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What's On My Mind... Welcome to the Laurentians

Susan MacDonald, Editor



Nestled in the heart of nature, and located half-way between Montreal and Ottawa, the Laurentians is the perfect place for local residents, or visitors from neighbouring cities, to plan their ideal Staycation. To all nature lovers, sports enthusiasts, cultural fans and culinary experts, here's your invitation to visit and enjoy the best of what the Laurentian destination has to offer.

Day excursions are perfect family days, or appropriate for those with unpredictable schedules. They are easy to organize, do not require more than a short-notice reservation, if any, and still provide a multitude of activities to choose from. Outdoor enthusiasts can challenge themselves with white-water rafting in Grenville-sur-la Rouge, zip-lining in Morin Heights, rock climbing in Mont-Tremblant, horse-back riding or golfing in, or near, most municipalities, and cycling the famed Petit Train du Nord, along the old train line, or the Aerobic Corridor. Family outings could include a visit to one of the local farmers' markets, an educational tour of the Intermiel bee facility in St. Benoit (Mirabel), a visit to Omega Park, home to a multitude of North American wildlife in the Montebello area, Bird of Prey shows in Mont-Tremblant, or an evening of galaxy gazing, also in Mont Tremblant. If time permits, a 2-day Laurentian excursion, with an over-night stay at one of the many Auberges, B&Bs, or camping facilities in the region, is the perfect way to visit multiple venues. Choose to travel the secondary roads, which offer the most scenic routes, and take a picnic to enjoy along the way.

Throughout the summer, the Laurentians will be hosting several cultural events, both indoors and under the stars. Renowned favourites are the Festival des Arts in Saint Sauveur, the Mont-Tremblant Blues Festival, Nostalgia Concert evenings in the park of Sainte-Adèle, Cammac's musical concerts in Harrington, the Route des Arts open studio tour in Argenteuil, 1001 Pots ceramic exhibition in Val David, and so much more. There is ongoing entertainment at Le Patriote, in Sainte-Agathe, art exhibitions at various locations and agri-tours throughout the Laurentians. Visit the websites of the individual municipalities for a more complete list of activities and events, or peruse www.laurentides.com. There are also many fine-dining restaurants in the region, some offering live-entertainment on weekends.

Need time to just sit back and relax? The Laurentians offers many hidden gems, well-known for providing peace and tranquility, complemented by panoramic views, fine dining, and ultimate hospitality with, or close to, luxurious spas to fully enhance your stay. If you need to unwind and re-charge, this can be the answer to your dreams.

Holidays are meant to be a time to relax and enjoy life with family and friends. This summer, consider avoiding the hassles and chaos of planning long-distance vacations and, instead, savouring the nearby pleasures and experiences that the Laurentians has to offer.

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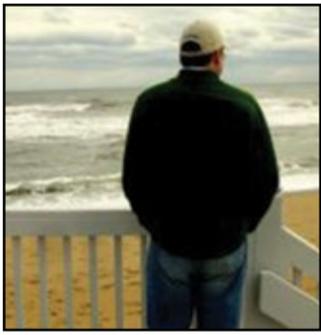
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Observations The Silver Lining

David MacFairlane - Main Street

The reference to a silver lining implies, metaphorically, that every dark cloud has one. As a civilisation on planet Earth, we are living in extremely dark, overcast conditions. Many people, even in my own family, just do not wish to acknowledge the severity

of the impending economic and political crises, now advancing rapidly, worldwide. When I attempt to warn about preparation and adequate foresight, I am told to shut up, or the subject is changed. Hey, it's your lives, folks, but don't say you weren't warned.

In past centuries, civilisation has survived plagues, pestilence and wars, and we have endured poverty, serfdom and abject ignorance, governed by despotic rulers, without regard for our humanity. There have been many times when we have thought the end times were upon us, and the apocalypse had arrived. Yet, we are here, still.

Today, many mainstream media journalists make their living describing similar, modern, apocalyptic visions, but while sipping their lattes in Starbucks. Author, Joe Jarvis, in a recent article, in The Daily Bell, admitted to such personal failures, but attempted redemption by pointing out the overwhelming progress taking place in our society, despite such difficult conditions. He decided to give us a number of reasons to be hopeful and positive, and affirm that we have available the incomparable ability to shape our lives to match our dreams.

Here are some of his indicators, in my words:

The Democratisation of Technology:

Technology has paved the way to unprecedented access to freedom and wealth, and enabled us to be economically independent. Democratisation has allowed what was once the purview of the rich, to be available to all. Any technology is understood, at first, by just a few, but as its utility and significance is proved, it becomes adopted widely by non-experts. VCRs, cell phones and computers are examples, where the first models were prohibitively expensive for the masses, but those who paid the initial, exorbitant prices willingly, enabled future production to achieve scale savings and become affordable to all. For example, in the early 80s, the first Panasonic cell phone cost over \$2,000 and had to be carried in a brief case. The next ubiquitous tech gadget will be a 3D printer in all households. Soon, you will be able to print any gizmo you require without ordering it, or going to a store. If you need, say, a knob for your oven controls, you can download the design blueprint, print it on your printer, using the appropriate material cartridge, and ... voila! A part for your car? Same thing. Already, house exteriors have been built in a few hours, using massive mobile 3D printers, and no people.

The Transportation Revolution:

Uber totally disrupted the monopolistic taxi cartels in most cities worldwide, without owning a single taxi. AirB&B did the same in the hotel industry, without owning a single room. Whether Uber survives, or not, and there are doubts about its profitability and management, the future is beyond, with driverless vehicles. Personal time, being a valuable commodity, travel in a self-navigated car, while negotiating traffic in congested cities, is a luxury one can only imagine today, but it will be a reality very soon. Bullet trains and hyperloops will make inter-city travel fast and cheap. Breakfast in Boston and lunch in Los Angeles will become a normal occurrence, much as the former Concorde supersonic plane enabled breakfast in New York and lunch in London to be a reality, and soon will once again. Rocket technology research by NASA, Virgin, SpaceX, and others, will help us escape our Earth's containment and reach other planets, enabling human life to populate the stars, and survive our likely extinction, as theoretical physicist, Stephen Hawking has warned.

Beer Has Never Been Better:

Joe Jarvis claims that our civilisation has been built on beer, and there is no doubt this beverage dates back to ancient times. In recent times however, our legacy, national beer companies have amalgamated to form giant, multinational monoliths, with worldwide reach and disappointingly pissy beer. However, the Baby Boomer generation, with more discerning tastes, has demanded a better product. The result has been a profusion of micro-breweries, mostly confined to regional markets, with a plethora of tastes, recipes and alcohol strengths. Craft beer has eroded the market share of the majors to such an extent that they have lost over 25% of their market to these start-ups. The hit to the majors' market share has forced them to attempt to buy up these craft beer makers, while pretending that they remain independent. This subterfuge is not lost on a discerning beer-drinking population, which is why Generations X, Y and Z will never think of downing a Bud if given a choice.

Family-Owned Restaurants Are Thriving:

People are tired of the customised menus at the national chain outlets. Anywhere they find small, privately-owned restaurants, with good food, they support them

with a steady clientele. The Food Channel programme, "You Gotta Eat Here," profiles hundreds of such eateries in cities across North America, where the food is distinctive, the service friendly, and the clientele loyal and appreciative. This is the future for eating out. Small, localised, and good food.

Reefer Madness:

The War on Drugs has been a colossal failure and criminal sentences have destroyed the lives of millions of young people for victimless offences. However, today, the hypocrisy of criminalising a natural substance used daily by millions, despite the illegality, has forced a change of attitude. The medical benefits, and burgeoning research into various medical conditions, like Parkinson's, epilepsy, cancer, diabetes, anxiety, chronic pain, and palliative treatments have revealed just how important THC, Cannabidiol and other cannabinoids are to human health. While medical use has been legal for some years, finally, full legalisation for recreational use is mandated for mid-2018. Canada leads the world in ending this prohibition. Thank you, Justin, your father would be very proud of you!

The Internet:

Finally, for me, although Jarvis has a few other points, is the Internet, the ultimate liberator of mankind, no less powerful than the Gutenberg Press, of the 16th Century, that liberated education, unconventional thought and ideas amongst the peoples of medieval Europe, and later, the world. How the Internet has changed the world would take many books to describe, but

suffice to say, our modern world could not function without continuous access to it. It has become as mundane, and necessary, as any other essential aspect of contemporary life.

In summary, while the maelstrom is guaranteed to arrive sometime soon, all will not be lost, and human resourcefulness can, and will, rebuild what will be destroyed financially and socially.

**"Those who are able to see beyond the shadows and lies of their culture, will never be understood, let alone believed, by the masses."
- Plato 428-348 BC
- Classical Greek philosopher, founder of the Athens Academy -**



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TheMainStreetNews

Founder: Jack Burger

Advertising Sales: Steve Brecher

Publisher/Editor: Susan MacDonald

Associate Editors: Jim Warbanks, June Angus

Art Director: Elle Holland

Contributing writers: Ilania Abileah, June Angus, Joan Beauregard, Lys Chisholm, Chris Collyer, Sheila Eskenazi, Christopher Garbrecht, Ac, Ron Golfman, Joseph Graham, Grif Hodge, Marion Hodge, Rosita Labrie, Lori Leonard, Lisa McLellan, Marcus Nerenberg, Claudette Pilon-Smit, Dale Beauchamp, Marie France Beauchamp, David MacFairlane, Kim Nymark, Jim Warbanks and many other contributors from the Laurentian community at large.

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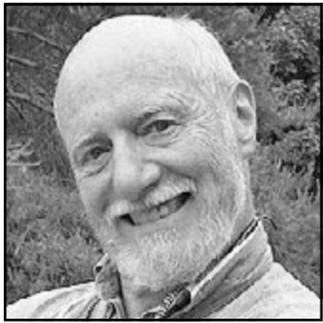
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Simply Words on Paper Cultural Appropriation – Guilty as Charged!

Jim Warbanks - Main Street

Canada's often-appalling treatment of indigenous peoples to this day should, and must be, condemned. Period.

However, I do insist that *Write* magazine editor Hal Niedzviecki was unfairly pilloried for saying, "I don't believe in cultural appropriation. In my opinion, anyone, anywhere, should be encouraged to imagine other peoples, other cultures, other identities."

For the record, cultural appropriation can be defined as "the adoption or use of the elements of one culture by members of another culture. It is claimed to be a violation of the collective intellectual property rights of the originating culture. Cultural appropriation can include using other cultures' traditions, fashion, symbols, language, and cultural songs without permission."

It is important to note that Niedzviecki added, "it is fine to write of characters with lives very different from our own, and there is nothing stopping us from incorporating a culture's myths, legends, oral histories, and sacred practices into our own works," but - and a very big but - "we answer to the readers." He clearly emphasized that, "Indigenous writing is the most vital and compelling force in writing and publishing in Canada today." He also acknowledged that indigenous writers are under-represented in literature (and journalism), then concluded, "If we steal stories or phone in a bunch of stereotypes, we are inappropriately appropriating. It's up to each of us to find the right measures of respect, learning, and true telling." Pretty unambiguous stance.

Not read

In reference to his most vociferous critics, former *National Post* Editor Ken Whyte, who unequivocally supports Niedzviecki, declared, "I'm inclined to believe few of them had taken the time to read (his) opinion piece and notice his cautions." I suspect that taking statements out of context is a frequent knee-jerk reaction in this era of unrelenting, often unproductive, political correctness.

So, I stand proudly with columnist Christie Blatchford, who admitted to offering a \$500 donation to the facetious notion of an Appropriation Prize. Guilty as charged! As a proud mongrel (four Canadian grand-parents with different and mixed ethnic backgrounds), I have frequently written on cultural issues with which I can claim no (or only a minimal) genetic link, both in these pages and elsewhere.

Whyte also noted that few, except the most ardent activists, among the critics of the stand he has outlined, really favored a ban on the respectful adoption of another's cultural ideas, forms, or practices. "To do so would outlaw the creation or portrayal of characters dissimilar to oneself, reducing the whole of literature to personal essay and autobiography, and the whole of journalism to a first-person sport." May that day never come.

Cinderella

The reality is that borrowing, and cultural mixture, have always been widespread. Olufunmilayo Arewa, Professor of Law, University of California, cites the fairy tale *Cinderella*. Versions of the story can be traced back to the Far East, Near East, Eastern Europe, Southern Europe and Northern Europe. By the mid-20th century, the *Cinderella* story could be found in India, North Africa, North America, the Western Sudan, Madagascar, Mauritius, the Philippines and Indonesia. Who "owns" *Cinderella*?

Whyte cites another notable example: Yann Martel, a Spanish-born Canadian, imagining the voice of an Indian boy from Pondicherry in his novel, *Life of Pi*.

There are definite benefits of borrowing to consider: the spread of denim, modern mathematics and even democracy.

Segregationist

To summarize the cultural appropriation argument: Dominant groups (usually the white population) can't borrow from marginalized groups (minority populations) who face oppression or have been stigmatized for their cultural practices throughout history. They claim that the originators rarely get credit, but always deal with the consequences. Others are indirectly telling you, "we don't want you to look, or sound, like us." Telling them that this is exclusionary, deeply rooted in a separatist, segregationist mindset, is very arrogant, and does not advance society in any way, shape or form.

There will be people who love aspects of your culture, and those who do not. Dominant groups are not adopting minority cultural styles with malicious intent to make a mockery of them; they are most often simply showing sincere admiration. The challenge is to tell "your" story effectively and help expand their horizons.

Religions

Perhaps the most notable cultural borrowers are the mainstream religions. Feast days, sacred practices, interdictions, food constraints, revered ancestral figures and legends are most often uncannily similar.

Rather than feud over our cultural differences, we should learn from others to appreciate them, for the greater benefit of us all.





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About Sainte-Adèle

Chris Lance - Main Street

Last month, my directions in my column to Park Claude-Cardinal were totalled mixed up. So, I went to the Parc myself; it is off the 117 north, just past the intersection of the Pine theatre, opposite Brunet pharmacy. There is signage that will take you to the multisport park. You will find hard-court tennis, pickle ball courts and basketball hoops. There are 3 fenced-in dog parks: big dogs, little dogs and a training enclosure. There are also junior soccer

pitches for the kids. There is a skate park also. When I visited, there was one big Fido, who ignored my tennis-ball throws and a texting owner. So, the place is awaiting your use and, to date, it is all free. Enjoy.

Over on the way to l'Estérel, you can climb Mt-Baldy. Please check out FQME website www.fqme.qc.ca or you can contact le Club des montagnards laurentiens for other climbing walls in our region at www.clubmontagnardslaurentiens.com.

From Monday to Friday, at 7 pm, beside the railway station in Mont-Rolland, near le P'tit train du nord, you can participate in Petanque. For more info, contact Gilles Legault 450-229-6725.

The clay tennis courts are up and running with organized mixed doubles round robins on Tuesday, Friday, Saturday and Sunday from 9 am to noon. There is also league play in the evenings (for those who work) on Monday, Tuesday and Wednesday, from 7 pm to 9 pm. Call the court at 450 229-2921 ext. 237 to get info. Alert! I am not certain if they speak English.

Sainte-Adèle has also put a reservation system on-line at www.ballejaune.com/club/villesainte-adele. You will get your password when you pay your tennis membership, at the tennis court office, on rue Sigouin. Keep in mind, for the round robin you need to pay \$2.50 to play, so pick up a 10-round card for \$25 when you get your season membership – bring your citizen card, otherwise you will pay as a non-resident.

There are repairs on Autoroute 15 – one near exit 57 and 59 – one lane closure heading north. Also up by kilometre 70. These closures will last until 2018, and change from time to time. The alternative of course is the 117, at 70km/hr, but hopefully the roadways will not be too congested as you head up north.

