOVE, to be in touch to a healthy degree with the emotion that instigates a deep connection with another, emerging in the first stage of adulthood between 18 and 40+ years

Generativity vs. stagnation occurs in later life, 40 - 65, when we are reviewing, examining, adjusting our activity and values, we might develop the ability to CARE, perhaps to dedicate some part of ourselves to the world outside of ourselves. **Ego-integrity vs. despair** is a stage confronted beyond 65 years of age, when we generate WISDOM, a favorable outcome, including acceptance of the past and present life - "an informed and detached concern for life in the face of death itself".

During adolescence, decisions about right and wrong and the needs and wants that satisfy our animal nature are at war. Hormonal surges are suppressed and modified by the social norms that belong to our forebearers who were formed in the same manner. Morality is constantly being redefined.

Ego-strength is a resilient self-concept, adequately able to differentiate between wants and needs, between what can and cannot be changed.

There is a long trajectory between ego-strength, and an egocentricity that results in the inability to succeed in some of the above stages. Adequate self-esteem reduces the suffering of the self-antagonism that (according to the Buddhists) is an unfortunate norm in Western culture. Why is this so?

In my next article, I will examine the emerging aspects of spiritual traditions whose precepts and practices address the 'skipped steps' in Erikson's human development scheme.

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



July 2023

The Beach and Tennis Club (CP&T) is open to the public with more than substantial discounts for the population of Tremblant. Both the André Lemaire Tennis Academy and the Pierre Plouffe Nautical Center will be on the adventure again this summer, while Station Mont Tremblant will continue to operate the site for at least another season.

Discount with the Access card

On presentation of the Accès Mont-Tremblant card, citizens can obtain daily access to the beach at a reduced rate, i.e.: free for 0 to 5 years old, \$3 for 6 to 17 year olds and \$5 for adults. A 15% discount will be offered on the services and activities of the Pierre Plouffe Nautical Center, including boat rentals (25% until June 18). The André Lemaire Tennis Academy will offer a 25% discount on tennis court rentals, league registration and day camp, and 10% discount on lessons. The one-third tennis lesson program is also maintained.

To find out about all the benefits offered to residents, call 819 681-5253 or visit:

- Beach and site: tremblant.ca/en-CA/what-to-do/activities/club-plage-tennis
- Tennis: tennistremblant.com
- Nautical activities: tremblantnautique.com

The Mont-Tremblant Beach and Tennis Club will be open from June 17 to September 4, from 10 am to 6 pm. Pets are not allowed on the beach. Alcohol for sale on site only.

Nature Conservancy Big Backyard BioBlitz is Back – August 3 - 7

Join thousands of newbies and seasoned bioblitzers across the country in the Nature Conservancy of Canada's Big Backyard BioBlitz. It's a great way to get closer to nature — and contribute to the protection of the species you love!

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To learn more and to sign up visit https://natureconservancy.ca/en/



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MAIN STREET

Obituaries

URSULA MENESI (NEE AUCHTER)

passed away peacefully at the St. Jérôme Hospital (Qc) in her 86th year on June 22, 2023. She will be missed by her family, neighbours and many others in her community of Saint-Sauveur whom she encountered on her daily walks.



Community garden project blooms



Lori Leonard

Recently **Soupe et Compagnie** proudly launched an important new project, a community garden. Karine Labelle, Chef at this organization and Francine DiMambro, VP, on Board of Directors of Soupe et Compagnie initiated this project, located at the corner of rue Guindon and ave. de la Promenade, St. Sauveur.

Soupe et Cie. would like to thank everyone who participated or contributed to the garden project including The Board of Directors from the Yvon Corbeil Community Garden, Mr. Yves Noël and his team, for creating this space, to Mr. Noël for paying for the space rental and supplying the equipment and, to Mrs. Danielle Francoeur for paying the rental cost of another garden plot.

Thank you to Sandi Smith and Fiona Keats from Au Coin du Jardin for providing the materials, soil, compost and plants, and to all the volunteers who are helping to grow and maintain this beautiful garden. It is so refreshing to see this fabulous example of how a community can come together and help benefit a valuable organization such as Soupe et Cie. and its people.

May your gardens grow plentiful and may the volunteers have lots of fun with this incredible project. Congratulations and thanks to everyone involved!



The other side of getting old Don't worry, be happy

Florian Gaudreau

Sometimes, I feel much older than I really am. One day, I went down on all fours to look under the couch then realized that getting back on my feet felt like climbing a mountain. Inactivity will do you in ever time; trust me, I'm the winter log that never moved, like the last guy at the bottom of the pile, mushed into the frozen ground.



