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MUNICIPALITY OF THE MONTH: LACHUTE, PAGE 16



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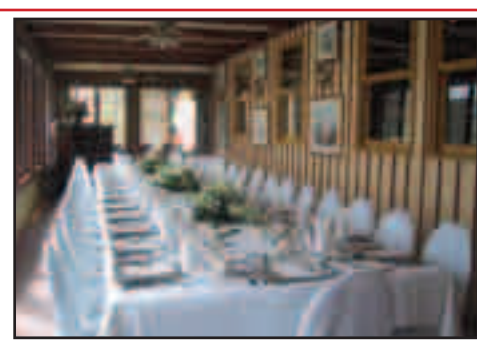
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WHAT'S ON MY MIND...

Susan MacDonald, Editor

I have often witnessed various peoples' honest, but ineffective, attempts to broach sensitive subjects delicately, either verbally or, in written form. Unfortunately, the best that most were able to manage were deliveries with the subtlety of a jackhammer. While their themes, without doubt, were important, their inability to convey their ideas successfully, often served no useful purpose in the end. It is a rare individual who possesses the ability to address a troubling issue, such as elder abuse, with such fine sensitivity as to be able to reach those on both sides of the matter without reproach, blame or pity. It is utterly amazing, that an entire troupe of amateur actors has been able to do this, repeatedly, and in two languages.

The play, "Grandpa's not a cash cow and Grandma won't take any bull," has been presented in several municipalities across the Laurentians, was invited to perform in Quebec City, and will soon be on stage in Lake of Two Mountains. If you have not yet seen it, I highly recommend that you do.

Primarily, the play portrays an important message that needs to be understood and brought to everyone's attention; it applies to us all, if not at this moment, then for certain at some point in our futures. It is also a perfect example of how sensitive issues could and should be approached. But, it is also about showing commitment and strong community values. We live in tumultuous times at the moment, with a weak economy and political upheaval. Sadly, we have come to realize that little help is available, beyond that which we provide amongst ourselves. In spite of the challenges we face, we are doing exactly that, and we are continuing to thrive as communities.

As the editor of Main Street, I feel extremely fortunate to witness, on a daily basis, the hidden strength that stands behind our communities. I see and appreciate the determination behind each of the individual groups and organizations that seem to spring up whenever there are needs to be met, or important messages to be delivered. I am so proud and honoured that this newspaper has been able to play even a minor role within this "community connection" and, with equal determination, I will ensure that it will continue to do so, well into the future. Please know that we will always do our best to spread the word and share in your commitments and aspirations.

I would like to thank you all for the positive feedback I have been receiving regarding our new municipality feature. It is so exciting to be able to delve into the past and learn new facts about the histories of our villages, towns and cities. Next month we will be featuring Ste. Agathe, so if you have any interesting bits of information to share, please let us know.

And now, we will all be heading back to the polls, again. Every vote will count, so please stand in line to mark your ballots - just choose wisely.

Enjoy the read...

Senior Actors get Dramatic About Elder Abuse

Bethann G. Merkle

We perpetuate these abuses at all ages, all the time," said Micheline Dubois, describing some of the abusive situations dramatized in Grandpa is not a cash cow and Grandma won't take any bull. She was one of 15 seniors who starred in the poignant vignettes highlighting how easy it is to disrespect our elders.

Dubois performed in the English version of the play. The play was presented twice last week in Quebec City, one showing each in French and English. Dubois's character is a senior, a vibrant tai chi guru who reappears throughout the play. Like Jiminy Cricket (Pinocchio's "conscience"), the guru coaches senior characters in the play to stand up for themselves. Dubois compels them to be aware of their rights, to keep their sense of dignity and above all, to firmly say, "No, no, no!" when they're being abused.

Despite the comic under- tones of many scenes, the audience were audibly dismayed at some of the subtle indignities. Three scenes involved easily recognizable manipulation by a loved one: a granddaughter visiting her grandfather solely to request an inappropriately large amount of money; a retirement-home manager speaking disrespectfully about residents while training new employees; an overbearing niece who pressures her aunt into revising her will and naming the niece as beneficiary.

Throughout the play, scenes depicting such subtle forms of abuse were juxtaposed with obvious scams, most perpetrated by a charmingly untrustworthy duo representing the "Golden Age" corporation. In each case, the duo successfully swindles seniors out of their money. In comparison, the scenes conveyed the message that mistreatment such as disregarding seniors stricken by a stroke but still mentally competent, is just as abusive as the blatant theft of residents' retirement funds.

Written in 2011 by François Jobin and translated into English in 2012 by Lise Landry, the play has been performed across the province. Despite occasional forgotten lines, the amateur actors made it clear they were passionate about their message. The mix of gravitas and comedy was infectious, and many in the audience lingered after the curtain call, sharing tales of their own circumstances with the cast.

As an earlier reviewer stated, "The best part is that the play is tasteful, and its message is universal." Jobin and Landry deserve considerable applause for the wit, humour and blend of bittersweet emotions infused in the script. Ultimately, Dubois's point about the play's relevance is well-founded. While the primary objective is to raise awareness of how the elderly may be mistreated merely by lack of respect, the challenge of being attentive and polite to others exists, regardless of our age.

Editor's note: See the February 5, 2014, article entitled "Not-so-comic drama" for more information about this play and its objectives. To support the on-going efforts to bring this play to communities, schools, and governments across the province, direct your donations to Table de concertation Parole aux aînés d'Argenteuil. Call 450 432-3200 ext. 224 or email tralaurentides@gmail.com for more information.

This article was previously printed in the Quebec Chronicle-Telegraph.



Observations Workers - A Soon-to-be Endangered Species

David MacFairlane - Main Street

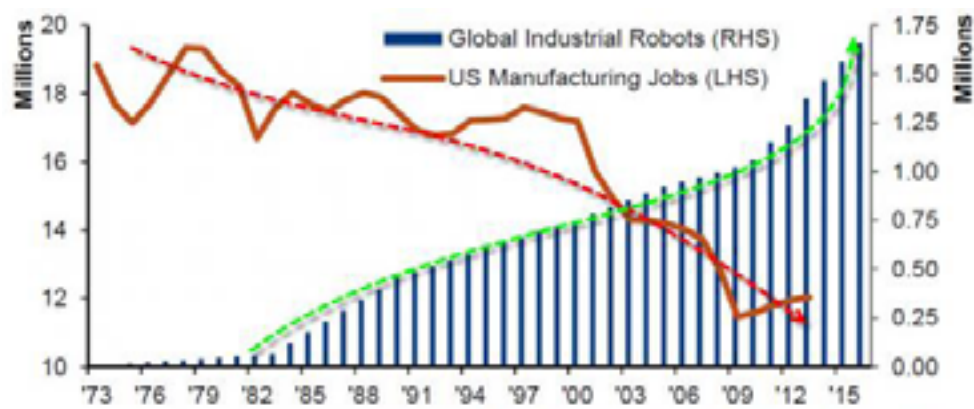
There will soon come a time when you will go to Tim's or Harvey's and not see a human behind the cash or in the kitchen making sandwiches. Robots will serve you instead. Robot cashiers are being installed in the retail trade, (the CVS Pharmacy chain in the US, for example) and we see them already in many of our local grocery stores. These are sophisticated, self-service barcode scanners that weigh and verify items, accept payments, make change, issue receipts and talk to you. A supervisor is usually present in case of need, but the message is "do it yourself." Robots are becoming ubiquitous and the social consequences will be enormous.

During the 19th and 20th centuries, industrialization did not eliminate the need for a human work force. Rather, it expanded the manufacturing base rapidly enough to employ the exploding population, and wages also grew commensurately, enabling millions to enter the new demographic, called the middle class. Automation gave rise to a class of skilled and unskilled workers needed to operate and support increasingly sophisticated production equipment and schools and universities focused on producing millions of educated people suited for employment at various levels of an increasingly complex working environment.

This growth curve began to top off in the late 1970s, and since the 1980s, research and development of new, computerized, automation technologies have made it possible to replace labour with production equipment, wherever repetitious work is involved. As a result, owners of capital have received a growing share of the world's income, while the total number of workers has fallen rapidly, particularly in developed economies. Also, real wages, when adjusted for inflation, have stayed flat for four decades. Inequality among those who are employed is glaringly obvious, with the largest share going to the specialized elite, while low and mid-level workers are forced to accept capped wages and uncertain, impermanent employment conditions. An increasingly technological economy has no use for all but the most specialized workers, and there has been a long-term trend towards permanent unemployment for millions who lack opportunity, or are unqualified by age or education. It has been estimated that almost 50% of occupational categories are at high risk of being automated, including many white-collar occupations, like accountancy, legal work, laboratory analysis, technical reporting, bank tellers, travel agents and many others. It has been suggested that with the advent of Google self-driving cars, taxi and bus drivers will be a rarity soon, as will airline pilots, traffic cops and even soldiers. Robot drones already infest our planet's skies.

The "golden age" for employment was just after WW2, when workers had secure jobs, rising wages and real prosperity. A large middle class grew, which owned property, was better educated, and had huge political clout. It is axiomatic that industry seeks the lowest input costs. Therefore it was inevitable that the rising cost of labour (and benefits) would fall victim to automation (a one-time capital cost) wherever possible. For example, in Japan, Nissan manufactures its cars in automated factories where robots do most of the assembly, while in India, the company uses low-paid workers to do similar jobs. It's a question of relative, overall, input costs.

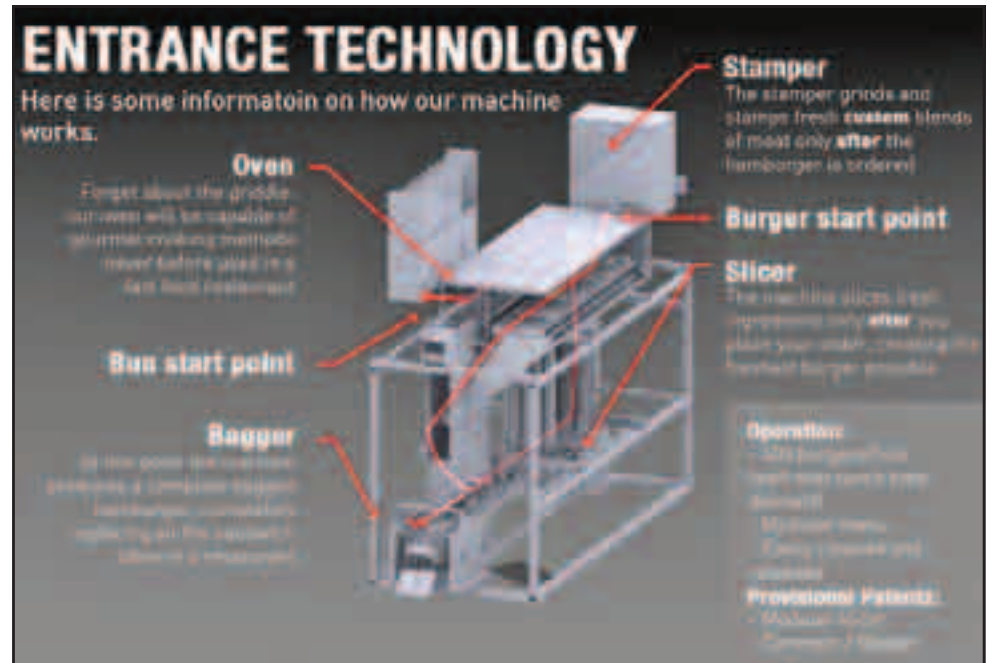
The constant clamoring for increased wages and benefits has rung the death-knell for workers in service and manufacturing occupations. As a result, their demands have hastened the robotisation of the global workforce. According to an analyst at Merrill Lynch, the company is "long robots, and short human beings." The following chart from BofAML shows clearly what has happened since the late 1970s.



Source: BofA Merrill Lynch Global Investment Strategy, IFR, Bloomberg. Note: growth interpolated 1974-1982, 1984-1990, 1991-1994, 1996-1999

Now, robots are coming to a fast-food restaurant near you and there will be no way to stop the advance. Rising costs will demand automation and the push for hikes in the minimum wage, coupled with benefits, and the spectre of unionization have only hastened its arrival. Robots require nothing but maintenance; no wages, benefits, time off, sick leave, cigarette breaks, vacations etc. and, as machines, they can be depreciated like other capital equipment.

You may wonder how a robot might make and serve a burger. Well, meet the burger-flipping, 24 square-foot, soul-less robot (schematic only shown) that may soon cook your order ...



And now here's a picture of the burger it made ... entirely by a robot. No human hand touched it.

The robot takes custom orders, using top-quality ingredients. It slices tomatoes and pickles just before serving and custom grinds each order, permitting a choice and mix of meats desired. Want a 50-50 beef and bison mix? No problem. It is more constant and more sanitary than a worker, and can steadily produce 360 burgers an hour. The low-wage cost permits gourmet ingredients to be used, and standardized cooking ensures a higher-quality product.



Robots can replace workers in jobs that can be identified by pattern-recognition programs, and they are being designed to operate in manufacturing, farming, food production, service and domestic work.

The demand for human labour will collapse. This shift will cause severe disruptions in our traditional ideas regarding employment and will result in chronic structural unemployment. As a society, we will have to know how to deal with the severe social and economic dislocations this change will have on millions of people, and how to prepare for living in a world in which robots will be doing work that has traditionally been in the human domain previously.

The US Bureau of Labor Statistics data is shocking. Manufacturing employment showed steady growth from the end of the Depression until the early 1980s. Then it stayed flat until the end of the 1990s. After that, the numbers just collapsed. In the 10 years to 2009, jobs disappeared so fast that nearly all the gains of the past 70 years were erased. Over one in three manufacturing jobs disappeared; over 6 million in total, and still growing!

On the dark side, the future looks bleak for many; chronic unemployment, unremitting poverty, low wages for those with jobs (unless part of the specialized elites), growing civil unrest and dim prospects for our children in a world where the under-qualified will be utterly irrelevant.

On the barely brighter side, and it is just a glimmer, the lower cost of manufacturing with robots will bring back many industries to North American shores, since energy and material costs, without labour, would be lower here than in Asia. So, while there will be some more jobs available, what good would that do for our society if the larger, unemployed human population has no future? Unless we can find a productive use for this discarded human potential, we will face a revolution in society on a scale unimaginable to most of us, and unlike any other in history.

If the only winners will be the owners of capital and their parasitic legions of peons and sycophants, then the violent demise of this uncaring, indifferent society will be soon upon us.

"Pretty soon we'll have robots in our society. You're going to have a lot of automated processes that used to be done by people. This is happening. Society and technology are changing so fast, and the impact of the change on society is global, not local."

Jose Padilha - b.1967
Brazilian Film Director,
Producer, Writer



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Over \$58,500 raised at Palliacco's Second Annual Trek Under the Stars



Participants before start. Photo by Olivier Morin.



Presentation of the plaque to winning team *Premières traces*. L to R: Tim Pepper, co-organizer of Trek Under the Stars; Guy Corneau, Honorary Co-Chair; Lionel Racine, Team captain of *Bridge Tremblant*; Paul Connor, Captain of winning team *Premières Traces* receiving the plaque; Louise Dalbec, Team captain of *Galaxy I and II*; Peter Duncan, Honorary Co-Chair; Lucie Murray, president of Palliacco; Mariette Rousseau, Team captain of *Les Cœurs de Palliacco*. Absent from the photo Aline Robillard, co-organizer of the event.

Photo by Mario St-André.

The second edition of the Palliacco Trek Under the Stars was a great success again this year. More than \$ 58,500 was raised thanks to the generosity of participants and donors. More than 260 people participated as members of 26 teams who trekked along the trails of Domaine Saint- Bernard, on the full moon evening of Saturday, February 15.

