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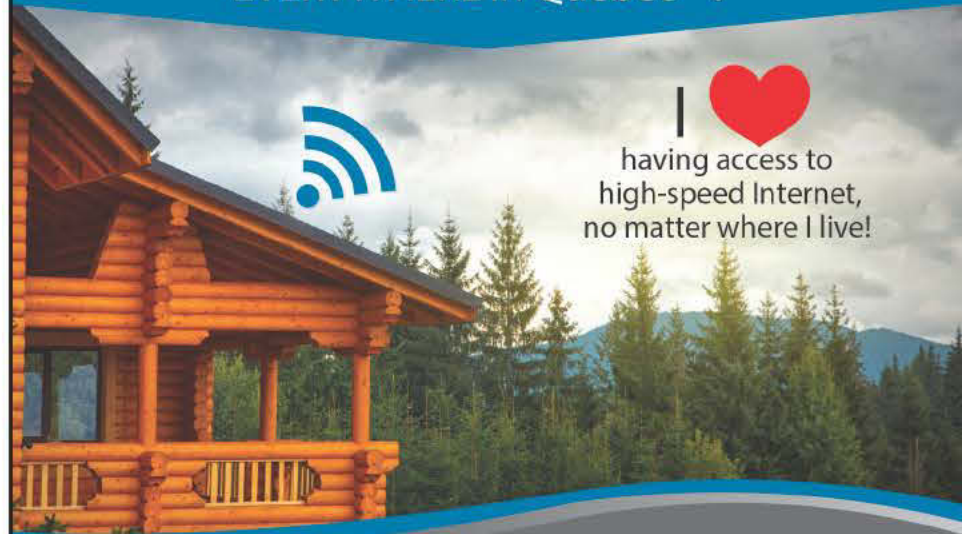
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## What's On My Mind...

# Waste not, want not



Susan MacDonald, Editor

Last year, I had the good intention to “eat in season” and preserve, or purchase, local products to enjoy throughout the winter. Alas, between a lack of time and the pressures of the daily grind, my goal slipped away and, instead of visiting my freezer and pantry, I shopped at the local food mart, paying dearly for the misfortune of purchasing questionable, imported products. This season is going to be different.

Years ago, I read a book (now lost) about a family that left the concrete jungle and relocated to a small acreage on the outskirts of a small town. They followed the same path as most people in search of a simpler life do, cutting firewood, tending a garden and keeping rabbits and a few chickens for eggs and meat. But, what I found most intriguing was their entire approach to their food sourcing and the impact it had on so many levels.

They grew what they could in their own garden, with much of the waste and leftovers becoming food for the rabbits and chickens, the rest going to compost. They became foragers of the forest and meadows, gathering nuts, berries, mushrooms and other edibles. Once a month, they sat down together and, as a family, thought out the menu for the upcoming month. They had a strict budget and a plan.

Every purchased ingredient had to have multiple purposes or be preservable; dinners were planned where leftovers could be re-worked into other meals; no prepared food of any kind ever made the shopping list and, apart from flour and a few other essentials, everything had to be “in season.” There was one exception; each member of the family was allowed to choose one item, anything they wanted, but only one. Coffee, candy, peanut butter, exotic fruit, beer, whatever; the sky was the limit. At the bottom of the list were a few other items - luxuries to be bought if the cost of groceries fell below budget.

The entire family participated in what they would eat, from meal planning to grocery shopping. They learned how to budget and discover the value of making wise, healthy choices, how to utilize what was freely available, how to preserve for the months ahead and the futility of waste.

What I loved most about this story was the description of the pleasure and satisfaction this family shared when they sat down to dinner, the laughing banter and family unity were most aptly portrayed. Rarely, do we see this today, and yet, family and food was what life used to be all about.

While I doubt many will be willing to go to such extreme lengths, it is certainly possible to improve our shopping and eating habits. Over the course of the next few weeks, our Laurentian summer markets, farm stores and roadside stands will all be open for business, offering us the opportunity to purchase the best and freshest of locally-grown food. Don't let it go to waste.

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# Observations The view from Oz

David MacFairlane - Main Street

Oz is the affectionate term for Australia, a country

which has many similarities with Canada, but is one from which we, Canadians, can learn a few useful lessons. Smaller in size (8 vs. 10 million sq. km) and more so in population (24 vs. 35 million), it has a GDP almost the same as Canada, and a per capita GDP almost 17% higher than Canada. Simply put, they're more productive.

I'm here in Melbourne, Australia, on what has become an annual odyssey to visit my family, particularly my 99-year-old mother who, though quite frail, is sharp as a pin, and routinely does the daily crosswords and loves puzzles that challenge her still prodigious powers of memory, deduction and intuition. May I be blessed with such fierce autonomy and grit as I wander through the closing chapters of my own sojourn in this confusing iteration of creation.

The Economist magazine produces an annual list of the world's most liveable cities, based on many factors, including stability, health care, culture, environment, education and infrastructure. Of the top ten cities, Australia had four (Melbourne, Sydney, Adelaide and Perth) while Canada had three (Toronto, Calgary and Vancouver). Melbourne, again, topped the list of 140 cities for the fourth year in a row. So, of the top ten most liveable cities on earth, Australia and Canada had seven spots; the remaining three cities were Auckland (New Zealand), Helsinki (Finland), and Vienna (Austria). Considering how messed up and chaotic the world is, I think we should be grateful to be living in one of the two best countries in the world.

There is no doubt Australia is a prosperous country. Just like Canada, it is a resource-rich nation, deriving the majority of its income from mining, IT and Telecommunications, manufacturing, banking and tourism. In terms of wealth, Australia ranked second in the world after Switzerland, although poverty levels, though low, have been rising recently. Just like in Canada, housing prices are among the highest in the world, including personal debt levels. Poverty and homelessness, though difficult to compare due to different reporting criteria, seem to be similar, but because winters are so much warmer, the tasks of staying warm, fed and sheltered are infinitely easier with the absence of snow and sub-zero temperatures.

Environmental activism is intense, and Australians are seriously devoted to recycling and preserving their delicate ecosystem. Although mostly arid and desert, the country has a wide range of habitats, from alpine snows to lush rainforests. Because it is an ancient continent, thought to be first inhabited via land bridges, from Asia and Africa, some 50,000+ years ago, and so isolated geographically, over 85% of the flora and fauna and inshore marine life is unique to Australia. The indigenous population has suffered a fate similar to our own First Nations tribes and declined drastically due to deliberate genocide, disease and neglect. Like with us, this history remains a blight on Aussie society and is a shameful ignominy over which they still struggle to make amends.

Their system of government is also similar - a parliamentary democracy, with a Governor General, Senate, House of Representatives, and High (Supreme) Court. The Australian Senate is elected, however, a situation we would benefit from by emulating. Regarding commuter travel, since the suburbs are spread over a large footprint, commuter trains run regularly from the city centre to the outer suburbs, often as much as an hour away. The train I take passes through 15 stations and runs daily, morning to night, weekends included. The entire suburban rail system is electrified, and unlike Hydro Quebec, power outages are rare. Travel is paid electronically by special cards, and free parking is available at all stations. On weekdays, the car parks are packed.

The retail scene is similar to our own, but at first glance, prices seem to be higher than in Canada. This is an illusion. The difference is that in Australia, posted prices include all taxes and hidden charges. You pay the price shown. However, in Canada, when we buy a pair of shoes for, say, \$50, we actually pay \$57.50 for the item, because 15% taxes are applied to the price at the cash register. Here, in Oz, the shelf price would be \$57.50, all in. Simple eh? In a restaurant in Canada, when we buy a menu item for, say, \$12.99, we actually pay \$12.99 + \$1.95 tax + \$2.00 tip = \$16.94. In Oz, the price on the menu is the only price you pay - TIP AND TAXES INCLUDED! What's not to love about that? Same with beer, food, clothing, accommodation - everything. So, although the cost of living appears much higher than ours, it's not really. I think we should do the same; it cuts out the deception of seemingly low prices. This way, the posted price of a small coffee at Tim's would be \$1.60, instead of \$1.25. You get the picture.

Despite being the oldest and least fertile continent, with an annual average rainfall that borders on drought conditions, Australia produces all the fruit and vegetables it needs.

**"I have a total irreverence for anything connected with (government), except that which makes the roads safer, the beer stronger, the food cheaper and the old men and women warmer in the winter and happier in the summer."**  
**Brendan Behan, 1923-1964. Irish Republican. Poet, novelist, playwright. Early member of the IRA - a self-confessed "drinker with a writing problem."**

From apples to zucchini, all items are labelled, "Product Of Australia." Aussies are proud of their domestic agriculture and industries. Wheat, sugar, beef, lamb, chicken, veggies, dairy, eggs, all "Product Of Australia." Their eggs are either cage-free, free-range or from SPCA approved barns; their egg yolks are deep orange. Ours? Well, you know! Their eggs are displayed on store shelves, without refrigeration, just like in Europe. Many companies producing consumer goods are proudly labelled, "Australian owned company."

We fuss and hyperventilate over saving our family farms, but destroy our agriculture by being lackeys to corporate interests that have no loyalty to our country. Our national pride in what we do and produce is not on display, like the Aussies. We bring vegetables in from China, Guatemala, Chile, Peru, Mexico, California and other distant sources, when we have abundant farmland and struggling farm families just yearning for stable domestic markets. Yes, we have a short season, but there are many ways to prolong our growing season, if the government would promote initiatives. China is the largest supplier of frozen fish to Canada, while we have a fishery that is struggling for air. All that Chinese fish comes from the Pacific Ocean (have you heard of Fukushima, dear readers?) and the tilapia comes from pig-manure-fertilised ponds.

It's just a question of political will, but sadly, our politicians are beholden to multinational corporate interests, and have trapped us in a web of bi-lateral trade deals that do not serve working Canadians and are destroying our autonomy and taking away our jobs.

It's time for the Conservatives to go! On October 19th, let's vote for a coalition of the NDP and Liberals - it should be

fun to watch how Justin and Uncle Tom will work it out!

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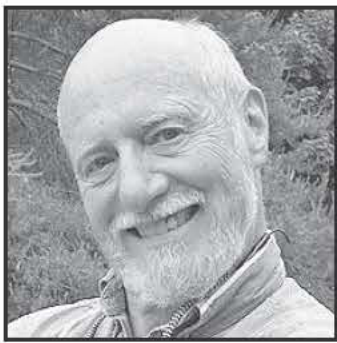
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## Simply Words on Paper Why do we so love our pets?

Jim Warbanks - Main Street

We have had our current dog Charley, a five-year-old purebred Labrador for about eighteen months. He is an integral part of our family, with a strong personality, boundless enthusiasm and a few specific quirks. As was the case with his predecessors, both mixed-breeds, Chekhov and Shadow, he is a rescue dog, though not quite in the traditional sense. These three dogs have displayed quite different qualities, habits and level of intelligence. In my mind, each one did not replace the other, but succeeded him.

I have not seen any pertinent statistics, but pet ownership must be quite significant in the Laurentians region. Among my circle of friends and acquaintances, that is certainly the case. I was therefore quite disturbed by some of the elements in a recent BBC report which challenges many of the common, pre-conceived notions about pets and pet ownership.

### Only humans

Only humans keep pets. Animals don't. Why this clear distinction? Yet, not all societies keep pets. Some cultures that keep animals treat them cruelly. A Kenyan tribe cited in the study only keeps dogs for protection, never allowing them inside or cuddling them. There is not even a word for "pet" in their language. A cherished pet in North America may be perceived as a potential meal in Korea and in certain other cultures. An analysis undertaken in 60 countries found that in only 22 of the 52 countries where dogs were kept were they considered to be companion animals.

According to a May 2015 study, our ancestors initially captured and domesticated wolves for use in hunting. Then, beginning some 27,000 years ago, they became tamer companions that evolved into the dogs, as we know them today.

### Misconceptions

Among the prevailing misconceptions dispelled, people who have pets do not live longer, nor do pets provide increased psychological well-being or happiness, although they may offer some limited health benefits. Contrary to popular belief, research has shown that people with pets tend to have more mental health issues and suffer from increased levels of depression than non-pet owners. Yet, there remain indications that humans who lack social support are more vulnerable to disease and infection. Certainly, pet therapists (and their pets) seem to have a very positive influence with hospital patients and long-term care facility residents.

Having a pet is a costly endeavor. Feeding, veterinarian and other care as well as providing a home for life must be balanced against the companionship offered freely. The family dog can offer nothing material in return. In fact, having a pet, such as a dog, may be a signal that the owner has adequate financial resources to spare.

### Social cues

A speaker addressing an Association for Psychological Science convention took a particularly pragmatic view. Since there are pet ownership variations world-wide, he suggests that pet ownership is purely cultural. In effect, we keep pets in North America because other people do. It is simply socially contagious. Pet-keeping is a result of picking up on social cues, and is continually reinforced by its ongoing popularity.

There are evolutionary benefits that remain today, according to a professor of veterinary sciences quoted in the report. Since we are a very social species, we constantly seek relationships with others. Anyone who has walked a dog will vouch for the fact that the only more effective means of engaging another human in conversation is to be accompanied by a baby.

### Shelter rescue

There are cycles of popularity in pet ownership, just as there are in fashion fads. According to the American Kennel Club puppy registrations, the English bulldog is one breed experiencing resurgence, whereas purebred dogs are no longer the preferred choice. One very positive development cited is that more dogs are being rescued from shelters.

Sharing your life with an animal may have another evolutionary connection. Females who were good at providing care for helpless young mammals would have provided an indication that they would be superior care givers as mothers. Whether such an element provides guidance today is debatable.

### Cute factor

Perhaps I am simply a victim of over-analysis. There is no denying that a puppy or kitten (or baby seal, for that matter) exhibits a cuteness factor that is very appealing. Animals that lack such a public relation profile tend to be viewed quite differently.

Charley, you are safe for now, despite the apparently diminished provable benefits of pet ownership. But, when that large bag of dog food runs low, you had better be on your best behavior.



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**Thursday and Friday:**  
9am to 9pm

**Saturday:** 9am to 6pm  
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**Danielle Gauthier**  
Pharmacist/Owner



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## Three cosy lake front cottages for rent on Little Lake McDonald



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

Weekly and monthly rentals, and weekend options.

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

## Coming up On Facebook this month

Each month we bring you highlights in local news, entertainment and community events plus so much more. Look for road closures and detours, contests and important health and social service announcements as they happen. Visit us often and become part of our social networking family.



Get the latest news and events  
Like us on facebook  
TheMainStreetNews



## About Sainte-Adèle

Chris Lance - Main Street

Founded in 1950, and built in 1955, the Sainte-Adèle Elementary School has a student population of 72 students (2014-2015). An English language school that teaches mostly francophone students (with eligibility under Bill 101), this institution has the latest teaching technology in Canada: LearnPad/SmartBoards. The installation of these LearnPads is a first in Quebec and their function has been designed for educational

purposes and for easy interaction with other students. For further information visit <https://steadele.schoolqc.ca>.

It is June and soon all the kids will be out and about in Sainte-Adèle, playing soccer and baseball in our town parks. On rainy Saturdays, from June 25 to August 16, you might want to drag the family indoors at La Place des Citoyens to see "Les gagnants de la nature."

Rock star Marie-Eve Fournier, contestant/singer on the French program "La Voix," is the headliner for La Fête nationale on June 24 at the Parc de la Famille.

There are numerous upcoming events during the summer months that are published in our local town newsletter or on the website [ville.sainte-adele.qc.ca](http://ville.sainte-adele.qc.ca). Check out the events, but get your citizen card at the library – it is free and you can save money at town events. You will also need your citizen card to get into the EcoCenter in Mont-Rolland and for membership at the tennis courts.

For your information: From May 15 to December 15, there is a contest, "Shop to Win," for customers who make purchases in any Ste. Adèle commercial venue. First prize is \$5000 plus two prizes of \$2000 and one of \$1000 are being offered. The rules are posted at [www.sainte-adele.net](http://www.sainte-adele.net) by Le Chambre de Commerce de Sainte-Adèle.

Congratulations to Sainte-Adèle resident Jeanne d'Arc Leger who receive an honour: Le Prix Hommage Benevolat – Quebec, from Quebec Minister Sam Hamad last April.

### More things to do!

Cyclists: the trails are open at Parc lineaire, le P'tit Train du Nord and the Corridor Aerobique. There will be patrollers from 9 am to 4 pm, until October 12.

Tennis: courts are open: 3 in the center of town and 2 in Mont-Rolland. There are new rules so check it out.

Golf season got off to an early start this year. Pick up a free copy of La Presse Touristique for golf rates and specials. The newspaper is everywhere and you can save some money if you are in the know.

Spas: The Hotel L'Excelsior is now re-opened! New ownership, new rates and deals are available. Visit [hotelspaexcelsoior.com](http://hotelspaexcelsoior.com). There is a special promotion running until July.

### Controversy – Politics

Mayor Charbonneau seems to have resolved the issue with municipal counsellor Roch Bedard. M. Bedard works for the new owner of the recently sold property, La Rolland. It seems the town sold the property to M. Maalouf and the new owner decided to keep M. Bedard as an employee. Is this an ethics issue? We'll see over the coming months. In the meantime, we heard that counsellor Bedard is sent out of the room when the property of La Rolland is being discussed by our elected representatives, sort of an interference penalty for having two jobs....Ah well!

Let's enjoy the summer and wave at the Mayor during all his coronation visits to his Citizen Palace over the next few months. One question for our Mayor: Why do we have electric chargers for electric cars but no air pumps for our bikes at the Place des Citoyens?



## Village of Weir Newswire

Claudette Smith-Pilon - Main Street



### News from city hall

- COOP IS BEYOND EXPECTATIONS. 60 citizens attended the meeting on May 16. Many having heard how the project is advancing decided to join the committee. For more information, please contact Mr Dominique Cadieux, Development agent at 819 425-0435.
- Sculpture of collective stories by Benoit Davidson, Sculptor of tales. June 9 - 11 from 6 pm – 9 pm at the Community Hall in the Village of Weir. To join call City Hall at 819 681-3383

Morgan Farm activities: 819 687-2434

CINÉ FOIN / HAY CINEMA on Wednesday night every 2nd week starting in July

### Victoria's Quilts Canada Laurentian Branch

Next Victoria's Quilts Laurentian Branch workday will be on Friday June 19 at 9 am. The summer ladies have already confirmed their presence, looking forward to seeing you. We are now up to 36 quilts for this year and up to 457 quilts for the grand total.