Now that it's spring I'm more active. I was starting to wonder if there

was life beyond Netflix's and, here we are. I'm walking daily, something I never did before. Today, I even walked in the rain, something I haven't done since childhood. My senses are alive. For most of my life I was "too busy to be busy;" task oriented and time driven, with no time to reflect as I have now. What keeps me busy today are things that are important to me, I'm less driven by obligations.

What keeps me young is a good, tearful laugh and, the smell of the ground after a rain. Things like unexpectedly meeting up with friends are appreciated deeply. Music is my time machine; it brings me back to another world, to a time when dances lasted well into the night.

Those tunes remind me that at my core, I am a happy soul and that's when the miseries of life melt away. It's a little like turning up the music when I hear odd sounds in my car - it doesn't fix the problem, but it makes the ride more enjoyable.

Truth is, I work at being happy. I do my best not to be offended when I've been wronged and I try my best not to get frustrated when I've been cut off in traffic. These days, I find it more important to keep my blood pressure down, to be happy and enjoy life as it comes.

Keep on smiling....



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Main Street Money **Investment and Financial Education**

Developed by Christopher Collyer, BA, CFP

Decisions, decisions Answering your FAQs about TFSAs and RRSPs.

It's that time of the year again - tax time. You may be thinking about making an Registered Retirement Savings Plan (RRSP) contribution to lower your tax bill. But, what if you need easy access to that money? Maybe contributing to a Tax-Free Savings Account (TFSA) would be better. Is your spouse in a different tax bracket? Do you think you might need to use the Home Buyers' Plan (HBP) for a down payment on a house next year? Are you playing the long game and looking for tax strategies for withdrawing income in retirement? These are all important questions - that's why we have looked into them, and more.

If I want to start saving, an RRSP account is way better, right?

The best way to save for retirement really depends on your overall situation. Are you in a higher tax bracket now than you will be when you plan to retire? This tends to be the case for many people, and they may want to take advantage of the tax savings an RRSP offers. But for people with lower incomes who may see higher income in retirement, the taxable withdrawals from an RRSP can mean they'll pay more tax in retirement than in their earning years.

With a TFSA, there's no tax deduction on any contributions to the account, since it's funded with after tax income. You can withdraw the funds at any time, tax free. The bonus with a TFSA is that growth on investments, including interest, dividends, and capital gains, are not subject to tax. Plus, withdrawals from a TFSA won't count against income tested benefits such as Old Age Security.

Consider your situation before you make that RRSP contribution. Better yet, ask your advisor your tax planning questions - they can guide you in the right direction.

I'm married – do I have special tax savings options available?

If your spouse is in a lower income tax bracket, you can set up and make contributions to a spousal RRSP - a great opportunity for income-splitting at any age! Any contributions you make to a spousal RRSP are based on your contribution limit. However, it's also important to note that your spouse is the legal owner of the plan and makes all of the investment decisions and withdrawals.

Under current pension income-splitting rules, you generally need to be at least 65 years of age before you can share up to 50 per cent of your income with your spouse. With a spousal RRSP however, you can decide on the amount of income to split by deciding how much to contribute to the spousal RRSP. Here's an example of how it works:

	Individual RRSP – 40% tax rate (\$)	Spousal RRSP – 20% tax rate (\$)
RRSP income/with- drawal	12,000	12,000
4,800	4,800	2,400
After-tax income	7,200	9,600
Tax savings (annually)		\$2,400

Income splitting using a spousal RRSP makes sense for individuals whose spouse's earnings are in a lower income tax bracket and want the flexibility to split income at any age (subject to attribution rules) and the ability to decide how much to split.

I'm planning to buy a house – can I use my RRSP?

Yes you can, (but you may not want to). You can access up to \$35,000 from your RRSP under the HBP and the issuer will not withhold tax as per a normal RRSP withdrawal. What's important to remember is that while these funds are not taxed, it's also not really a withdrawal. Think of it more like a loan. In order for these funds to maintain a tax-free status, you must repay this loan over the next 15 years. It's also important to remember that repayments into the RRSP aren't deductible and therefore don't reduce your tax bill for the year. So, it may be wise to only make the minimum annual HBP repayment, and claim the tax deduction on any additional deposits into the RRSP for a calendar year.

A TFSA on the other hand, may be a more suitable option for saving up the money you will use for a down payment, since there's no added pressure of paying back a loan (as explained above in the RRSP scenario). Savings also compound taxfree inside a TFSA and can be withdrawn at any time in order to buy the home. The downside is that the contributions do not reduce your overall tax bill, so it may take longer to hit those saving goals. The opportunity to invest the potential refund from an RRSP contribution into a TFSA to increase the total amount saved is also missed.

But what if there was another option that was the best of both worlds?