The Honorary Co-Chairs of this event fundraiser, Guy Corneau and Peter Duncan, were very proud to lend their names and to have contributed to the success of this event. They did a great job to promote Trek Under the Stars by participating in many interviews. They believe in Palliacco and its mission to provide accompaniment and respite services to people affected by cancer, end of life individuals, caregivers, the bereaved and, shortly, to those who wish to die in their homes.

Trek Under the Stars was a great success thanks to the organizing committee, sponsors, partners, the Domaine Saint-Bernard, Ski de fond Mont-Tremblant, the media, volunteers, donors and the participants.

Two political figures, Sylvain Pagé, Member of the National Assembly, and Pierre Pilon, Mayor of Mont-Tremblant for almost twenty years, participated in the Trek Under the Stars.

The event's co-organizers, Tim Pepper and Aline Robillard, are very pleased with the success of the event and announced that a third edition will take place on January 31, 2015.

STRICTLY BUSINESS

By Lori Leonard

Welcome to:

Manon Betit and **André Jodouin** who recently opened up their **Van Houtte Coffee Shop**, 66 de la Gare, St. Sauveur. They offer not only various types of delicious coffee, but a choice of great sandwiches, as well as fresh delicious lunches and more. 450 744-0320, mbetit@hotmail.com

Congratulations to:

Jacques Morier, who opened up a new **Second Cup Coffee Shop**, 1000 Avila Rd., St. Sauveur. Some specialties include lattes, frozen hot chocolate, smoothies, sandwiches and a delectable variety of desserts. 450 227-0202.

Did you know?

Dr. Marie-France Aumont and **Dr. Stéphane Poulin**, now under their new banner called **Clinique Médi Nord** will move their offices to 68 de la Gare, Ste. 201, St. Sauveur on March 12th. They were previously located in the **Club Medico Santé Avantage** office on Avila Rd. **Chantal, Dariana, Yanick** and **Katherine** are looking forward to welcoming you at their new premises. 450 744-0733.

The **Samorai Japanese Restaurant**, 149 Principale St., St. Sauveur, has changed owners after 23 years. New owner **Sinath Heng** and his sister, **Any Heng** who are Cambodian, offer a diverse choice of Thai, Vietnamese and Cambodian lunches for \$8-\$9. They also offer a variety of Japanese grilled dishes, Tempura and creative sushi and sashimi for dinner at reasonable prices. 450 227-1466.

Chantecler Golf Course was purchased in early February by a group of investors. There is discussion that the golf course may eventually be changed from the current 18- hole course to a newly redesigned 9-hole course. However, it will take time for these changes to take place and this Spring the 18-hole golf course will open as usual.

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2nd Annual Kindergarten Vernissage

Thursday, February 27th, marked the second annual Kindergarten Vernissage. This event brought together Natalie Losier's class from Ste. Adèle Elementary School as well as Marie Boivin and Lee-Ann Mascis' classes from Morin Heights Elementary School. Parents, students, and staff gathered to admire the art work created by each kindergarten student: paint on canvas, photograph, and sculpture. Special guests included Ms. Stephanie Vucko, Director General of the Sir Wilfrid Laurier



School Board; Mr. Nick Milas, Chairman of the Sir Wilfrid Laurier School Board; Mr. Peter MacLaurin, district school commissioner, Mr. Tim Watchorn, Mayor of Morin Heights; and Mrs. Leigh MacLeod, Municipal Councillor. It is estimated that about 100 people were present throughout the evening.

Morin Heights Elementary School hosted the event, transforming the cafeteria into the "Morin Heights Museum of Fine Arts" for the evening. Guests were invited to browse each artist's works, which were displayed on their own panel. Along with each piece was a description of the work, as well as an artist's biography. This project allowed the guests a magical glimpse into the world of the young artists. Many people were impressed by the talent that was displayed by such young children, expressing their pleasure at seeing the world through the eyes of 6 year-olds.

This event was the culmination of two months of work in which the children were exposed to various forms of art. Three local artists: Mrs Joanne Hayes, a painter; Ms. Heather Jackson, a textile artist; and Mr. Jeff MacDonald, a sculptor, all visited the schools on several occasions to show the children their work and to help them create their own pieces. These visits, as well as a trip to the Montreal Museum of Fine Arts and many hands-on activities all helped prepare the children for the vernissage. In a world of fast-moving technology, this art project allowed many students to slow down and explore their world from a very different perspective. A great big thank you goes out to all the volunteers who made this project possible: Joanne Hayes, Heather Jackson, Jeff MacDonald, Laura Chesnay (write-ups and bios), Harold Carpenter (beautiful frames), and all the parents who took time to come help with the various projects.

Each artist left with a special gift, presented by the school board directorate. Teachers would like to express their gratitude to the Sir Wilfrid Foundation for making this project possible. Without their generous grant, the project could not have come to fruition. Congratulations to all the artists!

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- Travailler de concert avec les villes du comté de Bertrand et les différents partenaires du milieu afin d'améliorer et faciliter la prospection de nouveaux investisseurs et entrepreneurs.
- Travailler de concert avec les partenaires du milieu afin d'améliorer l'intégration professionnelle des personnes ayant un handicap physique.
- Appuyer le développement économique de la Ville de St-Sauveur tout en préservant les attraits de son paysage.
- Nous croyons qu'il est possible que tous les Québécois qui le souhaitent puissent avoir accès à un médecin de famille à compter de 2016. Cela sera rendu possible grâce aux nombreux gestes déjà posés par le précédent gouvernement libéral, notamment l'augmentation des admissions dans les facultés de médecine il y a plusieurs années.
- Effectuer les démarches visant à améliorer l'accès aux soins de santé, notamment en facilitant l'implantation d'un GME dans le comté.
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MUNICIPAL BULLETIN MARCH 2014

Denis Chalifoux, Mayor

MAYOR'S MESSAGE: The harsh winter we have had, with periods of freezing temperatures and sudden thaws, has caused a number of problems on our roads. Our employees have often worked long hours in difficult conditions and I would like to take this opportunity to thank them for their hard work.

We have also noticed that in periods of extreme temperatures, the roundabout is at risk of flooding. In fact, even though its maintenance is the responsibility of the Ministry of Transport, on January 6th the town had to intervene in order to ensure the drainage of an important accumulation of water which caused the roundabout to be closed for several hours.

This intervention at the roundabout, which is in fact provincial equipment, supports the demands already forwarded to the Ministry of Transport to bring corrections to the defects which will in turn facilitate snow removal, prevent flooding and improve the signage.

On another note, some of the projects which were suspended during the winter months will resume in the coming weeks. This is the case for the new Park at Mont-Catherine, whose development is expected to be completed by the end of the spring. The expansion of the library project also continues and is in its planning phase at the moment. Work will continue throughout the year and we hope to inaugurate a new library in 2015.

Denis Chalifoux, Mayor

ONE LAST ACKNOWLEDGEMENT OF THE 150TH ANNIVERSARY

Councillors attended the last regular meeting of 2013 which was held on December 10 dressed in historical costumes to pay tribute one last time to the 150th anniversary of the town.



Council members also took this opportunity to abolish a regulation dating from 1909 which prohibited citizens from spitting in public.

A GREAT PREMIERE AT LE PATRIOTE THEATRE



Mayor Chalifoux with Director Guy Fradette and actress Suzanne Champagne.

Last November 16th, at Theatre le Patriote, more than 500 people took part in the premiere of the film presentation "Sainte-Agathe-des-Monts, une ville, des histories."

Combining documented information and fiction, the work of Director Guy Fradette tells part of the story of Sainte-Agathe-des-Monts and presents, using related facts and sometimes amusing tales, the life of its residents over the years.

The DVD of the film "Sainte-Agathe-des-Monts...une ville, des histories" is available with English subtitles at the Gaston-Miron municipal library and at the Town Hall for the sum of 5\$. All revenues will be given to local community organizations.

SAINTE-AGATHE SOON TO BE RECOGNIZED AS "SENIOR FRIENDLY"

After initiating a reflection and consultations in October 2012 on ways the city could better serve seniors over the next years, the City Council will soon adopt a plan of action for the next three years which will provide ways to improve the sense of security among seniors, increase the types of activities, promote active aging and improve communications.

A committee made up of citizens and community organizations has given the municipal council a list of concrete actions which will be taken in the next three years such as the creation of a wise persons' committee to ensure a follow-up to the policy, propose different avenues, evaluate the impact on the community and initiate projects.

The unveiling of the "Senior Friendly Municipality" policy will take place in the next few weeks.

Presently awaiting the answer and comments pertaining to the application for a CA (certificate of authorization), the town is evaluating the costs to complete the necessary work authorized by the CA as well as the apportionment of the costs of these. In spring of 2014, the city should carry out the intervention work authorized by the CA and the monitoring of the impacts of these and also intends to mandate a firm to conduct a study of characterization of the Lac à la Truite drainage basin area.

THE PARC PROGRAM MAKES HEADWAY

Prioritization of the work on the streets and roadways (PARC program) will be decided in the upcoming weeks, but already we know paving repair work will be carried out on Brunet, Tour-du-Lac, Larocque, Principal (west) and Ouimet streets. Sidewalk repairs will take place on St-Venant Street in the area near Lac des Sables and also the work on roads in need of more gravel and drainage improvements in the northern sector of the city are also part of the program.

Through the PARC program, since 2007, more than 3.9 million dollars were invested on street, road and sidewalk repairs. The program has proven to be an important tool to maintain various types of traffic lanes.

A complete version of the municipal bulletin « Ma Vie Ma Ville » is available on line at: www.ville.sainte-agathe-des-monts.qc.ca.



Simply Words on Paper Health Care Delivery Can Be Improved

Jim Warbanks - Main Street

A vague proposal to reform the health care payment system was floated again recently that upset me. If ever fully implemented, the money would "follow the patient," rather than maintaining the core historical funding currently in use.

Several years ago, a similar proposal saw the light of day. As envisioned, it would have been an extremely complex, bureaucratized, unmanageable boondoggle. I was dismayed. Fortunately, it sank without a trace.

For such a scheme to succeed and be beneficial to the client, we would require a functional electronic health record system. Successive attempts to implement such a system have predictably bogged down, often because of turf wars and excessive costs. Don't hold your breath!

Viable option

Another viable option is a limited expansion of the private health care system. Montreal Economic Institute Vice President Jasmin Guenette, in a recent somewhat self-serving video, spoke to health care professionals and patients who have opted to "go private" in order to get needed care in a timely manner.

A waiter asks, if it takes weeks for him to receive treatment for a foot problem, with the loss of wages this entails, is it not preferable to pay \$100 for accelerated service? He adds that this is still cheaper than spending time away from work at a CLSC or in an emergency room.

A sample of patients at one clinic showed that they were not wealthy, but middle class, with the majority earning an estimated household income of \$70,000. Most appreciated the opportunity to fully discuss their health issues, get an appointment within 24 hours, be seen by a practitioner within 48 hours and be oriented toward a specialist as needed. Contrast this with the estimated 17.5-hour average emergency room wait time.

Opt out

Less than 2% of doctors have fully opted out of the public system (280 / 16,000), not a significant contribution to the perceived doctor shortage. Others work in both the public and private systems.

It is fascinating to note that the largest consumer of private health care services in Quebec is the government itself through agencies such as the CSST (Workplace Health and Safety) and the SAAQ (Auto Insurance Board). They understand that long waits for service in the public system would cost significantly more in disability benefits.

Could we save money and have better service? A cautious expansion of the private care network might provide the needed incentive through competition.

Fee-based

Dr. Anne Leclerc, originally from New Brunswick, has opened two private Medicina clinics in the Quebec City area. She now has 4000 clients who pay a \$500 annual fee on average, in addition to \$80 per 20-minute appointment. Her patients are impressed with the speedy, on-time appointments they are given.

At Dr. Marc Robin's clinic, the waiting room only has four chairs. He insists: "We don't like to see them all being used at the same time!" Among the other perceived advantages of private care, doctors have more opportunity to emphasize prevention. This increases the chance of modifying lifestyle habits, which could lead to making fewer emergency room visits. By taking more time, closer to the onset of the problem, the patient may actually need to be seen less often.

Those committed to the public network, such as Dr. Alain Vadeboncoeur, fear that two-tier medicine will become a menace. He notes that a primary cause of bankruptcy fifty years ago was related to medical costs. Guenette replies that the current near-monopoly does not provide timely care. The person accessing private clinic treatment actually liberates space in the public system.

Reimbursement

The average Quebec taxpayer spends \$8000 annually on health care, according to a statement in the documentary. If this does not provide the client with satisfactory care within a reasonable time frame, and the patient opts to pay an additional, out-of-pocket expenditure for private care, should not this client be

reimbursed (at least in part) for the amount it would cost for the identical procedure / service in the public system? This is the model adopted to compensate certain private schools, which many parents choose, rather than having their children enrolled in the public system.

Universal access should not be compromised. The overburdened public system appears unable to respond to the needs of the clientele by providing quality services within an acceptable time frame, despite a succession of reforms and action plans. The private sector could play a larger role in helping to alleviate this perennial problem.





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CONCERNING QUEBEC

Canada - Quebec Agreement: The Carrefour Jeunesse-emploi Laurentides welcomes the efforts of the Government of Quebec to protect the future of youth

The Carrefour jeunesse-emploi Laurentides gratefully acknowledges the support and solidarity of the many efforts made by the deputies of Labelle and Bertrand, as well as the federal MP for Laurentides- Labelle, towards an agreement for the training of the workforce, to be signed between the Government of Quebec and the federal government.

“We are pleased to learn of the signing of the agreement between the two levels of government! Thus, we can continue our work with young people in the MRC des Laurentides,” stated an enthusiastic Geneviève Gobeil, president of the board of the organization.

Carrefour jeunesse-emploi des Laurentides interacts with 500 young people each year. The agency works with the major players in the health and social services, education and socio-economic environment to support young people in their quest for social, professional and economic integration.

In addition to helping more than 60,000 youth annually, the 111 CJE's across Quebec help to engender tax benefits of approximately \$72 million to \$ 288m, according to a study by the firm, Raymond Chabot Grant Thornton.



Carrefour jeunesse-emploi LAURENTIDES

REGIONAL NEWS



L to R: David Graham, Scott Simms

Laurentides-Labelle: David Graham seeks nomination

On Sunday, February 23, David Graham, who is seeking the nomination for the Liberal Party of Canada, attended a meet and greet in Ste-Lucie. Approximately twenty people attended to hear from Scott Simms, MP for Bonavista-Gander-Grand Falls-Windsor, and to show their support for David Graham's candidacy.

This meet and greet took place following the resoundingly successful Liberal Party of Canada's biennial Convention in Montreal.

David believes strongly in the future of his home, the Laurentians, as well as in his vision that politics can be positive and done differently. He can be reached through his facebook page facebook.com/daviddegraham.

Potential post-secondary education facility in Argenteuil



Moving forward...

A feasibility study to determine the possible development of post-secondary studies in Argenteuil has now been launched. Its objective is to collect and analyze all relevant information for judging the viability of the project, its development potential and value to the community. The completion of this study was entrusted to Gestion Créative RJD of Lachute, specifically, consultant Roy J. Dove.

Mr. Dove has followed a career in the field of education with la Commission scolaire du Long-Sault and la Commission scolaire de la Rivière- du-Nord. He was

director of l'école polyvalente Lavigne for 13 years. Mr. Dove holds a doctorate in education and is now a lecturer at the University of Sherbrooke and a management consultant.