To Inquiring minds: Mr Yves Robitaille, former Fire Chief of Huberdeau/Montcalm, was offered the position of Chief of Operations (Fire Department Security) for the municipality of Amherst. Among his responsibilities he will be giving the officers training. Good luck in your new venture. Their gain is our loss.

My sincere gratitude for all your comments.

Please forward any comments, news or topic to: [mmcsp40@gmail.ca](mailto:mmcsp40@gmail.ca)



## A Library Addict's Choice...

Grif Hodge - Main Street

Of new books on the shelves of the Jean-Marc Belzile Library in Lachute that can be borrowed at no charge by the residents of Gore, Harrington, Lachute and Wentworth.



### FICTION

Bradley, Alan - As Chimney Sweepers Come to Dust

Brian Bethune describes eleven-year-old Flavia de Luce as "perhaps contemporary crime fiction's most original character - to say she is Pippi Longstocking with a Ph.D. in chemistry (specialty: poisons) barely begins to describe her." For anyone who is a fan of mid-20th century Britain serving as the background for murder and mystery, you will like Flavia's seventh appearance. Miss Marple might not approve of Flavia's easy condescension of most adults, but she would certainly understand Flavia's penchant for revealing who-dun-it.

Ishiguro, Kazuo - The Buried Giant

This is a tale of two lives intertwined that will weave its way into your own self. Kazuo is a master storyteller who knows how to draw upon our collective and deepest memories of love, revenge and war. The author of Never Let Me Go and the Booker-prize winning The Remains of the Day, The Buried Giant begins as a couple, Axl and Beatrice, set off across a sometimes strange and other worldly land, plagued by a strange mist, in the hope of finding a son they have not seen for years.

Rankin, Ian & Thompson, Mark - Dark Road

Ian Rankin, best known as the author of the Inspector Rebus and Detective Malcolm Fox novels, has written his first play with the Artistic Director of the Royal Lyceum Theatre in Edinburgh. I hope Theatre Morin Heights takes a look at Scotland's Chief Superintendent Isobel McArthur's fateful decision to reopen a case involving the gruesome murder of four young women.

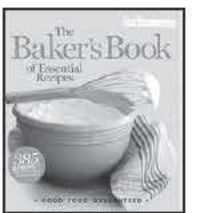
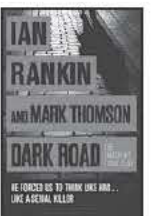
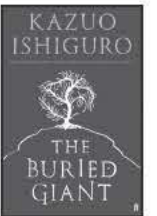
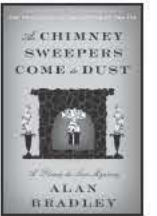
### NON-FICTION

The Baker's Book Of Essential Recipes

Susan Westmoreland, the Food Director of Good Housekeeping, suggests you close your eyes and imagine your kitchen, warmly perfumed with cinnamon and nutmeg, your kids' faces sweetly glazed with chocolate icing and your guests eyes alight, as you spoon out a lofty soufflé. (I hope the proof reading of the recipes is more accurate than the text of the foreword.) However, I know my wife wants to add a copy of this book to our collection.

Galimberti, Gabriele - In Her Kitchen: Stories And Recipes From Grandmas Around The World.

The photos of the grandmas and their dishes are spectacular; the author spent 18 months sitting down at the table with families in North America, Africa, Europe, South America and East Asia. Galimberti's quest was to seek out the signature dishes lovingly served out by grandmothers in the sixty countries he visited.



## Festival Brassicole des Laurentides

## An event not to be missed

Barry Young - Main Street

This coming June 19 and 20 the Laurentians will host the first craft/microbrewery festival in St Faustin Lac Carré. (Parc de la Gare).

Organizer Jean Ouimet is a special events marketing consultant who owns his own company, Plein la Caboche, which has been in business for 2 years. Jean has spent 25 years in the industry, including many years in Montreal, but has returned to the Laurentians and his family on the Ouimet side, residents of Lachute for close to 100 years.

Jean has been a long-time amateur of craft and micro-brewed beer and he and his mentor, Sylvain Robitaille, the owner of Brasserie St. Arnaud in Mont Tremblant, came up with the idea for this project. When asked why he feels this event is important, Jean replied "it is important for local residents of the Laurentians to support the products and artists of our own region. At this event, they will taste wonderful beer, specialty foods and cheeses and enjoy the talents of local musicians and artists."



Jean with several of the participants, promoters and partners

Some of the beer exhibitors will be Farnham Ale & Lager and the Baril Roulant of Val David. Performing artists include Bear of Legend, Angel Forrest, Guy Belanger and many others, including one of Jean's old students, Gilbert Charlebois.

Jean wishes to thank the municipality of St Faustin, Mazda Val David, Bonichoix Lac Carré, the Mont Tremblant Chamber of Commerce, Rona Forget and all his other partners, without whom this event would not be possible.

For more information visit [www.festivalbrassicoledeslaurentides.com](http://www.festivalbrassicoledeslaurentides.com).



## Community infrastructure program

Minister Denis Lebel recently announced the Quebec launch of the new Canada 150 Community Infrastructure Program (150CIP). This initiative is part of the celebrations planned by the Government of Canada to commemorate the 150th anniversary of Confederation by offering Canadians an historic opportunity to connect with our past, celebrate our achievements and create a lasting legacy for our future.

### Canada Economic Development for Quebec Regions (CED)

A budget of \$150 million will be available to support the renovation and improvement, including the expansion, of community infrastructure across Canada. In Quebec, the Canada Economic Development for Quebec Regions (CED) is responsible for delivering the program.

The 150CIP seeks to support non-profit organizations in every region that make infrastructure available to citizens that contribute to the vitality and dynamism of their communities. Thus, the following two themes have been chosen for the call for proposals that will be open until June 26, 2015: **Proud of our parks, trails and watercourses and Strong, active, united communities.**

### Quick facts

- The 150CIP was announced in Economic Action Plan 2015.
- Projects submitted for funding under the program will be analyzed on the basis of, among other things, the speed with which they can be initiated, the participation of other funders and the sustainability of the infrastructure.
- Non-profit organizations and cooperatives interested in submitting a project for consideration can do so online, through CED's Website, from May 19 to June 26, 2015 (5 pm. EDT).

## Agir Santé - a new service now available in Argenteuil for persons living with a chronic illness

The Centre intégré de santé et de services sociaux (CISSS) des Laurentides, point de service d'Argenteuil has set into motion a new program specifically for persons living with chronic illnesses such as diabetes, high blood pressure, heart or circulatory disease, high cholesterol or a respiratory disease. The program Agir Santé offers a wide range of services well adapted to this specific clientele and includes a team of healthcare professionals with nurses, a kinesiologist, a dietician, a respiratory therapist and a social worker. They work together to offer preventative services as well as regular follow-ups for persons already living with such a disease. Services are available individually or in groups depending on individual needs. To contact Agir Santé: 450 562-3761 Ext. 72655. Need a family doctor? For call 450 562-3761 Ext. 72492.



## Beware of cyclists in training

The Ministry of Transport of Quebec advises road users to be cautious, especially on the stretch of Route 117 between the municipalities of Mont-Tremblant, La Conception and Labelle, which is now popular with cyclists in training for the upcoming IRONMAN competitions.

The route of the cycling circuit is primarily on Montée Ryan, Route 117 and chemin Duplessis. Transports Québec has authorized the installation of markers on the bike course, which will guide cyclists and ensure safe travel. From May until October motorists are asked to reduce their speed and keep a safe distance from the shoulder when passing cyclists. For further information on road travels in Quebec, contact Quebec511.info



## Second season for VELOCITY

The MRC of the Pays d'en Haut and its municipalities are preparing for the next cycling season and operations have already begun in several areas.

### VELOCITY: courtesy and safety

In the coming months, an awareness campaign to sharing the roads will be put forward in the territory covered by the bike path, VELOCITY. Signs and advertisements will be deployed to sensitize cyclists, pedestrians and motorists of the importance of sharing the road and courtesy on the network. For more information on the VELOCITY bike path, visit [www.trajet-velocite.ca](http://www.trajet-velocite.ca) or visit the Facebook page.



## \$1,320 for the Alzheimer's Society of the Laurentians

On May 3rd, a very special brunch was held at the Trinity Community Center in the municipality of the Township of Gore. This event, organized by the Friends of Gore Leisure Committee, headed by Diane Vezeau and her husband Marcel Rose, in collaboration with the municipality, raised \$1,320 to benefit the Alzheimer's Society of the Laurentians.



Organizers and volunteers

The funds received during this event will be added to the amount that was collected during the Walk for Alzheimer's on May 31 in Saint-Sauveur.

## 6th edition of McHappy Day breaks record with \$13,718

On May 6, for McHappy Day, the Argenteuil Hospital Foundation (AHF) garnered the record sum of \$13,718, which will benefit the youth sector (mental health) of the Centre intégré de santé et de services sociaux (CISSS) des Laurentides Argenteuil Point of Service.

The day raised \$6,859 in donations and sales of targeted products, reaching a vibrant record. For the cause, former McDonald's Restaurants of Canada President (2000 to 2005), Mr. Bill Johnson, promised to double the public contribution. The AHF receives this gift with gratitude, knowing that this sum will benefit the youth of Argenteuil. The amount raised will be donated in its entirety to the Argenteuil Point of Service, CLSC sector - youth mental health.

For this festive day, more than twenty volunteers shared the various tasks: cooking, drive-up service, street corner promotion and the sale of charitable objects. Among them, were local dignitaries such as Lachute Mayor Carl Péloquin, Saint-André d'Argenteuil Mayor André Jetté, Grenville Village Councillor and Argenteuil MRC representative Luc Grondin, Argenteuil-La Petite-Nation MP candidate Chantal Crête, Lachute Councillor Hugo Lajoie, as well as some members of Argenteuil MNA Yves St-Denis's team, which included Marie-Josée Lapiere, Diane Lapointe, Louise Delisle and Dominic Chartrand. Also present were Program Director for Services to the Clientele with Loss of Autonomy and Interim Director of Client Services Program to the Community, Louise Masse, many employees of the CISSS des Laurentides Argenteuil Point of Service and several AHF administrators. The dynamic presence of some partners must be highlighted, notably, the Sûreté du Québec officers and Lachute firefighters.



## Safety for youth

For the fifth consecutive year and in advance of student's prom nights, the Optimist Clubs of Sainte-Agathe and Val-David / Val-Morin, recently help their Celebrate Safely event. The awareness activity on driving while intoxicated as well as texting while driving was geared towards students attending secondary 5.

"Celebrate Safely is a significant and effective activity," says Jeremiah Pozywiak, who played the role of an accident victim during the simulation. Jerimiah also contributed to the development of the activity at the Polyvalente AN Morin, held Friday, May 29 under the auspices of the regional Optimist clubs.





# Nature's Gift Bull Terriers

Rose Labrie – Main Street

This past April my son Jason came to visit me for my birthday. When he and Erin, his soul partner, arrived I rushed outside to greet them. Jason opened the car door and out jumped the cutest little dog. With a big smile my son handed me

the leash and shouted, "Happy birthday, Mom."

To everyone's disappointment I was not overjoyed with this gift. Sadly, at this time, I am not in a position to offer the love and patience that a dog deserves when he is adopted into a family. Wisely, but with regret, I did not accept this surprise gift. However, it did bring up a bunch of negative comments on Facebook because the dog, whose name is Pink, is a Pit Bull. Negative opinions were going back and forth so I decided to look up this breed and find some facts. I believe a dog is not born bad but can be influenced by the negative impact a human being brings into its life. If a dog is constantly beaten, eventually, it will defend itself.



Bull and terrier breeds were bred in early 19th-century England for the spectator sports of bull and bear baiting. When those sports were banned in 1835, dog fighting replaced them, and the trait for aggression continued to be bred into the breed's genetic lines. However, the breed's genetic makeup also includes an unwillingness to bite humans and eventually, the breed developed a reputation as being a strong, protective dog with a gentle and family-orientated nature.

Today, the Pit Bull Terrier is a companion and family dog. Their tenacity, gameness, and courage make them popular competitors in the sports of weight pulling, agility and obedience competition. Still, the bull breeds are often grossly misunderstood. The qualities that make these dogs tenacious players also attract highly unscrupulous people looking for strong competitors for their dog fighting rings. The tragic result is that bull breeds are often labeled as being dangerous.

Rampant misinformation and fear, caused by the actions of a minority of dogs kept by negligent people, have provoked legislation against the breed in a number of cities and countries around the world. This is not a breed for everyone, especially for those who are unwilling to invest the necessary time in training and socialization. However, when raised in a proper environment, the Pit Bull makes an excellent companion.

## Humane Society International/Canada Rescued animals on the road to recovery

At an emergency shelter outside Montreal, rescued animals enjoy days filled with sunshine, toys, and lots of hugs. But just two months ago, many of them were desperately in need of help.

Last April, Humane Society International/Canada and the Quebec Ministry of Agriculture, Fisheries and Food (MAPAQ) rescued 30 animals, including 17 dogs, 13 cats, a rabbit and a rooster, from a neglect situation in the Hautes-Laurentides region. Staff and volunteers at the emergency shelter have been working daily to help rehabilitate them.

In recent weeks, many of the animals here have made tremendous progress thanks to the care and attention they receive from dedicated staff and volunteers. They are getting more and more comfortable around people and are even starting to show their personalities. Take a look at how some of them are doing! <http://ow.ly/NcdUu>

Shelter manager Anny loves to spend some time outside with her special boy Louis (pictured here). When Louis arrived at the emergency shelter, he was very stressed and – being quite a large dog – seemed intimidating. But after only a few weeks we began to see his true, loving personality – now he's one of Anny's favourites! Obviously, the feeling is very mutual.



All the dogs' favourite time of the day is playtime. Whether outside or inside, they are always ready to engage in play, their tails wagging energetically much like terrier mix Missy, who is always up for a game of fetch! Playtime is an essential part of the dogs' rehabilitation, as well as an opportunity for them to get some much-needed exercise and socialization time.

And then there's Hubert – a very special rooster with spectacular fluffy white plumage! He is a true mascot at the shelter and a great representative of his species. He is sweet, intelligent and curious. He loves to sit on people's lap and just observe the world around him.

Of course, it's thanks to the work of our extremely dedicated staff and volunteers that these rescue animals are making such great progress. Without their time and help, it would simply not be possible to help so many animals get on the road to recovery.

Questions? Call 514 395-2914 (HSI/Canada office), or email [info@hsi.org](mailto:info@hsi.org).

Please donate today to help our efforts at the emergency shelter and allow us to save more animals in need! [hsicanada.ca/rescueanimals](http://hsicanada.ca/rescueanimals)

# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Congratulations to:

Hugues Néron, who recently took over the reins at Viking Restaurant, 58 Masson, Ste. Marguerite du Lac Masson. The new restaurant, with seaside ambiance, will offer such delicacies as lobster, crab, shrimps, doré, salmon and calamari. They will also offer up some juicy burgers, tasty tapas and pizza. The restaurant will be open 7 days a week, beginning June, for lunch and dinner. Breakfast will also be available on weekends, starting June 20. Live music (piano bar) will be featured Friday through Sunday. Philippe Poincloux still owns the marina. There will also be a dairy and snack bar located downstairs. The fabulous new project, Viking Resort and Marina, consisting of 41 beautiful condos and 70 rooms, will start construction in September 2015. Anchors away, Hugues and Philippe! We wish you lots of luck in these exciting new ventures. 450 228-3316. [www.restoleviking.com](http://www.restoleviking.com). photo



François Ménard, owner of Complexe Sportif, 505 Bethany, Lachute, in the shopping center. The "complexe," which opened on May 3, offers the unique concept of having a gym, martial arts, body-building and cardio facilities, all under the same roof. Jujitsu, judo, akito and boxing are all available. There is also a private section where women can train. Everyone aged 5 to 95 is welcome! 450 409-3355, Facebook [jujitsu\\_menard](https://www.facebook.com/jujitsu_menard).



Michaël Cotard, who won the title of "Best Chocolatier in Canada", at the World Chocolate Masters, 2015. Michael will represent Canada in the World Chocolate Masters, in Paris this October. Cotard Chocolatier shop is located at 9, de l'Église, St. Sauveur, and offers delectable chocolate goodies, such as truffles, chocolate bars, chocolate from around the world, individual chocolates, chocolate for fondue and yummy hot chocolate. During summer months, they will offer sorbet and ice cream. 514 928-3245, [www.cotardchocolatier.com](http://www.cotardchocolatier.com), Facebook Cotard Chocolatier. photo



Kudos to owners Michaël Cotard, Melissa Chieccio and Ghislain Raynaud

4 Korner and all the team members from 1906 Oka Rd., Deux Montagnes who are celebrating their 10th anniversary! There are also satellite branches in Ste. Agathe and Lachute. 4 Korner offers the Laurentian community access to English services. They are an important resource, appreciated by all. For more info: 1 888 974-3940 or [info@4kornerscenter.org](mailto:info@4kornerscenter.org).



Marie-Josée Gladu, Josée Pilote and their team at Journal Accés, 727 Principale, Piedmont, who celebrate their 17th anniversary. Originally, there were only 7 staff members, now there are 13. They have worked diligently to inform the Laurentian community about important events, politics, education and news. Thank you to Thomas Gallène, Editor-in-Chief who plays a key role! 450 227-7999, [www.journalaccés.com](http://www.journalaccés.com), Facebook Journal Accés.



Happy 20th anniversary to Éric Bélanger, owner of Laboratoire Orthésistes Bélanger, 1052 Valiquette, Ste. Adèle. They offer foot orthotics, knee and elbow braces (for tennis elbow) and much more. 450 229-7433, [www.laboratoirebelanger.ca](http://www.laboratoirebelanger.ca).