The Tax-Free First Home Savings Account (FHSA) is a new registered account that comes into effect on April 1, 2023. You're able to contribute up to \$40,000 over your lifetime and up to \$8,000 in one year. Just like an RRSP, all contributions up to the annual contribution amount are tax deductible and, just like a TFSA, qualified withdrawals are tax-free. So, it appears that the FHSA may offer the best of both worlds for first-time homebuyers, (which you must be to take advantage of this program). Keep in mind that you can use a combination of the FSHA and HBP to buy your first home, but the HBP has to be repaid over time, so it might make more sense to start with the FHSA if owning a home is your goal.

But what if you change course and decide not to buy that house? Unused contributions can be transferred into an RRSP account and used for retirement savings

I plan to be quite wealthy by the time I retire and may have significant assets in non-registered accounts – what do I need to be aware of from a tax point of view?

Tax and estate plans varies from person to person. Some retirees can benefit from pension income splitting with a spouse in a lower tax bracket. Series T mutual funds can offer a steady stream of income that is paid out as tax efficient return of capital (ROC) and also has benefits associated with charitable giving. Corporate class mutual funds may also be a good way of reclassifying interest income into tax efficient capital gains.

The options for building wealth and saving on taxes are endless. A major part of the solution is to seek professional advice for your personal situation. Your advisor can work with you to help meet your long-term goals.

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

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If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell 514-949-9058 or by email at Christopher.Collyer@Manulifesecurities.ca

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Real Wine for Real People **Riddle me this Batman**

April Sirois – Sommelier - ISG

To make still wine into sparkling wine requires a lot of steps. One of those steps is riddling, or remuage in French. Riddling happens towards the end of the traditional method of making champagne and is the process of periodically rotating a bottle a quarter of a turn while simultaneously slowly tilting it until it's upside down. This movement causes sediment accumulating inside the bottle to slide down into the neck to be removed by a process called disgorgement, leaving the wine clear instead of cloudy. Add a bit of sugar (liqueur de dosage) back into the bottle, reseal it back up with a cork and in time you have a clear and sparkling wine.



Drinking cloudy sparkling wine isn't a health concern,

but Madame Clicquot, the eponymous widow of Veuve Clicquot, thought that Champagne would be more marketable and attractive if there was an effective way to remove the sediment and make the wine clear. She was right and so began the process of riddling sparkling wine.

Clicquot's solution was to cut holes in a table at angles so the bottlenecks could stand in the holes while they were turned and tilted. This special table would later become known as a pupitre, and the system for remuage was born. A remueur (bottle turner) could turn 20,000 to 75,000 bottles a day, with the process taking up to 6 weeks. This labor intensive skill came at considerable cost.

In the 1970s, an invention called the gyro-palette was introduced, greatly reducing the cost of sparkling wine by automating the riddling process.

Because "Gyro-palettes" can riddle 24 hours a day they can complete a riddling cycle in about seven days. An additional advantage to automated riddling is that a gyro-palette holds 504 bottles, and they are consistent and have been riddled identically. This riddling program is repeated so all bottles have been riddled exactly the same, minimizing variation.

Is there a difference in quality between wines that have been riddled via gyro-palette versus manually? That is up for debate. Yes, machines can very successfully replicate those turns made by hand on a larger scale with gyro-palettes. Some producers still continue to hand riddle their higher end wines and some smaller lots, also any stubborn batches that they may have. It is becoming less common since there are few people remaining who have the skill, and it isn't really being passed on generationally anymore.

Of asyras there are a fary avaantions. Some Champagna and anarlyling wine



I'm Just Saying On the other hand

Ron Golfman - Main Street

Here we are in the middle of summer and living seems easier than it was previously. I agree with Janis Joplin and will attempt to illustrate why. To get involved in the trap of validating that being this silly label of who is awake and who is asleep matters less while the sun shines and our freedom to roam is literally at our feet. Mobility is the gift.

After years of restrictions, futile debates and the feeling of unjust incarceration has passed leaving the negativity moaners with little more than to chase rumours to justify the angst they believe to be righteousness.

We are now blessed with blue skies and comfortable weather, allowing us less distraction time in front of the idiot box or computer opiates and, it shows.

People in the streets, the parks and beaches and, sitting on terraces have made a comeback, which should tell us that in spite of the difficult times behind us, possibilities lies ahead. I spoke with a couple who were complaining about the tourists in the lower Laurentians, who, after a brief interchange, accepted that tourists keep the shops, bars and restaurants available to us. They reminded themselves, humbly, to recall the ghost town feeling of the past few years, largely due to Covid.

Never mind the government, the people have risen from the despair of the time recently passed and have embraced the joy in movement. Up here, whether it is the music galas of Saint Sauveur or the Friday night terrace of Comforts Inn in Morin Heights, which showcases great musical talent close to home, we are no longer afraid to seize the day and do what we do best, hang out! Even the quaint Mickey's Café has provided talent and a great time to feel the buzz only the Laurentian can provide.