“I have known Roy Dove for a long time and I honestly believe that we could not have a better consultant to carry out this study,” expressed the deputy for Argenteuil, Roland Richer. “My work as an MP is to defend and to present the project to the government. This task is much easier and pleasant when the case is solid and well-fitted. This feasibility study will be a key asset for the advancement of our project,” he added.

“We already knew that and it was confirmed by the Forum participants for the economic revitalization of Argenteuil; improving the training of the local workforce is an important key to attract new businesses to us,” said the president of CLD d'Argenteuil, André Goulet . According to the National Household Survey (2011), over 32% of Argenteuillois do not have a high school diploma. As a community, we need to facilitate and promote access to post-secondary education. And the feasibility study is a step in the right direction,” he stated.

The feasibility study, as it was announced at the Forum, will be funded by the MRC d'Argenteuil for up to \$20,000. “This feasibility study is in keeping with the guidelines under the 2013-2017 strategic planning set by the MRC d' Argenteuil, titled, “Together, shaping the future.” Like many other areas, the MRC is committed to being a leader in respect to strategies encouraging retention and academic success. It was therefore quite natural that the mayors agreed to allocate the necessary funds to achieve an essential consideration in the project development, “said the Prefect of the MRC d' Argenteuil, André Jetté .

This amount of \$20,000 comes from a direct contribution of the MRC d'Argenteuil for \$10,000 plus \$10,000, from the residual amounts of the “Fonds Solidarité-Élèves-Polyvalente Lavigne,” which was set up following the fire in September 2011 to promote student retention and academic success.

The feasibility study for the establishment of a post-secondary education centre in Argenteuil should be filed in early summer 2014. It will be complementary to the analysis conducted by the Department of Graduate Studies, Research, Science and Technology. Last October, the Inter-sectoral committee for post-secondary studies in Argenteuil had sent a letter to Minister Pierre Duchesne asking him to review the project. He had then instructed his department to investigate the matter further.

Argenteuil: Green flashing lights for volunteer firefighters

The Liberal candidate for Argenteuil, Yves St -Denis, joins his fellow members of the Liberal Parliamentary wing to support volunteer firefighters in their efforts to implement the use of flashing green lights during emergencies. “The safety and visibility of our volunteer firefighters during emergencies are paramount. The use of green beacons will facilitate their work while allowing them to meet these challenges,” said Mr. St. Denis.

Following the initiative of Lieutenant Jason Prévost, a volunteer firefighter in the municipality of La Pêche in the Outaouais, the member for Gatineau, Stéphanie Vallée tabled in the National Assembly, on February 12, a petition asking the government of Quebec to enforce the Code section of road safety for the use of removable green beacons for volunteer firefighters. Yvan Laurin, lieutenant firefighter for Brownsburg-Chatham stated, “This is good news for the safety of all road users.” This tool will allow motorists to increase their awareness and be courteous when we get a disaster.” Throughout the county, there are several hundreds of volunteer firefighters who will be affected by this measure, once adopted. Considering the mountainous topography of Argenteuil County, this is undoubtedly good news.

In the Laurentians: A New Service for Young Artists! (IA)

The Youth Employment centers, in each of the MRCs across the Laurentians are offering special services for young artists aged 18 to 35 yrs. It includes guidance, scholarships and grants. Young artists are encouraged to contact the Carrefour Jeunesse-Emploi nearest to their residence. Here are a few centers in the Laurentians:

MRC Laurentides: 97 Rue Principale Est, Sainte-Agathe-des-Monts, 819 425-1200 www.cjelaurentides.org.

Mont Tremblant: 763 Rue de Saint Jovite, Mont-Tremblant 819 425-1200 www.cjelaurentides.org.

MRC Argenteuil: 483 rue Principale, Lachute 450 566-5766 ext. 222 www.cjea.org.

MRC Rivière du Nord: 420 Place Du Marché, St. Jérôme, 450 431-5253 [cjern.qc.ca](http://www.cjern.qc.ca).

MRC Pays-d'en-haut: 22, rue Goyer, St. Sauveur 450 227-0074 www.cjepdh.ca.

Mirabel: 13665, boul. Curé-Labelle, bureau 201, Mirabel. 450 420-6262.

Other Laurentian branches: <http://www.reseaufinance.ca/CJE/Laurentides>.

MUNICIPAL HAPPENINGS

MORIN HEIGHTS

The 42nd edition of the Morin-Heights Viking Loppet

Sunday, February 23, the Municipality of Morin-Heights and the Viking Ski Club jointly organized and hosted another great Morin-Heights Viking Loppet, which welcomed 480 participants despite the freezing rain scare! The freezing rain two days prior made the conditions fast, but the skiers did not complain! All results were provided efficiently by Sportstats.



The Desjardins trophy was awarded to Florent Banos (11) and Marie-Lou Ouimet (12), the two fastest athletes under 15 yrs. to complete the 10 km race Two new trophies were introduced this year in honour of Jack Steele and Bunny Basler, great contributors to the village's history of our trails to celebrate the fastest 20 km racers. Julie Sicotte (23) earns the first spot on the Bunny Basler trophy and Quentin Stoyel (18), a Viking Ski Club member, is the first male to win the Jack Steele trophy. Thomas Felix (31) won the Munk trophy, awarded to the fastest man in the 33 km (1h46m38s). His fastest (1h57m47s) female counterpart was Myriam Paquette (23) who earns a spot on the Berg & Dohrendorf trophy.

The organizing committee wishes to thank all its sponsors who make a huge difference in the impact of this wonderful event every year. Many, many thanks to the team of over 134 seasoned volunteers who get things done and contribute greatly to the Loppet experience!

Visit www.skiloppet.com for detailed results and photos of the event.

Play Reading

Wednesday, March 19: 7 pm
Restaurant La Grange, 2 Meadowbrook, Morin Heights

Try your hand at play reading or just relax and listen in. Come early for dinner or enjoy coffee & dessert/drinks & snacks.

SAINT AGATHE

L'Auberge Aux Nuits De Rêve ranks 4th in Canada

In a category of 25 entries, the Auberge Aux Nuits de Rêve, in Sainte -Agathe -Des- Monts, has been ranked as the fourth top “hotel for lovers” in Canada by Trip Advisor. This small, but unique inn has also earned recognition with a Certificate of Excellence in 2013 and as a regional winner in 2009 from Grand Prix du Tourisme Québécois (category of 1-3 stars).

ST. FAUSTIN-LAC-CARRÉ

Vanier college in St-Faustin-Lac-Carré is offering an intermediate French course every Monday and Wednesday from March 24 till April 16. The course is in the afternoon, from 2.30 pm to 5 pm. For more info: vaniercollege.qc.ca/saint-faustin-lac-carre or call 819 688-2727.



News From Sainte Agathe

Jessica Million - Main Street

News from Ste-Agathe-des-Monts

Ste. Agathe Population continues to grow

The recent announcement issued by the Ministry of Municipal Affairs, Regions and Land Occupancy of Québec confirms that the population of Ste-Agathe-des-Monts is now 10,600 inhabitants, an increase

of 3.3 % compared to last year and an increase of 8.7% over the past five years. "This is the result of much effort and demonstrates the interest that people have for our town. The investment and development strategies put forth by the council are certainly contributing to this phenomenon and it is very encouraging for the future," stated Mayor Chalifoux. The most populous municipality in the MRC des Laurentides, and offering numerous essential services, the town of Sainte-Agathe-des-Monts continues to affirm its role as a regional leader with a growth rate of nearly 9% in five years.

The CSSS des Sommets and the Users' Committee of the institution have established various initiatives to improve the information given to users. The emergency ward of the Laurentian Hospital in Ste-Agathe-des-Monts is a key sector where customers are often vulnerable and the staff of the institution is regularly called upon to respond to various questions such as: "What is the waiting time?" and "Why does this person pass before me when I was here before him/her?"

Emergency room initiative

Thanks to the initiative of the Users' Committee that wished to address the dissatisfaction expressed with the waiting time, an explanatory leaflet has been issued and is available to all users who present themselves at the emergency ward triage. The various priority codes that correspond to the state of the health of the user is stated on this document, as well as information on the various factors that influence the waiting time. However, it is impossible to state the exact times and priority orders.

Display board

Thanks to a new display board users can now know the order in which they will be evaluated by the physician. Once enrolled in emergency, their file number appears on the new digital display board and they can monitor in real time the progress of their case and see where they are among the priorities. The data is updated every six minutes. An assessment will be made by the Users' Committee this spring to evaluate the users' satisfaction and make any improvements, if necessary.

Spring is around the corner, and will be VERY welcome by all I am sure. It has been a cold, long winter although the amount of snow we received has been very good for our economy here up north. With many visitors coming up to ski and enjoy all the other outdoor activities, we can be very thankful for this snow. It is beautiful and although we appreciate it, I for one will be glad to say goodbye to it and hello to longer days of sun, blooming trees and see our lakes become liquid again.

Jessica Million jmillion@doncaster.ca, www.jessicamillion.com



News Wire From Weir

Claudette Pilon-Smith - Main Street

That which is bitter to endure may be sweet to remember

This community is mourning the loss of a dear friend.

Guy Barbeau passed away suddenly on February 18, 2014. He was the loving husband of Vera Gray and the proud father of Melanie. Guy was a quiet,

patient, honest man with a good sense of humour who thrived on justice. He loved life and spent many hours on the property that he so dearly loved, gardening and taking care of the maple trees, les "Sucres," with Lois and neighbours. He also occasionally enjoyed fishing on Round Lake. He kept in shape at the gym on a weekly-basis and took healthy walks with Vera, exploring the roads and bushes in Weir. In winter, he enjoyed skiing. Guy loved his golf, and over the years, made many friends at the Arundel Golf Course. He loved the game and the challenge. He

worked for the community with a smile and took part in the Weir/Montcalm Family Fest, setting up the dance floor, tables and sound systems. He had been an affiliate member of the Royal Canadian Legion - Rouge River 192 for the past 14 years. He attended several functions and offered many services to the Legion, which he had a high respect for and wanted to see succeed.

He will be sadly missed by family and friends. He was a husband, a father, a brother, an uncle and a friend to so many. Guy was, a MAN OF ALL SEASONS.

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



About Sainte Adèle

Chris Lance - Main Street

Le Golf Chantecler, the 18-hole course belonging to Le Groupe Beaudet, has been sold to a private numbered company run by Mr. Andre Lesage. The hope for the new ownership will be to develop a residential complex around a redesigned golf course of 9 holes instead of the existing 18. The

thinking of the new managers of the project is that the ageing population has less time to play an 18. Before any construction happens, Mr. Sylvain Beaudet, a V.P. of Groupe Beaudet, assures golfers in the region that the terrain will open this season and they will run the course and offer golfing as usual. It might be a few years before the residential complex is developed and established so local golfers will still be able to enjoy 18 holes of play this summer at the Chantecler.

Perhaps the new owners will do well to remember the Hotel Chantecler's 9-hole course. It was closed last year, not to mention the 9-hole course over in Shawbridge. There are two 9-hole courses in the region - the Alpine Golf and a 9 hole in Sainte-Marguerite. The 18 hole (executive) course might be a better fit for the developers at the Chantecler. One can only hope that the new owner is a golfer, before he starts his project.

For those of you who walk a lot, like my friends Darlene and Jane, there is help for your tired feet - Laboratoire Belanger on rue Valiquette. You can take those well-worn tootsies to the Lab for a free evaluation. In the meantime, the Adeloises trudge around Lac Rond most days. The walking and skating around and on the lake is very popular. The lake is also being used for weekend town events that will continue through March. You can skate, walk or cross-country ski. Get out there as it is the only way to beat this cold, cold winter. You might even see Mayor Charbonneau and his gang of councillors out there on the lake during town events this month.

When you are finished on the lake, drop in at Adele Bistro on chemin du Chantecler. Denis Levesque, the chef and one of the three owners and his fellow chef Michael Lessard (formerly of L'Eau a la Bouche fame) have a lunch and dinner menu. The duo is offering "comfort food," which you can enjoy, while watching from your table, the walkers on Lac Rond. The resto is open at 10 am on the weekend. You can check out all their offerings at www.adelebistro.ca

From February 28 - March 23, there will be an art exposition called Espace Expose at the Place des Citoyens. This first-time event takes a look at the concept and promotion of a childhood free of violence. Over a 3-week period you can see artistic works from the 4 corners of Quebec, including the Laurentians. You can buy artwork for as low as \$50, and you will then be supporting efforts of Espace to promote a childhood without violence. There will also be a special day on Saturday, March 22 when families can take part in artistic development or simply enjoy a happy day at the cultural event.

There really has not been much of a break in the cold weather since December. Thank goodness we had the winter Olympics and the Charbonneau commission to watch. I am sure most Adeloise would like to know what deal the PQ had with the FTQ. But most of us realize that where politics is involved, lying, avoidance of the truth is part of the finesse and etiquette of elected office. We are not a puritanical province. Quebec is catholic and therefore we sin and expect forgiveness, but can you forgive a bully, "comme il faut"? Wouldn't it be nice to have one trustworthy person in government at any level?

Enjoy the rest of this month. We will soon be embroiled in another dirty election.

Announcing the Winners of the Young Visual Artists Competition

On February 9, The Laurentian Contemporary Art Museum in St. Jérôme revealed the winners of the 14th annual Young Visual Artists Competition for 2014. Richard Benoit received a grant of \$2500, provided by the group Rochon, Thériault,



Left to right: Claudette Domingue (l'Atelier de l'Île de Val-David), Benoît Ricard (winner), Helena Vallée Dallaire (winner), Suzanne Laurin and Andrée Matte, (Musée d'art contemporain des Laurentides).

Chartrand, Groupe Platinum Construction, Tourismedxpress and the Museum. The second prize for training in silk-screening, offered by Atelier de l'Île of Val David, and valued at \$1,000 was granted to Helena Vallée Dallaire.

Blockade responsible for strangling Cuba

In response to recent article by J. Warbanks, "An Economically Stagnant Tourist Paradise: Cuba."

Laying all the fault for Cuba's lack of economic development on its socialist political system is somewhat one-sided.

Since not long after the overthrow of the Batista dictatorship, the US, Cuba's close and overwhelmingly powerful neighbour has maintained an iron-clad blockade that has strangled Cuba in many ways, but mostly economically.

While there are a few exceptions to the blockade, they are one-sided. Cuba can purchase some agricultural and medical products, but must pay for them in advance. Payment must be in cash because the US forbids all banks from dealing with Cuba. Cuba is also barred from selling anything to the US.

The US actively penalizes firms throughout the planet, who dare to trade with Cuba. Many British, Swiss and even Canadian banks have been fined hundreds of millions of dollars for handling Cuban transactions.

Try booking a holiday in Cuba at Expedia.ca (.ca supposedly identifies it as a Canadian site). You can't. Select Havana as a destination and it immediately changes automatically to Miami, a long swim away from your intended destination.

Ships that dock in Cuba cannot dock in the US for 6 months.

Socialism or Communism aside, I submit that if the blockade did not exist, the Cuban economy might surprise us by its ability to operate on a level playing field. It has never been allowed that chance.

Brien Young, Toronto

Friends of Laurentian Elementary's Technology Fundraising Campaign

The Friends of Laurentian Elementary School, (F.O.L.E.S.), is a small committee of parents whose children attend Laurentian Elementary School (L.E.S.) in Lachute, QC. We are a registered, charitable organization that was formed in 1999. We are dedicated to fundraising for L.E.S., which serves approximately 340 students, aged 5 to 12 years of age.