You have until Friday, July 21 at noon, to enter your business or residence into the contest, Les Fleurons de Sainte-Adèle: 1st prize \$500; 2nd prize \$300 and a draw of \$200 from all participants. The prize will pay for those annuals you buy. Contact Chantal Cayer, at 450 229-2921 ext. 252, or ccayer@ville.sainte-adele.qc.ca, to get involved.

The 16th edition of "Soirees Nostalgia" gets going every Saturday night, at 8 pm, in the Parc de la Famille, located at the top of Morin street and Emile-Cochand. July 1 opens with SO Projet Gabriel, a tribute to the music of Peter Gabriel. Don't forget to bring your flask, spray 6-12 and your chair.

The beach on Lac Rond opens on June 17. It is free with your citizen resident card. Just remember not to feed the birds (ducks). The Plage Jean-Guy Caron opens from 10 am to 7 pm every day. You can rent pedalos, chaloupes and kayaks.

Our embattled Mayor Milot finds himself again involved with electoral situations. This time, a case involving his past mayoral candidate foes. As you know, he received a verdict of guilty for electoral fraud. He is appealing that verdict, and preparing to defend the new charges by the Director General of Quebec elections. Politics, at any level, is a very nasty game. Who runs our town anyway? If you know, email me at the Main Street.

Enjoy our summer season – get out there – walk, run, do a sport, and use that BBQ before we have environment rules on usage. Also, watch those speed signs on our streets.



Village Of Weir Newswire

Claudette Smith-Pilon

JUNE IS BUSTING OUT ALL OVER!

NEWS FROM CITY HALL

Reminder: The last community luncheon for this Fall / Spring calendar was held on Friday, May 26. It was a great meal and everyone enjoyed it.

Thanks to Jolaine and her team for providing the community with such a tasty activity. A lot of work goes into these social activities: planning menus, shopping and cooking, and a big thank you goes out to all those who participate behind the scenes when preparing these community get-together opportunities.

MADA

As of April 10, our municipality has hired a technician responsible for seniors' leisure activities. It is a full time resource that will be shared by Montcalm, Arundel and Brébeuf. Ms. Sandy Duncan will be the contact person and she can be reached at 450 613-0630 / loisirdes5m@gmail.com

The last MADA committee meeting was held on May 18. The launch for events that was planned for June 17 has been postponed until October 1 to coincide with Seniors' Day (Journée des aînés).

ROYAL CANADIAN LEGION ROUGE RIVER 192

I would like to bring to everyone's attention that RCL Rouge River Branch 192 offers assistance to all veterans living in the area. If you need medical or financial help, have job-related issues, or, simply would like to speak to someone, we welcome you to our door. You do not need to be a member. We are discreet, friendly, open-minded and very resourceful. Please call 819 687-9599 to reach a branch Service Officer or email mmcsp40@gmail.com

A smile can push away the clouds
To make a sunny day
A happy face will warm the heart
So wear your smile today

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

Smile



A Library Addict's Choice...

Grif and Marion Hodge - Main Street

Canadians are celebrating our 150th birthday in many ways. We are looking forward to taking advantage of the National Park free passes. We also celebrated by subscribing to Canada's History magazine, formerly known as The Beaver.

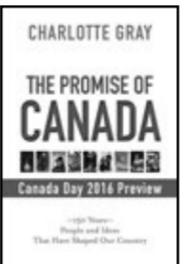
The Beaver: A Journal of Progress was founded by the Hudson's Bay Company in 1920 as HBC's commitment to preserving our past through the Hudson Bay Company History Foundation. Canada's History Society was founded in 1994 to promote Canadian history for young and old. The society has a number of programs including Canada's History magazine, Kayak: Canada's History Magazine for Kids and CanadaHistory.ca.

In celebration of the sesquicentennial, the venerable company of adventurers has produced a list of good reads that attempt to embrace the broad sweep of our nation's many roads. Here are a few suggestions:

BIOGRAPHIES

Gray, Charlotte - The Promise of Canada: 150 years – People and Ideas That Have Shaped our Country

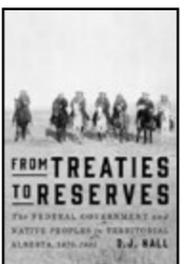
According to reviewer Victor Rabinovitch, there are some characters missing from the tapestry, yet admirable inclusions as well. Diverse ideas inspire the reader to ask questions and reflect on how one can personally relate to these.



DEVELOPING RELATIONSHIPS

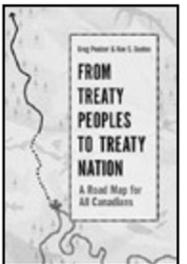
Hall, D. J. - From Treaties to Reserves: The Federal Government and Native Peoples in Territorial Alberta, 1870-1905

As most Canadians live in large urban centres, far away in geography and time from the treaties that cover vast territories, the subject can be baffling and controversial. D.J. Hall, focusing on the peoples of Alberta, details "the critical period during which the newly-formed Canadian state transformed the Indigenous peoples from individuals into menials, confined to reserves for the convenience of white newcomers who were determined to have their land.



Poelzer, Greg and Coates, Ken S. - From Treaty Peoples to Treaty Nation: A Road Map for All Canadians

In From Treaty Peoples... Poelzer and Coates provide a broader portrait, spanning decades. The authors' intent was to give a primer on these complex issues, as well as "to enable those of us interested in one or the other aspect of their "road map" to acquire just enough information to be able to search other sources, including the Internet, for detail and depth." Jean Berman



Arundel News

Janet Thomas



LIBRARY LECTURE SERIES

Friday, June 9

Maureen Brophy:
Mature Women's Health
Things change as we age.
What's normal, what isn't?

What are our options for maintaining good health?
Meet-the-Speaker and refreshments follow each lecture.
Free admission: Arundel Municipal Office

SATURDAYS IN THE PARK: Starting June 24

Join us each Saturday at the Beaven Creek Park for family fun and healthy living. In the event of rain, activities continue in the gazebo.

10 am - 11am

YOGA STRETCH: Stretch away your workday stress

11:30 am - noon

YOGA PLAY: Whole family fun with yoga

noon - 1pm

PICNIC in the PARK: Bring your lunch and join us.

1pm - 3 pm

ART IN THE PARK: Free art fun for children

CANADA DAY FESTIVITIES: Saturday, July 1

10 am - 4 pm

CRAFT FAIR: 21 artisans display their wares beside Arundel Provisions

11:30 am - 2 pm

STRAWBERRY LUNCH AND BAZAAR: Arundel United Church

Delicious sandwich plates followed by strawberry short cake, tea or coffee. Adults \$10; children 5-12 \$5; under 5 free

FLAG-RAISING CEREMONY: Beaven Creek Park

WHOLE FAMILY FUN! Beaven Creek Park
Children's Project, Games, Clown, Bouncy Castle, Legion Meschoui, Music, Dancing, Fireworks!

2 pm

2:30 pm - 1am

ALBeRo WATER TESTING

Sunday, July 2

Once again ALBeRo is providing members with free water-testing for fecal coliform. Collect your sample bottle, fill it from your tap or your beach, and return it by noon. One free test per membership.

9 am - noon

@ Montcalm Community Centre

10 am - noon

@ Arundel Provisions



NEWS BITS FOR JUNE

New data from the 2016 Census

Statistics Canada released a second series from the 2016 Census data on age and sex. The picture of the Canadian population is changing...

Over the five-year period from 2011 to 2016, the number of people aged 65 and over increased by 26.5% in Laurentides – Labelle, from 22,815 to 28,850. In the same period, children aged 14 and under decreased from 14,385 to 14,250 (-0.9%). For the first time in local history, the proportion of seniors over the age of 65 is twice that of children aged 14 and under. In 2016, 25.3% of the citizens of the riding were aged 65 and over (28,850), 62.1% between the ages of 15 and 64 (70,715) and 12.5% between the ages of 0 and 14 (14,250). In 2011, 20.5% of the citizens of the county were 65 years and over (22,815), 66.6% between the ages of 15 and 64 (74,165) and 12.9% aged 0-14 (14 385). Seniors aged 85 and over rose from 2,030 to 2,570, including 15 venerable centenarians, 5 men and 10 women. Over the past 5 years, the total population of Laurentides – Labelle has increased from 111,355 to 113,815.

At the Canadian level, it is estimated that by 2031 the proportion of one in four (1/4) Canadians aged 65 and over will be expected: <http://www.statcan.gc.ca/daily-quotidien/170503/dq170503a-eng.htm>.



Lac-du-Cerf's postal code situation resolved by David Graham

For several years, the municipality of Lac-du-Cerf has unsuccessfully requested a postal code, distinct from that of Notre-Dame-de-Pontmain, at Canada Post.

Mayor Danielle Ouimet clearly explained the disadvantages of a common postal code with the neighboring municipality, including delays in mail delivery, especially with similar street names, confusion for online orders, and GPS tracking.

The MP approached Canada Post to support Lac-du-Cerf's application. In the long term, the file was sent to the Canada Post Ombudsman, based on numerous written testimonials from citizens of the municipality. The Ombudsman recently acceded to the request and called on the municipality to take action. The municipality confirmed that it had contacted Canada Post and that a new postal code will be issued next November. When the new code is issued, citizens will be well informed of the steps to be taken.



Working in Unity in Mont Tremblant

In order to facilitate the referral of victims and their relatives, the City of Mont-Tremblant's Police Department signed a partnership agreement with four community organizations on Thursday, June 1, in the presence of Mayor Luc Brisebois, at Mont-Tremblant Town Hall.



Ville de MONT-TREMBLANT

"I would like to thank the Laurentian Center for Victims of Crime, L'Ombre-Elle, the Faubourg Suicide Prevention Center and Prévoyance aux aînés des Laurentides, which help to provide additional and personalized services to citizens affected by a crisis situation..." said Mayor Luc Brisebois at the signing of the partnership.

How does it work?

During a crisis situation, the police present a consent form to the victim, and his/her relatives, who may need support. Subsequently, this form is sent quickly, by e-mail, to the partner organization that can best meet their needs. The latter undertakes to make a telephone follow-up, within a short time, to offer its accompanying services. If the victim or relatives choose not to sign the consent form to receive assistance, the police officer assigned to the case will make a second attempt in the following days.

Less Waste Buried

After more than two years of consultation, the Joint Residual Materials Management Plan (PGMR) 2016-2020 of the Antoine-Labelle, Laurentides and Pays-d'en-Haut MRCs has recently been entered into force. Approved by the Government of Quebec, this PGMR proposes nearly 60 measures and actions to reduce the amount of material disposed of at landfills by at least 15%.

By 2020, the Pays-d'en-Haut MRC, in collaboration with its ten cities and municipalities, will continue to implement three-way collection (waste, recyclable materials and organic matter) by means of rolling bins. It should be remembered that around 57% of the materials generated by households are organic matter (green residues and food residues) and that in 2016, due to brown bins, 1575 tonnes were diverted from the landfill sites.

To learn more about waste management or to consult the joint PGMR: www.lespaysdenhautrecyclent.com.

STRICTLY BUSINESS

By Lori Leonard - Main Street

A warm welcome to:

Serge Côté, owner of the new chocolate shop, **Choco Crème**, 27 de la Gare, St. Sauveur. The shop features handmade artisanal chocolates, including Coco Barry Belgian and new Nespresso. Also on the menu are unique maple mushroom chocolates, almond bark, a variety of 70% dark chocolates and 34% milk chocolate goodies. There is also a fine selection of chocolates from all over the world. They also feature soft ice cream cones, dipped in their special homemade chocolate dip. Yummy! 450 227-2589 / www.chococrema.ca / Facebook: chococrema.



Congratulations to:

Curé Ronald Labonté who celebrates his 50th year as a priest. He was ordained on May 6, 1967 at 24 years old, the same year as Expo 67. Throughout the years, Curé Labonté was a travelling priest, and held masses at churches within 7 different Laurentian communities. Currently, he presides only at Église St. Sauveur, 205 rue Principale, St. Sauveur. Curé Labonté is 74 years "young" and welcomes everyone to mass on Sunday mornings. There was a special service held on May 7, to honor this very special occasion. Curé Labonté, may you stay in good health, and serve our community for many more years to come.

Daniel Richard, new owner of renowned **Sports Denis Parent**, 217 ch. Du Lac Millette, St. Sauveur. The store carries an excellent variety of comfortable clothing for cycling, tennis, fitness, golf, etc., including well-known brand names. Open Monday to Wednesday: 10 am - 6 pm; Thursday and Friday: 10 am - 9 pm; Saturday: 9 am - 5 pm and Sunday: 10 am - 5 pm. 450 227-2700 / www.sportsdenisparent.com. Best of luck Daniel!



Myriam Bellemare Thériault, B.B.A., who is a Mobile Mortgage Specialist with the TD Bank. Myriam's territory covers St. Jérôme up to, and including, St. Sauveur. Myriam has excellent expertise and can help you with pre-approval of your purchase of a new home, help to lower your monthly payments, protect your purchase rate and much more. 514 449-0017 / myriam.bellemaretheriault@td.com. You can also visit her profile at mms.tdcanadatrust.com/myriambellemaretheriault.



Did you know that:

Atelier Petits Moteurs Prévost moved from their former shop in Prévost to 156B, Rte. 117, Ste. Anne des Lacs? Owners **Serge Malouin** and **Normand Paradis** are on site to help you with repairs, sales and service of brand-name new and used motorized equipment, such as lawn mowers, weed eaters, lawn tractors, chain saws, snow blowers and small boat motors. Used lawn mowers sell for between \$50 and \$100. They will also pick up and transport your tractor to their shop for repair. Serge and Pierre look forward to serving you at their new location. 450 227-2177.

If you want to enjoy a hearty breakfast or brunch in the Laurentians with family or friends, check out the popular, well-established **Au Petit Poucet**, 1030 Rte. 117, Val David. This restaurant opened in 1945, and features traditional Québec cuisine, such as delicious cured ham, home-baked beans, tourtière, "Campagne" toast, fluffy omelettes and much more. Open 7 days a week, for breakfast and lunch. The restaurant has a rustic, welcoming décor with incredibly friendly, smiling waitresses to serve you.

RESTAURANT

Au Petit Poucet

Gift certificates are available. They also feature a take-out boutique, where you can purchase their ham, tourtières, maple syrup, beans and other items. Reservations are recommended due to the restaurant's popularity, especially on weekends. This is the perfect place to bring your friends or family from out of town for a real Québécoise treat! 819 322-2246 / www.aupetitpoucet.ca.

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Laurentian Club Report

The Laurentian Club of Canada: Season Finale!

Mary Mitchell

Providing a social club and a meaningful presence for the English-speaking community in the Laurentians since 1995, the Laurentian Club recently ended another successful season.

The Club holds monthly meetings at Holy Trinity Church Hall, 12, rue Prefontaine West, Ste-Agathe-des-Monts. Its Annual General Meeting was held Monday, May 15 with a wonderful four-course meal at Restaurant La Table Ludique in Ste-Agathe.

Many thanks to all our generous donors of door prizes. This event closed a season of interesting speakers, including a renowned medical researcher, Indigenous activist, international volunteer, long distance hiker, passionate gardener and amateur historian. We also held Laurentian Club movie nights at Cinema Pine in Ste. Adèle, the second Tuesday of each month, often meeting for dinner beforehand. Once again, the Club partnered with Diffusions A'mal Gamme on a chamber ensemble concert. Much appreciation goes to Dave and Susan Merrett who are stepping off the Board after several years as co-presidents.

We look forward to opening our 2017-2018 season on September 25, and hope to see you there. Visit www.LaurentianClub.ca and our facebook page.





Fit Tip #116 The Telomere Effect

Lisa McLellan – Main Street

Trends are pointing to the 100-year lifespan. Most of us are going to live longer and longer. Let's get our heads out of the sand, and stop projecting negative and decrepit images of what living into our 90+ years will look like. Our life-spans can be divided into health-spans, the number of years of our healthy lives, and disease-spans, the years we live with noticeable diseases, which interfere with our quality of living.