### Did you know:

MiCasa, 6 Préfontaine est, Ste. Agathe is a division of a company called Staywired Video Solutions Inc. MiCasa provides solutions to security concerns integrating home automation and cost-saving technologies. Their expertise and technological experience will provide customers with the ultimate personal purchasing and service experience. It is amazing that your door locks, home heating, garage and much more can all be part of home automation. Two of the partners are residents of Ivry and Ste. Agathe. Contact Jack at 514-992-7900, or [jack@staywired.ca](mailto:jack@staywired.ca).



Relais St-Denis, 61 St. Denis, St. Sauveur has a very unusual, interesting story about its beginnings? During the 2nd world war, on July 24, 1940, English noble families who wanted to ensure the safety of their children sent them and their governesses to take refuge in our area. Fleeing the bombings, 80 girls and boys landed at the Old Colony Inn (Relais St-Denis), which served as a shelter and school (Rydal School). They stayed for 4 years and enjoyed fresh air and country living. When the war ended, more than half of these children returned to England, the others moved to Montreal. Major work in the 70's helped refresh the hotel. The original U shape has been preserved. This hotel has the only outdoor swimming pool, spa and steam room that is open all year and during quiet periods allows visitors (must call the hotel first) for a fee of \$25. They also offer massages, manicures and pedicures to clients. Hotel manager, Jennifer Robinson, would be pleased to help you. 450 227-4766, [www.relaisstdenis.com](http://www.relaisstdenis.com)



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\* The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. † Price for vehicles shown: 2015 Accent 5-door GLS, automatic is \$21,259 / 2016 Elantra Limited is \$26,909 / 2015 Santa Fe Sport 2.0T Limited AWD is \$41,759. Tires and air conditioner charges of \$115 (\$15 and \$100 respectively) and delivery and destination charges of \$1,595/\$1,595/\$1,795 included. Registration, insurance, a maximum RDPDM charge of \$76 and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. \* Lease offer available O.A.C. from Hyundai Financial Services based on the following new vehicle: 2016 Elantra L, manual. 52 bi-weekly payments of \$70 for 24-month walk-away lease. \$0 down payment and first monthly payment required. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. Lease based on 20,000 km per year; 12 ¢ per excess kilometre. Lease offer includes delivery and destination of \$1,595 and fees of \$115 (tire tax of \$15 and air tax of \$100). Registration, insurance, RDPDM, license fees, levies, charges and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. † Price adjustments are calculated against the vehicle's starting price. Price adjustments of up to \$4,232 / \$3,832 available on cash purchase only on 2015 Accent L 5-door, manual / 2015 Santa Fe 2.4L FWD. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ‡ Fuel consumption for the 2015 Accent L 5-door manual (HWY 6.3L/100KM; CITY 8.7L/100KM) / 2016 Elantra L, manual (HWY 6.4L/100KM; CITY 8.8L/100KM) / 2015 Santa Fe Sport 2.4L FWD (HWY 8.7L/100KM; CITY 10.3L/100KM) based on manufacturer testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †† \* Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited. †† Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

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# Out & About

Ilania Abileah - Main Street



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

## RIVIÈRE ROUGE

June 27 to Aug 29: 17th Upper Laurentians Classical Music Festival. There will be 15 concerts including free outdoor events. Ticket reservation: toll-free 1 877 545-3330 or [www.reservech.net](http://www.reservech.net). <http://www.concertshautelaurentides.com/>

**Municipal Beach Michel Jr. Lévesque du lac Tibériade, Rivière-Rouge:**

Sat, June 27: 7:30 pm: Ensemble Radiotango from Montreal will play a program of tango from the classical to the Neo-Tango. Free admission.



Ensemble Radiotango

## MONT TREMBLANT

**Salle Alphonse Desjardins**  
1147, rue de Saint Jovite

June 10 - 28: "Bio-Scape," by Sandra Djina Ravalia. Open Wed: 1 - 5 pm; Thurs: 1 - 9 pm; Fri: 1 - 9 pm; Sat: 10 am - 3 pm; Sun: noon - 5 pm.

July 3 - 12: 22nd Mont Tremblant International Blues Festival. 10 days filled with Blues. More than 60 bands from Canada and other countries will perform daily on various outdoor stages. 819 681-3000, ext. 46643. <http://tremblantblues.com>

## ST. FAUSTIN

**Maison des Arts, St. Faustin**  
**Lac Carré**

1171, rue de la Pisciculture  
819 688-2676 [maison.arts@cgcable.ca](mailto:maison.arts@cgcable.ca) / [www.maisondesarts.ca](http://www.maisondesarts.ca)

June 20 - Aug 30: Annual competition: The theme "Dream in Colours." Sun, July 5: 4 pm - Vernissage and prizes awarded to participating artists. Open: Wed - Sun: 11 am to 5 pm.

## STE. AGATHE

**Théâtre Le Patriote**  
258, rue Saint-Venant

819 326-3655 [www.theatrepatroite.com](http://www.theatrepatroite.com)

Fri, June 19 & Sat, June 20: 8 pm: Spirit in the Sky. \$42.

**Trinity Hall**

12 rue Prefontaine,

Sun, June 14: 10 am - 3 pm: Artist Margaret Adams presents the work of her students. Also shown are Rene Trudel's hand-made bird feeders and students' Christmas crafts for sale. Free admission.

## VAL DAVID

2435, rue de l'Église,  
819 322-6868. [expo@1001pots.com](mailto:expo@1001pots.com)

July 10 to Aug 16: 10 am - 6 pm: 27th 1001 Pots. Opening date, July 10, the site opens at noon. Workshops: [cours@1001pots.com](mailto:cours@1001pots.com) <http://www.1001pots.com>.

**Centre d'exposition de Val David**

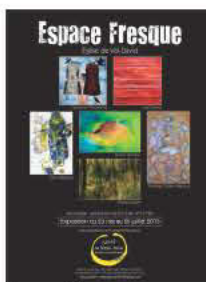
2495, rue de l'Église  
819 322-7474. [www.culture.val-david.qc.ca](http://www.culture.val-david.qc.ca).

Until June 14: Northern Impressions. June 20 - Sept 14: Prints by the artists of Atelier de l'île, a print workshop celebrating forty years (1975-2015). Open: Wed - Sun: 11 am - 5 pm.

12 [main.street@xplornet.ca](mailto:main.street@xplornet.ca)

**Val David Church**  
[letempsnous2010@gmail.com](mailto:letempsnous2010@gmail.com).

Until July 26: Espace Fresque. Six local artists exhibit large-size artwork. Open Sat: 10 am - 4 pm; Sun: noon to 4 pm.



Espace Fresque

## VAL MORIN

**Val Morin Théâtre du Marais**  
1201, 10è ave, Val Morin.

819 322-1414. / [www.theatredumarais.com](http://www.theatredumarais.com)

Sat, June 13: 8 pm - Renowned bluesman, Martin Goyette, performs a mix of blues, jazz, and gospel. \$35.

## STE. ADÈLE

**Place des Citoyens**

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

Open: Thurs & Fri: 1 to 4 pm; Sat: 10 am to 5 pm; Sun: noon to 5 pm

Fri & Sat, June 19 - 20: "Nuit des Étoiles" - From Cinéma Pine at Valiquette Street to the top of the hill, artists paint directly on the asphalt. This year's theme is "Disco." The stage in the center of Morin Street features Quebec Bands in the evening.

**Park Claude-Henri-Grignon**

Sun, June 28: 11:30 am - 2 pm: "Luncheon in White" - Eastern European, jazz and traditional Quebec music played by the five musicians of Gadji-Gadjo, with violin, accordion, guitar, harmonica, contrabass and percussions. Also performing is the group VoxA4, young ladies who sing a cappella. **White attire is obligatory!** You can bring lunch to enjoy in the park. Reservations required (\$10 per person if bought before June 22). Tickets at services des loisirs, 1200, rue Claude-Grégoire, or 450 229-2921, ext. 244. [ville.sainte-adele.qc.ca](http://ville.sainte-adele.qc.ca)

## ST. ADOLPHE D'HOWARD

**L'Ange Vagabond**

1818 Ch. du Village 819 714-0213  
[www.facebook.com/langevagabond](http://www.facebook.com/langevagabond)

Sat, June 13: 8 pm: A Trip Report - crossing to Labrador. Free. Sat, June 20: Cabaret night with the VagaBand. Free (voluntary contribution). Sat, June 27: "Ce soir en Danse."

## ST. SAUVEUR

**François Marciel's Garden Visit**

Saturday mornings: June 27, July 4, 11, 18, 25, and Aug. 1. Limited entry. Upon making a donation to the Laurentian Alzheimer Society, your name will be added to the list of confirmed visitors. Minimum \$25 per person. 819 326-7136 or 1 800 978-7881. Info: Gina Frost: 450 227-2628 # 5260.

**Park Filion**

Sun, June 14: 3 pm - Alex Bay sings.

Sat, June 20: 7:30 pm - film screening

Sun, June 21: 3 pm - St. Sauveur Fever

Tue, June 23: 2 pm - 11 pm

National Holiday Celebrations. At 8:30 pm Dan Bigras and invited artists. Celebrations continue Wed, June 24 from 11 am to 4:30 pm. Sat, June 27 - Hip Hop dance competition. Sun, June 28: 3 pm - David Fleury performs



Alex Bay

Fri - Sun, July 3-5 - Exhibition Saint Sauv Art  
Sat, July 4: 7:30 - performance by "Rebound" (Disco)

Sun, July 5: 3 pm - St. Sauveur Fever / 7:30 pm - Jeronimo Circus

Fri - Sun, July 10 - 12 - "L'En verre du décor" (exhibition of glass and fired art).

Sat, July 11, 7:30 pm - Shirleen and New Love (Top 40-Pop)

Sun, July 12: 3 pm - Amélie P. Bédard

## Park Molson

Fri, June 22: 7:30 pm: Alexandre Belair.

Sat, June 23: 7:30 pm: Vincent Lemay-Thivierge and friends.

## PIEDMONT

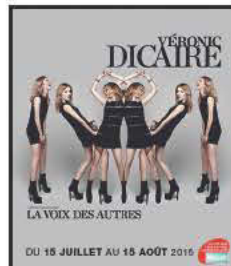
**Théâtre des Pays-d'en-Haut**

400 chemin Avila (exit 58 from Autoroute 15 N, or exit 60. Reservations: 450 224-5757 / 1 855 551-5757 [www.tpdh.ca](http://www.tpdh.ca)

Wed, July 15 - Sat, Aug 15: 8 pm.

Veronic Dicaire; "La Voix des autres."

The singer impersonates over fifty personalities such as Edith Piaf, Adele, Céline Dion, Madonna and many more. Reg. \$82.95 / VIP \$94.45.



Veronic Dicaire

## MORIN HEIGHTS

**United Church**

831 Village Rd.

Fri, June 12, 7:30 pm: The Group "Les Flûtistes de Montréal" with invited musicians and conductor Clyde Mitchell is presenting a musical concert by various composers. Contact person: Judy Diez d'Aux: [jkdflute@gmail.com](mailto:jkdflute@gmail.com). Tickets at the door: Adults \$15 / students \$5.

Sat, June 13 - Sept 26: 1 - 3 pm: Arts Morin Heights. "Monochrome," a thematic exhibition at the Morin-Heights Library. Come meet the artists! Free admission. Donations for the food bank of the Pays d'en Haut will be gratefully accepted. [www.artsmorin-heights.com](http://www.artsmorin-heights.com)

## WENTWORTH NORD

**Rickks Room**  
**Saturday Concert Series**

Presented by Cecilia & Rick Fewtrell [rickksroom@gmail.com](mailto:rickksroom@gmail.com) / [www.rickksroom.ca](http://www.rickksroom.ca)

Sat, June 13, 6 pm: Mary Gauthier (Nashville, TN) \$25; Sat, June 20, 2 pm: Leroy Stagger (Lethbridge, AB) and Dennis Ellsworth (PEI) \$20. Cecilia and Rick provide coffee, tea and snacks. Everyone is welcome to add to the snack table but no obligation. Please reserve - seats are limited.

## HARRINGTON

**FESTIVAL CAMMAC:**

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1 888 622-8755 / 819 687-3938  
[www.cammac.ca/en/festival-cammac-2015](http://www.cammac.ca/en/festival-cammac-2015)

Seven Sunday Brunch Concerts. \$35. Children are welcome to enjoy a special program (ages 4-12) in a separate hall.

Sun, July 5, 11 am: Alcan Quartet. Chamber music at its best with Laura Andriani (violin), Nathalie Camus (violin), Luc Beauchemin (viola) and David Ellis (cello).

Sun, July 12, 11 am: A Cappella! Voces8: a vocal ensemble from Great Britain singing an eclectic mix of music ranging from Renaissance to jazz and pop.

## BROWNSBURG - CHATHAM

**Restaurant Faim-Fino**

338, rue des Érables / 450 407-0708

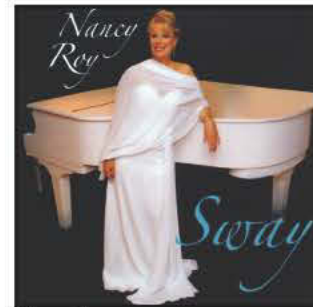
Until July 5: Suzanne Borris exhibits her paintings. La Société culturelle du Pavillon des Jardins: 450 495-8022 [scpj.wordpress.com](http://scpj.wordpress.com).

## PRÉVOST

Sun, July 19: 2 pm: Annual Garden Concert. The location of the concert will be given upon purchase of tickets. Women should wear a skirt or dress with a straw hat; men - long pants, shirt and straw hat. The two artists, Nancy Roy (mezzo soprano) and Caroline Tellier (piano), will perform pieces from My Fair Lady, Carmen, West Side

Story, Porgy and Bess, Sound of Music and more. Light refreshments will follow the concert. Bring your own chair! (In case of

rain, the concert will take place at the Salle Saint-François-Xavier, Prévost). \$25 - Space is limited please buy your ticket in advance at the Library of Prévost or send cheque to Diffusion Amal'Gamme: Centre culturel de Prévost, 794, rue Maple, Prévost, QC, J0R 1T0. 450 436-3037. [www.diffusionsamalgamme.com](http://www.diffusionsamalgamme.com)



Nancy Roy

## ST. JÉRÔME

**Laurentian Museum of Contemporary Art**

450 432-7171 [www.museelaurentides.ca](http://www.museelaurentides.ca)  
Tues - Sun: noon - 5 pm

The museum presents the summer exhibition of two Laurentian artists, Claude Vermette & Mariette Rousseau-Vermette. The exhibition will move on to Baie St. Paul in November. Open: Tue - Sun: noon to 5 pm.

## ST. PLACIDE

Sundays in the park, by the lake (if it rains concerts will be presented in the church). Contributions appreciated.

Sun, July 5: 11 am: Parc X Trio (jazz). Gabriel Vinuela-Pelletier (piano & composition), Alex Lefavre (bass & composition) and Alain Bourgeois (percussion).



Parc X Trio

Sun, July 12: 11 am: Beija Flor (Latin music). Charles Hobson (classic guitar) and Marie-Noëlle Choquette (flute) play classical music inspired by the folklore of Portugal, Spain, Cuba, Brazil and Argentina.

## LOWER LAURENTIAN REGION

**Route des Arts Gallery163,**

Route du Long-Sault,

Saint-André-d'Argenteuil

450 533-6360 [www.routedesarts.ca](http://www.routedesarts.ca).

Sat, July 11 - Sun, July 19: 10 am to 4 pm: Route des Arts - A discovery tour of several art studios

and specialty artisan studios across the Lower Laurentian region. An illustrated brochure describes the artists' work and studio location. Visitors can participate in a free raffle. Free admission. The gallery will be open to the public.



Route des Arts

**Due date for next edition: June 20**  
[ilania@ilaniaabileah.com](mailto:ilania@ilaniaabileah.com)  
450 226-3889.

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# Discover Val-David



## MESSAGE FROM THE MAYOR • HISTORY



Nicole Davidson, mayor

### A Word from the Mayoress

Whether you're just passing through or vacationing in Val-David, let your taste buds be seduced by our bistros and fine restaurants. Allow your spirit to wander along the river and your desire to surpass yourself in outdoor activities express itself. Be drawn by the contemplation of works in artists' studios and exhibitions, found on display in wide-open spaces and themed gardens.



Whether a lover of nature or culture, enjoy the pleasure of discovering a wide palette of tastes, and people, whose warmth is wonderfully sincere; all in this low key world that stands apart.

This poetic valley, nested like a jewel in the mountains where the North River meanders, has nurtured me since childhood. Now, I extend this invitation to you - leave your tumultuous life behind and come discover and enjoy Val-David with eyes, ears and heart wide open.

Dare to step beyond the hub of the village with all its accessible treasures and explore its streets and furthest corners. You will marvel at what you find and definitely want to return.

Nicole Davidson

On June 30, 1944, our village received yet a new name, the Municipality of the village of Val-David, in honour of the Honourable Athanase David, member of the Legislative Assembly (now the National Assembly) and Quebec Provincial Secretary.

With the establishment of the first inns, notably the Villa Mon Repos in 1931 and the Hotel La Sapinière in 1936, as well as the construction of cottages on the shores of Golden Lake (Lac Doré), Val-David began to attract its first tourists. About fifteen years before the opening of cross-country ski trails and downhill ski slopes, climbers began to visit Val-David as early as 1935. It became a favourite destination and today, the climbing routes of Mounts Condor, Césaire and King are recognized as the most important ones in the Eastern part of the country.

In 1959, Gilles Mathieu opened La Butte à Mathieu in the heart of the village, the first "Boîte" in Quebec outside Montreal. All the big names among French and Québécois singers gave performances there. The opening of La Butte à Mathieu also brought with it an influx of artists and crafts people, who elected to stay on in Val-David and set up their studios. In parallel, community life blossomed, thanks mainly to the dedication of men and women committed to their milieu.

Source : Société d'histoire et de patrimoine de Val-David ([www.histoirevaldavid.com](http://www.histoirevaldavid.com))



Hotel La Sapinière



Jean-Baptiste Dufresne & F. Menard

### A bit of history

The first colonists arrived in our area during the summer of 1849. Coming from Saint-Benoît, Olivier Ménard, his brother Narcisse and Jean-Baptiste Dufresne began clearing the land allotted to them in the northern part of the Ste-Adèle parish, an area known today as Lac Paquin. Until 1880, most of the population was concentrated in that sector.