The F.O.L.E.S. organization was formed in response to continuing school budget cutbacks, which limit school funds to the basic operating needs. We embark on many different fundraisers such as a fall BBQ, Christmas bake-sale, movie nights and spring golf tournament along with sales of flower bulbs, REGAL, cookie dough, chocolate and compost. The money raised ensures that children continue to benefit at school from a rich learning experience full of hands-on activities, special art classes, field trips, safe playground equipment, up-to-date library books and computer technology. We hope this helps provide a stimulating school experience to encourage future success. F.O.L.E.S. dedicates approximately \$10,000 each year for fieldtrips alone and specifically, to fund the bus transportation.

Currently, one of our major projects is to upgrade the very "aged" computer technology. Our dream goal is to provide 5 new laptop computers per classroom with a budget of approximately \$60,000 for 80 computers. We have collected \$3,771 in donations from the community so far with a recent \$2,500 donation from Orica Canada Inc. for which we are extremely grateful! Dianne Dixon, who is a founding member, has also been a very generous donator and active fundraiser over the past 14 years. We would like to inform the citizens of Argenteuil and surrounding area of our goals. If anyone is interested in helping us with a donation, please contact Joanne MacLeod McOuat at joanne.macleod6@gmail.com or call 450 537-1172. We are able to provide income tax receipts for all contributions. The Friends of Laurentian Elementary School thank you!!

Laurentian Club Report Objects Tell Stories

Heather Darch, curator of the Missisquoi Museum, struck a chord with a large audience at the Laurentian Club on February 24, in Ste. Agathe.

Darch, an anthropologist-archaeologist who studied Mayan history as well as prehistoric Iroquoian history, did her masters in Canadian history. Working with the Quebec Anglophone Heritage Network (QAHN), a side project to her normal responsibilities, she also helped put together a project on Anglo-Quebec history. The Identity of English-speaking Quebec in 100 Objects, funded by Heritage Canada, is a virtual museum (www.100objects.qahn.org/) that features representative artifacts around the province. Presenting the objects from the site skilfully and with humour, Darch showed us everything from a much-abused statue of General James Wolfe to swizzle sticks from Rockhead's Paradise. Many of the objects tied in strongly with Laurentian history including the Laurentians Trail marker and artifacts relating to Jackrabbit Johannsen, the marble commemorative stone of Sir John Johnson in Cowansville, the man for whom Lake Sir John is named, Mordecai Richler, whose mother once owned a small lodge situated on Lac des Sables in Ste. Agathe and the X-Ray machine in the museum display case in the lobby of the Laurentian Hospital in Ste. Agathe.

The landscape artist that 100 Objects chose to feature was Anne Savage, one of the founders of the Beaver Hall Group, who influenced much of Montreal's immigrant Jewish community through her 26 years of teaching at Baron Byng High School. In her later years, she built her studio on Lake Wonish, near Sixteen Island Lake in the Laurentians.

There are Chisasibi Cree snowshoes, an Iroquois war club and an accompanying picture of a longhouse, the Celtic Cross from Grosse-Île, artifacts of early logging and... a rotary telephone. Darch and co-manager Rachel Garber did not shy away from controversy in their choices, including a German World War One Fokker airplane, an English eligibility certificate permitting access to English Quebec schools and a "NON merci" button from the 1980 referendum.

And for the children, the virtual exhibition includes the story of A Horse called Farmer, from Entry Island in the Magdalen Islands, about a horse that swam three miles through the ocean to come home.

A New CLC Launched with a Lively Community Learning Conversation in Saint-Faustin-Lac-Carré

On Tuesday February 4, Vanier College demonstrated its engagement towards the Laurentian Anglophone community by co-hosting, with the Sir-Wilfrid-Laurier School Board, a lively "Community Learning Conversation," at Saint-Faustin-Lac-Carré.

This event marked the launch of the newest Community Learning Centre (CLC) to open in Québec, and the only one established in a college (CEGEP) setting rather



than an elementary or high school. The 37 CLCs across the province are financed by MELS through the Federal-Provincial Entente on Minority Language Education to support the development of citizens and communities through Lifelong Learning. CLCs serve as places for education and community development and as models for future policies and practices. CLCs work with everyone: families, youth, schools, neighbours and community partners to design and implement activities tailored to particular regional needs.

For Vanier College, this is an opportunity to serve the Anglophone and larger Laurentian community around St-Faustin-Lac Carré, by offering services and activities that contribute to lifelong learning, support student success, prevent school drop-outs and encourage young people to remain in the area. All of this in turn can contribute to the vitality and sustainability of Laurentian communities that are struggling to recruit and retain workers to meet the local economy's present and future needs.

"CLCs represent a relatively new concept in Quebec education and are part of the cutting edge of an exciting international trend to more closely connect schools and communities, based on the long tradition of schools and communities fostering each other's well-being and the realization that it takes a village to raise a child", said Heather Halman, Director of Adult Education and Vocational Training Services, SWL School Board.

Through a series of questions addressed to the participants and discussed in small groups, the organizers gathered precious input that will guide the future development of the Saint-Faustin-Lac-Carré's CLC. Already some recurring themes identified urgent needs: services geared to High School students in crisis, services to seniors to assist them in retaining as much autonomy as possible, opportunities for the transfer of knowledge and expertise between generations (lots of retired people available), and an access to reliable internet and videoconferencing services to connect individuals from various communities who often feel isolated due to the lack of accessible networking facilities.

The event was organized by our CLC coordinator and Vanier Pedagogical Advisor in Saint-Faustin, Sophie Dion, assisted by Tim Foreman from the Sir Wilfrid Laurier School Board. The evening was animated by Paule Langevin the expert responsible for the MELS CLCs' initiative. Group discussions were led by George Mack and Sylvie Lord from Vanier, Heather Halman from SWL and Debbie Horrocks, from the MELS. The meal featured some of the dishes from the LEAN Wellness Workshops presented by Susan Campbell-Fournel, former SCC program teacher at Vanier College.

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There's news regarding your hi-speed Internet service that beckons a clarion call to action. This may go down all too quickly. At least the Big Cable/TelCos - Communications monopolists, (the **Comm-Monopolists**) are pressing fast and furiously. If you rely on Internet service as an essential form of communication and not a novelty, you may do well by quickly becoming informed about the current state of Internet affairs, with a serious focus on the politics. What you're accustomed to, may not continue without public pushback.

Maybe you've heard about Google's becoming a hi-speed Internet service forerunner, collaborating with US municipalities to install Gigabit (Gb) Internet. That's 1000 Mb per second! 60 times the current Canadian average of 16 Megabits. Before I lose you with more techno than you're comfortable with, I'll put it in simple practical terms. Downloading a movie takes:

- 1 minute, at the new Gigabit speed (1 Gb/second)
- 1 hour, at the current average Canada speed of 16 Megabits (16 Mb/second)

The monthly price tag of this new ultra-fast gigabit speed is (drumroll please) THE SAME as you currently pay for 60 times slower, and there are virtually no penalizing limits on quantity of down/uploads.

Google just completed their pilot installation in Kansas City. Why is Google providing super-Internet connectivity? The search engine giant makes its money primarily through advertising via its search engine. But Google's convinced that a major expansion of Internet usage will mean increased business for them. Google's strategy is unique. Feb. 19th, they asked 34 US cities to explore what it would take for them to host a Google-run gigabit network in their communities. The 34 cities chosen for talks were selected from about 1,000 applicants that expressed interest in 2010. Now that's demand!

Simultaneously, and to their credit, some Canadian municipalities have picked up the Gigabit baton and are proceeding with ultra hi-speed pioneering strategy of their own. Olds, Alberta's o-net.ca and Vancouver's OneGigabit offer gigabit ultra hi-speed Internet service at \$60 a month, with add-ons such as TV, telephone (VoIP), etc.

As if living in a state of denial or disconnect, and counting on the public's ignorance or incuriosity, legislators, eager to feed themselves off **Comm-Monopolist** corporate coffers (as in cash), have begun propaganda-based campaigns directed squarely against this incredibly low-cost, fledgling, hi-speed Internet of the future. Their cynical BS claims that municipalities providing this type of Internet service will hinder competition, rather than promote it, contradict common sense. CableTelcosInc. are afraid their foot-dragging strategies have left them exposed with their highly lucrative price-gouging days, vulnerable to a rapid end. Finally, competition might force their bloated prices down to reasonable levels.

The root of our problem is, there's no serious regulation of Internet service in Canada or in the USA. From its onset, Canada and the US mistakenly categorized the Internet as entertainment, rather than as a utility (like telephone or electricity). The question is, how are you with that? As a citizen, you need to act on changing the "entertainment" category to "utility". Otherwise you'll have to put up with your government marginalizing the significance of the Internet and jeopardizing our future. Our freely available access to email, web-browsing, phone calls (current generation phone service is exclusively provided via the Internet), movie-watching, electronic banking and purchasing, etc., are in jeopardy!

Another related critical challenge has, not coincidentally, reemerged simultaneously with the gigabit Internet propaganda, and it's about something called Net-neutrality. Long before gigabit-Internet-through-grass-roots-demand, challenged the **Comm-Monopolists** they introduced policies of "throttling down" our speeds if we used Internet services to download videos or other large media files. CableTelcosInc want to create a multi-tiered Internet based on the file type and size, claiming they have to "protect" their clients' from "heavy" users. It's a ploy to raise prices and gouge. Our CRTC and the US's FCC, banned the practices of "throttling", debunking the false claims of additional costs in supporting the bigger media files. The CRTC forbade throttling. But it's going to be a constant battle holding this at bay, since the **Comm-Monopolists** keep resurrecting it with challenges. The backdrop reveals yet more, with Comcast bidding to buy Time Warner Cable. If permitted, the deal, would unite two of North America's largest cable and broadband providers, further decreasing competition and further consolidating the number of **Comm-Monopolists**.

"It's the economy, stupid!"

As I mentioned in previous articles, a lack of reliable hi-speed Internet infrastructure, like a lack of bridges or highways, obstructs business. In this highly competitive era of electronic commerce in a global economy, how can our government justify stifling the growth of our economy? Businesses require hi-speed communications. Bottom line - businesses will be attracted where Internet infrastructure exists and avoid municipalities where it doesn't. Employees will be hired and taxes will be paid in places with modern communications infrastructure!

With Québec elections just around the corner it's ironic, nothing significant is proposed to jumpstart the economy, in a province with great technology strengths.

The claim to fame of the party calling the election, is pushing hot buttons promoting more restrictive language laws and revisiting human rights laws already on the books, all while ignoring equal pay rights for men and women.

It's time to get active. Tell your legislators to get moving on building our Internet infrastructure and pushing back against backwards, self-serving, bloated Cable/Telcos. Internet service is communications, NOT entertainment! Classify it accordingly. And if the cable telcos won't build the infrastructure with ultra hi-speed Internet, let local businesses and municipalities collaborate on it. The Cable/Telcos won't be able to resist jumping on the bandwagon and real competition will ensue.

To access the references for this article, or my previous articles, please go to www.facebook.com/techspa.inc/notes or <http://themainstreet.org/previous-editions.html>. If you have any questions regarding the topic of this article, please call TECHSPA at 450-227-4118 or email info@techspa.ca.

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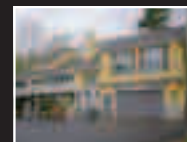
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“The car has become an article of dress without which we feel uncertain, unclad, and incomplete in the urban compound.” - Marshall McLuhan

What greater joy is there than driving off the lot with a new vehicle? The feel, the pride, even the smell of it! It is a purchase that makes us feel great, and one of the biggest investments we make. It will be our way of getting to work, to friends, and even vacation destinations. For some, it is the essence of their livelihood. It is because of this, that it is so important to follow our heads and not our hearts.

I have purchased many vehicles over the years, and things have changed much since my Datsun B210, in 1982, so I thought I would share some thoughts on making what can be confusing, a little clearer.

1. What is the purpose of the vehicle?

Do you need a pickup for work, or a mini-van for a family? Do you need an AWD because of the roads where you live? Whatever you do, get the vehicle that you need. Otherwise, you will either be very unhappy for the next many years, or paying a heavy penalty to swap it for something else.

2. What is your budget and how to pay?

There are many options available. If you are paying cash, your budget is clear. If you decide to finance the vehicle, then one option is to lease it. Leasing will lower your monthly payments because you would be paying only for the depreciation. At the end of the lease term however, you will have to start all over again, without owning a vehicle to trade in. If you are the type of person who does not like to keep the same car for more than 3 or 4 years, leasing would make sense. If, however, you don't mind having the same car for many years, you may prefer to buy the vehicle and choose purchase-financing terms instead. Another tip: if the interest rate offered is zero or 0.9%, you should consider financing rather than paying cash. Always stay within your budget; you will love your new car, so you don't want to be cursing your payments!

3. Research the different options in the vehicle class:

The Internet has made this very easy. All car companies have websites and you can go online to see the different models that the companies offer. You can see the colours, specifications, and even get the prices and promotions offered. Once you know the type of vehicle you want, you can compare apples to apples from different car companies, without leaving your home, and narrow your choice to 2 or 3 vehicles.

4. The test drive and choosing the right dealership

Let's say you have narrowed down your choice, and a Toyota RAV4, a Honda SRV, and a Hyundai Santa Fe are the 3 candidates. Now that you are well informed from your online research, there is no need to shop prices between dealers. Shop as locally as you can. Do not drive all the way to Montreal to try to save a couple of dollars, which will be used up mostly in gas anyway.

Make sure to check out the dealership as a whole. Make sure you have a good relationship with your sales representative, as you will hopefully be seeing him again when it is time to buy or lease again. Meet the service manager and check out the service department; you are going to be coming back there for the next many years. Some service departments are incredible; Hyundai St. Jerome has 18 lifts, and the waiting room even offers laptops, with Internet access and fresh fruit. I bought both my Toyotas in Lachute, the closest city with car dealers to where I live. They have free wi-fi, provide storage for your tires, and offer a shuttle service if you can't wait for your car while it's in the garage.

When you are ready to buy or lease, test-drive all three vehicles the same day, in the reverse order of your preference, saving your "Best for Last." Get printouts and pamphlets at the first two stops, and decide which of those two vehicles you like better, so that when you are at the final stop, it will be only a choice between two vehicles. This way, you will be ready to make your big decision on the spot.

Developing a relationship with a local dealer that will service your car will bring long-term benefits to both you, and the community.

Choose wisely and happy, safe trails!

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NOTICE ANNUAL GENERAL MEETING

Members of the Caisse Desjardins de la Vallée Countries d'en Haut
You are hereby summoned to the Annual Meeting to be held:

Date: **April 22, 2014**

Time: **5:00 pm**

Location: At the Vallée de Ste-Adèle Golf Club
465 rue de la Vallée du Golf, Sainte -Adèle

Members may take note of the annual report and that of the Supervisory Board; determine the allocation of annual surpluses, interest payable on permanent shares and surplus shares, to elect members of the Board and Supervisory Board and deal with any other topic on the agenda. Two question periods are planned, one for the Board and one for the Supervisory Board.

ELECTIONS

Note that 4 positions on the Board and 2 positions on the Supervisory Board are available.

Please note that during the elections, any individual who is a full member of the Caisse is eligible, provided they have been a member for at least 90 days, and is not disqualified under the Cooperatives Act financial services and does not hold any incompatible office under the Code of Ethics Desjardins. Applicants must consent in writing to both security and credit investigations and must undertake to develop the knowledge and skills required to perform the function of the position. An application may be submitted at the meeting if a written notice signed by a member and countersigned by the candidate, and be presented before the closure of the Caisse April 11, 2014 at 4:00pm. Nomination forms are available at the Caisse.

All members of the Caisse are cordially invited to attend this meeting.