I have been sharing with you the importance of exercise to stimulate new cell growth to keep us vibrant in body and mind. Now, let us take a closer look at what is going on inside the cell, with regard to cell replacement. At the end of our chromosomes, the structures inside our cells, which carry our genetic information, are telomeres. Cells can continue to divide and copy themselves into new cells, as long as their telomeres remain functional. Telomeres tend to shorten over time and, when they become too short, the cells stop dividing. According to Dr. Elizabeth Blackburn PhD, and discoverer of telomeres, short telomeres are one of the primary reasons cells grow old. The good news is that we can affect the length of our telomeres by our lifestyle choices. The fantastic news is that we can even lengthen already shortened telomeres.

So, why do people age differently? How we age is affected by the complex interactions between genes, social relationships, environments, lifestyles, twists of fate, and how we respond to stress. One of the keys to a long health-span is simply doing our part to foster healthy cell renewal. Cellular health is reflected in the wellbeing of an individual's mind, body and community.

Tips on how to keep our telomeres long:

- Telomeres are affected by our minds; how we think and what we believe. Reframe our ways of responding to challenges and stresses by adopting more positive ways of living.
- Awareness opens doors to wellbeing. Mind-body techniques help to reduce stress and increase telomerase, the enzyme that replenishes telomeres.
- Exercise that promotes cardiovascular fitness is great for telomeres.
- Get more restorative and longer sleep.
- Telomeres hate processed meats, but fresh, whole foods are good for them.
- Become more self-compassionate and compassionate towards others.
- Cultivate good, close relationships. Build trust.
- Spend time in Nature.
- Disconnect from screens, and make room for personal connections.
- Protect children from violence, give them quality attention and the right amount of good stress.
- Telomere length is passed on genetically. If you have long telomeres, during the time of conception, you will pass these along to your babies!

For a more thorough understanding of telomeres, and their role in keeping us aging younger, read: The Telomere Effect by Elizabeth Blackburn, PhD and Elissa Epel, PhD. Our health-span is in our hands.

Get to it, my friends. It's never too late to start aging younger. I'm on it. How about you?

Wednesdays Live at the Legion

The Morin Heights Legion is transformed into a raucous musical venue twice a month as people from surrounding areas join locals to dance and enjoy some of the best live blues and rock in the region. The bands, mostly specializing in tunes from the 50s, 60s and 70s, play up close and personal in the 80-seat room to a crowd usually ranging in age from 40 to 90, and everyone raves about the experience.

Wednesdays, you say? Why not? The bands play from 7 to 10, so it's an early night out, and typically more great bands are available at bargain prices on a week-night. Admission is only \$10, but come early to ensure a seat. During the summer months the Legion is also offering burgers and dogs on the barbeque from 5 pm till show time.

Live music on a regular basis at the Morin Heights Legion began a year ago, and a town famed for its musical heritage (Commons Showbar, Rose's Cantina, Le Studio) has responded well; often the place is packed. The quality and variety of the music booked by Pierre Rawitz is superb. Acts have included the Terry Gillespie Band from Vankleek Hill, the Stephen Barry Blues Band (with local guitarist Andrew Cowan), Posa Blues Band (with our own Rob Rankin on drums), and many others. The May 3 show, for example, featured the fabulous Dwane Dixon playing 'rockin' roadhouse blues' classics ranging from the Rolling Stones and Johnny Cash to Led Zeppelin and Jimi Hendrix.

Check the line-up for the next few months. And remember it's the first and third Wednesday of every month - at 7 pm. Only \$10. Morin Heights Legion, 127 Watchorn.

Wednesday June 7	Stormy Weather
Wednesday June 21	Paul Arthur and Raisin' Cain
Wednesday July 5	Bob Stagg Trio with Barb Harris (don't miss this one!)
Wednesday July 19	The T-Birds
Wednesday August 2	Posa Blues Band
Wednesday August 16	Country Night with Dwane Dixon and Texarillo



Healthy Channels

Christopher Garbrecht, Ac. – Main Street

Well, this day was bound to come sooner or later. I mean, how many articles can a person write about acupuncture and health? When I first proposed the idea of writing an article about health and acupuncture for Main Street, I had in mind that I would be lucky to be able to write 12 articles over the course of a year. It turned out that finding health-inspired subject matter wasn't that hard after all. Once I began really thinking about possible health topics, the list kept growing. I could potentially write about every pain from the top of the head to the bottom of the feet. Then there are all the internal problems, from the heart to hernias. The human body is so amazing that the possibilities became endless. I had a good run, and I wound up writing over 60 articles in 5 years time in Main Street, but now I feel it is a good time for me to move on before my articles become redundant and my readers become bored!

I studied English literature at university, and I must say that writing these articles over the past few years has been a wonderful marriage of my two passions, writing and acupuncture. From the beginning, my inspiration has been to give my readers a look at a health-care topic from both a Western and Eastern point of view. As an acupuncturist, I feel that it is my responsibility to provide a better understanding of this remarkable medicine to as many people as possible, and I hope that I have been successful in opening a few people's eyes to the possibilities of complementary medicine.

I would like to thank all my faithful readers over the years. I never stop being surprised when someone mentions reading, or even liking, an article of mine in the newspaper. I guess, sometimes, when you write an article you don't always think about anyone actually taking the time to read it. But I know that there are at least a few people out there who do. Thank you.

Most of all, I wish to thank Sue MacDonald, Steve Brecher, the staff, and, of course, the other writers of Main Street, who work so hard putting together this monthly newspaper. Without your hard work, time, and effort, the Laurentians would be deprived of its only English newspaper.

Be well and stay safe,

Christopher Garbrecht

For an appointment in Val-David, you can call me at 819-322-3081. You can also visit my website at acupuncturevaldavid.com.



Essential Oils Beating the Bugs – Naturally

Susan Rich

Bug season seems to have started early this year, and with the constant reminders about Lyme Disease and West Nile Virus, going outside has become a huge concern to many people. So what do we do? We avoid the outdoors, we don't put sweet-smelling scents, like perfumes and shampoos, on ourselves, we wear light-coloured clothing, we keep our bodies covered up, and we slather ourselves in stinky insect repellent. Being outdoors is very important for our good health, but the problem is that most of the repellents out there are highly toxic and carcinogenic. So, while we might not get as many bites, we are definitely putting our health at risk.

I'm here to tell you to fear no more, because essential oils can help protect you, your kids and pets, safely and naturally. So, get outdoors and go camping, have picnics, enjoy lazy evenings on the porch again. For just pennies a batch, pure essential oils will truly give you your summers back. Not only do they get rid of the bugs, they smell amazing too.

Here are some great ones to have around.

- Mosquitoes: Peppermint, Lemon, Lavender, Eucalyptus, Thyme, Geranium, Clove, Sage, Cinnamon, Rosemary
 - Flies/Gnats: Peppermint, Eucalyptus, Geranium, Cedarwood, Patchouli, Melaleuca, Rosemary
 - Ticks: Peppermint, Geranium, Thyme, Melaleuca, Cedarwood
- Homemade insect repellents are so easy to make and are also dirt cheap.

Here are 2 recipes:

Rub On

- 2 oz carrier oil (I like sweet almond or avocado. They are light on the skin and not too greasy)
- 10 - 20 drops of your preferred oils from the lists above (you can combine oils)
- A glass jar
- Mix the ingredients, shake the jar and apply to skin.

Spray On

- 2 oz Glass Spray bottle
- 1 tsp carrier oil
- 1 tsp vodka or witch hazel
- 10 - 20 drops of preferred oils
- Top up with distilled water
- Shake it up and spray it on

If you have tried these recipes and they are not working, it's due to the quality of the oils. Make sure of the quality, and the results will be constant.

For more information, or to experience the benefits of CPTG essential oils, please contact me at 819-421-2253





RE/MAX

Gillian Hartley

Remax Laurentides
Real Estate Agent
gillianhartley.re@gmail.com
450-806-4646

Personalized service
with care and support
from beginning to end



Morin-Heights
\$515,000 (26366074)
Impeccable Turn Key home in the heart of the Laurentians. 3 large bedrooms each with en-suite, in-ground salt water pool and spa, 2 car garage, 9-foot ceilings, cherry flooring, 41,000 sq. ft. lot.



Lake Louisa, Wentworth
\$439,000 (22533477)
Prestigious Lakefront home on Lake Louisa with large boat-house, 3 bedrooms, 2 bathrooms, 9-foot ceilings. Facing west with the best view of the sunsets.



Saint-Sauveur
\$399,000 (28421301)
Amazing country home with lake access on 2 acres of land in the prestigious area of Lac des Chats. Newly renovated with a chef's dream kitchen, 3 bedrooms 2 bathrooms and a lovely view.



Morin-Heights
\$274,900 (19832231)
Quaint country home, only minutes from Morin-Heights, with access to cross-country ski and bike trails. 4 bedrooms, 2 living rooms, 2 bathrooms and a lovely yard. .

Domaine Bordering the Aerobic Corridor

Nestled in the heart of the Laurentians. Large private lots with direct notarized access to the Aerobic Corridor in Morin-Heights. Ski, snowshoe or bike from your back yard.

Ideal location for outdoor enthusiasts to construct the perfect country retreat. 4 lots available: ranging in size from 1.7 acres to 5.84 acres.

For more information call 450-806-4646





Out & About

Ilania Abileah - Main Street



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

MONT TREMBLANT 19th Upper Laurentians Classical Festival

Thurs, July 6 - Sun, Aug 6. Adults: \$35 / Seniors \$32 / Students \$28.

1 877-545-3330 / www.concertshautes-laurentides.com

Thurs, July 6: 7:30 pm - Ensemble Garnati will play music from Weber to Irish jigs to Argentinean Tango (Église du Village, 1829, ch. Du Village, Mt-Tremblant)



Trio Garnati

Thurs, July 13: 8 pm - Natalie Choquette presents "A Masque Ball." (Centre sportif et culturel de la Vallée-de-la-Rouge, 1550, rue du Rapide, Rivière-Rouge)

Fri, July 14: 7:30 pm - Les Voix Humaines; Vivaldi's "Four Seasons" played on four Viola de Gamba, accompanied by a poetry reading.

Salle Alphonse Desjardins

1145, rue de Saint-Jovite, Samuel-Ouimet Library, downstairs
Open Wed: 1 - 5 pm; Thurs & Fri: 1 - 9 pm; Sat: 10 am - 3 pm; Sun: noon - 5 pm
819 425-8614, ext. 2500 / villedemont-tremblant.qc.ca

June 14 - July 2: Fabienne Nozerand exhibits her painting series, "Les Madones."

24th International Blues Festival Of Mont Tremblant

July 7 - July 16: Tremblant Resort. There are four outdoor stages presenting top international bluesmen along with Quebec musicians. <http://blues.tremblant.ca/en/>

ST FAUSTIN

Maison des Arts et de la Culture

1122, rue de la Pisciculture, 819-688-2676. Open Wed - Sun: 11 am - 5 pm
June 10 - Aug 12: 21st Annual Competition. Free admission.

ST. DONAT

Place de l'Église, 473 Principal / 819 424-2833 / 1 888 783-6628 / tourisme-saint-donat.com

Free concerts every Saturday at 8:30 pm.

July 1: Sarah Dagenais with the Hakim Band.

July 8: Jérôme Charlebois with Marco Calliari and four musicians.

July 15: Anthony Gaudet (sings Rock).

July 15: Lady Beats - Mélissa Lavergne and D.J. Abeille.

As of July 13: Free concerts every Thurs at Parc des Pionniers. In case of rain, concerts will be held in the church.

STE-AGATHE

Théâtre Le Patriote

258, Rue Saint-Venant / 819 326-3655 / <http://theatrepatriote.com>

Salle Percival-Broomfield

Sun, June 11: 4 pm - La Tournée des idoles 2: Music from the 60s & 70s performed by past stars accompanied by six musicians. \$63.

Sat, June 17: 8 pm - Parole et musique - an evening with Gilles Vigneault, accompanied by François Guénette and pianist Jean-François Groulx. \$50.

Sainte-Agathe Church

June 23: 8:30 pm - Diane Dufresne performs with the Longueuil Symphonic Orchestra. This is a special concert to mark the 50th anniversary celebrations of Théâtre Patriote.



Diane Dufresne

Sainte-Agathe Place Lagny (2, rue Saint-Louis)

As of July 1 - Free outdoor concerts on Saturday nights. Opening act at 7:30 pm followed by scheduled concert at 8:30 pm.

VAL DAVID

Val David Exhibition Centre

(2495, rue de l'Église. 819 322-7474 / www.culture.val-david.qc.ca

Sat, June 24 - Sept 4: An exhibition entitled "de la CHAPELLE au mur des RAPACES" by René Derouin



René Derouin

VAL MORIN

Théâtre du Marais (1201 10è Ave / 819-322-1414 / www.theatredumarais.com

Sun, July 9: 2 pm - A special benefit concert given at Les Jardins de Paquerette (5277 Chemin Maupas). Jean Deshènes and his Ensemble Transatlantik Schrammel play music from Vienna. \$50 (a donation receipt is available)



Jean Deshènes and Ensemble Transatlantik Schrammel

Exhibitions

Galeri d'Art Espace Rhizomes (6140 Rue Morin / Christiane de Carufel: 450 745-4125 / cdecaru@cgocable.ca). Open **Sat & Sun: 1 pm - 5 pm.**

June 10 - 18: Young artists of the Polyvalente des Monts de Ste-Agathe.

June 24 - July 9: Empreintes collectives - a group show of the Rhizomes Gallery's artists.

July 14 - July 30: Artist, Layloo Lapière's paintings entitled, "Un certain regard." Vernissage July 14: 7 pm - 10 pm

ST. ADOLPHE D'HOWARD

L'Ange Vagabond: 1818 Chemin du Village. Reservations: 819 714-0213 / www.facebook.com/angevagabond

Sat, June 10: 8 pm - Chances & Cholé Lacasse, with Genevieve Toupin & Vincent Carré. (Pop). \$20.

Sat, June 17: 8 pm - Foreign Diplomats (Indie rock). \$20.

Fri, June 23: 8 pm - Cabaret St. Jean

Wed. June 28: 8 pm - Dimoné. Dinner/show: \$45 show only: \$20.

Fri, June 30: 7:30 pm - This evening we dance.

STE. ADÈLE

Place des Citoyens (999, boul. Ste-Adèle / 450 229-2921, ext. 300 / www.ville.sainte-adele.qc.ca)

Open Tue - Sun : 10 am - 4 pm

Sun, June 11: 11:30 am - 2 pm: 4th Lunch in White (White attire required) at Park Claude-Henri-Grignon. An outdoor gastronomic experience with jazz entertainment from Duo de Trois: Luc Boivin (percussion), Michel Cyr (keyboard) and Norman Lachapelle (bass). \$10 tickets available at Place des citoyens and <http://steadele.tuxedobillet.com>

16th Nostalgia Evenings - Concerts at Parc de la Famille (corner of Morin & Emile-Cochand)

Every Saturday throughout July starting at 7:30 pm with an opening act of comedians. Concerts at 8 pm featuring a tribute to British singer, Peter Gabriel plus All Access Showband, Nicolas Pellerin et les Grans Hurleurs, and more.

SAINT-SAUVEUR

Ça-me-dit Concerts at Park Filion

50-227-6480 / info@valleesaintsauveur.com / www.valleesaintsauveur.com

Music, Dance and More...

Sat, June 10: 3 pm - Lydia & Sébastien (Pop) / **Sun, June 11: 2 pm - 4 pm:** L'Olympe Jr. Hip-Hop competition. **Fri, June 16:** Evening Outdoor Film Screening / **Sat & Sun, June 17 & 18: 4 pm - 8 pm:** sidewalk sale.