In 1862, our area merged with the Municipality of the parish of Sainte-Agathe-des-Monts and, in 1873, our village began to be called Mont-Morin after a new post office of that name. Until 1880, most of the population was concentrated in the Lac Paquin sector.

The growth of the village was given a boost with the construction of a watermill on the Rivière du Nord. The mill was built by Louis Papineau in 1859 and served not only to run a sawmill, but also, from 1892 on, a flourmill and a mill for carding wool. In July of 1892, the Canadian Pacific Railway built a magnificent station and named it Bélisle's Mill Station, after the mill owned by Joseph Bélisle. The villagers quickly adopted the name for their village, thereafter called Bélisle's Mill. People built a village centre there, which attracted a thriving business community, and which is essentially the one we know today.



Jean-Baptiste Dufresne & F. Menard

With the construction of a church in 1917, the St-Jean-Baptiste parish is born and, in 1921, the area becomes the Municipality of the village of St-Jean-Baptiste-de-Bélisle. Léonidas Dufresne was elected as its first mayor.

**Come visit us this summer!**

**Discover the market, the gardens as well as several cultural events**

- Le Marché d'été (summer market) **May 30-October 10**
- 1001 Pots (pottery exhibition) **July 10-August 16**
- La Chaumière Fleur Soleil (medicinal plant gardens and beehives) **June 28-Aug 23**
- La Clef des Champs (medicinal plant gardens) **July 18-Aug 23**
- Faire impression au rouleau compresseur (outdoor engraving event) **July 18**
- Songes d'été (multidisciplinary art event) **July 30- Aug 9**
- Les Jardins du précambrien (In Situ Art in nature trails) **July 4-Oct 12**
- Festival des Contes Maltés (fables, poetry & beer making) **Aug 21,22 & 23**
- 1001 Visages (cartoonists and humourists festival) **October 10, 11 & 12**

**For a full event schedule visit our website at [www.valdavid.com](http://www.valdavid.com) or phone: 819 324-5678 (ext.: 4235)**

# Delectable Meals on Main Street Val David



**Ilania Abileah - Main Street**

**Bistro des Artistes:** 2489 Rue de l'Église, Val David. 819 320-0899. [www.bistroartistesvaldavid.com](http://www.bistroartistesvaldavid.com). Chef Pierre-André Cantin prepares tasty meals, bakes his own pies and other desserts. Nice terrace seating, friendly service and pleasant indoor décor. Open seven days a week 11 am to 9 pm.

**Boulangerie La Mie Richard:** 2489 #101, Rue de l'Église 819 322-7246. <https://www.facebook.com/pages/Boulangerie-La-Mie-Richard>. The bread and other baked goods smell so good that they hardly any make it home! Open Tue - Sun: 8 am - 6 pm

**Restaurant Clementine:** 2459, De L'Église, 819 322-2111 <http://www.clementineresto.com>. A popular, fine cuisine dinner restaurant, where chefs Louise & Michel Beaune serve beautifully presented plates. Attentive service and great desserts. Bring your own wine! Thurs - Sat: from 5:30 pm.

**Restaurant les Zebres:** 2347, Rue de L'Église, 819 322-3196  
Chef Jason prepares food mainly from local produce. Menu changes weekly. This restaurant is considered to be a destination in Val David. Thurs - Sun: from 5 pm.

**Le Baril Roulant:** 2434 rue de l'Église, 819 320-0069. [www.barylroulant.com](http://www.barylroulant.com). This is a micro-brewery/bistro, nice selection of beers and other drinks. Serving light meals prepared from local produce. Mon - Thurs: 3 pm; Fri - Sun: opens at noon.



2489, de L'Église street, Val-David J0T 2N0  
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<b>Ste Marguerite</b> - Waterfront home in private setting of 43,000 sq. ft. Spacious with quality finishing. 4 bedroom, 2 bathroom and large home cinema room. Beautiful view of Lake and mountains. Private domain apx 5 kms from the Val David village. Water access to Lac Alchemiste and its sandy beach. Your visit awaits.... <b>MLS 13094123</b>		<b>Val David</b> - Waterfront property on small lake in desirable area walking distance to the village and all the sports activities of the bike path, Parc Dufresne and the Petit Train du Nord. Oak floors, 2 fireplaces, many windows and a large terrace with a view. Peaceful and secure area. <b>MLS 16588445</b>		<b>Val David</b> - Spacious 4 BR home with many extras in quiet area close to the village and walking path, restaurants and grocery store. New 4 season veranda built in 2011 overlooks a private wooded lot of 29,366 sq ft. 3 car garage with 2nd floor storage. Municipal water. Newly renovated basement. See more online. <b>MLS 9433181</b>		<b>Montcalm</b> - Waterfront. South facing with mountain view from solarium. Sunny property on Lac Richer. 53,935 sq ft landscaped lot. Open concept kitchen and dining room. 3 bed rooms. Living room with cathedral ceiling and fireplace. Magnificent staircase leads to master bedroom with walk in closets and ensuite. <b>MLS 24374015</b>		<b>Val David</b> - Pretty Canadiana facing south. Open with many extras including the beams, wood floors and woodwork and brick chimney. Bathroom was completely redone with heated floor. 3 BRs with possibility of more in the basement. Screened in porch and a fenced in-ground swimming pool on a huge lot of 99,178 sq ft. <b>MLS 24936065</b>	
<b>ST-AGATHE DES MONTS</b>	<b>\$299,900</b>	<b>VAL-DAVID</b>	<b>\$299,900</b>	<b>VAL MORIN</b>	<b>\$299,000</b>	<b>VAL MORIN</b>	<b>\$294,500</b>	<b>VAL DAVID</b>	<b>\$269,000</b>
<b>Ste Agathe</b> - Magnificent quality construction ARONTEC home. Lots of woodwork, large kitchen 4 Bedroom 2 bathrooms 1 powder room. Finished basement with its own entry. Approximately 15 minutes to the village, park, schools, sports center. Great family home <b>MLS 17312539</b>		<b>Val David</b> - Very spacious swiss style home. 4 Bedrooms, 2 living rooms, 2 bathrooms. Tasteful renovations, kitchen with many maple cupboards. Master BR has magnificent cherry wood built in, windowed breakfast nook. Municipal water. Minutes to cross country skiing, cycling and apx 2 kms from the village. <b>MLS 16719970</b>		<b>Val Morin</b> - Built in 2013. Lots of windows, open concept kitchen dining room with pine cathedral ceiling. 2 Bedroom 2 bathroom with view of mountains. Close to all the services and activities of both Ste Adele and Val David; both cross country and downhill skiing. <b>MLS 14483487</b>		<b>Val Morin</b> - Charming and spacious property. Warm wooded interior, propane stove in LR, large kitchen with oak cabinets. 4 BR 2 bath, Family room in basement. Veranda of 13 X 20, 3 car heated garage w 4 doors. Large 46,105 sq ft corner lot in peaceful area near walking trail and Lac Raymond <b>MLS 12438520</b>		<b>Val David</b> - Spacious open concept with cathedral ceiling in LR. Huge FMR in basement with slow combustion stove. 2 bedroom, 3 bathroom and powder room. apx 2 kms to the village Access to a small lake in the Domaine Belle Etoile. 14,569 sq ft lot with free standing garage. <b>MLS 28195689</b>	
<b>VAL-DAVID</b>	<b>\$239,900</b>	<b>ST-AGATHE DES MONTS</b>	<b>\$239,000</b>	<b>VAL MORIN</b>	<b>\$234,000</b>	<b>VAL MORIN</b>	<b>\$229,000</b>	<b>VAL-DAVID</b>	<b>\$199,000</b>
<b>Val David</b> - Waterfront on Lac Deschamps and across the street from the beach of lac Arc en Ciel. Walking distance to the village. 2 bedrooms and bathroom with therapeutic bath separate shower, sauna and heated floor. Open concept, large kitchen, a/c and garage. 9,240 sq ft lot <b>MLS 26838546</b>		<b>Ste Agathe</b> - Spacious brick and stone bungalow with garage. 3 Bedroom, 2 bathroom, possibility of 2 more bedrooms. Lots of space and close to all services. Large level lot with lovely hedges. Steps from elementary school, park, grocery, stores and more. Great family home. <b>MLS 22787511</b>		<b>Val Morin</b> - 3 bedrooms and 2 bathrooms. Wood floors and stone fireplace in the LR. New master bedroom in the basement with bathroom featuring therapeutic whirlpool bathtub with 3 X 5 shower. Garage, sheltered 6 person spa, close to hwy 15 & 117 and the heart of the village <b>MLS 14196486</b>		<b>Val Morin</b> - Bright charming 4 bedroom cottage built in 2002. LR with fireplace, open concept. Very intimate peaceful lot of 16,502 sq ft. Close to walking trail and Lac Raymond <b>MLS 21352467</b>		<b>Val David</b> - Charming bright 4 bedroom split level. Open concept LR DR kitchen. Lovely well landscaped and fenced back yard. Very nice quiet street closely located to all the village shops, restaurants, grocery and pharmacy, the walking trail as well as all the regional sports! Visit quickly! <b>MLS 28014376</b>	

# Celebrate

La fête nationale (June 24)  
and Canada Day (July 1)

# Festivities

CANTON de  
**HARRINGTON TOWNSHIP**

On behalf of the Council and Staff of the Municipality of Harrington Township, we wish everyone safe and happy celebrations on St-Jean-Baptiste and Canada Day.

**THE CITY OF LACHUTE IS PROUD TO INVITE YOU TO CELEBRATE**

Let us be proud of our roots and values on June 24th and July 1st



A MESSAGE FROM THE MAYOR OF LACHUTE, CARL PÉLOQUIN, AND THE MEMBERS OF THE MUNICIPAL COUNCIL

Andrée Watters & Sylvain Cossette

Ville de MONT-TREMBLANT

J'invite chaleureusement les Québécois et Québécoises à venir célébrer avec fierté la Fête nationale du Québec les 23 et 24 juin à la plage du lac Mercier!

We warmly invite all Quebecers to come celebrate our Fête Nationale with pride on June 23<sup>rd</sup> and 24<sup>th</sup> on the beach at lac Mercier!

*Luc Brisebois, Maire*

villemont-tremblant.qc.ca

# CANADA DAY AT SKI MORIN HEIGHTS

## FREE ACTIVITIES

**COME CELEBRATE CANADA DAY WITH US ON WEDNESDAY JULY 1<sup>ST</sup>!**

- 14:00 onwards Doors open. Reasonably priced BBQ and bar service all day
- 14:00 to 16:00 The 60th Strawberry Social's Shortcake, organized by the ladies of the Trinity Anglican Church (\$)
- 14:00 to 16:00 Meet our firefighters and police officers
- 14:00 to 20:00
  - Face painting
  - Pool
  - Inflatable structures
  - Mascots
  - Street performers and games
  - Le P'tit Vallon: pony rides & petting zoo (until 19:00)
- 15:00 to 15:30 Heather McNabb's Highland Dancers
- 16:00 to 20:00 Marc-Ambulles and his balloons!
- 16:30 The annual Egg Toss
- 19:00 to 19:30 Canada Day's birthday cake
- 20:00 Live music by Jérôme Charlebois followed by Motel 72
- 22:00 Flag raising and fireworks
- 22:30 Bonfire – Motel 72 returns to the stage
- Midnight End of celebrations

### RAIN or SHINE!

(In the event of rain, activities will take place inside)

- Glass containers, alcoholic beverages and animals are not allowed on site.
- By 19:00, traffic will be one way: incoming from Bennett Road and outgoing from Allen Road.

[WWW.MORINHEIGHTS.COM](http://WWW.MORINHEIGHTS.COM)



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1855



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Caisse de la Vallée  
des Pays-d'en-Haut



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Canada





Our identity is the tie that unites us.

**On June 24 and July 1,** proudly celebrate our national holidays



Mayor Denis Chalifoux



Ville de Saint-Sauveur

The municipality of Saint-Sauveur would like to wish all of you a very healthy and happy Saint Jean Baptiste day, June 24th and Canada Day, July 1st.



Riding Office:  
512, rue Principale, Lachute (Québec) J8H 1Y3  
Phone : 450 562-0785 Toll free : 1 800 870-7964  
yves.st-denis.arge@assnat.qc.ca  
www.facebook.com/stdenis.yves



**Yves St-Denis**

M.N.A. for Argenteuil

Député d'Argenteuil

I wish all citizens of the Argenteuil riding a happy National Holiday and Canada Day. Québec's National Holiday is a great occasion to celebrate the many ways to be part of this province's culture that is shared by us all.

May we also take the moment to celebrate the strong country we have founded from sea to sea with respect to the sacrifices that were made for our freedom, prosperity and worldwide leadership.

**Happy National Holiday! Happy Canada Day!**

Yves St-Denis  
M.N.A. for Argenteuil



We wish everyone a  
**Bonne Saint-Jean-Baptiste &  
Happy Canada Day**

Your Main Street team

# Dance, Music & Song at the Big Top in St. Sauveur

Ilania Aibileah - Main Street



Guillaume Côté, the new Artistic Director of FASS has prepared a program, which includes past favourites and wonderful new surprises. It is a program full of great dancing, music and song.

The festival opens on Thurs, July 30 & Fri, July 31 at 8 pm: The Gauthier Dance/Dance Company Theaterhaus Stuttgart: They are returning with a program of various choreographers. "Pacopepepluto" (Alejandro Cerrudo), will feature three solos set to songs by crooner, Dean Martin. "Two Become Three" (Alexander Ekman), describes a young couple's chemistry. "Ballet 101" (Eric Gauthier) presents a comic introduction to classical ballet. "Cherry Pink and Apple Blossom White" (Itzik Galili) - an energetic piece for two dancers set to the music of Cuban musician, Pérez Prado (King of Mambo). "Malasangre" (Cayetano Soto) - seven dancers perform tribute to Cuban singer, Guadalupe Victoria Yoli Raymond (1939-1992), known as La Lupe. "Floating Flower By" (Po-Cheng Tsai) - a poetic work that won the Audience Award in 2014. "I Found a Fox" (Marco Goecke) - set to music by Kate Bush. "Black Cake" (Hans Van Manen).

Sat, Aug 1: 8 pm - Les ballets jazz de Montréal returns with a new program and will share the stage with the Hip-Hop inspired group, Tentacle Tribe.

Sun, Aug 2: 6 pm - Orchestre Métropolitain with Yannick Nézet - Séguin, will play music by Tchaikovsky and Dvořák.

Wed, Aug 5: 8 pm - Coleman Lemieux & compagnie. One of the surprises this year is this group performing "Looking for Elvis," by Laurence Lemieux (music: Elvis Presley - for seven dancers) and "The Man in Black," by James Kudelka (music: Johnny Cash; three men and a woman dance country-western styles).

Thurs, Aug 6: 8 pm - Stars of American Ballet. A group founded by dancer Daniel Ulbricht. They will perform pieces by George Balanchine, Daniel Ulbricht and Christopher Wheeldon.

Fri, Aug 7 & Sat, Aug 8: 8 pm - the 3rd "International Ballet: A Night with the Stars," with dancers from the New York City Ballet, the National Ballet of Canada, Bryan Arias of Kidd Pivot and others.

This year's festival has a prelude show on Wed, July 29 with Rufus Wainwright, the award winning singer / songwriter. The evening starts with a reception in the FASS VIP tent followed by a cocktail party at Bistro A Vino. Tickets for the show only are also available (\$65). Call 1 866 908-9090 www.fass.ca.

## Laurentian Farmers' Markets From farm to table



Susan MacDonald

Nothing tastes better than fresh produce straight from the local farm. Add in well-raised meats, free-range eggs, artisan cheese and baked goods, homemade preserves and many other locally grown or transformed products and you've got everything you need to prepare healthy, delicious meals for your family. These products and more can be found at your local farmers' markets. Eat well and support your local community farmers and co-ops. The following is a partial list of some of our Laurentian markets and farm stands; please check with friends and visit the municipal websites to find others. Bon appetit!