Françoise Major
Secretary

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Out & About

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Cristina Altamura - Prévost

Pianist, Cristina Altamura, returns to Prévost to play music by Scarlatti, Ligeti, Scriabine and Chopin. She studied music in Italy and went on to play in major concerts

halls around the world. **Sat. Mar.: 22, 8 pm.** \$30. Diffusion Amal'Gamme - Saint-François-Xavier Church Hall, 994 rue Principale, Prévost. 450 436-3037. diffusionsamalgamme@videotron.ca.

Elisapie Isaac - Val Morin

Elisapie and her musicians perform pop-music of the north in English, French and Inuktitut. **Sat. Mar. 22: 8 pm.** \$42. Théâtre du Marais: 1201 10è Ave, Val Morin. 819 322-1414. theatredumarais@cgocable.ca.

Steve Hill - Matt Andersen - Kim Churchill - St. Jérôme

Three guitarists/song writers share the stage: **Sat. Mar. 22: 8 pm.** \$35. Salle André-Prévost - 535, rue Filion, St. Jérôme. 450 432-0660.

Serhiy Salov - Prévost



Pianist Serhiy Salov

Nicole Martin - St. Jérôme

Nicole Martin returns to the stage with her show "tout en douceur," reviving popular songs from years past. **Fri. Apr. 4: 8 pm.** \$46. Salle André Prévost, 535, rue Filion, St. Jérôme. 450 432-0660 www.enscene.ca

Ingrid St. Pierre - Escapade Duet - Prévost

Singer / songwriter, Ingrid St. Pierre, presents music from her second album, "Escapade Duet." She plays piano and cello while singing! **Sat. Apr. 12: 8 pm:** \$35. Diffusion Amal'Gamme - Saint-François-Xavier Church Hall, 994 rue Principale, Prévost. 450 436-3037. diffusionsamalgamme@videotron.ca.

Bob Walsh - Val Morin

Quebec's "icon of blues" is accompanied by his three musicians. **Sat. Apr. 12: 8 pm.** \$37. Théâtre du Marais - 6140, rue Morin, Val Morin. 819 322-1414 www.theatredumarais.com.

Bruno Brel - Ste. Agathe



Bruno Brel (Jacques Brel's nephew) sings

The Liliane Bruneau Villa des Arts will open its new concert season with Bruno Brel (Jacques Brel's nephew), who writes his own touching songs. He plays the guitar and his songs have a tone and rhythm similar to his uncle's. **Sat. Mar. 28: 8 pm.** \$20 or \$30 Seats are limited - call to reserve: 819 326-1041. Villa des Arts, 2 Chemin Tour du Lac, Ste. Agathe.

Mel Bee - Val Morin

Her songs are inspired by the blues, soul, country-folk and pop-rock. **Fri. Apr. 18: 8 pm: \$15.** Théâtre du Marais - 6140, rue Morin, Val Morin. 819 322-1414 www.theatredumarais.com.

Phase 2, 1146, rue Valiquette, Ste. Adèle, 855 739-7463; and Cinéma Carrefour du nord: 900 Boulevard Gringo, St. Jérôme. Adults: \$25 & seniors \$23. 450 436-5944. <http://www.cinemapine.com>. <http://www.cinemast-jerome.com/horaire>

Visual Art & Fine Crafts

Group Art Exhibition & DADA - St. Faustin

Until Mar. 23, the center features a group-exhibition with twenty-five artists plus photographs by Sylvie Lebel. The 8th annual DADA exhibition will run from **Mar. 29 to June 8**. Vernissage: **Sun. Apr. 6: 2 - 4 pm.** Artists create unique, inspiring, humorous and intriguing art for this show. The center is also calling for artists to register for the **18th annual competition and exhibition held June 14 to Aug. 24. Due date March 23!** Application forms available on site: www.maisondesarts.ca. Maison des Arts et de la Culture Saint-Faustin, 1171, rue de la Pisciculture, Saint-Faustin-Lac-Carré. 819 688-2676.

Laurentian Museum of Contemporary Art - St. Jérôme

The exhibition of Alain Laframboise continues until **Mar. 23. On Sun. Mar. 30**, a new exhibition, "Territoires imagines," will open. This traveling exhibit includes Laurentian artists who delve into "Imaginary Territories" in the literal, poetic or fictional sense. The artists are: Paul Ballard, Pierre Blache, Gilles Boisvert, Nancy Bourassa, Pierre Chaumont, Barbara Claus, Reynald Connolly, Jean Marcel Dumontier, Suzanne Ferland, Marilyse Goulet, Amélie Guérin, Rock Lanthier, Pierre Leblanc, Lise Létourneau, Nathalie Levasseur, Lucien Lisabelle, Olga Ines Magnano, Marie-Ève Martel, Johanne Ouellette, Jessica Peters, Miss Pixel, Jonathan Plante, Sandra Djina Ravalía, Benoît Ricard, Ianick Raymond and Kim Waldron. **Musée d'art contemporain des Laurentides**, 101, place du Curé Labelle, St. Jérôme. Opening hours: Tue. - Sun: noon to 5 pm. 450 432-7171. www.museelaurentides.ca.

Dance

Margie Gillis - Mont-Tremblant

Dancer-choreographer, Margie Gillis, celebrates her forty-year career in



Dancer-choreographer Margie Gillis

performance, with dancer, Tedd Robinson and pianist, Jean Desmarais. The dancers will perform to the music of Beethoven, Chopin, Scriabine and Debussy. **Sat. Mar. 21: 8 pm.** \$32 (\$28 senior). Église du Village: 1829 chemin du Village, Mont Tremblant. Première Scène Mont Tremblant, 819 425-8614, poste 2500.

Music

Candlelight Concert - Lachute

The Ambitus String Quartet will present a candlelight concert with music including, Ode to joy by Beethoven, A Little Night Music, by Mozart (1st Movement), Vivaldi as well as movie themes such as Love Story, The Godfather, Titanic, and songs by



Ambitus String Quartet

Edith Piaf! The Church St-Anastasia, 174, ave. Bethany, Lachute Saturday **Mar. 22: 8 pm.** Tickets are \$25 and available at "Fleuriste Bernard Tessier," 533 rue Principale, and at the door. For information call 450 419-9148 or visit www.concertchandelle.com.

Robert Charlebois - St. Jérôme

Robert Charlebois celebrates his fifty-year career. **Thurs. Mar. 20: 8 pm:** \$50. Salle André-Prévost, 535, rue Filion, St. Jérôme. 450 432-0660 www.enscene.ca.

Pianist, Serhiy Salov, will play music by Bach, Haydn and Mozart. This virtuoso pianist studied music in Germany, obtained his master's degree in London, England, and in 2004, won first prize at the Montreal International Music Competition. **Sat. Apr. 5: 8 pm.** \$30. Diffusion Amal'Gamme - Saint-François-Xavier Church Hall, 994 rue Principale, Prévost. 450 436-3037. diffusionsamalgamme@videotron.ca.



A new exhibition, "Territoires imagines," Laurentian Museum - Photo by Lucien Lisabelle, Jökull (iceberg in Icelandic) 40 x 75"

Dawn Tyler Watson & Paul Deslauriers - Val Morin

Singer, Dawn Tyler Watson, and guitarist, Paul Deslauriers, perform the blues. Dawn Tyler Watson has received many prestigious awards and nominations as Best New Artist, Entertainer of the Year and Female Vocalist of the Year. She has appeared on TV, acted on screen and toured in Canada, the US, and Europe. **Sat. Apr. 19: 8 pm:** \$37. Théâtre du Marais - 6140, rue Morin, Val Morin. 819 322-1414 www.theatredumarais.com.

Opera direct from the Metropolitan

La Bohème by Puccini: Soprano, Anita Hartig, is cast as Mimi. **Sat. Apr. 5: 12:55:** duration 205 min. Pine Cinéma:

José Luis Torres & Cynthia Dinan-Mitchel - Val David

Two new exhibitions open on **March 22**. "Ces objets du désir" is a collection of installations by José Luis Torres, who has been active in the art scene of the Laurentians for the past ten years. José Luis Torres was born in Argentina, where he obtained a bachelor degree in Visual arts, and a Masters in Sculpture. He also studied architecture and the integration of art in architecture. His work has been exhibited across Canada and in several countries, and is included in public and private collections around the world. In this exhibition, he presents a collection of western life-style objects, which initiates serious reflections since

the manner in which he presents these collected items renders them void of life or direction. **“Duodi: Western Wasabi”** are installations and silk screens created by Cynthia Dinan-Mitchell over the past ten years. The artist obtained a Bachelor’s degree in Studio-Arts from Concordia University (Montreal) and a Master’s degree in visual arts from Laval University (Quebec). Her work has been shown in art centers throughout Canada, Belgium, the United States and Bulgaria. In this collection the artist combines aspects of Asian decorative art in framed silk-screen prints, with a display of ornamental, hand-made ceramic objects and other materials, some of which are recycled. She is using Japanese inspired decorative patterns, which she incorporates into prints on paper, cloth and ceramic pieces. These installations question the value of décor in our daily life. Vernissage: **Sat. Mar. 22: 2 pm.** The exhibition continues until May 18 at 2495 rue de l’Église, Val David. Opening hours: **11 am - 5 pm.**

Espace Exhibition - Ste. Adèle

Until March 23, a group of artists will exhibit, “Espace Expose.” **Sat. Mar. 22: 10 am - 2pm** - face painting for children with artist, Elise Gauthier. **On Sun. Mar. 23**, there will be an auction to benefit “Espace Laurentides,” an organization whose mission is to provide a secure, violence-free life for children. The auction takes place from



Benefit art exhibit “Espace Laurentides,” an organization whose mission is to provide a secure, violence-free life for children. Painting by artist Marcelle Hamelin.

The Jewish Holiday - Purim

Rabbi Yitzchok Ezagui- The Jewish Community of The Lower Laurentians

The Jewish Holiday of Purim, the most joyous holiday on the Jewish calendar, falls on March 16. Its celebration includes feasts, charity to the poor, sending food baskets to friends, special prayers, the reading of the Megillah (the Purim story) and dressing up in costumes. Purim celebrates the Jewish nation’s salvation from their enemies and takes us back to the 4th Century BCE when the Jewish people were living in the empire of Persia. King Ahasuerus, the Persian King, held a 180-day lavish feast that celebrated his rule. The last seven days were open to the common citizens, during which, a drunken King Ahasuerus demanded his wife, Queen Vashti, to appear and show off her beauty. Unfortunately, she was struck with a sudden case of leprosy, a punishment from heaven for her terrible behaviour towards her servants. Queen Vashti was subsequently executed and the search for a new queen began. A forced beauty pageant took place and a woman named Esther was chosen to be the Queen. Esther was Jewish and her uncle, Mordechai, was the head of the Sanhedrin, the Jewish high court. She did not divulge this information to the King or anyone in the palace on the advice of her uncle. Later on, the King’s advisor, Haman, plotted and received royal approval to annihilate the Jewish nation. An actual date was set for the grand carnage, however, through Queen Esther’s intervention, the Jewish nation was saved.

Many of the Jewish holidays we celebrate represent a shattering of the natural order. For example: the plagues in Egypt and the splitting of the Red Sea on Passover. The story of Purim is different. Nothing seems out of the ordinary. A young Jewish woman was selected by the King to be his wife, and she successfully lobbied her husband to have a decree against her people abolished. A success seemingly out of pure happenstance; Esther was in the right place at the right time. The Rabbis declared one of Purim’s customs to be the dressing up in costumes. A costume veils the real person dressed up, however, it is a charade created by the person behind it. This custom reminds us that though we could attribute our salvation to happenstance, we must know that there is something beyond the charade we call this world, which manipulates what we call “circumstance” and “coincidence.” There is no such thing as happenstance. Everything is orchestrated by God. We owe our salvation to only him.

2-4 pm. Starting bids for each piece \$50 (tax receipts available). Visitors to the exhibition are eligible to participate in a raffle for a painting by Marcelle Hamelin (valued at \$1,500). For information call 450 229-6650 or www.espacelaurentides.org or www.sainte-adele.qc.ca.

The Ladies of Dunany - Brownsburg-Chatham

The “Ladies de Dunany” winter scenes continue until **Mar. 23** and will be followed by a group-exhibition of teenage, budding artists who draw and paint in acrylic and oil. **Mar. 23 to May 25.** Restaurant Faim-Fino, 338, rue des Erables, Brownsburg-Chatham, 450 407-0708. La Société culturelle du Pavillon des Jardins: 450 495-8022 scpj.wordpress.com.

ICI par les Arts - St. Jérôme

The center features a group-exhibition by Laurentian Women Artists to mark International Women’s Day. Vernissage **Mar. 6: 5 - 7 pm.** For opening hours call 450 569-4000. ICI par les arts, 712, rue St. Georges, St. Jérôme. www.iciparlesarts.com.

* * *

For the April edition covering period Apr. 11 - May 9: please submit material by Feb. 21 to ilania@IlaniaAbileah.com or call 450 226-3889.

Childhood Scenery Carves Creative Path

Ilania Abileah - Main Street

Mirror-like water quietly laps the sandy shoreline, with smooth, beautifully shaped stones in shades of grey and white with tinges of pink, and big rocks with rust-like surfaces. Little fiords, rock-made basins and glistening rippled water - oh what a haven! Laura Lalonde loves to kayak in silence where sunrises



Sphere light

and sunsets are just too overwhelming for words. One has the feeling that thousands of years of life have passed through here. Trees

lived here, withstanding the ravages of nature and shedding their branches as proof of their existence.

This is what Laura experienced throughout her childhood while spending summers with parents and siblings at a provincial park; kayaking and walking along shorelines devoid of anything but beautiful traces of nature. Driftwood may seem to be debris to some, but not to Laura.

Laura craved to return and recapture the feeling the beaches had instilled in her, and now, she appreciates it even more. She takes her daughter to spend a few weeks at the lake each summer. Her daughter, Zoé, took to it instantly building “forts” from driftwood while her mother gathered beautifully shaped driftwood and stones along the beach. Driftwood is lovingly collected and transformed into amazing useful, decorative items that signify nature’s eternity. It is soaked, tenderly cleaned and dried and no chemicals are used to preserve their natural colour. In Laura’s workshop there are tables made of metal sheets supported by driftwood legs, a cavity nestling round beach stones, a heart-shape of driftwood that suggests a gathering of people saying “Love,” a ball-shaped sculpture made of a myriad of figures encircling the globe, driftwood pieces applied to a canvas along with metal strings and more. Laura’s gifted, creative mind continues to carve her path. Thank you for sharing your world Laura! You are an inspiration to us all!

Grands Prix du Tourisme Desjardins Laurentides 2014

Ilania Abileah - Main Street

The jury is at work choosing the winners to be announced on Wednesday, March 26, at the annual Gala in St. Sauveur. **Here are the selected candidates in the following categories:**

Lodging - B&B: Auberge Le Saint-Bohème (Rivière-Rouge); Auberge Sous L’Édredon (St. Sauveur). **Less than 40 units:** Auberge et Spa Nordique Beaux Rêves (Ste. Adèle); Domaine du Huard (Kiamika); Hôtel Vacances Tremblant. **40 to 140 units:** Hôtel Emotion, Estérel Resort.

150 units +: Fairmont Tremblant. **Outfitters:** Pourvoirie Fer à Cheval (2010) (Upper Laurentians); Pourvoirie Mekoos (Upper Laurentians).

Camping, Fresh Air Sports & Leisure sites: Golf le Sélect (Mirabel); Parc régional du bois de Belle-Rivière (Mirabel). **Ecotourism - Adventure:** Attitude Montagne (Ste. Adèle).