Opening of rue Principale: **9 am:** yoga | Festival Arts & Lumières: **7:30 & 9:30 pm** - Jam Experience / artists on the street. | **Fri, June 23:** National Holiday show. | **Sat, June 24: 2 pm** - Kalimba | **7:30 pm** - Les Bons Diables | **Sun, June 25: 3 pm** - Tribute to Gerry Boulet & Marjo. | **Fri, June 30: 7:30 pm** - Valerie Jalbert | **Sat, July 1: 7:30 pm** - Tribute to U2 (rock). | **Sun, July 2: 1:30 & 5 - 7 pm:** song & dance. | **Sun, July 2: 7 pm** - Circus Geronimo. | **Fri, July 7:** Evening Outdoor Film Screening. | **Sat, July 8: 7:30 pm** - Cook while Singing with Chef Bazzali et al. | **Fri, July 14: 7:30 pm** - Trio Argentino. | **Sat, July 15: 7:30 pm** - Tribute to the "Diva of Pop." | **Sun, July 16: 1:30 pm & 5 - 7 pm:** Song & dance.

Exhibitions
Fri, June 30 - July 2: Saint-Sauv'Art



Penguins in the south pole

Fri - Sun, July 7 - 9: Italian Cars Exhibition

Sat & Sun, July 8 & 9: L'en Verre du Décor - meet glass & ceramics artists in the park.

Saint-SAU Pub (236, rue Principale / 450 227-0218 / www.lesaintsau.com)

Live music on Thurs, Fri & Sat nights. **Fri & Sat, June 9 & 10** - 5 Sacrament

Thurs, June 15: 7:30 pm - Triple Rock en Duo

Fri, June 16: 8:30 pm - J.B. en duo

Sat, June 17 - Stephan McNicoll & GCR:

Thurs, June 22: 7:30 pm - Sugar & Spice

Fri, June 23 & Sat June 24: 8:30 pm - Hugo Leblanc

Sun, June 25 - Carl Tremblay with Jimmy James

Thurs, June 29: 7:30 pm - Milestone

Fri, June 30 - Hugo Laliberté & D.J. Oli

MORIN HEIGHTS

Morin Heights Library

823, Village Rd. info@artsmorin-heights.com.

June 17 - Sept 30 - ARTS Morin Heights presents a themed exhibition entitled "Beach." 450 226-3832

GORE

Holy Trinity Church (4, Cambria, Lakefield)

Sat, July 15: 8 pm - Bill Garrett & Sue Lothrop - a duo of Folk Music. \$30 at the door. Tickets and info - Linda: 450 562-9620 / bjlsj@sympatico.ca



Bill Garrett & Sue Lothrop

HARRINGTON

Diffusion Amal'Gamme

CAMMAC Musical Camp (85, Chemin Cammac / 819 687-3938 / national@cammac.ca)

Sun, July 2: 11 am - Ensemble Flûte Alors! Four recorder players from Montreal



Ensemble Flûte Alors

Sun, July 9: 11 am - Vienna Piano Trio - an international chamber music ensemble featuring piano, violin and cello.

Sun, July 16: 11 am - Virtuoso Cello - cello prodigy Stéphane Tétreault will be accompanied by pianist Marie-Eve Scarfone

BROWNSBURG-CHATHAM

Routes des Arts - Collective Gallery

Saint Louis de France Church, 354, rue Principale. 514 213-8180 / info@routedesarts.ca

July 1 - July 26: 11 am - 5 pm: The studio tour will take place July 15 - 23.



ST. JÉRÔME

Laurentian Museum of Contemporary Art

(101, place du Curé Labelle) 450 432-7171 / www.museelaurentides.ca. Open Tues - Sun: noon - 5 pm

Until Aug 20 - Mathieu Beauséjour's work has been exhibited across Canada, the Americas and Europe in public and private galleries and museums.

En Scène : Salle André Prévost, 535, rue Filion, 450 432-0660, enscene.ca

Tickets for the 2017-2018 season are available at la Maison de la culture Claude-Henri-Grignon, 101, place du Curé-Labelle or the new Gilles Vigneault theatre website: www.theatregillesvigneault.com

ST. PLACIDE

20th Sundays at the Park - free concerts at the Lake of Two-Mountains Park, by the church. In case of rain, concerts will be held in the church. 450 258-2211

Sun, July 9 - Fortin Léveillé Duo Guitar (jazz, Latin)

Sun, July 16 - Les Veuves-Joyeuses - duo with guitar and violin.

PLEASE NOTE: All materials for this column must be received six weeks prior to publishing. Please send to ilania@ilaniaabileah.com 450 226-3889 or 450 602-4073.

Festival des Arts de Saint-Sauveur 26th Season July 27 to August 6

Ilania Abileah – Main Street

Artistic Director **Guillaume Côté** prepared an exciting program full of new surprises. Here are the feature presentations:

Thurs, July 27, 8 pm: Moon vs. Sun project: Singers-songwriters-composers Raine Maida and Chantal Kreviazuk, create music influenced by Joni Mitchell, Leonard Cohen and Neil Young.

Fri, July 28, 8 pm: ProArte Dance is an innovative dance company, mixing ballet and modern dance. ProArte Dance is back in Saint-Sauveur (first time 2014) to dance a double bill: "Diversion," a powerful piece by Robert Glumbeck, music by Marconi Union; and "Fearful Symmetries," by Roberto Campanella, danced to music by John Adams.

Sat, July 29, 8 pm: Compagnie Hervé Koubi "Ce que le jour doit à la nuit" (What the Day Owes to the Night) - Twelve Algerian and African dancers, mostly coming from street dance and hip-hop. Hervé Koubi, born in France, discovered his parents' Algerian origins. This piece is his quest for identity. It is highly physical, combining gymnastics, martial arts, b-boying, modern dance and ballet.

Sun, July 30, 6 pm: the Orchestre Métropolitain is back with a guest conductor, Nicolas Ellis and a program of music by Mendelssohn, Tchaïkovski and Beethoven.

Wed, Aug 2, 8 pm: L.A. Dance Project: an experimental dance company directed by Benjamin Millepied, performing for the first time in Quebec. The program includes: "Murder Ballades" by Justin Peck; Martha Graham duets: "White Duet," "Stars," and "Moon," plus two of his own works: the new duo "In Silence we Speak" and "Hearts & Arrows," a work set to the music of Philip Glass, danced by eight dancers.

Thurs, Aug 3, 8 pm: An Evening of Firsts - Skeels Dance /Tentacle Tribe. 1st part: "Rose of Jericho" - Skeels Dance: eight dancers tell a story of struggle to survive. 2nd part: "Threesixnine" - Tentacle Tribe: Emmanuelle Lê Phan and Elon Höglund create conceptual hip-hop with a contemporary twist performed by six dancers.

Fri, Aug. 4, 8 pm: Les Grands Ballets Canadiens returns to Saint-Sauveur after a fifteen-year absence, with a new Artistic Director, Ivan Cavallari. The program includes: "Black Milk," by Ohad Naharin; Spectre, by Marwik Schmitt; Ballet 101, by Éric Gauthier; "Death and the Maiden," by Stephan Thoss (excerpt); and "Falling Angels," by Jirí Kylián.

Sat, Aug 5, 8 pm & Sun, Aug 6, 6 pm: A Night with the Stars - Performing stars are: Guillaume Côté who will dance a duo with Friedemann Vogel of the Stuttgart Ballet in "Songs of a Wayfarer," by Maurice Béjart. Cesar Corrales, English National Ballet; Matt Foley, independent artist; Drew Jacoby, independent artist; Katja Khaniukova, English National Ballet; Calley Skalnik, The National Ballet of Canada; and Laurynas Vejalis, The National Ballet of Canada.

The complete program is on line festivaldesarts.ca or call 450 227-0427.

20
/ 17

MOON VS SUN JULY 27
PROARTEDANZA JULY 28
COMPAGNIE HERVÉ KOUBI JULY 29
ORCHESTRE MÉTROPOLITAIN JULY 30
L.A. DANCE PROJECT AUGUST 2
SKEELS DANSE AND TENTACLE TRIBE AUGUST 3
LES GRANDS BALLETS AUGUST 4
A NIGHT WITH THE STARS AUGUST 5,6

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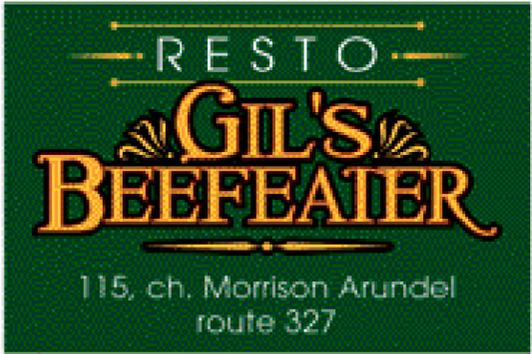
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Garden Talk

Garden Tourism - Latest Trend

June Angus - Main Street

When travelling, I love to tag on a visit to a local public garden or special park. This is a great way to check out the local flora and vegetation while gathering new ideas for my own garden. These settings also provide a welcome break from standard sightseeing – especially in a big city.

Turns out, I'm not the only gardening enthusiast who does this. In fact, there is a whole industry emerging around the theme of Garden Tourism. And, while a growing number of people sign up for special group tours, and garden excursions all over the world, most of us simply add a few scenic garden sites to our general vacation plans.

At the North American Garden Tour Conference, held in Toronto in March, the winners of the 2017 Garden Tourism Awards were announced. These awards are presented to gardens that have distinguished themselves in the development and promotion of the garden experience as a tourism attraction.

In the category of "Top 10 North American Gardens Worth Travelling For" the following gardens were honoured: Chicago Botanic Garden, Glencoe IL, Dr. Sun Yat-Sen Classical Chinese Garden, Vancouver BC, Hershey Gardens, Hershey PA, Ethnobotanical Garden, Oaxaca, Mexico, Halifax Public Garden, Las Pozas, Mexico City, Long View House and Garden, New Orleans LA, Reford Garden, Price QC, San Diego Botanic Garden and Tucson Botanical Garden.

I was delighted to see that Quebec's Reford Gardens, also known as Jardins de Métis, made the list. This is one of my favourites! For starters, it's a wonderful stopping-off point, from June through October, just off Route 132, on the way to the Gaspé.

The 20-acre English-style garden was developed, from 1926 to 1958, by Elsie Reford on the site of her family's fishing camp along the Métis River. The garden with its meandering paths and a variety of ecosystems was first opened to the public in 1962. It includes some 3,000 species, including the famous Himalayan blue poppy (*Meconopsis betoniciflora*), the garden's trademark. The plants grown here will thrive well in the Laurentians, so it offers a treasure trove of great planting ideas for our climate. It is also the site of the annual International Garden Festival that features an exhibition of contemporary landscaping.

So, if you're heading to the Gaspé this summer, build in time for a visit to the Reford Gardens. If you can't make the trip, visit refordgardens.com to take a virtual tour.

There are many other great gardens to visit in Quebec, including the Montreal Botanical Garden, but that's grist for a future column.

While I don't like to venture too far from home for an extended period during our prime gardening season, you can be sure that whatever trip I plan will include a stop at an interesting garden along the way. Happy planning!



A Dog's Best Friend is its Family

Shop or Adopt?

Susan MacDonald

Last month's column ended with a reminder that the responsibility of a pet owner began as soon as the decision was made to bring a new member into the family. You've done your research, and now you're ready to start the search; let's look at a few options.

All puppies are irresistible, and nothing melts the heart faster than seeing a pen full of fluff balls, jousting for toys, or curled up for a snooze after playtime. There always seems to be one who stands out, just begging to be taken home. It works, more often than not, which is why pet shop owners strategically place them in easy view of potential shoppers, hoping for a fast and spontaneous sale.

Buyer, beware! Pet shops are the driving force behind the abusive puppy mill industry. With the solitary goal of making a profit, their dogs receive the minimum of basic care, and the health of the puppies they sell is questionable. Prices are high, running in the hundreds of dollars, for puppies of mixed heritage, with fancy names, such as 'cockapoos,' or some other such nonsense. If you're lucky, they would have received a cursory check-up by a veterinarian, a first vaccine, and been de-wormed. You will be required, at your cost, to follow up with a visit to the vet within 7 – 10 days, in order to maintain any health guarantee, or obtain a possible refund if there is an issue. Final vaccinations and sterilization will also be expensive, so you might as well add these costs on to the purchase price.

If you have decided on a purebred puppy, then you have a multitude of sources to explore. Dogs in Canada magazine produce a special edition annually, which lists breeders by province. Most are highly reputable within the show ring, and are extremely knowledgeable of their breeds. Pet-quality pups should still be registered, or eligible for registration, to the CKC (at no additional cost), and come with a 3-generation pedigree certificate, a non-breeding contract and a health guarantee against genetic defects. Other sources are dog shows, obedience trials, trainers and veterinarians. Again, be prepared to pay a high purchase price, plus more dollars for subsequent vet bills, for the follow-up visit and sterilization.

Choosing a pet from a rescue group, or adoption shelter, is an exceptional idea. Their mission is to place each animal in the most suitable home possible, rather than make a profit. A good source for finding adoptable dogs is at your local shelter or, alternatively, on petfinders.com, where you can peruse countless photos, read descriptions of any dog you are interested in, and fill out an application form. You will be contacted by the rescue, a home-visit will be arranged, followed by an introduction to your prospective new friend. If the match is a fit, you can welcome the new member to your family, but on the rare occasion where something doesn't work, they will help you find the perfect match. Prices vary slightly between shelters, and range from \$400 to \$500. This price includes complete up-to-date vaccinations, de-worming, and sterilization.

Be prudent in your search, and never take anything for granted. Check the facilities and their reputations, ask questions and, when in doubt, look elsewhere. Your new friend is out there, just waiting to come home.



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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**

Sat, June 10: Flea Market (in case of rain the market will be held on Sunday)
 Fri, June 16: 6 pm - TGIF Smoked Meat Supper
 Wed, June 21 & July 5: 5 pm - 7 pm: BBQ
 Wed, June 21: 7 pm - Paul Arthur & Raisin' Cain. \$10.
 Wed, July 5: 7 pm - Bob Stagg Trio with Barb Harris (BarbandBarband)
 Sat, July 1: 6 pm - Canada Day Steak Supper with the T-Birds
 Sat, July 8 - Flea Market (in case of rain the market will be held on Sunday)
 Darts - Fridays at 2:30 pm
 1st Wed each month - live music shows from 7 pm - 10 pm. Regular Bar Hours: 1 pm - 6 pm
 For information on any event call 450 226-2213 (after 3 pm)

**Branch 70 Filiale
Lachute**

Smoked meat dinners cancelled until further notice
 Bus trip to Carleton Raceway Casino every six weeks - check for dates at the legion
 Tues: 1 pm: Euchre
 Every second Wed: 1 pm - shuffleboard games
 Thurs: 1 pm - Cribbage
 Saturdays: 2:30 pm - Darts
 For information call: 450 562-2952 after 3 pm

**Branch 71 Filiale
Brownsburg**

1st Tues of each month - Soup luncheon
 4th Thurs of each month - Military Whist Bar open Wed - Fri 3 pm - closing
 Everyone welcome.
 Memberships: Early bird renewals for 2017 now available. \$45.
 Contact Sheila: 450 562-8728 / 514 909-8885

**Branch 192 Filiale
Rouge River**

Sat, June 10: 6 pm - First BBQ with live music
 Sat, June 17: 2 pm - General Meeting & elections
 Tues, June 20: 7:30 am - Morin Heights Golf Challenge
 Sun, June 18: 4 pm - Yoga, Wine & Chocolate
 YOGA: Mon: 9 am - 10 am | Tues & Fri: 9 am - 10:30 am | Wed: 4 pm - 5 pm
 Info Marlene: 819 687-8566
 Tuesdays: 7:30 pm - cribbage:
 For further details call 819 687-3640 / 819 687-9143 or email evezina80@gmail.com

MORIN HEIGHTS UNITED CHURCH
831, Village, Morin Heights
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Sun: 10 am - Sunday School
Sun: 10:45 am - Worship Service
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Sundays: 9:30 - Worship services.

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Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship

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Call parish office at 613 632-9910 for more info.