**Le Marché Découverts d'Argenteuil**  
540 rue Barry, Lachute (old train station).  
450 613-1422 /  
www.decouvertesdargenteuil.com  
Sat: 9 am - 1 pm (July 4 - Sept 12)

**Marché Lachute**  
25, rue Principale (flea market)  
Tues & Sun: all day

**Morin Heights Farmer's Market**  
148 Watchorn  
450 226-2789  
www.marchemorinheights.com  
Fri: 1 pm - 6 pm (until Oct 9)

**Piedmont - L'Éco-Marché**  
Train station  
450 227-1888, ext. 227  
www.municipalite.piedmont.qc.ca  
Sun: 9 am - 3 pm (Mid-Aug - mid-Sept)

**Sainte Adèle**  
Place des citoyens  
www.sainte-adele.net  
Sat: 9 am - 3 pm (June 20 - Sept 26)

**Val David Summer Market**  
Rue l'Académie (village centre)  
819 322-6419 / www.maarchedete.com  
Sat: 9 am - 1 pm (Until Oct 10)

**Mont-Laurier**  
Espace Théâtre Muni-Spec,  
543, rue du Pont  
819 585-2300  
Thurs: 3 pm - 7 pm (June 11 - Oct 1)

**Bois-des-Filion**  
388 boul. Adolphe-Chapleau  
819 322-6419 / www.marchedete.com  
Sun: 10 am - 2 pm (until Aug 30)

**Vankleek Hill**  
5814 Hyw. 34 (high school)  
vankleekhillfarmersmarket.ca  
Sat: 9 am - 1 pm (open all year)

**Farm Markets**  
Runaway Creek Farm  
5, Thompson Rd, Arundel  
819 687-3884  
www.runawaycreekfarm.com  
Daily 10 am - 5 pm

**Ferme-Neuve Farm Market**  
12e Avenue (in front of the church)  
819 587-3882, ext. 227  
www.marche-delaferme.com  
Fri: 1 pm - 6 pm (June 12 - Sept 4)

**Honda**  
**CHECKERED**  
**FLAG** EVENT

**\$ 39**



2015 **CR-V LX 2WD** | **\$70\*** | **\$0**  
60 MONTH LEASE | Per week | Cash down  
120,000 km included  
Freight, PDI and A/C surcharge included  
OR  
Purchase financing **1.99%\*\*** for 60 months



2015 **ACCORD LX** | **\$62\*** | **\$0**  
60 MONTH LEASE | Per week | Cash down  
120,000 km included  
Freight, PDI and A/C surcharge included  
OR  
Purchase financing **0.99%\*\*** for 60 months

**PLUS \$800<sup>†</sup>**  
**CIVIC BONUS** UNTIL JUNE 30  
WHEN YOU LEASE ANY 2015 CIVIC

2015 **CIVIC DX**  
60 MONTH LEASE | **\$39\*** | **\$0**  
Per week | Cash down  
120,000 km included  
Freight and  
OR  
Purchase financing **0.99%\*\*** for 60 months



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\* Lease offer available through Honda Financial Services Inc. (HFSI), on approved credit. The weekly lease offer applies to the new 2015 Civic DX Sedan manual (model FB2E2FEX) / new 2015 CR-V LX 2-wheel drive (model RM3H3FES) / new 2015 Accord LX manual (model CR2E3FE) for a 60-month period, for a total of 260 payments. 120,000 kilometer allowance (12¢/km excess charge applies). Freight and PDI of \$1,495 / \$1,695 / \$1,695 included (if applicable). The first payment and the RDPHM lien registration and lien registering agent's fees (up to \$48 total) are due at time of delivery. Taxes, specific duty on new tires (\$15), insurance and registration are extra. † \$800 Civic Bonus is only available on new 2015 Civic models leased through Honda Canada Finance Inc. (HCFI) and delivered by June 30, 2015, and is composed of: (1) either a 300\$ gas gift card or a \$300 bonus deducted from the negotiated selling price after taxes; and (2) a \$500 bonus deducted from the negotiated selling price after taxes. The consumer can choose between the gas gift card and the \$300 bonus offer. Civic Bonus can be combined with lease rates advertised by HCFI. \*\* Purchase financing offer available through Honda Financial Services Inc. (HFSI), on approved credit. Financing example: the new 2015 Civic DX Sedan manual (model FB2E2FEX) / new 2015 CR-V LX 2-wheel drive (model RM3H3FES) / new 2015 Accord LX manual (model CR2E3FE). Selling price of \$17,245 / \$27,785 / \$25,845 financed at 0.99% / 1.99% / 0.99% APR equals \$294.71 / \$486.69 / \$441.68 per month for 60 / 60 / 60 months. \$0 down payment or equivalent trade-in may be required. Cost of borrowing is \$437.60 / \$1,428.40 / \$655.80 for a total obligation of \$17,682.60 / \$29,213.40 / \$26,500.80. Taxes, specific duty on new tires (\$15), license, insurance, registration and options are extra. Limited time offer subject to change or cancellation without notice. Dealer may lease/sell for less. Dealer order/trade may be necessary. While supplies last. Only valid for Quebec residents at participating Quebec Honda dealers. For a limited time only. Offer valid on new in-stock vehicles only. Pictures are for illustration purposes only. See your Honda Dealer for complete details.



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UP TO \$4,000  
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PLUS DON'T PAY FOR 90 DAYS\*  
 On 2015 Forte and Sportage models only.\*

**OFFER ENDS JUNE 30<sup>TH</sup>**



Forte SX AT shown\*

HWY / CITY 100KM\*: 6.1L/8.8L

That's like paying only **\$30** WEEKLY<sup>a</sup>

2015 **FORTE** LX MT

LEASE FROM **\$131<sup>a</sup>** MONTHLY AT **0% APR** FOR 36 MONTHS\*

**INCLUDES:**



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Offer includes a \$2,150 Lease Credit. Offer based on new 2015 Forte Sedan LX MT (F0541F) with a selling price of \$15,995.\*



Soul SX Luxury shown\*

HWY / CITY 100KM\*: 7.8L/9.9L

2015 **SOUL** 1.6L LX MT

That's like paying only **\$37** WEEKLY<sup>a</sup>

LEASE FROM **\$162<sup>a</sup>** MONTHLY WITH **\$0 DOWN** **0.9% APR** FOR 60 MONTHS\*

Offer based on new 2015 Soul LX MT (S0551F) with a selling price of \$16,995.\*

**2015 IIHS TOP SAFETY PICK**



Optima SX Turbo shown\*

HWY / CITY 100KM\*: 5.7L/8.9L

2015 **OPTIMA** LX AT

That's like paying only **\$56** WEEKLY<sup>a</sup>

LEASE FROM **\$243<sup>a</sup>** MONTHLY WITH **\$0 DOWN** **0.9% APR** FOR 60 MONTHS\*

Offer includes \$1,500 Lease Credit. Offer based on new 2015 Optima LX AT (OP742F) with a selling price of \$24,795.\*

**THIS MONTH ONLY! UP TO \$1,000 CASH BONUS**

ON SELECT 2016 SORENTO & 2015 SOUL MODELS\*

2015 **RIO**  
**CLEAROUT!**

Rio4 SX with Navigation shown\*  
 HWY / CITY 100KM\*: 6.3L/8.8L



CASH PURCHASE PRICE FROM **\$10,425<sup>\*\*</sup>** INCLUDES A **\$3,670<sup>\*\*</sup>** CASH CREDIT OF

Offer excludes delivery, destination, fees and includes \$3,670 in cash credit. Offer based on new 2015 Rio LX MT (R0541F) with a selling price of \$14,095.\*\*



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The Power to Surprise

Offer(s) available on select new 2015 models through participating dealers to qualified retail customers who take delivery from June 2 to 30, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. Other lease and financing options also available. \*\*Bonus Cash amounts are offered on select 2015 models and are deducted from the negotiated purchase/lease price before taxes. Certain conditions apply. See your dealer for complete details. \*Don't Pay for 90 days\* on select models (90-day payment deferral) applies to purchase financing offers on all new 2015 Forte and Sportage on approved credit (OAC). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends June 30, 2015. \*Representative Leasing Example: Lease offer available on approved credit (OAC), on new 2015 Forte Sedan LX MT (F0541F)/2015 Soul 1.6L LX MT (S0551F)/2015 Optima LX AT (OP742F) with a selling price of \$15,995/\$16,995/\$24,795 is based on monthly payments of \$131/\$162/\$243, and excludes delivery and destination fees of \$1,535/\$1,715/\$1,535, \$79 PPSA and A/C charge (\$100, where applicable) for 36/60/60 months at 0%/0.9%/0.9% with a \$0 down payment/equivalent trade, \$0 security deposit and first monthly payment due at lease inception. Offer also includes a lease credit of \$2,150/\$0/\$1,500. Total lease obligation is \$4,728/\$9,733/\$14,606 with the option to purchase at the end of the term for \$9,117/\$7,818/\$9,422. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometres). Other taxes, registration, insurance and licensing fees are excluded. Offer ends June 30, 2015. \*Cash bonus amounts are offered on select 2015/2016 models and are deducted from the negotiated purchase/lease price before taxes. Certain conditions apply. See your dealer for complete details. \*\*Lease payments must be made on a monthly or bi-weekly basis as negotiated but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. \*Cash purchase price for the new 2015 Rio LX MT (R0541F) is \$14,095 and includes cash credit of \$3,670. Dealer may sell for less. Delivery and destination fees of \$1,535, A/C tax (\$100, where applicable), other taxes, fees, registration, insurance and licensing fees are excluded. Offer ends June 30, 2015. \*Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (F0748F)/2015 Rio4 SX with Navigation (R0749F)/2015 Optima SX Turbo AT (OP748F)/2015 Soul SX Luxury (S0758F) is \$26,695/\$22,395/\$34,895/\$27,295. \*Highway/city fuel consumption is based on the 2015 Forte 1.8L MPI 4-cyl AT/2015 Rio LX+ECO AT/2015 Optima 2.4L GDI AT/2015 Soul 2.0L GDI 4-cyl MT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. The 2015 Optima awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2015. U.S. model tested. Visit [www.iihs.org](http://www.iihs.org) for full details. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit [kia.ca](http://kia.ca) or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

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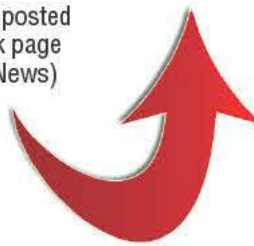
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	8		6	2		4	1	
4	1		7					6
	9			4	3			8
	7							
8	6	1	4		5	3	2	9
							4	
3			5	9			6	
6					7		3	2
	5	8		3	6		7	

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



Answers for the May edition sudoku



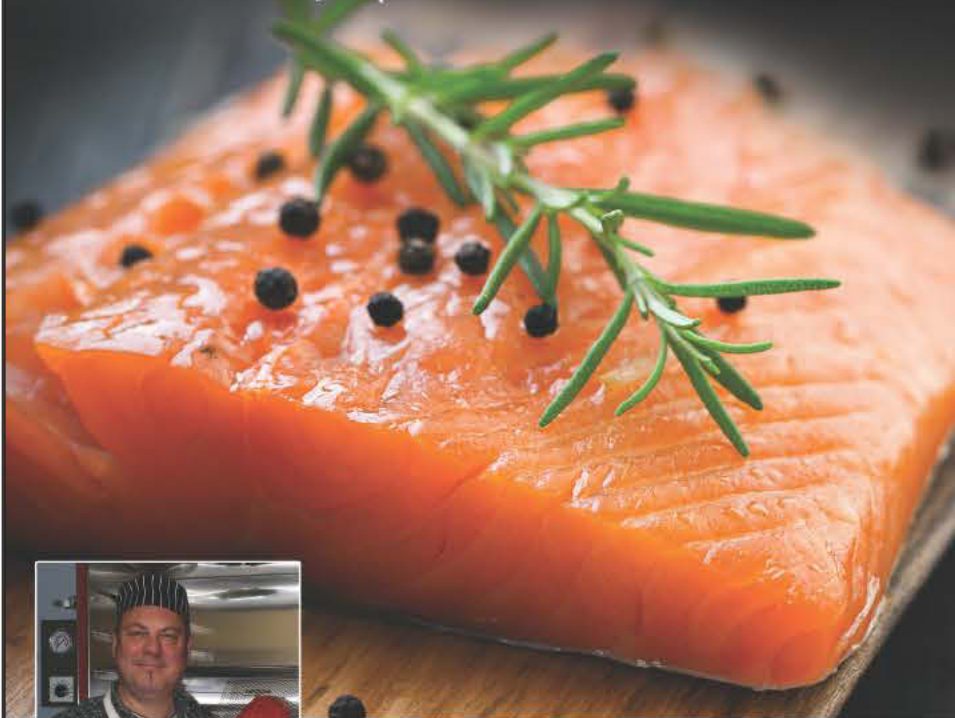
8	4	9	3	1	7	5	2	6
3	6	2	8	4	5	7	9	1
7	1	5	9	2	6	4	8	3
5	8	1	7	6	2	3	4	9
9	3	7	5	8	4	1	6	2
4	2	6	1	3	9	8	7	5
1	7	3	6	9	8	2	5	4
6	5	4	2	7	1	9	3	8
2	9	8	4	5	3	6	1	7

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XLE V6 Model Shown

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 or  
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2015 **Corolla** CE  
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 or  
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RED TAG DAYS **END JUNE 30**

Lease and purchase financing provided through Toyota Canada Inc. upon credit approval by Toyota Financial Services. Registration, insurance, taxes and tire levy are extra. Subject to applicable conditions, the offers apply to individuals who lease or buy a vehicle from June 2 to 30, 2015, at a participating Quebec dealer, where you can obtain all of the terms and conditions. The dealer may lease or sell for less. Offers may change without prior notice. \*Offers apply to new, in-stock 2015 Corolla CE [BURCEM AA] / 2015 RAV4 FWD LE [ZFREVT AA] / 2015 Camry LE [BF1FLT A] base models. MSRP of \$17,720/\$26,360/\$26,025 before taxes, dealer fees of \$165 before taxes (applicable at some dealers), transportation and preparation charges and air conditioning charge (if applicable) included. The total monthly payment is subject to a 0.99%/1.99%/1.99% annual lease rate and takes into account a \$300/\$210/\$0 dealer contribution, dealer fees, transport and preparation charges, air conditioning charge (if applicable) and \$800/\$250/\$500 Lease Assist (including applicable taxes on Lease Assist, the payment of which will be required on delivery). A 20,000 km per year restriction and \$0.07/\$0.15/\$0.10 per additional kilometre apply. The amount required on delivery is \$169.42/\$279.44/\$278.59 before taxes (equivalent to the first monthly payment) as well as tire levy and applicable taxes. The MSRP of the 2015 Corolla S [BURSEM AA] / 2015 RAV4 AWD Limited [DFREVT AA] / 2015 Camry XLE V6 [BK1FXTA] models shown is \$21,425/\$35,705/\$36,725.

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**RELIGIOUS SERVICES**



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

**Branch 171 Filiale Morin Heights**

June 19: 6 pm: TGIF  
June 27: Canada Day BBQ  
Sat, July 4: Flea Market (rain day July 5)  
Fri, July 17: 6 pm: TGIF Smoked Meat Dinner  
Sat, July 25: 6 pm: Barney's Famous Roast Beef (on spit)  
For information on any event call 450 226-2213 (after noon)

**Branch 70 Filiale Lachute**

June 26: 6 pm: Smoked Meat Dinner \$12  
June 28: 2 pm: Canada Day Bar BQ  
July 27: 9 am: Casino \$14 (bus)  
Sat, July 28: Annual golf tournament  
Tues: 1 pm: Euchre  
Alternating Thursdays: cribbage & shuffleboard  
Sat afternoon: 1:30 pm: Darts  
For information call: 450 562-2952 after 2 pm!

**Branch 71 Filiale Brownsburg**

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

**Branch 192 Filiale Rouge River**

**JUNE - SUM-SUM-SUMMER TIME**  
Fri, June 12: 7 pm - 9 pm: Opening of patio Wine & Cheese  
Wed, June 17: 6 pm: Executive meeting  
Sat, June 20: 5:30 pm - BBQ  
Tues, June 23: Golf Challenge Morin Heights / Arundel Info: 819 687-8971  
Sat, June 27: General Meeting - elections  
Tues: 7:30 pm: Cribbage  
TGIF nights: 3:30 pm: Darts  
For further details call 819 687-3148 / 819 687-9143 or email mmcsp40@gmail.com

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

**HILLSIDE CHAPEL**  
755 Village Road, Morin Heights  
Terry Sheahan: 450 229-5650.  
We are known as a singing church so if you enjoy Country Gospel and like to sing Old Time Gospel, or just listen, come and enjoy our Sunday evening services. Services will be held at 6:30 pm. Everyone (and their instruments) welcome. May 31: 6:30 pm - Special service with John Reid and the Eagle Band from Belleville, Ontario

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

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

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

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

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

**BROOKDALE UNITED CHURCH, BOILEAU**  
Info: 819 687-2752

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**ST. AIDAN'S WENTWORTH**  
86, Louisa Rd - Louisa  
June 21: 10 am - Morning Prayer  
July 5: 11 am - Holy Communion  
July 19: 11 am - Church service  
Services with gospel/bluegrass music

**ST. PAUL'S - DUNANY**  
1127 Dunany Rd, Dunany  
June 21: 10 am - Family service  
June 28: 7 pm - Church service  
July 5: 7 pm - Church service  
Services are bilingual

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
June 14: 10 am - Morning Prayer  
June 28: 10 am - Holy Communion  
July 26: 11 am - Church service  
Bilingual services with gospel/bluegrass music

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

**CHRIST CHURCH - MILLE ISLES**  
1258, Mille Isles Rd - Mille Isles  
June 14: 10 am - Holy Communion  
June 28: 10 am - Morning Prayer  
July 26: 11 am - Church service

**ST. SIMEON'S ANGLICAN CHURCH**  
445, Principale, Lachute  
with Rev. Paul Tidman: 450 562-2917  
June 14: 9:30 am - Family Service  
June 21: 10 am - Communion at Christ Church in St. Andrew's East  
June 28: 10 am - Communion  
July 5: 9:15 am - Communion  
July 12: 9:15 am - Communion  
Everyone welcome! Refreshments follow most services

**ÉGLISE LAC MAROIS UNION CHURCH**  
802, Ch. Sainte Anne-des-Lacs (SADL)  
June 28 - Sept 6: 10:30 am - Sunday service  
All are welcome / Bienvenue à tous.

**Laurentian Club Closes Season with AGM/Luncheon**

Sheila Eskenazi

Another successful season of the Laurentian Club ended on May 25 with a terrific 5-course luncheon at La Gourmandine in Ste. Agathe. With background music provided by pianist Richard Hartley, the members and guests shared good food and good company before saying goodbye for the summer.

The business meeting was held before the meal was served and President Dave Merrett summed up the season and thanked the members of the Board of Directors for their work in keeping the Club running smoothly and finding and presenting the series of stimulating and informative speakers welcomed year after year. Lorna Pauls became a member of the board, joining Dave and Susan Merrett, Beryl Puddifer, Mary Mitchell, Ann Stafford, Sheila Eskenazi and Joseph Graham, Eleanor Maxwell and Robert Girard, and Brenda Burrige, who remain in their respective roles for another year.

A special thanks went to Eleanor Maxwell, who took on the role of archivist in celebration of the Club's 20th Anniversary. She poured extraordinary energy into sifting through 20 years of records and used statistics, photos and press clippings to illustrate a series of posters highlighting the Club's history as the meeting point for members of the widely-dispersed English-speaking Laurentian community.

The Laurentian Club looks forward to another exciting season beginning on September 28 when well-known investigative reporter and author Stevie Cameron will be the guest speaker. The complete schedule, including links to speakers' own websites when available, will be posted at www.LaurentianClub.ca during the summer. Look for more information in future issues of Main Street.

**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 20, 2015 - 1 pm**

**Speaker: Marlene Seguin**  
**Health benefits of yoga**

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

Meetings are conducted in English  
**ADMISSION IS FREE**

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

Resource library available. Bring a friend or family member.