Festivals & Tourist Events - Budget less than \$300,000: Festi-Neige Ste. Agathe; Route des Arts (South-West Laurentians); Triathlon & Duathlon en forêt de Saint-Adolphe-d’Howard

Budget \$300,000 to \$1M: Festival des Arts de Saint-Sauveur.

Tourist Attractions - Less than 25,000 visitors: Rte des Gerbes d’Angelica (Mirabel)

25,000 to 100,000 visitors: Le Village du Père Noël (Val-David).

Agro-Tourism - Regional Produce: Labonté de la pomme Verger & Miellerie (Oka).

Tourist Services: Bureau du cinéma et de la télévision des Laurentides (Lachute); Regroupement ski de fond Laurentides (Ste. Adèle).

There are also nominations for individuals employed in the tourist industry. The Tourism Personality of 2014 is Dominique Piché for producing the Ironman Mont Tremblant event. Gold, Silver and Bronze Regional prizes will be awarded for using local produce. Seven journalists have been selected for tourism reporting, including one from Main Street. The Public Choice award will be given to the candidate who received the most votes on the facebook page of Tourisme Laurentides. CIME FM will award an ad campaign valued at \$3,300 in a raffle drawn at the Gala. Once again this year the MC will be Chantal Lamarre. Tickets are available by calling 450 436-8532 ext., 225 or by e-mail grandsprixdutourisme@laurentides.com or through the website laurentides.com. Everyone is welcome!



VILLE DE LACHUTE

THE MAYOR'S MESSAGE • HISTORY • NEWS



Carl Pélouquin

A Word from the Mayor

Dear Citizens and Visitors,

Between Montréal and Gatineau, Lachute is the administrative seat of the Argenteuil regional county municipality (RCM). Incorporated in 1885, the city was a major industrial centre in the early 1900s owing to the hydraulic potential of the Rivière du Nord.

Lachute is now recognized for many of its other aspects, such as its charming Anglo-Saxon style, renowned golf course, bustling downtown area, winter and summer, and agri-tourism

diversity. Life is good in Lachute! Many popular events and activities take place throughout the year: Agricultural Fair, Family Festival, Country Western Festival, and the Auto Expo Day showcasing vintage cars. Lachute loves sports! Each year, the City of Lachute welcomes hockey players and fans at the National Midget Hockey Tournament and hosts the Stars-MAGH tournament highlighting the talents of hockey players at the pre-novice level. Winter fun is guaranteed with the Canadian Ski Marathon, which stops by Barron Park in February. Soccer fever is also on the rise in Lachute. In 2013, the city celebrated its first Soccer Festival and was chosen as host city for the 13th Quebec Regional Soccer Selections Tournament in 2015, in partnership with the Lachute Soccer Association.

Lachute is also the core city, economic and commercial hub of the Argenteuil RCM. It boasts a growing industrial park and a downtown filled with shops as diverse as they are fine for a pleasant surprise! Lachute citizens will tell you how happy they are with the way the city is developing, respectful of the environment and community values that make Lachute the welcoming city it is. In addition to its great economic potential, the City of Lachute is home to many community organizations providing multiple public services humanely and effectively.

Come visit us, for business or pleasure, and you will see for yourself that the City of Lachute is a great place to live, in harmony, naturally!

Carl Pélouquin

Carl Pélouquin,
Mayor of Lachute



Lachute,
In harmony, naturally!



Ville de Lachute

An exceptional
quality of life for
your family and
many opportunities
for business

Lachute,
An undiscovered oasis...

ville.lachute.qc.ca

History

The Story of Lachute

According to early history books, the first settler to arrive in Argenteuil, and who in fact, named the territory, was Charles-Joseph d'Ailleboust. In 1862, he received a 186 km² parcel of virgin land from Frontenac, the Governor-General of New France. The land was bounded by the Ottawa River (south), a line through the centre of Carillon (west) and Clear Lake (north). Charles named this region Argenteuil, after his chateau, located in Argenteuil, just outside of Paris.

The name "Lachute" has an interesting history as well and originally, in the seventeenth century was identified as "La Chute," the falls on the North River, approximately 24 kms upstream from its confluence, the Ottawa River. It was also known as "The Chute Settlement" by its first English settlers when there were only five families living in this particular area. The first francophone to temporarily settle in Lachute was Antoine Brunet, back in 1753.

The river and railway played major roles in the economic growth of the hamlet when the major industries were lumber and paper mills. They offered viable exportation transport of the timber and other products. Following the clearing of the land agriculture flourished and still remains a vital part of the community today. Lachute is the proud local of one of the only two large animal veterinary hospitals in the province.

Lachute is also identified with several well-known personalities such as Kevin Lowe and Pierre Pagé of hockey fame (and after whom the local arena is named), Bob Paulson, the Assistant Commissioner of the RCMP, Commander of the National Security Criminal Investigations Unit and Thain Wendell MacDowell, who was a Victory Cross Recipient - 1917 - Vimy Ridge, France. Also a pleasure to note, are three vintage businesses of Lachute that can still be found on rue Principale today; PEP Prêt-à-Porter, Chausseurs Monik and McFaul Chas & Son.

1550 on Facebook site

Music and Memories at "Lachute As We Remember" Gathering

May Rodger - Main Street

We like to enjoy our memories and keep them close to our hearts. "Lachute as we remember" is making more memories for over 1550 people (so far) on the Facebook site. We are getting new members daily and the phone is ringing with folks who are not on facebook, registering for the reunion that will be held on August 2 & 3 at the Lachute Flea Market. The fee, to cover a few expenses, will be \$20 each with children 17 years of age and under admitted free, if accompanied by an adult. Please note that there will also be an area for anyone who wishes to camp for the weekend.

There will be many memories flowing on special displays and I can almost hear folks saying, "Do you remember that store or restaurant that was there back in the day?"

Who remembers the Normandy Restaurant on Main Street or the store that Cliff Cunningham owned and operated for so many years? Muir's Garage, the Barron family residence or the Chinese laundry owned by Charlie Fung.....

These are just some of the memories of days gone by that have come up on the "Lachute as we remember" site. Personal stories relating to these businesses are being discussed with many leaving their own comments. Why not come to the



Lachute Main Street Angle Parking: Some readers and "Lachute as we remember" facebook site participants will recall when there was angled parking in the centre of Main Street, Lachute

reunion and share your own experiences and memories of the area. You will leave with many more added memories and renewed friendships.

From near and far

"Lachute as we remember" committee members are a dynamic group working extremely hard to make new memories through this event besides bringing back all of our old ones. There are folks coming from Calgary, British Columbia, Scotland, many from the United States and the Maritimes and we do hope folks in the immediate area will also plan to attend.

The reunion is open to anyone who lives in the area or has /had family roots here in Lachute. That is one common thread that we all have! Please register on the "Lachute as we remember" Facebook site or call 450- 409-1027 and leave your name and number of people who will be attending. Please follow the updates in this newspaper for further information.

Lachute:
a dynamic place to live!

Chambre de commerce
et d'industrie d'Argenteuil

VILLE DE LACHUTE

HEALTH • CULTURE • ACTIVITIES • EVENTS

News

LRHS end of “La perserverance solaire”

Laurentian Regional High School celebrated the end of “La perserverance solaire” week by surprising over 600 students with a nice warm hot chocolate as they



got off their buses on the morning of February 14. The students were greeted by staff and volunteer parents who gave them encouraging words to start their day. The snow storm and mild weather made it a true winter wonderland and the morning was a huge success!

Activities

Swim at Laurentian Regional High School

Open Swimming	Lane Swimming
Monday, Wednesday, Friday and Saturday: 7 pm to 8:30 pm	Monday, Wednesday and Saturday: 7:30 pm to 8:30 pm
Sunday: 2 pm to 4 pm	Sunday: 3 pm to 4 pm
Cost: Kids and students: \$1, Adults: \$2. (450 562-3781, x246)	

Library and “One Birth, One Book” Kit

Give your child his/her first library card for a love for books and reading!

Following the registration of your 0 to 12 month old child, the library will be happy to give you the free “One Birth, One Book” kit. This gift set includes a book for toddlers offered by Éditions Dominique et compagnie, a CD (La Montagne Secrète), reading suggestions and the Enfants Québec magazine.

For the “One Birth, One Book” kit, go to the library circulation desk. Provide your own ID and proof of birth (birth certificate or medical-insurance card).

Info: Chantal Bélisle, 450 562-3781, extension 214, cbelisle@ville.lachute.qc.ca. Questions/suggestions: llafleur@argenteuil.qc.ca or at 450 566-0530, x2306. You missed the last column? Find it at www.argenteuil.qc.ca.

Conference - Run Better:

Jean-Francois Harvey, Osteopath, Kinesiologist

March 19: 7 pm at the Jean Marc Belsile Library, 378 rue Principale

The author of two books, L'entraînement spinal and Courir mieux, Jean-François Harvey will present a conference for runners of all levels who want to improve their stroke techniques while reducing the risk of injury. He will answer a lot of questions on hot topics such as foot support, minimalist or modern shoes, posture, deep abdominal, cadence and natural course. This conference will no doubt change the way you see the race! Tickets (\$5) are available at the circulation desk of the library. Places are limited. For information call 450 562-4578.

Shriners' Pancake Breakfast

Sunday, April 13:
8:30 am - 1 pm

Masonic Hall,
Providence Blvd.
Lachute

Donation \$7 -
Lachute District
Shrine Club Activities

Children
under 6 yrs. FREE



Hôpital Vétérinaire Lachute

<p>Petits Animaux chirurgie orthopédique, référence orthopédique, chirurgie au laser, acupuncture, thérapie physique</p> <p>Small Animals orthopedic surgery, orthopedic reference, laser surgery, acupuncture, laser physical therapy, feeding consulting services and naturopathy</p>	<p>Grands Animaux boiterie, reproduction assistée, chirurgie de routine, chirurgie au laser, acupuncture, meso-</p> <p>Large Animals lameness, assisted reproduction, routine surgery, laser surgery, acupuncture, mesotherapy, laser physical therapy, feeding consulting services and naturopathy</p>
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Clinique des Petits Animaux
Small Animal Clinic
431, rue Principale
Lachute, Québec
450.562.2434

Clinique des Grands Animaux
Large Animal Clinic
895, chemin Bethune
Lachute, Québec
450.562.2434

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450 566-0660

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VILLE DE LACHUTE

GREAT THINGS HAPPENING IN LACHUTE



Mouvement Personne d'Abord of Lachute...

It opened at 177, Rue Bethany, Lachute, in 2011. This store is a place to meet without being judged, and to find used clothes, books, dvd/vhs and other quality articles for \$5 or less. The Bazaar is open to all and helps to support the Mouvement Personne d'Abord of Lachute in providing a great calendar of activities for people 18+ with intellectual handicaps in Argenteuil.
Hours: Tues - Thurs: 10 am - 4 pm; Fri: 10 am - 2 pm. Phone: 450 562-5846, email: mouvement_lachute1@outlook.com.

Chausseurs Monik

Venturing up Main Street will bring you to the door of Chausseur Monik (575, rue Principale), one of the true landmarks of Lachute, and as popular today as it was back in 1977, when it was located beside the Laurentian Hotel and known as L&P. After 15 years of working for owners Laurin and Proulx, present owner, Monik Yppersiel, purchased the store in 1977, thus fulfilling her dream of becoming the sole proprietor of her very own shop. Successfully, she ran the shop until 1980, when a devastating fire destroyed the building, forcing her to re-locate to her present location. She re-established the store as Chausseurs Monik in 1988. Mme. Yppersiel has the distinction of having served four generations of customers, providing exceptional products and quality service. Her success (she claims) comes from her strong belief that customer satisfaction is paramount - a belief she holds true to her heart today.

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WATERFRONT: Ideal for motorized boats. A splendid previously-owned cottage in St-André Argenteuil is attached to a popular bed and breakfast, so just imagine the authentic antique New England cachet you will find there!

\$425,000 MLS 13863557



WATERFRONT: Modular home - 2 bedrms, ideal for retirement and you would own the land. Secure and private Domaine Belle Isles with all services. You will be impressed by the available space. In St-André Argenteuil.

\$150,000 10105857



REVENUE OPPORTUNITY: Be an owner with revenues on a 29,000 sq ft of land. Very rare property offers the opportunity to live in a nice country home and collect revenues. Near all services in Lachute. St-André Argenteuil.

\$244,000 MLS 22030865



62 ACRES PLUS: Wentworth - Lake Louisa area. Splendid property for real country living. 2 properties - a real 2013 new 1 BR loft + the old 3 BR cottage that was the hunting camp. A unique property at an amazing price. Seize the moment!

\$300,000 MLS 14181514

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- Nurse on the premises
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SUN. APRIL 13
10am - 5pm

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90 exhibitors
SHOWING THEIR BEST

Photo © Madeleine Palmer

RELIGIOUS SERVICES



**Branch 171 Filiale
Morin Heights**

Mar 15: 6 pm - St. Paddy's Day Dinner -
Corned beef and cabbage. Donation \$15.
April 5: 6 pm - Italian Dinner. Donation \$15.
For info call 450 226-2213 (after 12 noon)

**Branch 70 Filiale
Lachute**

Mar 15: 6 pm - St. Patrick's Day
Mar 17: 7 pm - General Meeting
April 21: 7 pm - General Meeting
Tuesdays: 1 pm - Euchre
Saturdays: 2 pm - Darts
Every second Thursday: Shuffleboard Games /
Alternate Thursdays: Cribbage
Bus trips to the Casino every six weeks.
For info call: 450 562-2952 after 2 pm

**Branch 71 Filiale
Brownsburg**

Mar. 14: 5 pm - IRISH FUN NIGHT - TONIGHT!
Karaoke, darts and more. Bring along your
favourite finger-food.
Mar 16: 10 am - 2 pm - St. Patrick's Day
Brunch. Everyone invited.
March 27: 7 pm - Card Party
April 1: 11:30 - 1 pm - Soup Luncheon
May 6: 11:30 - 1 pm - Soup Luncheon
Bar/Lounge open Fridays 3 pm - 9 pm.
2014 membership cards are available at a cost
of \$45 - hope to see some new members on
board in the New Year. For information, please
call Sheila or Trevor Holmes 450 562-8728

**Branch 192 Filiale
Rouge River**

Happy Saint Patrick's Day to All
Mar 13: 2 pm - Ladies auxiliary meeting
Mar 14: 6 pm - T.G.I.F. (Irish Stew)
Mar 29: 5:30 pm - Corned Beef Dinner
Cribbage every Tuesday night 7:30 pm - cards
on Wednesday afternoon at 1 pm.
Darts will continue on Friday's of T.G.I.F.'s
For more details please call 819 687-3148

MORIN HEIGHTS UNITED CHURCH
831 Village, Morin Heights
Sundays: 10:30 am - Weekly Services.
Coffee and conversation following service.

SAINT EUGENE CHURCH
148 Chemin Watchorn, Morin Heights
For info please call Johanne at 450 226-2844.

CHABAD OF SAUVEUR
Jewish educational & social events
Call Rabbi Ezagui 514 703-1770
or visit www.chabadsauveur.com

HOUSE OF ISRAEL CONGREGATION
27 Rue St Henri West, Ste. Agathe
819 326-4320

Spiritual Leader: Rabbi Emanuel Carlebach
514 918-9080 • rabbi@ste-agathe.net
Services every Sabbath, weekend, holidays

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale Lachute, pccweb.ca/mrmpc/
Rev. Dr. Douglas Robinson: 450-562-6797

Sundays: 10:30 am - Morning Worship,
coffee hour to follow. All welcome.
Annual Lenten Services and Luncheons
on the theme: "Jesus' passion and death"

Church Service - noon.
March 20: Rev Rd Buchanan
March 27: Rev. Cathy Hamilton
April 3: Rev. Paul Tidman
April 10: Fr. Terry Paquette
Lunch sittings precede and follow services.