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church
Services are held at 11 am every week, followed by refreshments served in the Parish Hall.
Everyone is welcome.

**CHRISTIAN FELLOWSHIP
CENTRE OF THE
LAURENTIANS (CFCL)**
Pauline Vanier, 33, de l'Église, St. Sauveur
Pastor Kevin Cullen: 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

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

**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
June 18: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
June 18: 4 pm - Holy Communion
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
June 11: 11 am - Holy Communion
June 25: 11 am - Morning Prayer
Bilingual services with gospel/bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
June 11: 11 am - Morning Prayer
June 25: 11 am - Morning Prayer

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
The Reverend Nicholas Pang - Priest in Charge
The most Rev'd Bruce Stavert - Interim Associate Clergy
All services are at 9:15 am
June 11 - Family Service
June 18 - Holy Communion
June 25 - Holy Communion

ÉGLISE LAC MAROIS UNION CHURCH
802, Ch. Sainte Anne-des-Lacs (SADL)
Darryl MacDonald

EGLISE SAINTE ANNE DES LACS
1, chemin Fournel, SADL

ST. MUNGO'S CHURCH IN CUSHING
July 16: 11am: Celebrating Canada's 150th
Service followed by a light lunch with entertainment and an historical photo display.
Everyone welcome

**FAUBOURG
SUICIDE
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CENTRE**

24 / 7 HOTLINE
1-866 APPELLE (227-3553)
Intervention and help for all Laurentian residents.
For info and full services visit www.cps-le-faubourg.org



**LAURENTIAN CLUB
OF CANADA**

Would like to thank all its members for their continued support. And to all the Speakers from this past year, thank you very much for sharing your time, experiences and passion with your presentations.
We look forward to seeing you at our first meeting in the fall, the fourth Monday of September.

www.laurentianclub.ca



LAURENTIAN CLUB OF CANADA

**Laurentian Region
Cancer Support Group**

Groupe de Soutien du Cancer de la Région des Laurentides



Next meeting for cancer patients, families and caregivers is

**SATURDAY AFTERNOON
June 17, 2017 at 1 pm**

St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

**Mini Chair-Yoga Session
with Josephine Piazza
followed by a Group Discussion**

Meetings are conducted in English
ADMISSION IS FREE

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

REGISTERED CHARITY - DONATIONS APPRECIATED

COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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

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 pre-
pare 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

LACHUTEMOUVEMENT PERSONNE D'ABORD LACHUTE

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

We accept donations of clothes, toys
and books for our bazaar.
Mouvement Personne d'Abord de
Lachute is a non-profit organization for
people with intellectual disabilities. The
Movement offers an annual program
with dancing, bowling, coffee meeting
etc. for all people aged 17 and older
who are living with an intellectual disabili-
ty. Places available for new 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.

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
June 18: 9 am - noon -
Father's Day Breakfast.
Proceeds from basket draw to benefit
Prostate Cancer Research
Adults \$7 / children \$3
Sat, June 24: 9 am – 3 pm: Flea Market.
To book a table (\$10 each or 2 for \$15),
contact Barry Smith: 819 687-9498
Sat, July 1: 11 am - 2 pm -
Canada Day Celebrations.
Flag raising ceremony at noon,
family fun & refreshments.
Sun, July 9: 9 am - noon - July Breakfast
Proceeds from basket draw to
benefit Victoria's Quilts -
Laurentian / Arundel Branch
Adults \$7 / Children (6-12) \$3.50/ under 5 free.
Sat, July 22: 6 pm - Annual BBQ
Like LRCC on Facebook at LRCC-Lost
River Community Centre

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Bingo - **1st & 3rd Sunday - 1:30 pm**
Cook's Night Out - **1st Friday - 5:30 pm**
Quilting - **Mon: 10 am - noon**
Line Dancing - **Tues: 7 pm - 8:30 pm.** \$7
Cafe Partage - every **2nd Thurs: 1:30 pm**

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugene Church, 148 chemin Watchorn
www.morinheightshistory.org /
mhha98@hotmail.com

THEATRE MORIN HEIGHTS

Morin Heights Legion, 127, ch Watchorn
Info: 450 226-5354 / theatremorin-
heights@gmail.com

VIKING CANOE & KAYAK CLUB CLUB DE CANOE –KAYAK VIKING

June 26 - Aug 18: Program dates
Club location: Pavillon Montfort (160 Rte.
Principale, Wentworth-North.
Info: 450 226-1876 / www.facebook.com/
CanoeKayak.Viking / info@canoekayakvi-
king.ca / canoekayakviking@gmail.com

Ô CHOEUR DU NORD CONCERTS

Val David Community Centre
2490 rue de l'Église
Sat, June 10: 7:30 pm &
Sun, June 11: 4 pm
L'Église Saint Adolphe de Howard
June 17: 7:30 pm
Tickets: Adults \$25 / students \$15.
Available at the Val David General Store
(2475 rue de l'Église)
Dépanneur Robert Gauthier
(1750 ch. du Village, St-Adolphe)

ALCOHOLICS ANONYMOUS MEETINGS

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

STRAWBERRY SOCIAL

Hosted by the Lachue United Church
21, rue Tri-Jean, Grenville
(Community Centre)
July 6: 6:30 pm - 8:30 pm
Entertainment: Music by Friends of Leny
and dancing by the 4-H- Dancers
Donations: Adults: \$8 / 12 years and under:
\$3 / children 6 years and under – FREE.

IMAGINE PREMIER PRODUCTIONS

Casting call for Beauty and the Beast
Parts available for men, women and chil-
dren Play to be presented at the Village
Church Playhouse in Mont-Tremblant on
Dec 28 & 29.
Contact: Beryl Puddifer at:
berylpuddifer@gmail.com

FOLK FEST ON THE CANAL TRIBUTE TO PENNY LANG

Maison de la Culture Marie-Uguay
6052, Boulevard Monk, Montreal
Thurs, June 15: 8 pm
Several great artists participating!
Tickets: Adults: \$25 at the door / \$20 in advance
Students: \$15 at the door / \$10 in advance.
Info: montrealfolkfest.com

SAINTE-AGATHE-DES-MONTS

The City of Sainte-Agathe-des-Monts has
created a cultural, sporting and festive
program that will surely delight you. Great
events, concerts on the lake, sports and
culinary activities, shows for toddlers and
films screened outdoors! A definitely varied
and amazing program that will seduce
both the residents of Sainte-Agathe-des-
Monts and the surrounding area as well as
tourists and excursionists! Dates to put on
your calendar to not miss anything!
To see the full calendar visit vsadm.ca.

FREE FAMILY MOVIE NIGHT

"Marley and Me"
Morin Heights Hillside Chapel
755 du Village
June 16: 7 pm
(No restroom facilities)
Info: 450-226-1546
All children must be accompanied
by an adult

COMMUNITY FACEBOOK GROUPS

Community Readers may be interested
in joining one of these local Facebook
public groups:
Lachute as we Remember
Brownsburg QC memories
Descendants of Pioneer Families of
Mille-Isles
Morin Heights
Morin Heights Historical Association
Royal Canadian Legion Branch 171 –
Morin Heights

PIERRE LAVOIE CHALLENGE IN STE-AGATHE

Saturday, June 17, cyclists travelling
1,000 kn as part of the Pierre Lavoie
Challenge will be stoping in Ste-Agathe.
Everyone is invited to join the party,
from 4 am – 9 am to encourage the
participants.
Full details available at www.vsadm.ca
or on Facebook.

CENTRAIDE LAURENTIDES FUNDRAISER A HUGE SUCCESS

On May 18, Centraide Laurentides held
its first Lobster Dinner fundraiser at the
Salle de Receptions Lalande in St-
Eustache. Great food, live entertainment
and dancing ensured everyone enjoyed
a memorable evening. This first Lobster
dinner was a great success and raised
an impressive \$10,853.
Centraide Laurentides helps to support
nearly 70 organizations in the Thérèse-
de-Blainville, Rivière-du-nord, Deux-
Montagnes, Pays-d'en-Haut, Argenteuil,
Les Moulins and Mirabel regions.

NATURE CANADA PHOTO CONTEST –

Entries accepted until
August 13.
Theme should be
capturing the beauty of
nature – plants, wildlife
or landscapes
Submissions can be done through Face-
book, Twitter or Email.
The top prize is an incredible
Canadian nature adventure from Wild
Women Expeditions valued at \$1000!
Full details available at
Naturecanada.ca



Marché Rouge Vallée

663 de la Rivière Rouge, Harrington
Across from The Tam Bao Son Buddhist Monastery

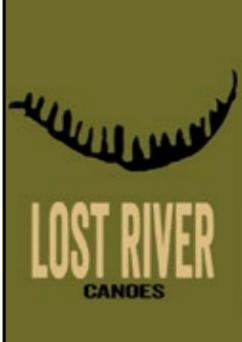
June 17 – Opening Date of the Season!!

More than 15 passionate producers and
artisans selling a variety of local produce,
food items and crafts.

Rain date – Sunday, June 18:
please call ahead

For info or to reserve a space call Sylvie:

819 687-2577

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BUILDING - RESTORING
LUCMELANCON@CANOTSLOSTRIVER.COM
LUC MELANCON 819 687-2462
CANOTSLOSTRIVER.COM

Pré-maternelle bilingue



La Rochelle
Bilingual Preschool

647, chemin du Village
Morin-Heights (Québec)
JOR 1H0
(450) 821-2566

www.prematernellelarochellepreschool.ca



4 Korner
Family Resource Center
A Cornerstone of the Community

819 324.4000
(ex: 34330)
888 974.3940

LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL
info@4kornerscenter.org 4kornerscenter.org

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www.organismepeaix.ca



Alcoholics Anonymous
Helpline:
1 877 790-2526



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

WWW. **MULTIKIT**.ca



**NEED A DOCK?
BESOIN
D'UN QUAI?**

- Boatlift
- Élévateur à bateau

253 rue des Erables, Brownsburg-Chatham, Québec J8G 3C4
Tel: 450 533-4899 Cell: 450 602-2000 info@multikit.ca

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Treat Yourself

Lachute 89, av de la Providence 450-562-7771	Blainville 1355 Bd Michèle Bohec 450-419-6777	Hawkesbury 76 Main St W 613-632-8133
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LACHUTE HOURS: OPEN EVERY DAY FROM 11 AM UNTIL SEPTEMBER 3rd

Terrace is now open!



La croûte et le fromage

ENTERTAINING MADE EASY!

- Variety of Quebec & Imported cheese
- Homemade muffins & danishes
- Prepared frozen meals
- Homemade pies
- Our famous Brie en Croute

254 Bethany, Lachute
450 566-0660



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Les Contacts de Lori
Lori's Links

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

Need help with a job?

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

Anyone or anything...

Congratulations to Mont-Tremblant



The City of Mont-Tremblant was awarded a Grand Prix of Excellence by the Union des municipalités du Québec (UMQ) at its General Assembly held on June 2 in Drummondville to celebrate its exceptional performance during the last year in the Mutual Prevention in Occupational Health and Safety (OSH), in terms of prevention and financing as well as management of industrial accidents.

"I congratulate the Human Resources team for this fine distinction and for their ongoing work in prevention to ensure a safe work environment for our employees," stated enthused mayor, Luc Brisebois.



Lori's Lookout - Laurentian Personality

New Leader - Fondation Médicale Daniel Desjardins

Lori Leonard - Main Street

Daniel Desjardins joined Fondation Médicale as Director on March 7, 2016, the same day this non-profit organization was created 27 years ago. Michel Rochon has been its President for 17 years.

Daniel is a born native of Ste. Agathe. Prior to his role as Director, Fondation Médicale, Daniel ran an insurance company in Ste. Agathe for 14 years. He was Founder and Director of Garde Manger Pays d'en Haut, Ste. Adèle, for 3 years, and Director General of Chambre de Commerce, Ste. Agathe, for 16 years.



Fondation Médicale, 50 rue Corbeil, Ste. Agathe, is the only foundation in Québec that is not part of a hospital. It covers 2 MRCs and is responsible for Centre Hospitalier Ste. Agathe, 7 CLSCs, 5 CHSLDs, 4 Medical Co-ops, 3 Blood Test Centers and 4 Health Clinics, for 32 municipalities.

The goal is to collect funds to purchase medical equipment, which will serve the community and attract new physicians. Equipment purchased from funding for the hospital includes 2 MRI scanners, an ultrasound machine, and 3 special beds for babies in crisis. A new defibrillator was purchased for Co-op Santé, Morin Heights and St. Adolphe. In Mont-Tremblant, a new ECG machine was purchased.

Fondation Médicale serves youth, adults, seniors and needy mothers. Within the 2 MRCs that it serves, there is a population of 38,000 people. Fondation Médicale has purchased more than \$7 million dollars of equipment with \$400,000 of these funds raised from public/private donations. 100% of their donations go directly towards the purchase of medical equipment with no administrative fees. They are able to do so as they own the building and have tenants who rent space there. The financial goal for 2017 is \$500,000. This year, unlike other years, there will be only two major fundraising events: a golf tournament and the annual dinner.

Fridays and Saturdays from 9 am to 5 pm, there is a friperie in the church, which features donated clothing, furniture and baby items. Funds raised go towards purchasing medical equipment. Pick up of larger items is available on Wednesdays.

In his spare time Daniel enjoys fishing, skiing, hockey and outdoors. He also enjoys music and attends shows at Théâtre aux Patriotes. Daniel is married to Sophie and they have an 8 year-old son named Julien.

Daniel would like to thank the community members for their generosity and wishes to remind readers that every contribution, no matter how small or large, truly makes a difference! Thank you Daniel for caring so much about our community. For donations, 819 323-4565 / www.fondationmedicale.com.

24th Tremblant International Blues Festival July 7 - 16

Ilania Abileah - Main Street

Blues legends from around the world, and aspiring stars, will perform on the four outdoor stages, as well as in cafés and in the streets for ten days, giving us blues which, from its roots, has influenced R&B, soul, funk, country, folk and rock. There will be more than a hundred indoor and outdoor shows, most of them free, Street Blues, jam sessions in unusual locations, and music workshops.

A new feature this year is The Blues'araoké - twenty candidates will be given a chance to perform in a public audition, and the winner will receive an acoustic guitar autographed by Festival artists. The stages are: Place Saint-Bernard, Place des Voyageurs, Place Deslauriers, Vieux-Tremblant, and jam sessions in the restobars of the pedestrian village, as well as the Village Church.

And here are but a few of the musicians coming to the festival this year: The Ghost Town Blues Band from Memphis is back, Sweet Dixie, with clarinetist and sax player Pierre Perron, Sugaray Rayford (Soul, Blues and R&B), The Commonheart (Soul, Blues, and Rock), Guy Belanger with his harmonica, C.J. Chenier and the Red Hot Louisiana Band (Zydeco), Dione Taylor (Gospel, Blues), Matt Andersen & Steve Hill share the stage in "Intimate and Unchained" (Blues, Roots), Dawn Tyler Watson (Blues), Coco Montoya (Blues, Rock), Curtis Salgado (Blues, R&B).

Enjoy this great musical summer event! 819-681-3000 #46643 https://blues.tremblant.ca



**Happy National Holiday !
Happy 150th Canada Day !**

*I wish to all the citizens of Argenteuil
a Happy National Holiday and a
Happy 150th Canada Day !*

*Let's celebrate our beautiful country,
a great place to live !*






Yves St-Denis
Député d'Argenteuil
M.A. St-Argenteuil

www.yvesstdenis.com



CANTON de
HARRINGTON TOWNSHIP

The Lost River Community Center and
The Harrington Valley Community Center will
both organize activities for the whole family.
Consult Harrington's web site:
www/harrington.ca
to find out where and when!
Come celebrate Canada day with us on
July 1st!