**COMMUNITY NEWS**

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

**SOUPE POPULAIRE**

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

**VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE**

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

**BAZAAR MPDA LACHUTE**

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

**BADMINTON – WHO'S UP NEXT?**

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

**WILLKOMMEN**

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

**JOYFUL NOISE CHOIR**

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

**ASSOCIATION ALPHA LAURENTIDES**

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

**COMMUNITY EVENTS**

**THE LOST RIVER COMMUNITY CENTRE**

**June 21: 9 am - noon:**  
Father's Day Breakfast  
Basket draw donations will go to Prostate cancer research.  
**June 27: 8 am - 2 pm:** Flea Market.  
Bake sale and canteen on site.  
Everyone is welcome to buy, sell or visit. To book a vendor table (\$10 / 2 for \$15), please contact Barrie Smith.  
**Wed, July 1: 11 am - 2 pm:**  
Canada Day Celebrations  
Flag Raising ceremony with the Arundel Canadian Legion at noon. Kids Corner, Canadian trivia contest, hot dogs, soft drinks, tea & coffee.  
**July 5: 9 am - noon:** July Breakfast  
Basket donations to benefit the Alzheimer Society of Canada  
Everyone is welcome to attend all events.  
Info: Barrie Smith: 819 687-9498  
If you are not on the LRCC email list but would like to be advised of upcoming events, please advise Mike Carroll at lrcc.harrington@gmail.com

**LOST RIVER GOLDEN AGE**

2811 Rte. 327 Nord  
The Centre is looking for a donation of a wheelchair, please call Deedy: 819 242-8939

**HARRINGTON GOLDEN AGE CLUB**

(259 Harrington Rd)  
**1st & 3rd Sunday of each month: 1:30 pm:** Bingo  
**July 3: 5:30 pm:** Cook's Night Out Supper  
**July 18: 2 pm:** Strawberry Social and raffle for a lovely quilt.  
\* Raffle: hand-sewn quilt dating back to 1950s. Tickets: \$0.99 each / 6 for \$5. Annual donation of \$12 to become a "Friend of the Golden Age," with discounts to most events.  
Open to everyone.  
Info: Deedy: 819 242-8939

**HARRINGTON VALLEY COMMUNITY CENTRE**

420 Harrington Rd.  
**Sat, June 27:** Canada Day Celebrations  
Info: Deedy: 819 242-8939

**AVOCA COMMUNITY CENTRE**

192, Avoca Road  
**Sat, June 13: 5 pm:**  
Silent Auction & Ham Supper  
Adults: \$12, children: \$5  
Everyone welcome!

**MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH**

463, rue Principale, Lachute  
**June 20: 9 am - 3 pm:** Garage Sale

**LACHUTE UNITED CHURCH**

Hamford Chapel, 232 Hamford Street,  
**July 2:** Strawberry Social  
**Aug 7:** Annual UAPC Bar BQ (details to follow)

**LITERACY CENTRE'S 5TH ANNUAL FUNDRAISING STEAK SUPPER**

Dunany Golf Club  
**Sat, June 13: Cocktails at 6 pm / Meal at 7 pm**  
The Laurentian Literacy Centre is hosting a succulent dinner prepared by Mr. Don Manconi and his team.  
Advance tickets only: \$35  
Raffle and Silent Auction  
Tickets: 450 562-3719 / literacycentre@bellnet.ca

**LRHS – CLAS REUNION OF '75**

**June 20:** Dinner / **June 21:** Breakfast  
Info: Daniel Roch: 514 951-4490 or drienviro@gmail.com.

**THEATRE MORIN HEIGHTS – AUDITIONS**

"WELFAREWELL," by Cat Delaney  
Salle du Souvenir, Library (823 rue du Village)  
**Sun, June 14: 2 pm / Mon, June 15: 7:30 pm**  
**Tues, June 16: 7:30 pm** – first read through  
10 characters (8 female & 2 male) + 9 small bit parts.  
Also seeking people for the production team  
Info: Peter Cook (Director): 514 915-9217 / Penny Rose (Producer): 450 226-2746  
**Performance Dates: Nov 5,6,7 & 8 (2 shows)**

**BLUES ON TUES**

**MORIN HEIGHTS LEGION**  
**Every Tuesday night: 7 pm - 10 pm**  
Great music and dancing with Terry Gillespie & The Granary Band  
**Starting June 2.** Entry: \$10

**GOLF TOURNAMENT**

Restaurant Bagel and Benedict in St Sauveur **June 12**  
\$120 per person - Golf, lunch and dinner included. Proceeds to benefit the Richard Lemieux Foundation for handicapped skiers  
Info: 514-774-3878

**CLUB DE CANOE-KAYAK VIKING – OPEN HOUSE**

Pavilion Montfort, 160 Chemin Montfort, Wentworth-Nord  
**Sun, June 14: 1 to 4 pm**  
Everyone welcome to try the dragon boat and learn of upcoming summer programs. Come join in the fun.

**MEDITATION WITH MUSIC**

St Francis of the Birds Church, 95, rue St. Denis, St Sauveur  
**Wed evenings: 7 pm – 9 pm**  
Drop by for the time you have available  
Everyone welcome / bienvenue à tous  
Info please call Peter: 450-227-3244

**HISTORICAL GROUP LAUNCHES NEW MAGAZINE AND ELECTS NEW DIRECTORS**

The Morin Heights Historical Association held its 18th annual general meeting on **May 23**. Guest speaker was Rod McLeod, a professional historian with the Quebec Anglophone Heritage Network. New Directors elected were Don Stewart, president; Audrey McDonough, vice-president; Susan Chirke, secretary; Celine Gratton, treasurer; Eileen Meillon, archivist; and Betty Reymond, publicity. Charles Vailancourt will serve as past-president. A highlight of the day was the unveiling of *The Porcupine 10*, the association's magazine of Morin-Heights history. The 100-page journal includes an index for all 10 issues of the magazine published since 1997. Local artist Henry Giroux kindly provided photos of his paintings featuring various local scenes to grace the front and back covers. Copies of the publication will be on sale (\$15) at all MHHA events as well as at town hall, or by sending a cheque for \$15 to the Morin Heights Historical Association, P.O. Box 2693, Morin Heights, J0R 1H0.  
Remember to include your address and contact information.

TO POST A NOT-FOR-PROFIT COMMUNITY NOTICE, EMAIL SUSAN MACDONALD: MAIN.STREET@XPLORNET.CA

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**ESTATE HOBBY FARM AUCTION**

Jun 20 2015 at 10:00 am  
Preview at 9:30 am.  
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Antiques, Paintings, Collectables, Furniture, Furnishings, Household items, Tools, Wood working shop, Lawnmower, Ford 3000 tractor, and much more

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Providence  
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The Farmer's House



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**Antique tractor pull**  
Saturday, July 11, 10:30 a.m.

**Horse Pull**  
Sunday July 12 at 11 am

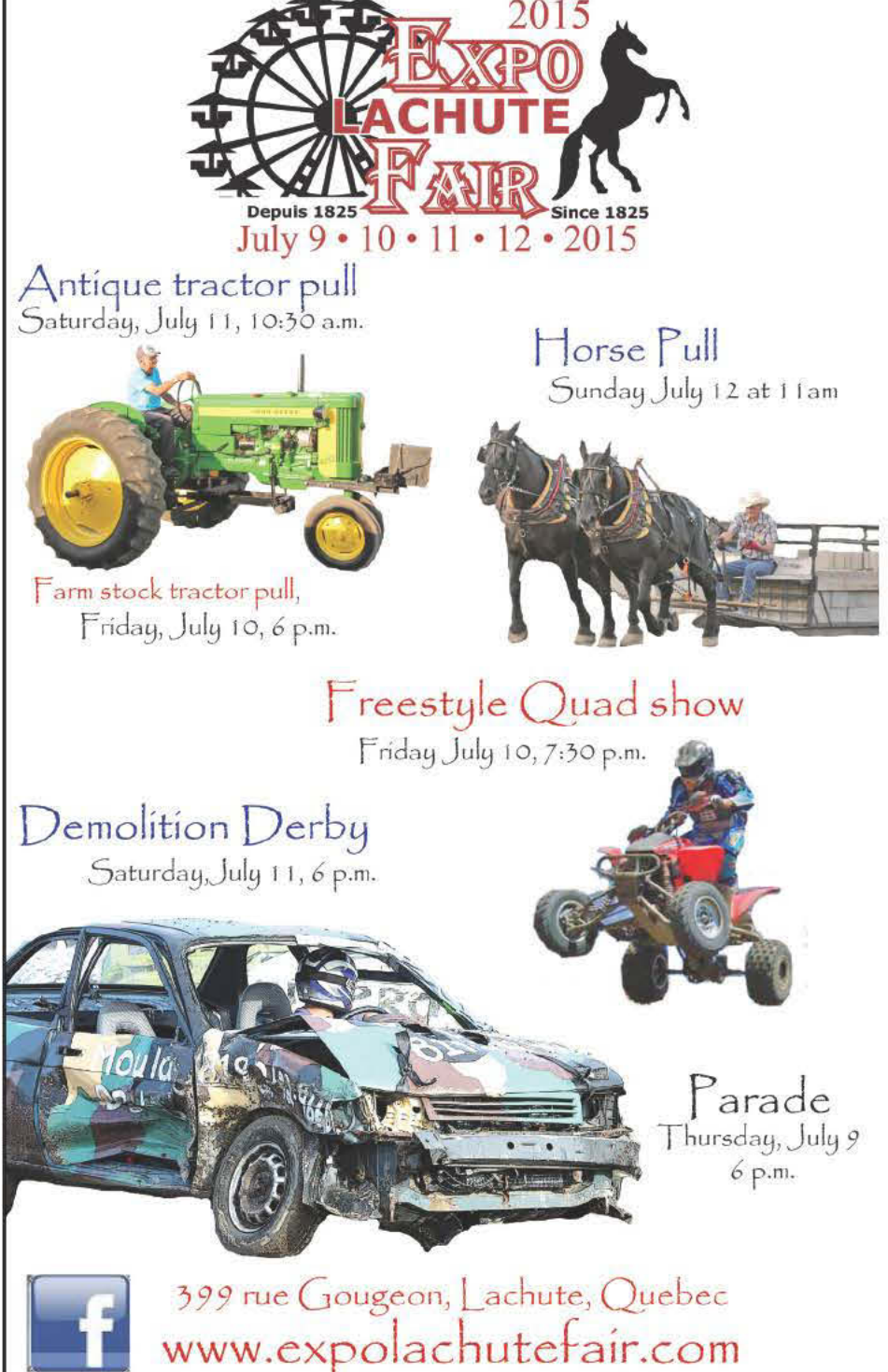
**Farm stock tractor pull,**  
Friday, July 10, 6 p.m.

**Freestyle Quad show**  
Friday July 10, 7:30 p.m.

**Demolition Derby**  
Saturday, July 11, 6 p.m.

**Parade**  
Thursday, July 9  
6 p.m.

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05 COLEMAN LEMIEUX & COMPAGNIE  
06 STARS OF AMERICAN BALLET  
7-8 LES ÉTOILES INTERNATIONALES DE BALLET

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## The English Link Public transportation in the Laurentians

By Kim Nymark – Main Street

Isolation in the Laurentians is a huge concern, and often, transportation is at the root of the problem. Our rural territory is so large that some citizens must travel considerable distances, just to get a litre of milk. Owning a car simplifies the task, but what about people who don't drive? What do they do? How do they manage? I wondered about this part of our population, and started to research the possibilities that are offered to them. I was pleasantly surprised by my findings! We have an extensive public transportation network, available right here in the Laurentians.

Transport services are offered throughout the MRCs des Pays-d'en-Haut and des Laurentides by TACL (Transport Adapté et Collectif des Laurentides) and have been for the past 10 years. Their annual report indicates that, since 2010, demands for inter-municipal services have increased by 11%, and adapted services by 9%. A total of 119,300 inter-municipal trips and 43,055 adapted transport trips were completed in 2014. TACL continuously improves their services by adding new routes, offering more departure times and creating new services.

Their services are divided into three categories:

**Inter-municipal Transport:** 27 bus circuits are offered to the general public, with 14 complimentary taxi-bus circuits. These routes run from Rivière-Rouge all the way to Saint-Jérôme. Circuits are coordinated with train schedules, to allow commuters to transfer to the train in Saint-Jérôme and continue on to more southern points. Mont-Tremblant has added 4 circuits that run daily. Services are considerably reduced on weekends.

The **complimentary taxi-bus** service functions like a bus on a regular schedule and allows more remote users access to the extensive inter-municipal bus routes. These services are offered during the week, and by reservation only.

**Adapted Transport:** 26 adapted transport circuits are offered to handicapped users weekly, with an additional 4 circuits on weekends. Certain criteria apply to qualify for this service and reservations are required.

**Carpooling services:** TACL in partnership with the MRC des Pays-d'en-Haut and the MRC des Laurentides encourage citizens to carpool using the reliable website affiliated with the Covoiturage.ca network. The aim is to facilitate mobility during daily or occasional trips throughout the Laurentians, even to Montreal, and to complement the existing public transit services. This new service offers you the opportunity to register for free, as a driver or passenger, and to find a carpool partner whose route best suits yours. It really is simple. You enter your departure and desired destination information and potential matches will appear for your selection. The website even has a cost-sharing calculator that breaks down how much each passenger must contribute towards the trip.

All routes, schedules and ticket information for inter-municipal buses and adapted transport can be found on the TACL website: <http://www.transportlaurentides.ca/>. Unfortunately, the site is only available in French at this time. Carpooling has its own website: [www.laurentides.covoiturage.ca](http://www.laurentides.covoiturage.ca) and it is bilingual.

So, to answer my own questions: People who don't drive, or own a car, can adequately get around in the Laurentians by using public transportation.

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



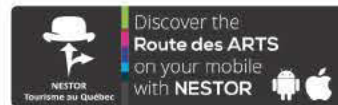
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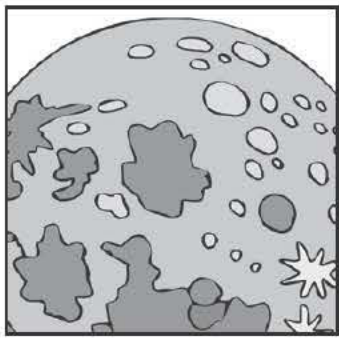
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## Zach Factor Rare Earth Rocks

Lys Chisholm & Marcus Nerenberg - Main Street

*We may be floating on Tao, but there is nothing wrong with steering. If Tao is like a river, it is certainly good to know where the rocks are.*  
— Deng Ming-Dao, *Everyday Tao: Living with Balance and Harmony*

The earth's crust, the very thin layer on the surface of the planet, is composed of ninety-two known elements. In 1794, John Gadolin, a Finnish Chemist, discovered an unusual rock in Sweden he named Gadolinite. In time, he was able to isolate the first rare earth element- called Yttrium, after the town Yttria, where the rock was discovered.

Over the next 200 years, seventeen elements received classification as rare earth metals -the last isolated in 1945. All rare earths- except Scandium- are heavier than iron and produced by supernova nucleosynthesis in the plasma core of exploding giant stars. Before 1965 they were chemical curiosities and now in 2015 they are essential to our technological survival!

The first useful RE was Europium. It became crucial in the production of color televisions. The ore, found in the Mountain Pass Mine in California, had a concentration of 0.1% Europium and California suddenly became the world's largest producer of rare earths. Since then the uses for these metals has increased exponentially and their necessity and value have skyrocketed. Computer memory, DVDs, cell phones, catalytic converters, rechargeable batteries, powerful magnets, lasers and highly economical and green friendly fluorescent lighting are but a few of their uses. Every hybrid car's battery has several pounds of rare earths and all large wind turbines have at least two tons of powerful rare earth magnets. Today there are seven billion cell phones in use and they all require RE's. As we move into nanotechnology and micro magnetic imaging, rare earths will be at the core of their evolution.

Rare Earths (RE) are not very rare, and are actually quite abundant. As a percentage of the earth's crust, the rarest one is 200 times more abundant than gold. Unfortunately, they are not in concentrations that make them economical to mine. When they are located in commercially viable lodes, most of these metals are together.

Since the 1980's China has mined and refined rare earth oxides. As world demand grew, they increased production and undersold all other suppliers. The Mountain Pass Mine closed down and by 1995 China was mining 95% of the world's supply of RE oxides. The Chinese electronic industry made itself the largest consumer of these materials. Close behind China were the Japanese and U.S. electronics industry and the American defense industry which use RE's for night vision goggles, precision guided weapons, communication, GPS, very hard alloys in armored vehicles, and projectiles that shatter upon impact and break armored vehicles.

In 2010, China, to protect its own share of the market, restricted the export of RE's. Prices of some RE ores shot up over 500%. Japan and the U.S. experienced shortages for their industrial needs. Researchers found ways to use less RE ore, but then, as economics would have it, product demand increased to the point where ore needs have increased.

Today, the Mountain Pass Mine is reopening. Australia now has a mine with the largest production outside of China, in which the Chinese have bought a controlling stake; they also bought a mine in Zambia. The timeframe from discovery of a deposit to putting the mine into production takes at least six or more years.

In Canada, two companies are in the start-up phase of production, both proven to have well-defined rare earth deposits. Avalon Rare Metals, in the Northwest Territories, is developing the Nechalacho site at Thor Lake. In Quebec, a company known as Quest Rare Minerals, is developing the Strange Lake deposit along the Quebec-Labrador border. Both projects are a few years from shipping ore for refining, and they are envisioning a bright future as the worldwide demand for these obscure metals expands.

If our present version of civilization survives further into the twenty-first century, we will need all the high tech, low impact and green technology that we can bring to realization. Rare Earth metals are commonly referred to as industry "vitamins" that make present technology work better and efficiently. They also hold the potential for new and undiscovered uses. The Stone Age ended because of new technology, not because we ran out of stones. Rare earth metals will be a pivotal ingredient in recreating our beautiful planet in a cleaner, safer and sustainable reality.

## Generous Donation to Argenteuil Hospital Foundation



Royal Canadian Legion Branch #171, Morin Heights presenting a donation of \$2000 to Marie-Josée Condrain, Director-General of the Argenteuil Hospital Foundation. Every year, proceeds from the Poppy Funds are donated to various community organizations and used to benefit our veterans and their families.