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 Sun each month - 7 pm

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH
757 du Village, Morin Heights
10 am music, Sunday School
Worship Service Sundays 11 am
Rector: Rev. Bryce Sangster 450 226 5307
email: wbsangster@hotmail.com

ANGLICAN PARISH OF ARUNDEL & WEIR
Sundays: 10 am - Regular services at Grace Church.
Refreshments will be served in the Parish Hall
after the service.

Friday, March 14: 2 pm - The first meeting of
the Community Study Series for Lent titled,
"Experiencing the Heart of Christianity," announced
in the February issue of Main Street, will be held at
12, chemin Village, Arundel. It will be jointly led by
the Reverend Georgia Copland of Arundel United
Church and Canon David Sinclair of Grace Church,
Arundel. Everyone is most welcome to attend. For
info on future dates please call 819 687-3331.

Sunday, March 30: 10 am - joint Service of Worship
with Arundel UC at the Arundel United Church.

No servicewill be held at
Grace Church, Arundel on March 30.

LACHUTE BAPTIST CHURCH
45 Ave. Argenteuil - 450 562 8352
Pastor Rénaud Leroux
Sunday School - 9:45 am - Worship Service - 11 am

HOLY TRINITY ANGLICAN CHURCH
12 Préfontaine St. West, Ste. Agathe
(corner of Tour du Lac and Préfontaine)
Rev. Canon Ralph Leavitt: 819 326-2146
Services every Sunday at 8 am
(Breakfast afterwards at a restaurant)
Also 10 am - music, Sunday school, coffee.
Christians of all denominations welcome.
Parking & elevator for handicapped.

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

ST. ANDREWS CHURCH, AVOCA
March 23: 1 pm - Sunday services
April 16 - 1 pm - Midweek Easter Prayers
April 20 - 1 pm - Easter & Holy Communion

SAINT MUNGO'S CHURCH - CUSHING
Special dates to be announced

HARRINGTON UNITED CHURCH
March 19: 1 pm - Mid-week Lenten Prayers
April 6: 1 pm - Holy Communion

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

LACHUTE UNITED CHURCH
232 Hamford Street, Lachute
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Services start 11 am: Eveyone welcome.

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450 226-5307 wbsangster@hotmail.com.

ST. SIMEON'S ANGLICAN CHURCH
445, rue Principal, Lachute
with Rev. Paul Tidman: 450-562-2917
Sundays: 10 am - Morning services
April 2: 5 pm - Lenten Service
April 6: 8:30 am & 10 am - Communion
April 19: 5 pm - Lenten Service
April 13: 9:30 am - Family Service

ST. ANDREWS EAST PRESBYTERIAN CHURCH
5 John Abbott Street, St. André d'Argenteuil
Wednesday Prayer & Bible Study - 7 pm
For more info call: 450 537-8560

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

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Holy Eucharist: 9:15, alternating locations.
Holy Trinity, Hawkesbury - Holy Eucharist at 11
am every Sunday with Rev. Douglas Richards
(613 632-2329). Call the parish office at 613
632-9910 for more info.

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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.

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ST. AIDEN'S - WENTWORTH
86 Louisa Rd - Louisa
Services with gospel/bluegrass music
Mar. 16: 10 am - Morning Prayer
Apr. 6: 10 am - Morning Prayer
Apr. 20: 10 am - Easter Sunday,
Holy Communion

ST. PAUL'S - DUNANY
1127 Dunany Rd. Gore
Apr. 20: 2 pm - Easter Sunday,
Holy Communion

HOLY TRINITY - LAKEFIELD
4 Cambria Rd, Gore
Bilingual services with gospel/bluegrass
Mar. 23: 10 am - Holy Communion

3:30 - 4:30 pm hour of silent
reflection and traditional hymns
7:30 - 8:30 pm hour of silent
reflection and classical music

Apr. 18: 10 am - Good Friday:
Stations of the Cross
3:30 - 4:30 pm hour of silent
reflection and traditional hymns
7:30 - 8:30 pm hour of silent
reflection and classical music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Apr. 13: 10 am - Morning Prayer

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

PAIX: To fend off violence!
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The 4 Korner's Family Resource Center is now open in Sainte-Agathe-des-Monts
Visit the office on Tuesdays from 8:30 am to 4:30 pm to find health and social services in English.
Do you want to stay informed about what is happening in the English Community? Send us your email address.
We are a cornerstone of the community!
50, rue Corbeil, Sainte-Agathe-des-Monts
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Société Alzheimer des Laurentides

Info/Support Meeting March 18

TUESDAY, March 18th: Exchange information on the evolution of the disease: memory, judgement, reasoning, insecurity, loss of skills. Learn about new communication skills. Prevent the exhaustion that affects your physical and mental health.

Meet Christiane Richard, 1 - 3:30 pm, for an English group meeting at LACHUTE RESIDENCE 377, MAIN STREET, LACHUTE (in the A Lodge)

Free for caregivers.

Our intervenor can come to your home by appointment.

Société Alzheimer des Laurentides: (819) 326-7136, toll-free 1-800-978-7881, alzheimerlaurentides.com, communications@salautentides.ca.

Harrington Valley Fiddle Club

April 11, 7 pm: Regular music/dancing evenings resume. Lachute Presbyterian Church Hall, 463 Principale Lachute

Emerging Artists:

Do you have a project in mind? Call Éric Poulin: 450 566-5766.

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.

Gore Seniors Network

EAT & GREET: Every last Monday of the month, 12:30 pm at the Trinity Community Centre, 2, Cambria Road in Gore. For more info contact Cécilia at 450 562-2161

Dany's Book Club

Monthly meeting including lively discussion and exchange of ideas about books. Ste. Anne des Lacs area. 450 224-5469.

Morin Heights Historical Association April 6

Sunday, April 6: 2 pm - 4 pm The Morin Heights Historical Association presents a panel of speakers on the topic of "The History of Legion Branch #171." This branch has been voted the friendliest in the Laurentians. The presentation takes place at the Legion, 127 Watchorn Rd, Morin Heights.

Salad Supper April 4

April 4: 5 - 7 pm: The Grenville United Church Women will be hosting a Salad Supper at the Grenville Community Centre. Entertainment will be provided by "Lennie and Friends." Adults: \$12, children age 6 years and under \$5.

ADVANCE NOTICE:

Arundel Elementary School Sale on Sat, May 17: 9 am - 1 pm, Rain or Shine. Arundel Municipal Park 60 Morrison Rd, Arundel
Toys, books, bake sale, hot dogs and more. Come support our 2014 graduate students. To buy a table for \$25 please contact Jennifer Odell 819 687-9986 or 819-421-0450.

Stephen Barry Blues Band April 12

Sat, April 12, from 7 - 11 pm: Viking Canoe Kayak Club Concert-Dance Party, a fundraiser to benefit the club's Junior and Para programs. Featuring the Stephen Barry Blues Band,



at Morin Heights Elementary School. Light buffet served between all dancing sets. Tickets \$30, available at Simon River sports, 43 Echo Rd. Morin Heights or Les Marmitons, 707 ch. Du Village, Morin Heights, also available at the door. Info: 450 336-5805. parker.kimberlee@gmail.com.

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ENGLISH COMMUNITY NEWS

To find out what is going on in and for the English community in the Laurentians, go to: <http://www.csss-sommets.com/english/70/English.html> to see the Community Calendar of meetings and other events across the territory. Check it also to help you set the date for your own meetings to make sure that there is nothing else scheduled for that date. Instructions are on the site for having your events posted too.

BADMINTON!

Join this group of ladies Mondays and Fridays at 9:15am at the St. Adolphe d'Howard Community Center on Rue de College. For more info call Betty Reymond at 450 226-6491 or Robin Bradley at 819 327-2176.

Come join us at Trinity Church Hall, 12 Préfontaine West, Ste. Agathe Monday, March 24 at 1:30 pm for:

Local Health & Social Services

In collaboration with 4 Korners Family Resource Center and the English Communities Committee (ECC), the Centre de santé et des services sociaux (CSSS) des Sommets will provide information on health and social services available to the local English-speaking population.

The Club meets on the 4th Monday of every month, September through May (except December). Annual membership is \$25 per person. Guests \$10 per meeting. Come along and bring a friend. For those who are joining or renewing, please come early to help ease congestion at the door.

To learn more, visit our facebook page:
www.facebook.com/LaurentianClubofCanada
or contact us at
TheLaurentianClub@gmail.com.



LAURENTIAN CLUB OF CANADA

Laurentian Region Cancer Support Group

Groupe de Soutien du Cancer de la Région des Laurentides



March 2014 meeting for cancer patients, families and caregivers is
SATURDAY AFTERNOON
March 15 - 1 pm
Speaker: Grace Bubeck
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

NEXT MEETING:
Saturday, April 19, 1 pm

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 Spirit Shines Through at the Scouts Morin Heights Fundraiser Dinner

Christine Laurent - Special to Main Street

Thanks to the many local businesses and their generous donations, the Annual Spaghetti Dinner held at the Royal Canadian Legion in Morin Heights on February 8, collected over \$2,000 for local Beavers, Cubs, Scouts and Venturers. The entire event was one of charity and cooperation.

There was live music, door prizes, and a live auction. From the Bolognese sauce, prepared by the La Grange chef, to the delectable pies (donated by Piperade, a local artisanal bakery) and the flavourful, dark-roast coffee (donated by Starbucks St. Sauveur), this was not your typical spaghetti dinner fundraiser.

The event could not have happened without the steadfast group of leaders and parent volunteers.

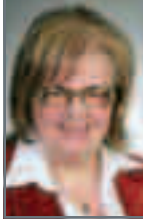


Even the kids pitched in; Rowan, aged 9, made a poster thanking all the sponsors, Dawn, also 9, made a glass-bead brooch for a door prize and all the kids designed personalized thank you cards/letters to show their appreciation to the sponsors.

What brings out this level of volunteerism and community support? The Morin Heights community and the "scouting experience." The opportunities, support, and challenges provided by scouting promote improved self-confidence, optimism and civic responsibility and help children grow up well. In fact, many business owners mentioned the need to give back to the scouting experience they had as children.

For more information about Scouts Morin Heights, contact Lee-Ann at 450 438-4096, Ryan at 450 227-4943, or email ScoutsMorinHeights@live.com.



Happy Saint Patrick's Day!

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The Story Behind James H. Jacobsen's Kids

Joseph Graham - Main Street,
joseph@ballyhoo.ca

Harald didn't like to waste time in the classroom if there was snow on the ground. Back in the 1960s when James Jacobsen was the principal of Sainte Agathe High School, Harald was encouraged to spend time on the slopes, to perform - and he did.

A large number of immigrants arrived in the Laurentians after World War II, and the small school, with between 200 and 250 kids spanning the eleven years of elementary and high school, boasted family names like Ramakers, Lim, Yarrow, Ornstein, Badenduck, Harb, Kazimirski, Andren and Lozoff. Many were born overseas, or their parents were, and of course there were English and French Quebec families. Wherever we came from or whatever the reason, we all ended up with Mr. Jacobsen. Of course, if you were eyeing that snow out the window, you were happy to be in his school. On a good ski day, Harald's desk was often empty.

Jacobsen stressed sports. I went to that school even though we lived outside the area. We were there because Jacobsen made an offer to my mother, Patricia Paré, who was a ski champion in the 1930s and was a professional ski instructor. If she would take over the ski team that winter, 1963-64, we were in. She accepted. Otherwise we would have been scattered among three different schools in Sainte Adele and Sainte Agathe. By the time Harald Harb and I were on the cross-country ski team together, a few years later, my mother had moved on. She had lost her interest in competition when she first taught for Hermann Gardner in the late 1930s and preferred teaching control to her contemporaries. My desk wasn't empty on those good ski days because my mom didn't encourage us to compete. I sometimes looked jealously at the empty desks. By contrast, Harald's folks were keen to see their kids get out onto the snow. They were both skiers too. His dad raced back in Austria and was a pioneer in snow making in the Laurentians, and his mother was teaching skiing when they met. Of course the teachers weren't necessarily happy when Jacobsen gave his blessing for students to cut classes for the slopes.

There was always a buzz in school around any kind of sports activity and Harald pushed me to compete in cross-country skiing. We were both the same age and roughly the same size, and if I really worked at it, I could finish just behind him on the trail. Eventually I did get to extend the lunch hour a bit, training with the team. In the big inter-school meets, our team usually came in first, second and third, but I never made it above third.

Peter Duncan was one of Jacobsen's kids. He lived up in Mont-Tremblant and was on the Canadian Olympic team in combined slalom and downhill events at Innsbruck in 1964. His results were the highest recorded to that time by a male member of Canada's Alpine team. I remember him dropping in and getting swamped by us all in the front hallway. We never saw Lucille Wheeler there, though. She was from Mont-Tremblant too, but she was older and gone long before we arrived. She won Canada's first Olympic medal, bronze, in downhill at the 1956 games in Cortina d'Ampezzo, Italy.

Winter sports were what the school was about, but that all sort of ground to a halt during the winter of 1965-66 when Jacobsen had a heart attack and died, while working out with the school curling team. It was a dramatic exit, and his replacement tried to beat the sports obsession out of the school in favour of music. This was too much of a sea-change. Harald was 17 and hadn't completed the program yet, but he'd won the Jack Rabbit Trophy and numerous races in the Laurentian Zone. He took off, heading west and joining the Alberta Ski Team. He won silver in the Canadian National Junior Championships that first year and a year later he was on the World Cup circuit. Soon he joined the Canadian National Ski Team on the Can-Am circuit and by 1973, he was the Overall Pro Champion of the Eastern Regional Circuit with a lot of medals to his credit. In the meantime, he was back here building chairlifts at Mont-Tremblant to make some money.

Eventually Harald followed my mother's thinking, in a sense, and gave himself over to serious teaching, but he chose to teach at the top. He became a National Ski Team development coach for the Americans. One of his team members, Tommy Moe, went on to win gold. He also coached World Extreme Champions Kim Reichhelm and Chris Davenport.

Harald didn't leave things there. He began analysing the whole process and, with his partner, Diana Rogers, an aeronautics engineer, he developed the Primary Movements Teaching System and the Harb Skier Alignment System. He has written five books on the subject, Essentials of Skiing and Ski Flex are two of them. You can find him at harbskisystems.com. He modestly told me that he owns a ski shop in Colorado, but it turns out to be a world-famous place for fitting boots to his Harb Skier Alignment System. Surrounded by the best in the sport, Harald has become a bit of a legend himself.

Harald Harb is just one of the fascinating Laurentianers who moved on to other parts of the world, and many deserve to be followed, interviewed and reviewed so that our young Laurentianers can learn from these role models.

Jacobsen's school still thrives as Sainte Agathe Academy, and long ago returned to its natural sports vocation. Three members of our team at Sochi studied there, Jasey-Jay Anderson, Erik Guay and Brittany Phelan. Snowboarder Brett Carpentier was at the Nagano and Salt Lake City games in 1998 and 2002 and, of course, there are the younger ones coming along, Jacobsen's grandkids in a sense.

Special thanks to Renee Lozoff

Laurentians Caregivers



Caregiver's Bill of Rights

By Lois Wilkie,
www.wilkiecounselling.com

Statistics Canada issued a study of Caregivers in Canada in 2012 reporting that: "28% of Canadians aged 15 years and older, provided care to a family member or friend with a long-term health condition, disability or aging needs."