Wishing our readers,
advertisers and
communities
**A SAFE AND HAPPY
FÊTE NATIONALE
and CANADA DAY**



Main Street



**HAPPY
CANADA DAY!
BONNE FÊTE
DU CANADA!**



Ville de
MONT-TREMBLANT

J'invite chaleureusement les Québécois et
Québécoises à venir célébrer la
Fête nationale du Québec le 23 juin
à la plage du lac Mercier de Mont-Tremblant!

*I warmly invite all Quebecers to come celebrate
our Fête Nationale on June 23rd
on the beach at lac Mercier!*



Luc Brisebois
Maire / Mayor

villedemont-tremblant.qc.ca

Celebrate
Quebec's Fête Nationale
and Canada Day

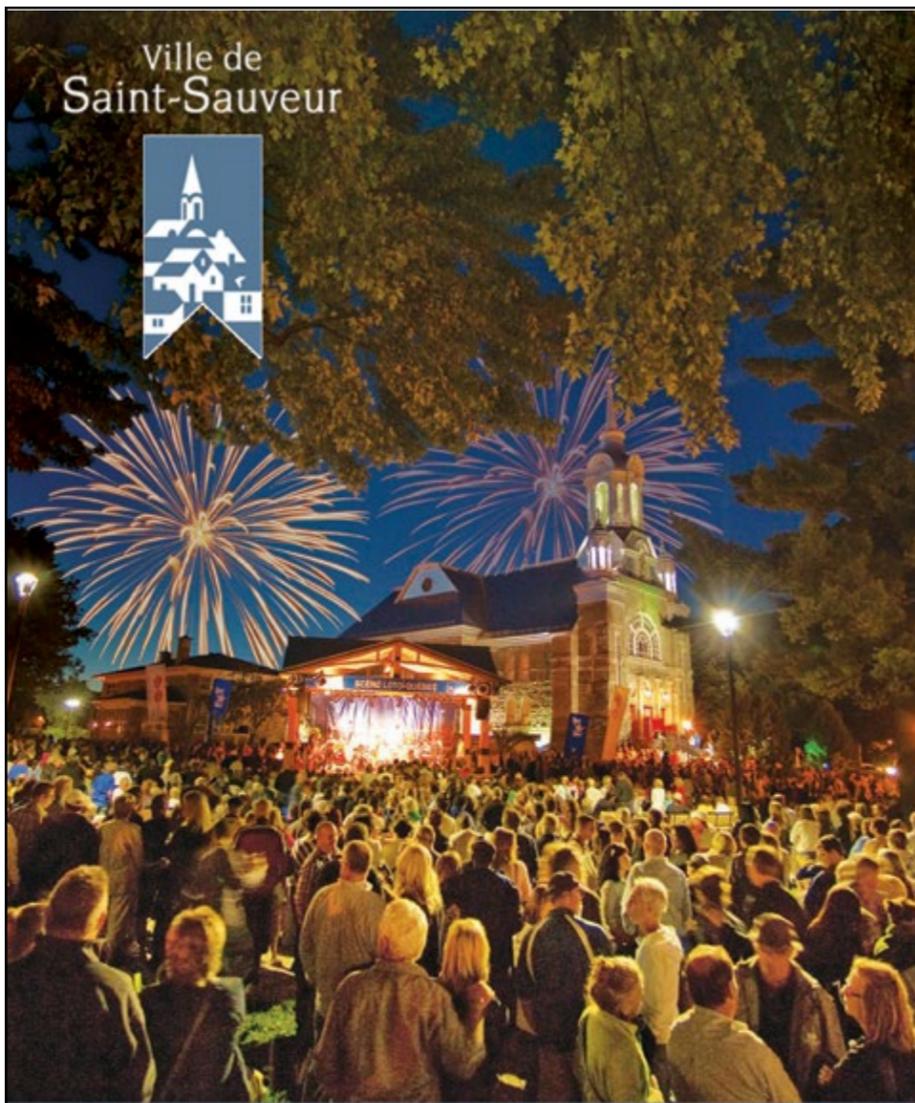


in the MRC des Pays-d'en-Haut

For more information
on all the events and festivities,
please visit laculture.ca



Estérel • Lac-des-Seize-Îles • Morin-Heights • Piedmont • Saint-Adolphe-d'Howard • Sainte-Adèle
Sainte-Anne-des-Lacs • Sainte-Marguerite-du-Lac-Masson • Saint-Sauveur • Wentworth-Nord



Ville de
Saint-Sauveur



The municipality of Saint-Sauveur wishes
all Quebecers a Happy National Holiday!

Details of the program: ville.saint-sauveur.qc.ca |
450-227-4633, ext. 420 | Follow us on Facebook



The Meaning of Evolution

By Peter Andreozzi

Over the last 8 years, it has been my pleasure to serve as President of 4 Korner's Family Resource Center. With all the challenges it has brought, one of the greatest things that I learned and have come to understand is evolution; more precisely, the meaning of evolution. It has stuck with me and how I see things in every opportunity.

4 Korner's Family Resource Center is a non-profit organization that is evolving year after year, bringing with it new energy that goes directly into its mission. With that said, the next month is a biggie! Our Executive Director, Lisa Agombar is moving on to different challenges. 4 Korner's was very happy to have her for the last three years. Lisa did so much building! I would like to thank Lisa for her hard work and dedication. Lisa has given a lot of herself to the 4 Korner's communities in the Laurentians and her presence will be missed.

Our new Executive Director, Stephanie Helmer, will bring her own personal style and skill set to 4 Korner's, allowing us to do things we did not do before. Stephanie's high energy and enthusiasm will be instantly felt as she takes full control of 4 Korner's at the end of June. In the meantime, Lisa and Stephanie will work together on a seamless transition that will keep 4 Korner's on a solid footing and enable us to accomplish our mandate of helping families access health and social services in English.

As we continue to build and develop our team throughout the seven MRCs, we are always looking for new members to be on the Board of Directors. You would sit as a voice for 4 Korner's and help us continue to strengthen the English-speaking communities of the Laurentians. If this is interesting to you, please send me your CV and letter of intent via email to president@4Kornerscenter.org and I will get back to you personally.

If you have any questions or want more information regarding health and social services in English, please feel free to write to us at: info@4kornerscenter.org. If you wish to keep updated on events and activities, this column in the May issue listed tools you can use to access that information. Our website (www.4kornerscenter.org), our newsletter (which you can sign up for on our website) and our Facebook page (www.facebook.com/4KornersCenter) where direct events, activities and information are posted daily.

I am excited by the way things have evolved at 4 Korner's over the last eight years and the next year will see more change. Evolution is bringing change not only to 4 Korner's but also society, our communities and how we function. It is an inevitable process, one that I see positively, and as a necessary step in the development of any group in society, including 4 Korner's.

Synergie Économique Laurentides

Synergie Économique Laurentides (SEL) put into practice a simple concept: the waste of one company has the potential to be the raw material of the other. The role of SEL is crucial in the creation of an industrial symbiosis, since it involves connecting Laurentian companies to facilitate the exchange of residual materials, energy and expertise. This approach to integrated resource management responds primarily to economic imperatives such as depletion of natural resources and rising prices of energy and raw materials.



Over the past year, SEL has contacted more than 400 of the 700 manufacturing companies targeted in the first stage of characterization in order to collect raw materials and residual materials from companies. The results obtained helped to give a brief portrait of the region and identify opportunities to better support local businesses.

Support from the Governments of Canada and Quebec Companies must be able to rely on adequate resources to create innovative products and market them. In this sense, the Government of Canada is committed to supporting innovative Canadian companies. It is in support of this priority that the hon. Member for Laurentides-Labelle, David Graham, on behalf of the Minister of Innovation, Science and Economic Development and Minister responsible for Canada Economic Development for Quebec Regions (CED) The Honorable Navdeep Bains, is pleased to announce that Synergie Économique Laurentides has been awarded a non-repayable contribution of \$110,000 to create a network of businesses and communities to promote the exchange of residual materials, water, energy and material, human and technical resources to improve business profitability while reducing environmental impacts. Funding is provided under the Quebec Economic Development Program (QEDP).

For its part, RECYC-QUÉBEC is supporting the project with a \$180,000 grant under the Transition to Circular Economy call for proposals. "Industrial symbiosis offers innovative and economically sound solutions to problems that all companies face. Finding nearby sources of supply and reducing operating costs, while promoting a greener economy, are among its many advantages, says Mr. Dany Michaud, President and CEO of RECYC-QUÉBEC. That is why we are pleased, as a Crown corporation, to support projects such as the Synergie Économique Laurentides program, which accompanies companies and helps to create links between them in order to create a more circular economy. In this way, the surpluses of some become the resources of others."



JULY EVENTS

June 30, July 01-02 >St-Sauv'Art exhibition

01 >Tribute to U2 (7:30 pm)

02 >Beautiful Sundays singing and dancing (1:30 pm)

>Geronimo Circus (7 pm)

07 >Movie night in the park after dark

08 >Italian cars exhibition

>Criterium (1 pm)

>Quintet Barletta La Serenata (7:30 pm)

08-09 >L'en Verre du Décor exhibition

09 >Chef Bazzali & friends (3 pm)

14 >El Trio Argentino (7:30 pm)

15 >Tribute Diva's of Pop (7:30 pm)

16 >Beautiful Sundays singing and dancing (1:30 pm)

21-22-23 >Authors in the Valley

>Saint-Sauveur Blues



July 27 to August 6

>Festival des Arts de Saint-Sauveur

www.festivaldesarts.ca



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

The Nature Conservancy of Canada launches the Carapace Project to help save Quebec's turtles!

In anticipation of the turtle egg-laying period that begins in June, the Nature Conservancy of Canada (NCC) is launching the site Carapace.ca, calling on people to report any turtle sightings throughout Quebec. This will help identify sites in need of conservation action.

Turtles in Quebec are vulnerable

It's not unusual to see turtles leave the relative safety of wetlands to travel on land. During their active season, from May to October, turtles are on the move to search for food, find a new habitat, look for a mate, or lay eggs. Unfortunately, travelling on land and crossing roads has its share of risk for turtles because it makes them vulnerable to collisions or disturbance.

In fact, turtles may take up to 25 years before reproducing, and the survival rate of eggs is naturally very low (only around 2 eggs out of 100 become adult turtles). Thus, the deaths of adult turtles due to human activity in their habitat can have serious consequences on a population. For example, a scientific study has shown that an annual fatality rate of over 5% in the case of wood turtles and Blanding's turtles could lead to a decline in population. That is why the Carapace team needs help from the general population. NCC asks everyone to be particularly watchful beginning in June, when the female turtles begin travelling to lay their eggs. Every protection effort is important to ensuring the health of our turtle populations in Quebec!

The Carapace Project: putting technology to work for turtles!

NCC, with help from its partners, is launching an interactive platform for reporting turtle sightings throughout Quebec: Carapace.ca. This easy-to-use tool is for public use and is intended to collect information on hot spots of road fatalities for turtles, including identifying zones where they can potentially be hit by cars.

The valuable data collected will enable NCC and its partners to take appropriate conservation measures to ensure the survival of these species and the protection of their habitats. Thank you for helping to protect turtles!

Acknowledgments

NCC wishes to thank the financial partners who contributed to building the Carapace platform: *the Équipe de rétablissement des tortues du Québec*, *the Fondation de la faune du Québec*, and the *ministère des Forêts, de la Faune et des Parcs du Québec*.



Youth Clinic

The youth clinic, which is usually located at the Sainte-Adèle secondary school Augustin-Norbert-Morin, will be located at the CLSC de Saint-Sauveur at 150 Principale for the summer period.

The clinic will be open on Mondays, from July 10 to August 14 inclusive. You must make an appointment by calling 450 227-3447, ext. 0.

Young people between the ages of 14 and 24 can receive various services in the areas of immunization, contraception, morning-after pill, prevention, screening and treatment of sexually transmitted or blood-borne infections and general information on sexuality. An on-site nurse provides confidential care.



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Strings & Things When Sour Turns to Sweet

Dale Beauchamp - Main Street

Some instruments just don't sound good. Maybe your electronic tuner says you're in tune, but something still doesn't sound right. More often than not, it comes down to bridge placement. This holds true for an acoustic or electric guitar, a violin, mandolin or banjo, or for any other stringed instrument.

When we talk about bridge location, we're really talking about the instrument's scale length, which is the distance from the front edge of the nut, to the centre of the 12th fret, multiplied by two. For example, PRS electric guitars use a scale length of 25." That means the distance from the front edge of the nut to the center of the 12th fret is 12.5." (The nut is the piece of bone, wood, plastic or metal that the strings pass over at the peghead). So, theoretically, the bridge would be at the 25" mark, in this case. This gives us a 25" scale length (or the string's 'playing' length). Since the strings have to stretch a bit to reach the fret-board when you press down on it with your fingers, we have to add a little extra length to compensate for the strings going sharp as they stretch. For a guitar, this 'compensation' is usually somewhere around 1/8" to 9/64," give or take, depending on the string gauge. Thus the bridge (or more accurately, the saddle) would be situated around 25 1/8" from the nut. The larger the string, the more compensation is needed. You may have noticed the saddle on an acoustic guitar is slanted; longer on the bass side, and shorter on the treble.

You can see the same on electric guitars, where the individually adjustable saddles are generally further back on the bass strings and further forward on the treble strings. This is where intonation comes in. Electric guitars have an advantage over most other instruments, in that each string has a saddle that can be fine-tuned. Setting your intonation can take a bit of time, but you'll be rewarded with an improved tuning. Violins, arch-top jazz guitars, mandolins and banjos usually have 'floating' bridges that aren't glued to the instrument's top. These must be placed in such a way as to strike a compromise, so that all strings play relatively in tune. Acoustic guitar saddles aren't adjustable either, but some skilled filing of the saddle's top, can get you very close. On electrics, typically, you can play the open string, and then compare that note on your tuner, with the 12th fret harmonic...when you just barely touch the string as it's plucked. If the harmonic is sharp, in comparison to the open string, you move the saddle back, towards the end of the guitar. If the harmonic plays flat, you move it forward. However, this gives you a false reading, since we tend to play fretted notes instead of harmonics. The optimal way is to compare the open string with the fretted note at the 12th fret, or the 'octave'.

Stay 'tuned' for more on this next time!

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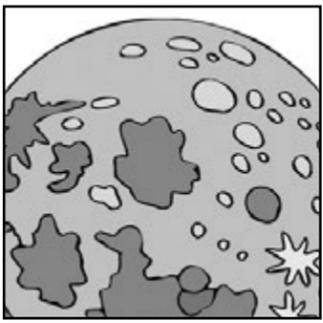
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Zach Factor Feeding an Alien Population

Lys Chisholm & Marcus Nerenberg - Main Street

Face it. If you weren't breast-fed and/or if you ever took antibiotics, chances are pretty good that you starved a very important group of needed healthy gut bacteria. The collections of bacteria living in, and on, our bodies consist of trillions of bacterial cells, the highest concentration of which is in our guts. The science says that having a wide assortment of these bugs is essential to many aspects of health, but many of us have malnourished gut micro-biomes, and are dealing with a plethora of digestive and chronic health issues, because we are eating a poor diet, high in sugar, refined carbohydrate grains, processed foods, artificial sweeteners and questionable pharmaceuticals.

Because research is limited, we can only rely on anecdotal evidence. Globally, people are taking their own welfare in hand and choosing to rebuild their own gut-health with ancient remedies that are chock-full of pre and pro-biotic materials to nourish a healthy micro-biome. The results are astounding: all kinds of medical and psychological conditions are reversing. Science cannot get the micro-biome mapped fast enough to understand how this is happening.

Altering the gut within: Ancient practice meets modern lifestyle:

Walking through a grocery store today, the shopper is faced with myriad products with questionable health benefits. Most of what you need to rebuild your own micro-biome lies in the outer regions of the store, in the fresh vegetable and fruit sections: raw fiber. However, in the dairy section, along with the probiotic yogurts, you will now find Kefir milk, a recognized source of probiotics and support for gut health. Kefir (pronounced k'feer) is a fermented milk drink, an ancient secret of the long-lived tribes of the Caucasus Mountains of Russia. It was there that the Ossetians, descended from the nomadic Scythians, who settled in the region hundreds of years ago, first harnessed kefir grains to ferment milk in simple leather bags.