We are not prisoners of the virus, running into people's apprehension, it's all behind us and the jump-start of social interaction has resurfaced. As a huge fan of the Molson Park magical walkways, I never stopped going, but now see more people and their pets smiling and, saying hello and bonjour, as we pass each other in the comfort of our recaptured freedom.

There will always be people who cling to negativity but they are the ones missing out on what is open to us these days. Going to the Morin Heights beach with my granddaughter, seeing kids reveling in the water and skateboard sections at Molson's, is truly a recapture of how life should be and, it is here. Even some of the haters from days gone by are out enjoying themselves, in spite of not wanting to acknowledge openly how far we have come. We all know someone who, on a sunny and warm day still say, 'yes, but it'll get dark later.' I just don't get it.

Of course, there are a few exceptions. Some Champagne and sparkling wine houses continue to hand riddle small lots or a portion of their bubbly to celebrate the ancient technique, but the large majority of méthode traditionelle sparkling wines use the gyro-palette. Either way, nothing says celebration like bubbles just hearing that cork is enough to put a smile on most wine lovers faces.

\sim Cheers

The best bottle of sparkling wine is the one you have with friends. -Unknown



On a personal note, and I'm just saying, the triumph over the last few years and the brilliance of summer, regardless of the demons we all battle with at times, is both a reward and an opportunity to get behind the wheel of our lives and do what is essentially best for us, moving forward!



July 2023



Regional support program for water issues Quebec grants \$138,200

The MNA for Argenteuil and Parliamentary Assistant to the Minister of environment, the fight against climate change, wildlife and parks (protection Water and Biodiversity), Ms. Agnès Grondin, is pleased to announce, on behalf of the Minister of Environment, the Fight Against Climate Change, Wildlife and Parks and Minister of Laurentides region, Mr. Benoit Charette, that financial assistance has been granted to Abrinord and OBV RPNS for carrying out projects aimed at optimizing the management of water resources and improving the protection of water environments and aquatic ecosystems in Québec.

Abrinord (Rivière du Nord) received financial assistance of \$85,700 for a total project of \$114,320. This project aims to provide support to the agricultural community for the improvement of water quality in the context of adaptation to climate change.

The OBV RPNS (Rouge, Petite Nation and Salmon Rivers) offers a program support for municipalities in its management against the common reed. The total value of the project is \$87,500, of which \$52,500 comes from the government of Quebec.

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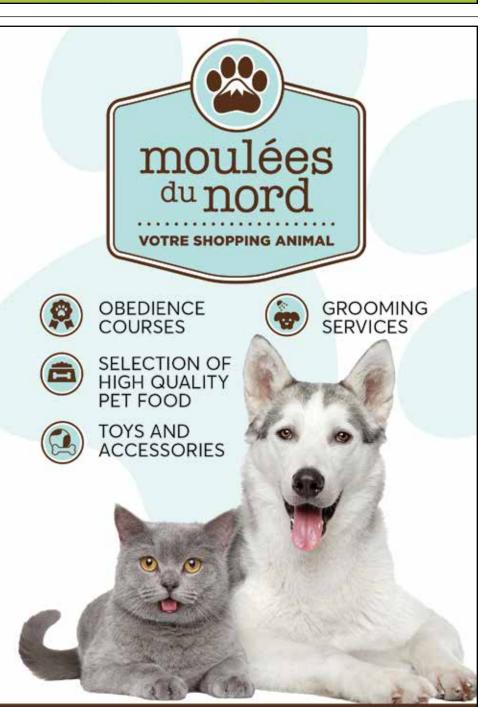
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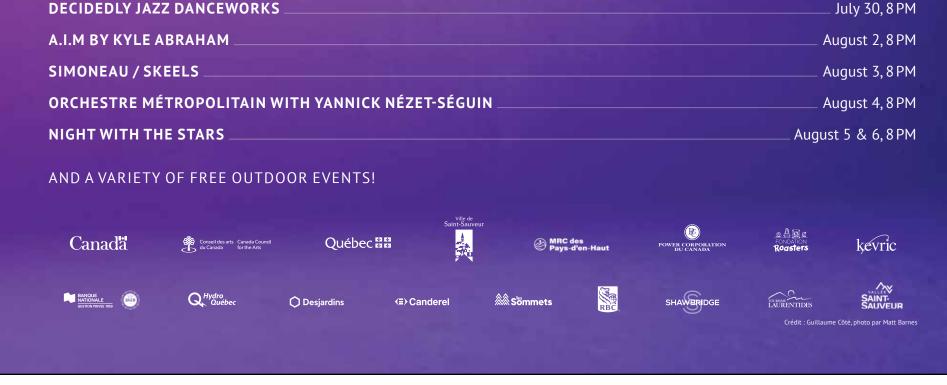
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