Photo L-R: Margaret McCambly, Sargenti-at-Armes, Marie-Josée Condrain (AHF), Barbara Traill, (right) Service Officer.



## The Story Behind The Ukrainians of Val David

Joseph Graham - Main Street  
joseph@ballyhoo.ca

Through the 1950s, the Laurentians grew as a holiday destination. Both the Yarushevskys and the Leesinskys of Val David began building small summer cottages for rental.

Andrey Yarushevsky's project involved building a bridge and cottages, educating his sons in the art of construction. He was a difficult, demanding teacher, a patriarch to his family who felt he had to correct Maria when all around suspected that she was the brighter one. George and Alexei had to learn a bit faster than they were taught, a skill they no doubt picked up from Maria.

In the early days, their tenants came mostly from the rapidly growing Yiddish immigrant community, people who had come from perhaps even greater hardships in Eastern Europe. Many worked in the needle trade or as urban entrepreneurs. They tended to holiday as a group because, in order to pray on the Sabbath, they had to form a minyan, ten men who had been Bar Mitzvahed - called to the Torah and able to read it. For Andrey and Maria, these Yiddish immigrants were a special clientele; they shared their discoveries, hoping to expand their cottage communities. Andrey and Maria encouraged them by providing vegetables, eggs and chickens, even going to the trouble of finding a shochet, a kosher butcher, to prepare the birds.

The summer population explosion sent culture shocks through the local community. These tourists appeared as an anonymous series of strangers and were not always welcomed. At one point George Yarushevsky/Yarrow caught word that a particular group of rowdies was going to do something about the "problem of the Jews" and, in anticipation, George climbed up on the roof of the first cabin along their road and waited with his rifle. When a pickup truck pulled up and a small gang of toughs tumbled out looking for trouble, George calmly made sure they could see him up there with the rifle across his knees and then addressed them quietly, encouraging them to rethink their plans. George and Alexei had a lot of friends in Val David and they had established a reputation for being as good as their word, so his quiet admonitions carried the necessary weight to calm matters. Over time, the cottage movement swelled the summer population to ten times the winter numbers and provided business for everyone.

There was potential for winter cottages, too. Deciding to build a number of them on the way up towards the old route 11, the Yarrows used blue roofing material on them and called the road fronting this series of blue-roofed cottages, Blue Valley Road. Next, they built a ski hill at the end of a private road, naming it Windy Top. George eventually sold it to John Lingat and Frank Juodkojis who changed the name of the ski hill to Vallée Bleue, for the original Blue Valley Road. George needed the proceeds of the sale to pay for abdominal surgery a few years before Medicare was introduced in Canada.

In 1952, Andrey passed away. He was young, in his mid-fifties, but what a life he had lived. His children wondered about the causes of his illness, remembering things like him fixing chemicals in his dark room and his lack of any precautions, dipping his hands into the fix to take out the pictures and hang them to dry. He re-invented himself throughout his life, leaving home, the son of a mayor obliged to abandon his dream of being an actor, swimming across an important river, all to avoid serving in the Czar's army, making his way through unfamiliar countries and eventually finding an opportunity to cross the Atlantic to the New World. He worked wherever he could in Montreal, selling food from a pushcart, learning photography in its early days and becoming a photographer, learning to farm and to build houses, always adapting to the needs of the situation. Difficult at times, he was still the patriarch, the one around whom the family revolved.

When he died, Maria moved in with her son George and his family for the winter months, but returned to the old farmhouse for the summer, living upstairs over the summer kitchen. She rented the rest of the house out and maintained a vegetable garden and some hens, selling produce to the tenants out of habit and for a little extra cash. George and Alexei tried their hand at gravel transport and other enterprises. They even formed a small band, with Alexei's American wife singing while George and Alexei played their guitars along with their friend and partner André Monette on the fiddle. Until recently, he taught violin in Val David, mentor to a whole generation of aspiring musicians from the Laurentians.

George Leesinsky, who had married in Nova Scotia during the war, used what he learned from cottage building and his east-coast experiences to set up a general contracting business. He operated it successfully for some time, but it was his youngest brother, Willie, who got lucky, exploiting the land he inherited to supply gravel when the autoroute was extended.

Lena, the eldest of the Yarrow girls, married James Voss and some of their children and grandchildren still live in the area. Their granddaughter Brigitte owns a specialty store in Sainte Agathe, and their son Jay is a cabinet-maker who still lives on a parcel of the original farm. Most of the Ukrainian descendants followed opportunities elsewhere and are spread so far west today that some are almost as close to their ancestral Ukraine, coming at it from the other side of the world.

The Ukrainian community left an imprint not only in the naming of streets and landmarks, but in their entrepreneurial and community-oriented spirit, a part of the history of the Laurentians and more particularly of Val David.

Thanks to Greg Yarrow for his understanding and help.

## Generous donation to Morin Heights Legion

Deputy d'Argenteuil Mr. Yves St-Denis has arranged for a donation of \$500 to the Morin Heights Legion, Branch 171 to help with the repair of the building's roof.



Photo L-R: Accepting the cheque is Eddy Black (Legion president, Deputy Yves St. Denis and Luc Riopel (Legion treasurer).

# Obituaries

## ARMSTRONG, Robert "Bob"

At the CSSS d'Argenteuil, Lachute, Quebec on Tuesday, May 5, 2015, in his seventy-sixth year. Beloved husband of the late Ruth Maslin. Dear father of Tony and Cindy, and loving grandfather of Morgan. At Bob's request, there will be no visitation or funeral service. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

## COLQUHOUN, Allan David 1951 - 2015

Died suddenly at home on Friday, May 22, 2015. Beloved son of the late Violet and Gilbert Colquhoun. He was a father, brother, uncle and friend. May his soul be at peace. A grave side service was held at the Glen Cemetery of Harrington on Saturday, May 30, 2015 at 2 pm, followed by a celebration of life at the Royal Canadian Legion, Branch 192, Arundel, Qc. In lieu of flowers donations to the charity of your choice would be appreciated. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660, rue Principale, Lachute, Qc.

## DWYER DAIGLE SILVA, Elizabeth 1929 - 2015

Died peacefully with her family by her side. Beloved wife of the late Ernest Silva, and former spouse of Burten Dwyer, Sr. Loving mother of Brian (Wendy), Barry (Lynda), Burton and Brenda (Tony). Grandmother of Jennifer (Kevin), Tracy (Dave), Sarah, Billy, and Melissa (Scott). Great-grandmother to Brianna, Dylan, Shane, Brayden, Hailey, Justin, Blake, Taylor, Madison, Logan and Riley. Extended grandchildren Victoria and Mackenzie. Survived by brothers Fred (Betty), William (Francis), Robert (Carole), James (Margaret), Malcolm (Beverley) and Patrick (Frances). Pre-deceased by her sisters Helen and Patricia and brother Ronald (Marge). She will be missed by many nieces and nephews, friends and family. A memorial service was held on May 1 and we will have a burial service in July at the Glenn Cemetery in Harrington, Qc. All friends are welcome. Arrangements entrusted to Collins Clarke MacGillivray White Funeral Home, Saint Lambert.

## ELDEN, John Dewar - May 21, 1926 - May 2, 2015.

It is with heavy hearts we announce the passing of our Dad (Donnie), just short of his 89th. birthday. Pre-deceased by his son Micheal in 1994. He will be sadly missed by his children Debbie, Gary, Sheila, Malcolm, extended family and friends. A memorial service will be announced at a later time.

## MCCAIG SILVERSON, Gladys Maud Mary (nee: Somerville)

Passed away quietly on Friday, May 15, 2015 at The Residence, Lachute, Qc. at the age of ninety-six. Born in St. Philippe, she was the beloved wife of the late Keith McCaig and the late Lawrence Silverson. Dear mother to John (Cheryl), Carol (Brian), Ross (Debbie), Hunter (Theresa) and the late Beverly. Cherished grandmother to Tracy, Greg, Terry, Scott, Chris, Carissa, Glenn and Kristen, and great-grandmother of ten. Funeral service was held on May 20, 2015 at 1 pm at the St. Andrews East Presbyterian Church. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

## RICHARDS, William Elias 1923 - 2015

In St. Jérôme, on May 11, 2015, at the age of 91 years, Mr. William Elias Richards passed away. He leaves to mourn, his children Arlene (Alex), Carol (Paul), Gary (Pauline), Linda (Paul), Tarin and Wayne (Pierrette), his grandchildren Eric (Emmanuelle), David (Stacey), Ashley, Amanda and Jesse, his great-grandchildren Noah and Mia, as well as friends and extended family. A private ceremony will be held at a later date. The family would like to thank the nursing staff and volunteers at the Maison de soins palliatifs de la Rivière-du-Nord for their excellent care and services. Arrangements entrusted to Coopérative Funéraire des Laurentides, Prévost. 450 504-9771.

## MEMORIAM CAPTAIN, Sherwin

A memorial service for Sherwin will be held at the Morin Heights United Church on Saturday, June 20, 2015 at 2 pm, followed by interment at Hillside Cemetery. No flowers, a donation to the Diabetic Society would be appreciated.

## MEMORIAM

### HAZEL, Heather Pamela - April 6, 1944 - September 2, 2014

The family of Heather Hazel will be holding a memorial service on July 11, 2015 at 1 pm. It will be held at Complexe Funéraire Mozart Desforges, 331 Bethany Ave, Lachute, Qc. Burial will be directly following the memorial service at the Brownsburg section of the Lachute cemetery. Refreshments will be served following the burial at the Brownsburg Legion Hall, on McVicar St. in Brownsburg.



## MEMORIAM

### In Memory of MACDONALD, Russell (Russ) A. February 14, 1935 - June 25, 2014 GOODBYE, MY FRIEND

While the memory of the pain you suffered still wrenches at my heart and mind, I was powerless to hold you to this world. You savoured life with every fibre of your being. And when the long, dark days were upon you, you bravely soldiered on until you could no longer bear the finality or the pain. And so, you slipped away in my arms while I wept and whispered goodbye. I know I'll never see you again, but the love you gave me through the years, will take away the tears. It's OK now - Goodbye my friend. Lovingly remembered by Lynne, companion of many years.



## MEMORIAM

### MCLAUCHLAN, William Sr. May 4, 1944 - June 4, 2012

Life is a blend of love and loss but love lives on forever. Always in our hearts, Carol and son, William Jr.



## Argenteuil continues to "Opt for health"

The Argenteuil Hospital Foundation is proud to announce that at the end of its second year of the Major Campaign, it has raised \$1,841,102 in donations and pledges.

It has been two years, under the joint chairmanship of Mr. Gil Ayers, Dr. David Mutch and Mr. Guy Marier, since the Foundation launched its five-year campaign "Opt for Health"! The Foundation announced three projects to be financed with its goal to raise 2.2 Million!

These three projects are: Equipment renewal for medical imagery, the enhancement of long-term care residential services and integrated front-line clinical services.

To improve health care and services the Foundation Campaign directors and sub-committees are continuously improving health care and services to the Argenteuil population to ensure that this campaign is a success!

"The Co-Chairmen are the sparks behind such a campaign. There is always a team in the background working hard to ensure the success of "Opt for Health," reconfirmed Mr. Guy Marier, one of the Co-Chairmen. "Access to quality healthcare close to home is a concern for every generation of our family," shared Gilbert D. Ayers, Co-Chairman of Select Health. Finally, last but not least, Co-Chairman, Dr. David Mutch continues his personal challenge: "Solicit our fellow co-workers because it is our hospital and it must be supported!"



## Alzheimer Society

### GROUP MEETING FOR INFORMATION AND SUPPORT

Group meetings, for those involved, with a counselor and without appointment in order to:

- Exchange experience with other people living the same circumstances;
- Get information on the evolution of the disease, touching on: memory, judgement, reasoning, insecurity, loss of skills...
- Find ways to understand beyond words and to be understood;
- Know more about the disease in order to develop new attitudes and new communication skills;
- Learn how to take care of oneself to prevent the inevitable exhaustion that affects our physical and mental health;
- Answer to other needs...

English group meeting with Patrick Lavigne  
Residence Lachute, 377, rue Principale, Lachute

June 16: 1 - 3 pm

These meetings are totally free for caregivers.

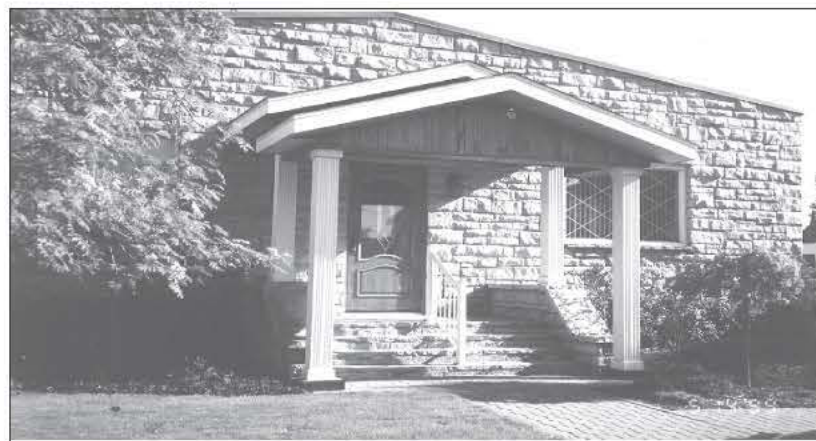
MEETINGS CAN ALSO BE ARRANGED AT YOUR HOME BY APPOINTMENT.

Société Alzheimer des Laurentides

(819) 326-7136 or toll free 1-800-978-7881

Web site: [www.alzheimerlaurentides.com](http://www.alzheimerlaurentides.com) E-mail: [communications@salaurentides.ca](mailto:communications@salaurentides.ca)

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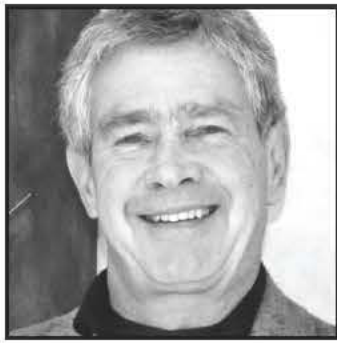
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## Main Street Money: Ladies' Investment and Financial Education

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

This month I will be writing about two important topics: critical illness insurance and advisor compensation.

### Recovery first

Critical illness insurance can help protect your home and your lifestyle

A critical illness diagnosis can turn your life upside down. Plans change. Priorities shift. New goals emerge: to get better, to move past the stress and anxiety, to live every moment to the fullest. But, of course, the realities of daily life don't disappear while you're focused on recovery. Your mortgage and regular expenses still need to be paid.

Although you can't plan for a critical illness, you can have measures in place to act as a safety net for such an uncertainty. Critical illness insurance pays a one-time cash benefit if you're diagnosed with one of the conditions defined in your contract. You can use this money to take care of the financial side of life, while you devote your energy to recovery.

Flexibility, when you need it most. Your critical illness benefit is there for you, so you can pay the mortgage, take time off work, arrange for additional child care, travel to receive specialized treatment, or access whatever extra help you need.

The money can also be used to cover out-of-pocket expenses not covered by provincial health plans, such as the cost of life-saving drugs, medical equipment or home renovations to accommodate disability. You may want to allocate some of it to everyday expenses associated with getting treatment, such as gas, parking and food.

Don't let a critical illness impact your savings. Keep in mind that even if you're fortunate enough to have a benefit plan at work, it may not be enough to manage the full financial impact of a critical illness. You may receive a percentage of your income while you are away from your job, but that amount likely won't cover all your regular living expenses. A critical

illness policy supplements your benefits plan so you can avoid dipping into savings.

Talk to your advisor. Your advisor can help you find the most appropriate critical illness solution to meet your family's needs. When you know that your home and lifestyle are protected, you can focus on what really matters; getting better.

### How do investment advisors get paid?

Advisors are compensated in a number of ways, depending on the type of services and products they provide, and the specifics of each particular situation. Here are some common ways in which advisors are paid:

Commissions on trades. Some advisors are paid by commission, each time there is a trade in the client's account. The more trades put through, the more the advisor gets paid.

Fees based on assets. In this model, the advisor is paid a fee, based on a percentage of the assets a client holds, regardless of whether or not there is any trading in the account. The fee compensates the advisor for ongoing advice and service, with respect to the management of the account. In some cases, an advisor's compensation can be a mix of fees and commissions.

Fee-for-service. Advisors, paid on a fee-for-service basis, may charge an hourly rate or set a flat rate for a specific service.

Salary. Some advisors work for a company that pays them a salary. The advisor's employer may earn revenues from fees paid by clients, or from commissions paid by clients making a purchase, or by the supplies of financial products.

If you would like advice or want to discuss critical illness insurance or compensation costs you pay to an advisor, you can reach me at 514-788-4883 or my cell at 514-949-9058.

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



## 4 Korner

# "Grandpa's Not a Cash Cow and Grandma Won't Take Any Bull!"

## Back by Popular Demand

The cast made up of seniors enjoys working with this production and subscribes wholly to its content. The

play by François Jobin was created to sensitize the population to the problem of elder abuse. It is also the intention of the play to:

- break the silence around elder abuse and make seniors aware of abuses they endure;
- make the general population aware that they may be witnesses to abusive situations and encourage them to be more respectful towards elders;
- denounce the child-like treatment seniors are often subjected to by those around them and to give them tools they can use to assert themselves and protect their interests.

The English version of the play was made possible by the involvement of the 4 Korner Family Resource Centre and the Laurentian English Speaking Advisory Network committee, which is financed by the Community Health and Social Services Network and Health Can-

ada along with a New Horizon for seniors grant.

The play will be presented at the Église du Village, 1829 chemin du Village in the Old village of Mont-Tremblant on Saturday, June 20 at 2 pm. Tickets (\$5) will be available at FADOQ Laurentides (499, rue Charbonneau #201, Mont-Tremblant), Les Mots (2053, chemin du Village, Mont-Tremblant), Arundel Provisions 1990 Reg'd (14, chemin du Village, Arundel), and by contacting Margaret Hourston at 819 717-1478. Tickets will also be available at the door on the day of the show.