Kefir itself looks like small clumps of mini-cauliflower. Kefir grains, scientifically called zoogloea, are a special symbiotic collection of bacterial cells and yeasts, held together when their capsules become slimy and form gelatinous structures, or grains. The grains ferment the milk, inoculating the milk with their friendly organisms, to create the cultured and bio-rich product. The grains are then removed with a strainer, before consumption of the kefir, and added to a new batch of milk.

For those who are lactose intolerant, there is water kefir. Because of a lack of recorded history, the origins of water kefir are not well known, but many cultures have been using these grains for centuries, if not longer. Referred to officially as Tibicos, historians trace their use to South America and Mexico. Though similar to milk kefir grains, one cannot be made from the other, they are distinct and separate cultures with separate histories.

These marvelous Tibicos mushrooms live in sweetened water by the addition of dried fruit, and the preparation creates an unusually tasty beverage. The beneficial elements present in the grains metabolize the sugar and turn it into lactic acid. The process is simple, interesting, and varying the fruit creates a variety of tastes. The only first step is to find someone who already makes Tibicos to give you your first few grains. If cared for properly, and regularly cultured, the grains will continue to grow and reproduce. There are many web sites on how to purchase and make water kefir, but otherwise, there are many over-the-counter probiotic treatments available in pharmacies. As well, keep eating your carrots and broccoli, which turn out to be some of the best nourishment for our hungry good guys, lying deep in the smaller universe within.

Jeff Leach, of the Human Food Project, tells us that despite the optimistic reporting on the human micro-biome, there remains a sobering fact; scientists know very little about the connection between disease and the potential microbial culprits. He says that science demands precise correlations, and the ability to repeat experimentation, yet the human gut, like the greater planet around us, is a vast and complicated ecosystem. He tells us, as with any ecosystem, it's the whole community that's likely more important, and not single members per se. Because the individual micro-biome is changing constantly, drawing lines to one health issue or another is proving to be exceptionally difficult, so connecting all the dots will take time.

Meanwhile, the writing is on the wall, literally, for the rest of us. We just need to learn to read it! Stay well Zachians!



The Story Behind Beresford Township, Ste. Agathe

Joseph Graham - Main Street
joseph@ballyhoo.ca

Beresford Township, originally settled by peaceful French-Canadian farmers, was named for a British war hero, a major general who throughout his career fought Napoleon and never set foot in the Canadas. Encompassing Ste. Agathe, it sits on a high plateau south of the St. Narcisse Moraine and includes a part of the headwaters of the North River.



Although the Weskerini Algonquin left evidence of their presence, conventional history in the area describes it as most likely an unsettled territory from the last ice age until Augustin-Norbert Morin's first pioneers began arriving in the 1850s. Coupled with the lack of navigable rivers and the very thin layer of soil that remained after the passage of the glaciers, it has a higher elevation than its neighbours north of the moraine, and the frost-free season is much shorter than areas north, west and south. The first settlers found an undisturbed forest rich in pine and maple and discovered clean, clear lakes teeming with trout. They brought with them a farming culture that was ill-suited to the thin soil and short seasons. However, they doggedly perceived themselves as farmers and stripped the forest away, burning it and selling the residue as potash for a few cents a hundredweight until all that was left was the barren soil and the fishing season.

Since these hardy, independent people were Catholics, their own name for their settlement owed more to the parish and the priests than to the bureaucratic authority that had called it Beresford, and it became known as the Paroisse de Sainte-Agathe-des-Monts. Rarely would they have thought of the man for whom the township had been named, or of his legacy, even as the fields were abandoned and the forests began their slow return.

Major General William Carr of Beresford was 84 years old when Beresford Township was named in his honour in 1852. He died two years later, never having seen the ill-fated forest. The illegitimate son of Lord George De La Poer Beresford, 1st Marquess of Waterford, in Ireland, and of an unrecorded woman, William joined the British Army at 17 years of age. Lord George fathered two children by different women prior to marrying and fathering seven legitimate children. It was customary for less advantaged members of titled families to be given a commission in the army, where they were basically on their own. These commissions were not merit based, but were purchased by those who could afford them, and it is possible that it was the Marquess who paid for William Carr's commission. The evidence in favour of this conclusion is that William Carr's elder half-brother, born in the same circumstances, also obtained a title in his lifetime after having proven himself as an officer in the navy. Beresford first showed his capabilities in a battle in Toulon in 1793, a battle that saw Napoleon rise from captain to general in his victory over the British. As Napoleon rose to power, the British sought ever further afield for the trees that would maintain their navy, beginning the long process that would eventually contribute to the demise of the forests of Beresford Township. Beresford was among those determined career soldiers who, despite injuries (he had lost an eye) and setbacks, would dog Napoleon to the end of his career. He served in Nova Scotia, India, Egypt, and Cape Town, South Africa. He rose to the rank of general, captured Buenos Aires, was forced to surrender it, escaped from prison there and returned to England. His major military contribution was during the Peninsular War against Napoleon, in Spain and Portugal. He earned the title of Marquis de Campo Maior from the King of Portugal for his services and was an intimate of Sir Arthur Wellesley, the future Viscount Wellington. He is also credited with retraining the Portuguese army while in Wellington's service.

Despite his vital contributions to the defeat of Napoleon, the early bureaucrats of the Canadas who chose his name may have had a different reason to commemorate this great general, a reason that would seem to tie him more closely to the township. Beresford is best remembered for the work that he began during his retirement. On his property called Bedgebury in Goudhurst, Kent, England, he began a conservatory of pine tree species that has grown into the largest coniferous preserve in the world with "over 10,000 tree specimens growing in 320 acres, including rare, historically important and endangered trees and is home to some 91 vulnerable or critically endangered species..." (from The Friends of Bedgebury Pinetum web site).

Our ancient woodlands were lost during 150 years of peaceful history, but we can celebrate the legacy of General Beresford while witnessing the occasional crown of a white pine breaking through the canopy of our young second-growth forest. Had our earliest farmers known him, perhaps they could have set aside a small portion of our virgin pine forest in his honour. Perhaps we can still do something. The residents of Lac Brûlé in Ste. Agathe have been protecting their forest for over 100 years, and the white pines are now standing head-and-shoulders over the forest canopy.

Passport Service

The Mont-Laurier and Sainte-Agathe-des-Monts Service Canada Centers are now "receiving agents" of passports, giving easier access to passport services in the region. From now on, officers will receive the regular passport applications submitted in person, verify them, collect the required fees and forward them to the Passport Program for processing. Once approved and issued, the passport is delivered to the applicant's mailing address. Please note: this service is available for both regular and non-urgent requests, but not in exceptional cases <http://www.cic.gc.ca/francais/passeport/map/agents.asp>.



MEMORIAL SERVICE

A memorial service for Olive Andradi (née Underhill) who passed away on November 28, 2016, will be held at Margaret Roger Memorial Presbyterian Church, 463, rue Principale, Lachute, Quebec on July 8, 2017 at 2 pm.



Father's Day In Heaven

**I love you and I miss you, Dad,
and though you've passed away,
you'll never be forgotten,
for I think of you each day.**

**If heaven celebrates this day
how special it will be.**

**A gathering of the many dads
upon our family tree.**

**Your father and grandfather
and great grandfather too.**

**How wonderful it is, if they
can spend this day with you.**

**May you know how much I love you,
though I'm here and you are there.**

**Happy Father's Day in heaven
to the best dad anywhere!**

Source: <https://www.familyfriendpoems.com/poem/fathers-day-in-heaven>
By: Ron Tranmer



Opt for Health Campaign 2013-2017: a gratifying 4th year!

The 4th year of the Argenteuil Hospital Foundation's (FHA) Opt for Health 2013-2017 Campaign ends on an extremely positive note. While the population of the MRC of Argenteuil continued to participate in numerous activities organized throughout the year, several partners and donors supported this year's major campaign to improve healthcare in the region. The major campaign Opt for Health 2013-2017 was launched on May 17, 2013 with the goal of raising \$2.2 million to fund three major projects: the renewal of medical imaging equipment, residential enhancement / CHSLD services and integrated clinical front-line services for chronic diseases.



The AHF is pleased to have raised in excess of \$300,000 above and beyond our original targeted goal in donations and pledges for a total amount of \$2,611,536 (effective May 23, 2017). As such, the AHF would like to extend its warmest gratitude to the partners and major donors of the Campaign who have honored their donations: Ayers Limited, Lions Club, Ed McFaul Foundation, Enbridge Pipelines, Familiprix, Montoni Group, Hydro Québec, McDonald's, Argenteuil, Tim Hortons, Giant Tiger and the City of Lachute (for businesses and organizations); Jean Dominique Brisson, André Gagnon and Guy Marier (for individuals). The AHF also highlighted the involvement of several community representatives in the region: Rob Percy (Dunany), Hugh Mitchel and Guy Marier (Lakefield), Ken Hugessen (Lake Anne) and Richard Lauzon (Lake Louisa).

During this fourth year, the population of the MRC of Argenteuil participated in many fundraising activities: a fashion show, Pedalons à fonds, Grand McDon, the Guy and Linda Marier Golf Tournament and the Lottery. A dinner at the Le Faimfino Restaurant was graciously offered to donors in appreciation of their support.

Thanks to the Opt for Health 2013-2017 Campaign, the AHF is able to assist the Center for Health and Social Services (CMSSS) Argenteuil affiliated with the Center for Health and Social Services (CISSS) by contributing to the improvement of professional equipment and the well-being of patients. For example, this year the AHF set up a snack service in the Hemato-Oncology Department for people who receive chemotherapy, 25 "cardio-memos" were purchased, giving direct access to patient data from the Argenteuil Hospital via the regional computer network of the CISSS des Laurentides and participated in the upgrading of sterile premises of the pharmacy, which now allows sterile preparation of antibiotics and parenteral nutrition. In addition, the automated unit-dose medication dispensing system (SCAS) is now available 7 days a week. Also, the Argenteuil pharmacy was able to collaborate to maintain service in the CISSS des Laurentides by preparing antibiotics for the Ste-Agathe Hospital during the months of August and September.

The major Campaign continues until March 31, 2018. The AHF still counts on everyone's support.

The English Link Stroke Awareness

4 Korner's Family Resource Center



Did you know that it is possible to have a stroke and not experience any pain? Did you know that the signs of a stroke are the same for men

and women? June is Stroke Awareness Month and being educated about the signs of a stroke and knowing what to do are important to ensuring the best outcome for you or someone else.

What is a Stroke?

A stroke is when blood flowing to any part of the brain is interrupted or stopped. The result is damage to the brain cells caused by the decreased blood flow. Some common symptoms of stroke include experiencing dizziness or losing your balance, feeling weak, having a numb or tingling sensation in the face, arm or leg, having difficulty speaking or understanding others, headaches, and vision problems. (The Heart and Stroke Foundation; www.heartandstroke.ca)

The medical and health professional communities advise that "if you or someone you love experience any of the signs of a stroke, please seek medical attention immediately and do not wait to see if the symptoms will go away." According to The Public Health Agency of Canada (www.phac-aspc.gc.ca), the first three hours following a stroke are critical as there may be medications that can be administered to reverse or minimize the effects. Seeking medical attention, even if the symptoms pass quickly, is important, because even a minor stroke is an indication that something more serious may occur in the future.

Risk Factors

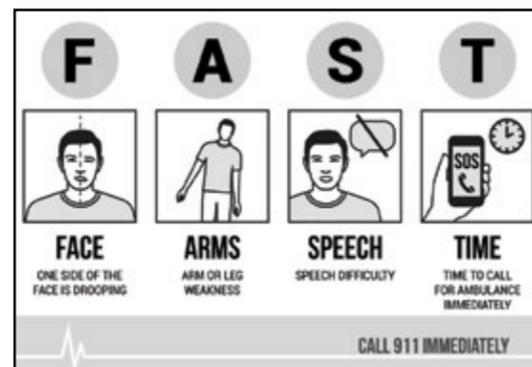
It is well-known that high blood pressure is the largest risk factor for a stroke. Studies have also shown that other risk factors include smoking, stress, being overweight, having high cholesterol or diabetes, being sedentary, ageing and a type of irregular heart rate called atrial fibrillation. The good news is that making healthy lifestyle choices can reduce the risk of stroke. The Heart and Stroke Foundation recommends eating a balanced diet, limiting processed foods and exercising in at least 10 minute intervals for a minimum of 150 minutes a week. They also recommend regular medical check-ups to ensure that any changes to your health are detected early.

The acronym FAST is used as a tool by medical professionals for identifying and responding to a stroke:

- FACE – drooping or numb?
- ARMS – weakness, can both be raised?
- SPEECH – difficulty speaking?
- TIME - call 9-1-1 immediately.

Everyone can use this valuable tool. Acting quickly and receiving immediate medical attention are the best ways to limit the effects of stroke.

info@4kornerscenter.org for the English Communities Committee of the CISSS Laurentides (des Sommets region) and 4 Korner's Family Resource Center: 1-888-974-3940.



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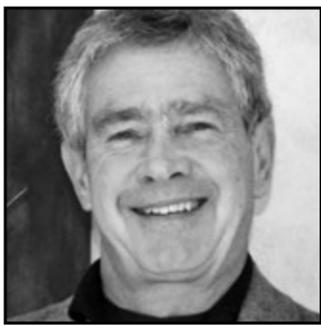


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Developed by Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc.

The flow of Canadian money into Exchange Traded Funds (ETFs) each month is rapidly increasing. This fact is evidenced by all the TV and newspaper reports.

In my continuing efforts to enlighten you, my faithful readers, I will try to give you a better understanding of why these ETFs would be of great interest as vehicles to use when you contemplate where to invest money in your RRSPs, RESPs, TFSA's and investment accounts.

Typically, ETFs own the same stocks, in the same proportions, as a market index. Therefore, an ETF mirrors the performance of an overall market sector, measured by that index.

This type of index investing is known as passive investing; that is, investing with a strategy that does not attempt stock picking, or any market timing.

These ETFs become useful, as they regularly beat the returns generated by almost all actively-managed mutual funds, over many years. Mutual fund investing is a form of active investing, i.e.: a mutual fund manager attempts to better the returns of a given index (passive investing).

ETFs replicate a market index, such as the S&P/TSX Composite Index, in Canada. ETFs own the same stocks, in the same proportions, as the market index; thereby their performance results usually match the overall markets that they are mirroring.

You should understand that some actively-managed mutual funds will beat the indexes in some years, but they are not always the same mutual funds. A key disadvantage, therefore, is that actively-managed funds often fail to beat, or even match, their respective major indexes.

ETFs perform better in several ways.

Number one; they do not hire expensive money managers to make decisions buying and selling stocks. This cuts the operation expenses of an index fund.

Number two; as a result of Number one; ETFs have a low portfolio turnover, reducing trading costs, and not-yet-taken capital gains, or losses.

Number 3; ETFs hold little or no cash positions, as they are fully invested, and as a result of a rise in stocks over time, this is an advantage for ETFs.

Lastly, major market indexes give you exposure to different industries, i.e. ETFs hold well-diversified portfolios of stocks, which should produce higher profits over time. You should also note that a buy-and-hold investment strategy usually beats active trading. Coupled with diversification in your holdings, you should see the benefits of ETFs. Keep in mind ETFs do charge fees, although they are much lower than comparative mutual funds. Over the years, these cost savings add up big time for ETF investors.

ETFs do have their limitations, but that discussion will be part of another column in the future.

I often get the question "What are the fees for owning a mutual fund?" The principle difference is the cost for the different classes of a given mutual fund,

front end load, deferred sales charge (DSC), and F-class, or F-series, mutual fund. There are different fees and expenses for each class. A single mutual fund, with one portfolio, and one portfolio manager, may offer more than one class, or series, of its offerings to investors. Each class or series represents a similar interest in the mutual fund portfolio.

The principal difference between these classes is that the mutual fund company will charge you different fees and expenses, depending on the class that you choose. If you are thinking about choosing a mutual fund with more than one class, it is important for you to understand the differences between them.

So, ask your financial advisor, or give me a call at 514-788-4883, or my cell at 514-949-9058, or my email Christopher.collyer@manulifesecurities.ca. I can forward to you a Fund Fact sheet, explaining what class of mutual fund you own, the risks of owning one, and the costs of ownership.

Take care and enjoy life, I look forward to hearing from you.

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Vernissage at the Pavillon de Lachute

Recently, the Multi-service Centre for Health and Social Services in Argenteuil held a vernissage for the artistic works of art created by a dozen residents, members of their families, and volunteers.



The residents of the Pavillon d'Argenteuil took advantage of this event to inaugurate the permanent exhibition of paintings made by the participants of the painting workshop.

Each work will be displayed in a corridor remodeled for this purpose, as well as a collective canvas on which each of the residents has painted a flower. The annual exhibition of canvases of the shelter was in its third edition. The painting group gathers a dozen residents of the center who devote themselves to this pastime.

The Center for Integrated Health and Social Services (CISSS) in the Laurentians would like to thank Orica Canada Inc. of Brownsburg-Chatham for generously subsidizing the corridor redevelopment and canvas framing. The users' committee of the Argenteuil Health and Social Services Center also supported the group by purchasing the equipment needed for this activity.

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I'm Just Saying May Days and June Bugs

Ron Golfman - Main Street

After a most forgettable non-transition from winter to spring, which simply seemed like one, endless, rainy day, we had two gloriously sunny and hot mid-May days to test deck life; that reminder of summer was a joy. With nightfall, came an amazing thunder and lightning storm, so dramatic, it surpassed the 40 million dollar spectacular event of the evening before, on the Jacques Cartier Bridge.

As if a reminder that in this wondrous place we choose to live, everything comes at a cost, half way through the brilliant Laurentian light show, the power went out. Morin Heights, famous for electricity outages seemed to be the only town to lose power for almost 12 hours, while neighbors, in Ste. Adèle and Saint Sauveur, texted me the score of the playoff hockey game they were all watching. As I lit candles and scrambled for flashlight batteries, I thought, sure, light the bridge, charge me for it, and then keep me in the dark.

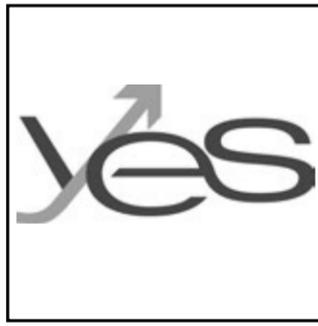
Having nothing but time to stew, I wondered if I could get a rebate for the power lost, but quickly reminded myself of Hydro's mischievously overcharging each of us to the tune of \$375.00, only admitting to the ruse when caught, and then their plan to tariff, not repay, us for the theft. Power comes in many forms, which brings me to the second piece of this article.

Most of you are familiar with my never-ending crusade to have the speed limit coming into town from Sixteen Islands and/or St. Sauveur reduced from 80 km/h, to 50 km/h, for a myriad of safety reasons. Recently, Saint Coloman was able to have a speed limit reduced to 50 km/h to avoid accidents, due to an intersection right after a rise, and the proximity to a church. While I have been told, over and over, that my wish for Highway 364 is impossible to fulfill, given the above success, I see the way, but wonder where is the will?

Finally, in recent years we have had the good fortune to enjoy the Morin Heights Market, on Fridays from noon to 5 pm, from June through October, right in our little town. This spot offers fresh, local produce, spices, homemade soups and such, but there is more to it. These Fridays are opportunities for people to meet, and a great outing for young kids, for seniors to shop and enjoy the fresh air. The Market speaks to the quaint nature of our community.

I've been told that there has been grumbling from some, prompting a denial to the market to put up a sign, to advertise direct to the public, on the same highway 364, for their 5-hour Fridays, something they had done in previous summers. I don't get it - lots of other local merchants are not restricted in this way! Market shoppers would also visit other local establishments, spend their money here, and get to know us as a normal, pretty cool hamlet. It is bad enough that the speed limit, as it is, makes it almost impossible to read the signage, unless stopped at the red light, but this action seems to be putting the wrong message of "small," when describing our otherwise charming, small town.

I'm just saying....

Making it Work in the Laurentians

Writing a Business Plan for Your New Business Idea

By Meaghan Landrigan-Buttle

Why do you need a business plan?

Like everything in life, tasks become more focused and easier to execute when they have solid plans behind them. Your business is no different. From idea to implementation, your business is always evolving and changing. A business plan is a structured document, a roadmap, which helps the business owner plan for growth.

Your business plan will essentially be a list of answers to the questions you should be asking, including: Who are your clients? Who is your competition? How will you compete? How much will you sell? At what prices? What do you project your revenues and profit margins to be in the next year? In the next two years? How do you plan to expand?

Answering these questions in a formal document will not only give your business a structured way to seek funding, it will provide a template to work with to create growth mechanisms, reduce risks and point your business in the right direction.

What should you include in a business plan?

Understanding the basics of your business model is the first step: identify your market, what you are selling and why it is unique. Your business plan should include a marketing strategy that maps out the financials and sets measurable goals. And it should evolve as your business grows to become a living document that gets updated with every stage of growth.

Business Profile

In this section, you will describe yourself, your team, your business and your business idea's history. The goal is to show that you are the right people, who have the right experience to pull off your business venture. How did the idea come to form, and what background knowledge do you have that will contribute to its success?

Finances

The rule of thumb when writing the financial section of a business plan is to be realistic. Potential funders will rely on this information to decide whether or not the investment is feasible. This section should identify your current, as well as projected, sales targets.

Operations

Outline your business by its product and/or services. Use this section to demonstrate your understanding of your business and how it functions. Outline how your business will function: How many employees will you need? What kind of human resources structure will you need?

Marketing

This is a very important part of your business plan. Here, you will need to outline your understanding of the market you're in, and how your business fits into the grand scheme of things. Moreover, you will identify how your business will be marketed to future clients, helping to identify and grow your brand. From this section, you will be able to apply this knowledge to most efficiently tap in to the market you've chosen.

Your business plan will serve as the backbone of your business structure and will help guide you and your investors as you move forward.

Still unsure if you're ready to tackle this on your own? A business coach at YES can help answer any questions you may have. Visit us at www.yesmontreal.ca for more details on how to schedule your free consultation.



Spotlight Mont-Tremblant

Erin McCarthy - Main Street

June is the month in Mont-Tremblant when the summer tourist season comes into full swing, and is catalyzed by one of our biggest annual events, the IRONMAN Triathlon Festival.

First, a little history on how the concept of IRONMAN came to be:

During an awards banquet for the Waikiki Swim Club, John Collins, a Naval Officer stationed in Hawaii, and his fellow athletes, began debating which athletes were the fittest: swimmers, bikers, or runners. Later, he and his wife Judy, who had both participated in new competitions known as triathlons, in San Diego, decided to combine three of the toughest existing endurance races on the island.

On February 18, 1978, 15 competitors, including Collins, came to the shores of Waikiki to take on the first-ever IRONMAN challenge. In 1980, the founders, John and Judy Collins, gave ABC's "Wide World of Sports" permission to film the event, bringing worldwide recognition to IRONMAN. Only two years later, a college student, Julie Moss, collapsed just yards from the IRONMAN World Championship finish line, and was passed over for the title, but she did not give up; instead, she crawled to the finish line, unknowingly creating one of the most iconic moments in IRONMAN history. In 1997, an Australian, John MacLean, became the first athlete to power a hand-cycle bike and wheelchair to an official IRONMAN

World Championship finish. Today, hundreds of thousands of triathletes from around the world have challenged themselves to prove to friends, loved ones, and even just to themselves, that "Anything is Possible®". (<http://eu.ironman.com/triathlon/history.aspx#axzz4hlb3T3P>)



Mont-Tremblant has become a world-renowned destination for the IRONMAN races and, in 2016, was awarded Athletes' Choice for: Best Race Venue, Best Music, Overall Bike, Overall Run, Best Host City Experience, and Best Post-Race Celebration! This year, from June 23 to 25 2017, over 5000 athletes will come together in Mont-Tremblant to take part in one of the two IRONMAN events offered during the June Festival: the Subaru IRONMAN 5i50, and the Subaru IRONMAN 70.3 Mont-Tremblant. The IRONMAN 5i50 is a great introduction to triathlon and will be held on Saturday the 24th, on sections of the official IRONMAN course. Sunday, the 25th, the IRONMAN 70.3 Mont-Tremblant, also known as the Half-IRONMAN, will commence at 8 am, when over 3,000 athletes will jump into Lac Tremblant, from the Beach and Tennis Club, to swim 1.9 km, bike 90 km, and run 21.1 km, before crossing the finish line in the pedestrian village.

Spectators are always welcome, and will have the chance to see the athletes during all stages of the competition. However, since vehicle access is not permitted, it is recommended that you use the free municipal transport, available all day, to help you travel to and from different parts of the event. Furthermore, there will be designated areas, strategically placed on site, to help you encourage the athletes, as well as stands at the finish line at Place des Voyageurs. If you can't make it to the event physically, you will be able to follow the athletes live with the IRONMAN mobile app!

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News From the Argenteuil County Women's Institutes

On April 27, the Argenteuil County Women's Institutes held their Annual Convention at Margaret Rodger Presbyterian Church in Lachute, hosted by the Grenville Branch. Twenty-one W.I. members attended the meeting, including W.I. members from Rawdon, Montcalm County, and Prescott County, Ontario.

A Memorial Service was led by Joyce MacIntyre, remembering Jean Clark, a long time member of the Frontier Branch, who passed away in January 2017.

Annual reports were read and accepted. Installation of Officers ceremony was held with the following results:

- | | |
|-------------------|--|
| Executive: | President- Judy Kenton and Nancy Harkey
Secretary- Nancy Harkey
Treasurer- Darlene McCart |
| Committee Chairs: | Agriculture - Hannah Hoare
Health and Community Living- Rebecca Fillion
Education and Personal Development- Hannah Hoare
Publicity- Margaret MacAskill
Expo Lachute Fair- Kathy Ivall, Elaine Maher
School Essays- Hannah Hoare |

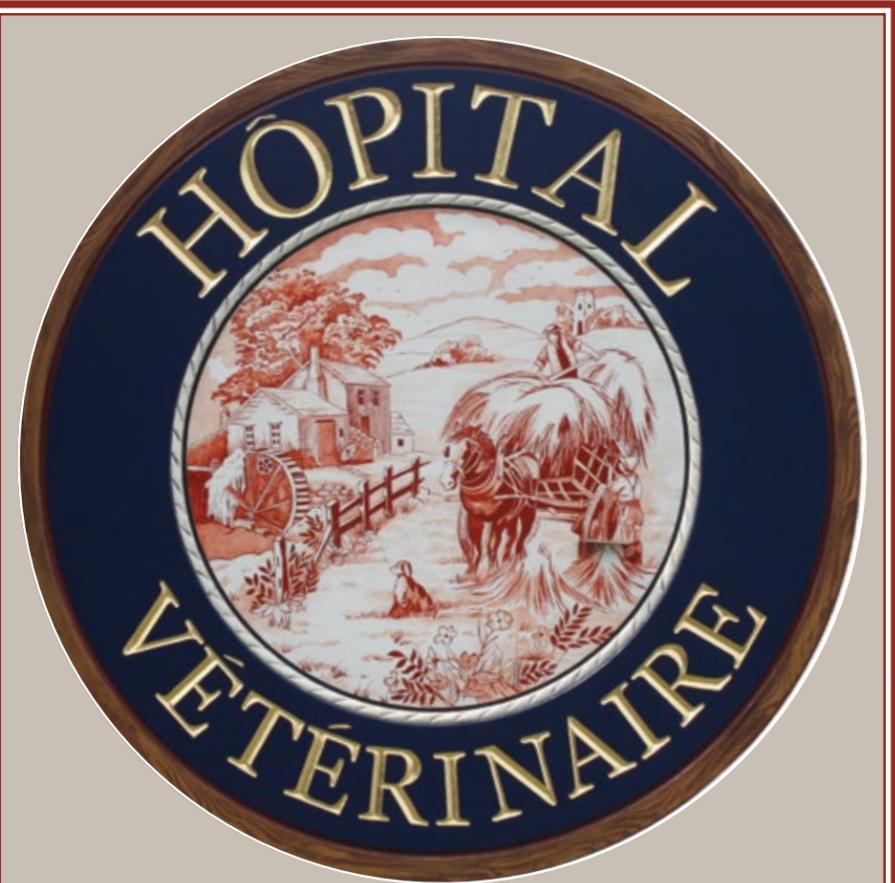
The Margaret Rodger Presbyterian Church Women served a lovely lunch following the meeting. After lunch, Melanie Wilson, Education Director from 4 Korners, Lachute, gave a very informative talk about the work of 4 Korners. Door prizes were distributed, with much enthusiasm!



Guest speaker, Melanie Wilson, 4 Korners Family Resource Center with Hannah Hoare, President, Grenville Branch



Argenteuil County Women's Institute Executive - Hannah Hoare, Grenville President. Judy Kenton, Co President Argenteuil County. Darlene McCart, Treasurer Argenteuil County. Nancy Harkey, Co-President, Secretary Argenteuil County.



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Children's Reading Club Rewards Public Libraries

Library and Archives Canada, along with the Toronto Public Library and TD Bank Group, is excited to announce the 2016 TD Summer Reading Club Library Award winners. The TD Summer Reading Club enables libraries across Canada to inspire a sense of adventure and wonder, to nurture children's imaginations, and to celebrate their accomplishments during the summer months.

Since 2007, these awards have recognized and rewarded the most innovative and effective TD Summer Reading Club programs in each official language in public libraries across Canada!

For the 2016 summer program, the first prize winners of \$10,000 are:

- Bibliothèque Paul-Aimé-Paiement (Québec, QC)
- Shelburne Public Library (Shelburne, ON)

The second place winners of \$2,500 are:

- Bibliothèque de Candiac (Candiac, QC)
- Idea Exchange - Hespeler (Cambridge, ON)

The third place winners of \$1,000 are:

- Bibliothèque publique de Dollard-des-Ormeaux (Dollard-des-Ormeaux, QC)
- Westmount Public Library-Bibliothèque publique de Westmount (Westmount, QC)

For more information on the winners and the awards, and to learn more about the 2017 summer program, visit TD Summer Reading Club.



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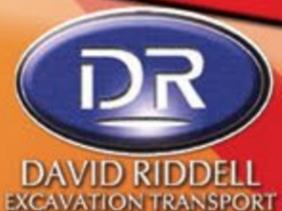
<p>14:00 Strawberry Social's Shortcake organized by the ladies of the Trinity Anglican Church (\$)</p> <p>BBQ and bar service all day</p> <p>Meet our firefighters and police officers</p> <p>Face painting, inflatable structures, challenges, entertainment, pony rides, pool and more!</p> <p>15:00 Heather McNabb's Highland Dancers</p> <p>16:30 Annual Egg Toss</p> <p>17:15 Children's show</p> <p>18:30 Dance performance by Studio Shake's young artists</p>	<p>Canada Day's 150th birthday cake</p> <p>Live music by Lili-Ann de Francesco from <i>La Voix</i></p> <p>Live music by Mat Tyler</p> <p>Live music by the Rick Hughes Show from <i>La Voix</i></p> <p>Flag raising and fireworks by Royal Pyrotechnie</p> <p>Rick Hughes returns to the stage</p> <p>End of celebrations</p>	<p>19:00</p> <p>20:00</p> <p>20:45</p> <p>21:00</p> <p>22:00</p> <p>22:15</p> <p>23:30</p>
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