Elder abuse is a reality and must not remain hidden. We need to talk openly about it. The play helps to achieve this goal!



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## I'm Just Saying Mirror, mirror on the wall

Ron Golfman - Main Street

It has become increasingly evident that we're turning into a society of self-absorbed people, as the use of "individuals" seems out of place, given that the word usually is intended to indicate creative and unique thought. The reality is that, when in conversation, many out there remark, "let's not talk about me any more, let's talk about what you think of me," they've changed the subject. How sad!

I reckon we can blame media in part. Only yesterday, I saw a Cadillac commercial wherein the catch phrase was, "it's a weak man who urges compromise", not just suggesting elitist thinking, but more disturbing, "it IS all about me." Disney amusement parks have had to post large signs at the entrances to their parks reading "no selfie sticks", as it seems that keeping one's hands inside the car when rocketing down a roller-coaster didn't quite describe the danger inherent. What is almost worse than the risk factor socially, is that people have forgotten how to capture the moment in their experience; they'd rather take a photo, missing the intended thrill point, entirely

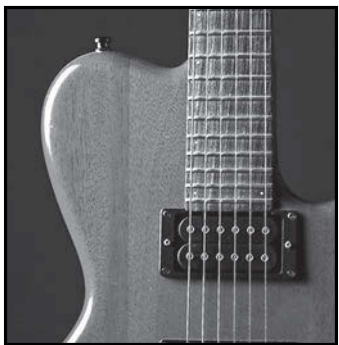
Media hypnosis is one thing; the staggering statistics of people falling in open sewers, getting hit by vehicles at cross-walks, and even walking into plate-glass windows and doors because they are modern-day zombies, while staring, heads down, into tiny screens in order to get the latest information on mundane activities from other similar zombies.

There is both ingenuity and a disheartening social commentary in reality, when a group of people who get together for dinner at a restaurant, have to impose a rule stating that whoever first picks up a cell phone to check emails or whatever else, pays the bill for everyone else. Increasingly, the once-treasured romantic memories of a couple going on a leisurely car ride, and perhaps stopping at a quaint inn for lunch, or a country antique barn or auction are fading, as the passenger now sits hunched down, with nose almost touching the iPhone screen, missing the changing of the leaves.

I recently went shopping at the Fairview Mall and was stunned to see more than one 7 year-old with iPhones, not just replacing the pacifiers or babysitters, but more disturbingly, and I'm just saying, missing out on the stimulus of the new world around them. How are they to develop curiosity, inventiveness and social skills? I guess I could simply wait, until they have grown up and are driving Cadillacs, to ask them.

When I think back to cherished memories of working with and teaching my son to build his first model car, or tender moments in the kitchen, creating snacks with my daughter (even if they looked like abstract art in the end, but were delicious), I fear that these great moments of learning, sharing, relationship-building and socialization will soon be a thing of the past, because, there's an app for them.

This is simply my view, meant as a warning shot about how lazy our minds are becoming, kind of like how we lost our tails. Next time my kids, now 25 and 28 years of age come to visit, I am going to insist we build a fort out of couch pillows to climb in and talk.



## Strings & Things (Can't get no) Satisfaction

Dale Beauchamp - Main Street

Let's assume you've either brought your stringed instrument to your local repair shop for a set-up, you've followed the steps from my earlier articles, or you found

information on the Internet, and have set-up your own instrument. With any luck, it plays great and all is well. Often, however, despite a good job, you're left with buzzes here and there, or muted notes in certain areas.

Reasonable action with some buzzing can be indicative of other "fixable" problems. Playing style relates directly to string height or "action," as was discussed in previous articles; i.e. Eric Clapton vs. Stevie Ray Vaughn. Having the frets leveled and re-crowned will usually get rid of these annoying buzzes. Sometimes, frets get loose and lift out slightly, often on the ends. A proper leveling involves gluing down first.

Maybe you still have very high action, even after lowering the saddle and adjusting the truss-rod. A possible solution could be to shave down the top of the bridge, and lower the saddle even more; but you can only go so far. This could mean the instrument is in need of a neck re-set, which can be costly. It involves removing the neck and changing the angle of the neck in relation to the plane of the top face of the instrument. It's an expensive procedure because of the time and craftsmanship involved. Vintage guitars, as well as many newer ones, are constructed using a French dovetail joint. The mortice and tenon are not only tapered like a regular dovetail, but are also angled along their length. Wood must be carefully removed using chisels and sandpaper. Since a little goes a long way, multiple trial fittings are needed. We often see resets that have gone bad; usually too much wood was removed, leaving the neck "overset." When that happens, you need a saddle that may be too tall, surpassing the accepted threshold of 1/4 inch protrusion from the top of the bridge. Anything taller will put too much stress on the guitar, in time, leading to distortion to the top, or a broken bridge.

Correcting an overset neck is a job that no luthier cherishes. Wood needs to be removed from the top of the tenon, which moves the neck inward, thereby shortening the scale (or string) length. The guitar will no longer play in tune, unless the scale length is restored. That means moving the saddle back (filling its slot and re-routing); providing of course you don't run into the bridge pins in the process. It's a messy proposition. Necks that are bolted on are much easier to re-set, and thus less costly.

To determine whether or not you need a neck reset, try this simple test: adjust the truss-rod until the neck is as straight (flat) as possible when tuned to pitch. You'll need to slacken the strings to take the load off the rod so as not to risk breaking it, then tighten the rod and tune to pitch. It'll take several tries. Using something straight like a carpenter's level laying on the frets, slide the level towards the bridge. It should just graze the top of the bridge. If it hits the bridge head-on, below the top edge, the neck is under-set. If it clears the top of the bridge easily, the neck is overset. This is just a starting point. If the neck set isn't too far out, a good repair person will explore options with you and discuss the pro's and con's of each one.

## Making it Work in the Laurentians

# Tips for acing your next job interview



Jamie-Lynn Robinson - Main Street

Job interviews can be stressful and nerve-wracking. We all know that confidence is essential for a successful interview, but with sweaty palms and racing minds, it can be hard to put your best foot forward. I spoke to the career counsellors at YES and they shared their tips for having a successful interview: the key is in your preparation.

You can never know exactly what an interviewer will ask, but practicing your responses to general interview questions beforehand, will help you feel relaxed and prepared. Start by making a list of your skills and experiences that are most relevant to the position that you are interviewing for, and connect them to concrete examples. While doing this, take a moment to pat yourself on the back and celebrate your accomplishments, then, take that positive energy with you into your interview.

Be prepared to answer tough questions, the most difficult ones being the dreaded "what is your biggest weakness?" or, "give an example of a time when you have failed." When faced with these types of questions, you want to be prepared with an answer you are comfortable sharing. Questions like this inform the potential employer about your weaknesses, but they are also an opportunity to showcase your ability to overcome challenges, so include your coping strategies within your answer. Choose an answer that is honest, but be mindful of the job description; if your weaknesses make the position a difficult fit, you may want to consider how this would affect your performance and job satisfaction if you are hired for the job.

Depending on your employment situation, it can be hard to respond to questions about previous work experience. If you have limited work experience, have been out of work for a while, or, left your previous employment on a poor note, think in advance about how best to frame your situation honestly and in a positive light. Never criticize your previous employer in an interview. Focus on what you have learned from your previous experiences, and what you are looking for moving forward. If you lack professional experience, draw from your experiences in school or as a volunteer, and focus on your skills.

Find ways to make your interview memorable. The YES career counsellors suggest that you use personal and professional examples. Have you volunteered in your community or participated in sports? This can help the interviewer get a better idea of who you are and make you more memorable.

Remember, practicing for your interview in advance will help you feel more relaxed. You can practice with a friend, or visit a career counsellor to do a mock interview to help you prepare. A mock interview will help you perfect your technique and allow you to get valuable feedback on how best to frame your skills and accomplishments in a way that speaks to potential employers. YES offers free career counselling, mock interviews and drop in sessions for job seekers. Visit [www.yesmontreal.ca](http://www.yesmontreal.ca) to learn more.

Do you have tips or questions for having a successful interview? Connect with YES on facebook or contact us by phone at 514 878 9788 / 1 888 614-9788, or email [info@yesmontreal.ca](mailto:info@yesmontreal.ca).



## Fit Tip # 97

# The Gift Of Time

Lisa McLellan - Main Street

Up and running, instead of running to catch up. Isn't that what you want? It isn't just our professional lives overwhelming us; it's also our digitized lifestyle. Faster and faster we go, absorbed in a virtual world. We are becoming more disconnected by being connected! How

then, can we expand the way we spend our time, and get the most out of what life has to offer us?

Dr. Dan Siegel a, psychiatrist and researcher in neurobiology, proposes seven ways to spend your time everyday, to optimize brain health and well being. He says that by giving time and attention daily to these seven essential mental activities, the brain will receive the support it needs to function at its best. Engaging in each of these essential mental activities, "mental nutrients", he calls them, promotes integration and enables the brain to coordinate and balance its activities. When we vary the focus of attention with this spectrum of mental activities, we give the brain lots of opportunities to develop in different ways. This practice reinforces the brain's internal connections, as well as our connections with others and the world around us. There is no set time for each activity. Even a little amount of time given can produce wonderful results. The key is to engage in all seven areas everyday.

Seven ways to spend time every day:

1. Sleep time - When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.
2. Physical time - When we move our bodies we strengthen the brain in many ways.
3. Focus time - When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.
4. Time in - When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain. Meditation, prayer, mindfulness.
5. Down time - When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.
6. Play time - When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.
7. Connecting time - When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry. We make time for those we love.

For everything there is a time and place. Respect and manage your time skillfully each day. Make time work for you rather than against you. Begin your day by paying attention to all 7 areas, then make time for each one however long that might be. You will nurture every aspect of your inner growth and feel fulfilled. Give yourself the gift of time in all areas of your life. You will be blessed with harmony, peace, success and happiness.

Yes you can. Go on. Try it.

# New Directions for Camp Tamaracouta

Beth Farrar – Main Street

Camp Tamaracouta has a new Director, Cassandra Rose. "Casey" studied at the University of Guelph obtaining a major in group-dynamics, a minor in child studies and a diploma in veterinary technician. Casey was also the Director of Bark Lake Leadership Centre in Irondale, Ontario.

Since arriving at TSR she has been putting together new programs, integrating different elements and hiring new and energetic staff to make everyone's stay at TSR a pleasant and memorable one.

TSR Day Camp is being restructured to provide the best possible experience. There will be a limit to the number of children in day camp this summer and children will receive swimming lessons all summer, along with a new dynamic program.

TSR is starting a Sustainability Program this year and will have a garden (that will provide 30% of the food for the camp), chickens and coming soon, apple, pear and plum trees (donations greatly appreciated!). Campers will get their hands dirty growing food for the camp and learning how it can sustain everyone.

TSR will integrate the "Canadian Path" in Scouting, which includes "Challenge by Choice" ([www.scouts.ca/canadianpath](http://www.scouts.ca/canadianpath)). Groups and leaders will start their stay at TSR with the Full Value Contract, where everyone discusses how each person will get the full value out of all their experiences at camp. ([www.ultimatecampresource.com/site/camp-activity/five-finger-contract-challenge-by-choice-.html](http://www.ultimatecampresource.com/site/camp-activity/five-finger-contract-challenge-by-choice-.html)).

TSR welcomes school groups (elementary, high schools, CEGEPS and universities) for day visits, weekend or week-long programs, all year round.

Long-term goals:

- Year-round staff to assist visitors and guests with programs throughout the year.
- Open on Sundays for training – e.g. guided interpretive hikes, survival training and learning to cook outside (possible September start).
- Have volunteers, special interest groups and school groups help to rebuild and improve existing trails for all uses.
- Solar showers and geo thermal heating, straw bale buildings.

Remember – you don't have to be a Scout to use the facilities. The diversity of the site and the sensitive and natural occurring ecosystems, such as sand beach, boggy marshes, farm land, lakes and mountainous terrain are available for all to enjoy. Campsites can be found in open areas, hillside adirondacks and more.

Hope to see you there!

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## Healthy Channels

# Plantar Fasciosis and acupuncture

Christopher Garbrecht, Ac. – Main Street

As temperatures rise we tend to be more active, walking, jogging, biking, playing sports, and, hopefully soon, swimming. This extra activity is great for our moods, our hearts and our bodies, providing we don't over-train or get injured. I read an interesting article about a fairly common injury caused by improper footwear that occurs primarily to joggers, but that can potentially affect anyone. In fact, this extremely painful disorder of the foot will affect 10% of the population at some point in their lives. It is commonly called plantar fasciitis, but should be called plantar fasciosis.

Inflammation was always thought to be the cause of heel pain, thus the use of the suffix -itis, which means inflammation (tendonitis, appendicitis, bronchitis, etc.). However, a study using biopsies of the plantar fascial ligament in patients with severe plantar fasciitis showed necrotic tissue, meaning this area of the body was not receiving proper blood flow.

One possible cause of necrosis and pain in this area is anatomical in nature and may be caused by our shoes. When the large toe is pushed upwards and towards the other toes, and then held there, blood flow and blood supply to the sole of the foot can be decreased. Without proper blood supply, the tissue begins to degenerate, with the fastest degeneration occurring in the tissue sustaining the most trauma. Athletes, and people who stand for long periods of time on hard surfaces, are most prone to this problem.

Fortunately, this issue can be improved (or corrected) by wearing proper footwear. Most modern footwear (heels, toe spring and tapered toe box) is responsible for this unnatural position. A heeled shoe is not good for feet or posture, yet almost every modern shoe has at least a 2:1 heel-to-forefoot ratio. This causes the toes to be held in an extended position, which is exacerbated by the toe spring. You can see this when you place a shoe on a flat surface and notice that the sole of the shoe curves up at the front. The tapered toe box pushes the first and fifth toes towards each other and when people run or walk in this position, they constantly traumatize these digits.

When humans are born, the toes are the widest part of the foot. The feet of people wearing shoes are widest at the ball of the foot due to the shape of their footwear. Therefore, the most important treatment for plantar fasciosis is getting the patient into a shoe that allows his / her foot to be in its natural position.

Although inflammation is not the principal reason for pain in this condition, as was commonly thought, I believe acupuncture can help because of its ability to increase blood flow into problem areas. So, check out your shoes and stay active!

If you have any questions about the topic of this article or to schedule an acupuncture appointment in Val-David or St. Jovite, please call 819 322-3081.

Ingram, G and McClanahan, R. Treatment of Plantar Fasciosis, Naturopathic Doctor and News & Review, 8-9, March 2007.

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## Garden Talk

# Climbing the Walls

June Angus - Main Street

Fences and bare walls on houses or sheds provide a great backdrop for vines and climbing plants. As always, choosing the right plant to suit growing conditions is the key to success. There are dozens of options for sun or shade; some are perennials, others are annuals you can start from seeds. Here is a sample of a few options that can do well in our climate.

### Clematis

Clematis is a sun-loving perennial vine that produces large, showy, star-like flowers. When choosing a plant, look for varieties rated for growing zones 5, 4 or 3. Clematis prefers fertile, well-drained soil. Regular watering is required to ensure the root ball does not dry out. It should be fertilized several times throughout the season to maintain healthy growth and flowering potential. Top dressing with organic compost also helps to maintain good soil structure.

While clematis needs a sunny location, it will not tolerate extremely hot conditions. In fact, there is a saying that clematis likes to have a hot head and cool feet. So it is very important that clematis roots stay cool. Provide shade at the base from nearby leafy shrubs, perennials or even annuals. Placing mulch at the base of the plant can also help to reduce soil temperatures. Clematis grows fast. I have one that hugs a trellis on a south-west-facing wall. Over the last couple of weeks it has grown between 2 to 4 inches per day.

### Scarlet Runners

A sunny fence or trellis is also a great setting for Scarlet Runner beans. These annual plants are vines that you start from seeds. Scarlet Runners are very economical because for the cost of a pack of seeds you not only get attractive red flowers but also delicious slender green beans that are a delight to harvest and eat, pod and all.

Sow Scarlet Runner seeds directly into rich garden soil after the last frost. Germination is quick. In warm soil, they can emerge in under a week. Weed around the plants, especially while they're young. A heavy layer of mulch around the plants also helps keep weeds down so they are not stealing valuable moisture and nutrients.

At the end of the growing season you can set aside a few ripe bean pods, remove the seeds, dry them and use them to plant a new crop next year.

### Climbing hydrangea

For areas that are shady or partly shady, perennial climbing hydrangeas offer a good solution. Plant in rich, moist, well-drained soil. But don't overwater. They climb with the aid of root-like sticky holds, which cling to almost any surface, so a trellis is not essential when growing against a wall.

The key to success with climbing hydrangeas is patience. They grow very slowly for the first year or two. Even when their rate of growth accelerates, plants can take up to five years to produce flowers. The white blooms are similar to, but generally smaller than, those found on their bushy cousins.

If you are looking for other climbing plants that are best for your situation, check with your local garden center experts. Happy climbing!



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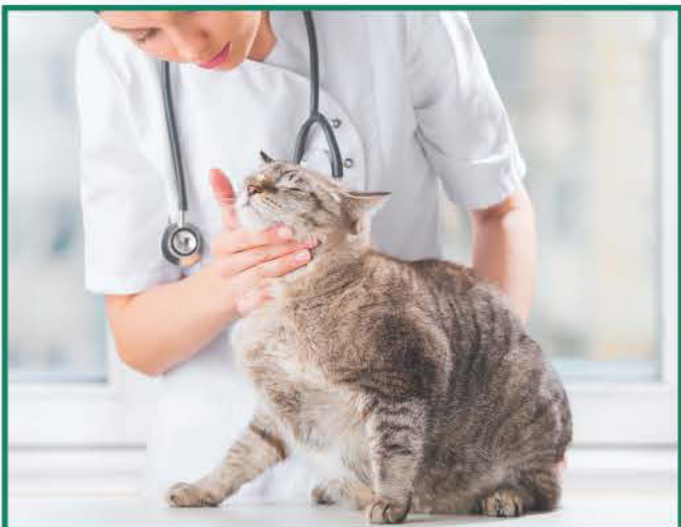
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