This means 1 out of 4 Canadians is providing caregiving and that number is expected to rise as the population ages and people live longer. The study also reported that the psychological, financial and employment consequences of caregiving is greatest for caregivers of children and spouses. About half of the caregivers in this category reported psychological distress such as depression, feelings of isolation and disturbed sleep and 30% of those caring for their own parents reported similar symptoms.

In my private practice as a psychotherapist I often see clients, mainly women, suffering from psychological distress as they take on the caregiving role. Often they are "sandwiched" between the needs of family, work, home and providing care to their aging parent(s). If you are in this category it is so important to know you have "rights" as a caregiver. Sometimes just seeing these rights in writing gives us permission to exercise them.

Caregiver's Bill Of Rights

As a caregiver I have the right:

1. To ask for help even if the person I am caring for is not in agreement. I am not Superwoman or Superman and cannot do everything myself.
2. To take time for myself to care for my physical, emotional, social and spiritual needs. This is not selfish, but necessary, as I cannot take care of anyone properly unless I take care of myself.
3. To ask as many questions as necessary when dealing with professionals involved in the care of my care-receiver. To ask for a second opinion if I feel unsatisfied with the professional assessment and treatment plan.
4. To say "no" to certain demands/requests and not feel guilty. If I am the primary caregiver in the family I have the right not to be influenced by the demands of other family members who are trying to direct care from a distance.
5. To acknowledge and safely express my feelings of resentment, frustration, fear, hurt, sadness and anger without feeling guilt or shame.
6. To have fun, laugh, take a break from caregiving when I have the opportunity.
7. To protect my individuality and my right to maintain a life for myself outside of my caregiving role that will sustain me once my loved-one has died.

Adapted from *Caregiving: Helping an Aging Loved One* (AARP books, 1985) By Jo Horne. Read this list often and remind yourself that you have these rights or, if you know someone who is a caregiver, share this list with them.



My Health in Mind

Good Health, Good Food

Lucie Lafleur - Main Street

On January 25, the "My Health in Mind" committee of Grenville-sur-la-Rouge held the activity "Hands On Food," inspired by the Good Health, Good Food program at the Avocat Community Center. In partnership with Québec en forme Argenteuil's local partner group, they attracted over forty people including the mayor and town council.

For the special edition of January 25, for which the participating children created hand-written invitations, the theme was "Hands On Food." Participants were able to tackle the rudiments of making two different kinds of bread from scratch.

The Good Health, Good Food program, which takes place at the end of each month until May, has an intergenerational element and the idea is to "educate through fun." Children were given notebooks to write down the healthy recipes learned during the workshops, plus many facts about the nutritional values of the different foods they make. The activity allowed them to put all of their senses to good use by listening to the instructions, watching and participating in the preparation, enjoying the different smells, and finally, by enjoying their final product.

People were encouraged to enjoy the outdoors participating in activities such as snow soccer and sliding. To add to the family spirit, one grandmother brought a good soup and participants were able to warm up with the soup and bread they had just crafted with their own hands.

We often believe healthy foods do not taste as good as junk food, however, the Grenville-sur-la-Rouge "My Health in Mind" committee demystified this deceptive belief with a very successful activity.



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Obituaries Main Street considers it a community service to publish standard obituary notices at no charge.

KIRKPATRICK, Myrtle (nee: Smyth)

Peacefully at the CSSS de St. Jérôme on Monday, February 17, 2014 at the age of eighty-seven. Beloved wife of the late Elwood Kirkpatrick. Dear mother of Dale (the late Sharon), Murray (Marilyn), Rebecca (Paul) and Tim (Colleen). Sadly missed by her grandchildren. Also survived by her sister, Juanita (Harold Clark). Pre-deceased by her daughter Diane. A funeral service was held on February 21, in the chapel of the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, QC. In lieu of flowers in memoriam donations may be made to the Alzheimer Society, C.P. 276, Ste. Agathe-des-Monts, Qc. J8C 3A3.



Run For Cover... on Shelter Shelter and Light

Frans Sayers - Main Street

We rely on light and energy from the sun to support life. We also rely on the energies that comprise the night. Our bodies and spirit need rest; deep rest, and we achieve this by assuming a comfortable position and surrendering ourselves

to sleep. The absence of light aids in achieving a restful and deep sleep. The excitement of sunrise and the drama of dusk inspire us, as does the magical play of light, shadow, and colour.

One of the most dramatic results of the space station's perusal of earth, using high definition imaging, shows us just how pervasively unnatural light has been silently polluting the planet. This pollution is disruptive and costly, leading to many problems, both societal and health-oriented. The outdoor lighting of public and private spaces has become problematic. The layers of technology and thoughtlessness on the part of planners, educators, and industry have made the issues complex. When does the "public good" over-ride the rights of the individual? To what extent do we really need to light up our immediate environment to feel and be safe?

It is in this regard that the "International Dark Sky Society" works to preserve the night sky. Municipalities have also joined in by adopting a "dark sky policy," and drafting by-laws in support. In this way, specific strategies can be developed to address the problem directly and put in place the mechanisms to educate and ease the population into understanding, and thus action. The city of Burlington, Ontario is a good example of a city adopting a "dark sky policy" and creating an effective set of by-laws that support this strategy.

Much has been achieved so far, and scientists (many disciplines) and engineers continue to make progress. LED technology has made it possible to install lights that can be focused, dimmed, and colored, as well as controlled from a distance. LED lights also consume much less energy than conventional lighting. Lighting is "needs-driven," and aesthetically important in our visual environment, but needs rigorous attention in just how the regulations are written and applied.

The disruption of natural sleep patterns (all creatures) can also cause debilitating health problems, such as the reduction in tumour-suppressing melatonin. In our own immediate environment, we can avoid light trespass and better illuminate that which really needs the light. Fully shielded outdoor lights, that are scrupulously aimed and located, do not bleed light to where it is not needed. Laneways and entryways can be lit to advantage with fully shielded fixtures that give a pleasing and effective light, while preventing light to trespass and glare menacingly into the night sky. Lights activated with motion detectors can save energy, but must be fine-tuned to the needs of the installation. Yard-lights should be fully shielded and not glare at passing traffic and neighbours.

Why block out the wonders of the night sky?

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MEETING FOR PEOPLE IN MOURNING: Palliaco offers coffee groups for mourners, 1st Tuesday of each month, 7 pm, open to all in the MRC des Laurentides at 2280 Labelle Street, Mont-Tremblant. For more information and reservations, please contact Louise Lefebvre at 819 717-9646, toll free 1 855 717-9646.



I'm Just Saying A Question of Balance

Ron Golfman - Main Street

At various times in my life, I have been fortunate to know people through whom I was able to get access to certain things I wanted, such as show tickets or an

invitation to an "A-list" party. Despite the sense of privilege these favours invoked in me at the time, I am relieved that they were nothing more than frivolous.

Recently, as I, and those around me grow older, I see that need replaces want in this specific area. Like most of us boomers, social wants are being replaced by more important matters like medical attention. Until recently, I never considered this aspect of life to be "Top 10," feeling that invincibility was a birthright and the fact of its delusion didn't concern me at all.

To some extent, I still believe that mind over matter would cure ailments and that all one has to do is sleep on a problem to make it better. I don't mean to offend those who, because of some fortunate connections, can avoid red tape. Waiting lists and a health system, which screams, "if you can afford it, we can see you now," (I'm just saying that) the absence of parity regarding health care is the point I am making.

Most recently, two of my dearest friends required much-needed medical attention. Both are honest and forthright souls who were seeking help. One of them, due to the good fortune of having someone who could make the links, got the needed, rapid intervention in a flash, and he is on the road to wellness. The other, lacking such connections, had to jump through hoops to get care and then experience the indignity of being seen for a nanosecond by a specialist. He was then told that his extraordinary pain was not dire, as if the 12-minute evaluation was done by an clairvoyant, and to get on the endless waiting list, for further care.

Both of these two wonderful people deserve the respect and service equally. Understand that the former's need was more immediate, for certain, but the latter friend does not deserve to be asked to sit in the back of the bus. Rosa Parks did stand up a half century ago for civil rights and I cannot help but think that in a modern society, that this is how it is supposed to be.

So before you put your "x" on your next ballot, please see which party is looking at the health system for all of us.

Sudoku

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

February answers

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Main Street Money: Ladies' Investment and Financial Education Critical Illness and Your Retirement Savings

Developed by Christopher Collyer, BA, Certified Financial Planner, Investment Advisor, Manulife Securities Incorporated

Getting sick isn't something most of us often think about - and Joe was no exception, until he had a stroke when he was 45 years old. Today, thanks to medical advances and healthy living, Joe is recovering and getting on with his life.

Unfortunately, his retirement plans will take longer to recover because Joe did not include critical illness insurance in his financial plan.

Getting sick isn't something any of us like to think about. But it can happen. In fact, your risk of being diagnosed with a critical illness before age 65 is higher than your risk of dying at that age. As Joe discovered, treating and coping with illness can mean significant, and often unexpected costs, that may not be covered by provincial or employment health plans. Critical illness insurance can help you pay the expenses associated with getting sick by providing cash benefits, if you're diagnosed with one of the conditions defined in your contract, and you survive the waiting period. With the cash benefit you can:

- Hire a nurse or caregiver to help you at home; pay off your mortgage; receive income when you can't work or your partner takes a leave of absence from his or her job to assist you; help protect your retirement plans; help manage business expenses; take a vacation or reduce your workload to help you recover.

Planning for the unexpected is critical

Critical illness insurance is part of a good financial strategy as it helps you to plan for the unexpected. No one anticipates getting sick. And, if you're fortunate enough to live a long and healthy life, many critical illness plans offer Return of Premium options that can give you some or all of your money back.

The critical illness insurance market is growing in Canada and many companies now offer this type of "living benefit" insurance. With so many plans to choose from, how can you decide which one is right for you?

As you evaluate the various options, consider choosing a critical illness policy that offers: coverage for the conditions that pose the greatest threat to your health and present the most significant recovery demands and the greatest financial challenges or, a partial benefit if your condition isn't life threatening, but is life altering. There are plans that give you 25 percent of your coverage (up to a maximum of \$50,000) for conditions not normally covered by other critical illness products; the ability to receive a portion of your benefit up front so your recovery

can begin sooner; some plans offer a recovery benefit of 10 percent of your coverage (up to a maximum of \$10,000) that helps you get some benefits faster, without having to fulfill the waiting period.

Significant impact on retirement savings

Many people who get sick have no choice but to turn to their savings to pay their medical costs. For some, this means tapping into their retirement savings to finance their recovery. As you can imagine, this can significantly impact your financial plan and retirement strategy. It may mean working longer and putting off retirement or, accepting a diminished lifestyle during retirement. The point is that many people do not plan to get sick and, therefore, may not budget for it.

Joe had planned to retire comfortably at 65

The cost of Joe's recovery exceeded \$100,000. The price of new therapies and other medical costs, and Joe's inability to work full-time for an extended period, contributed to his soaring expenses. Joe came up with the money to pay the bills, but only by dipping into his retirement savings. Joe and his wife, Cindy, had a plan in place to retire, but Joe's unexpected illness took them off course.

Joe and Cindy had intended to retire comfortably when Joe turned 65. They had contributed to their Registered Retirement Savings Plans (RRSPs) each year and had started accumulating money in non-registered savings accounts as well. Unfortunately, their plan is now unrealistic. With additional unexpected expenses and the RRSP withdrawals they made because of Joe's illness, Joe and Cindy won't be able to live the lifestyle they expected in retirement. (The persons and situations depicted in this article are fictional and their resemblance to anyone living or dead is purely coincidental).

Talk to your advisor

Critical illness insurance is an investment that can give you the comfort of knowing that, if you get sick, you can focus on what really matters: getting better.

For more information and to discuss the costs of critical illness insurance based on your specific circumstances or if you have any questions, please forward them to christopher.collyer@manulifesecurities.ca or call 514 788-4883 or my cell 514 949-9058.

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

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Geezer's Corner Geezer Musings

Dale Dawson - Main Street

My editor says that I'm too long-winded, so this will be a condensed version of my political musings. Political articles, no matter who they are written by, would gag a vulture. The reader's eyes glaze over immediately after spotting political

jibber-jabber so they usually crush the page while reaching for medication. Most history buffs will have digested some politics along the way and it hasn't always been easy. We have however, if we wish to be fair, discovered that both Liberal and Conservative ideas have some merit and things aren't simply black and white. Where things go wrong is when a government becomes too Liberal or too Conservative and they do tend to go overboard sometimes. Still, the system will work if an alert public keeps each party on a short leash.

Preferred presidents

Many Canadians like to follow American politics along with our own, as our economies are so entwined that whenever an American President coughs, our Prime Minister dashes down to Washington with a spare hanky. My favourite American Presidents were Harry Truman (Democrat) and Ronald Reagan (Republican). The political leaders of today are as nimble as a red squirrel on a collapsible bird feeder when it comes to making hard decisions and answering tough questions. Harry (give them hell) Truman wasn't much of a dancer. He had a sign on his desk that said "The Buck Stops Here." That's not what Americans have now. They have a guy who is stuck in neutral and places the blame for his failures on the other party. A good President finds a way to work with friend and foe alike. That great Republican, President Ronald Reagan, said what he was going to do and then he did it. When he talked, people and nations listened; nobody messed with Ronnie - or Harry either, for that matter.

Deep thinking Canadians

As I've said before, I've voted Liberal, Conservative and once after leaving the bar, voted for the NDP. It was a protest, okay! So, let's discuss great Canadian Prime Ministers of the last sixty years - before that my memory gets a bit foggy. Lester Pearson was the best Liberal Prime Minister that I can remember. He was as colourful as a white mouse in a snow bank, but he was a polite, efficient politician. Nobody could beat Pierre Trudeau when it came to running up our debt and sliding down banisters. (Deep thinking Canadians demand that of a Prime Minister). John Diefenbaker led the Tories to a huge majority. Dief was a sharp lawyer out of Prince Albert, Saskatchewan and a fine orator. Many people loved him but unfortunately, he will be remembered as the Prime Minister who shelved the Avro Arrow - a Canadian aeroplane that was years ahead of its time. Sometimes, you're better off sliding down banisters!

Glitter and spin

Wouldn't it be great if our citizens have the astuteness to see past the glitter and spin in the next election? Yeah, right! I guess we're screwed!



Youthful Perspective The Fellowship of Team Canada

Yaneka McFarland - Main Street

During the 2014 Sochi Winter Olympics, Team Canada represented us as the country with the most heart, determination, resilience and what can only be described as true Canadian spirit. Although the Winter Olympic Games were not held on Canadian soil, our athletes made us proud.

Hard work sounds like the ultimate understatement when you think of what it takes to become an Olympian. Imagine, being 24 hours away from your ultimate dream of competing in the Olympics and then making the decision to give your place to a teammate. Gimore Junio gave up his place for the 1000m and 1500m speed-skating events to Denny Morrison for he believed that his teammate had a better shot at the podium than he. Denny Morrison went on to win the silver and bronze, respectively, in these two events.

Our athletes put their bodies through tremendous strain. Countless times, they are faced with falls and breaks but they get back up and give everything they have. For example, Mark McMorris suffered from a fractured rib during the X-Games, snowboard slope-style finals; an injury that usually takes at least six weeks to heal, but he was back on the hills less than a week later. Astoundingly, Heather Moyse came out of retirement after undergoing major hip surgery to compete alongside her partner, Kaillie Humphries, in the bobsled event to claim the gold.

Another athlete who portrays this essence of perseverance is Jan Hudec, a downhill skier who has pushed past several injuries and seemingly insurmountable obstacles. Missing out on the Winter Olympics in Turin, Jan Hudec financed himself to stay on the Canadian team, which led to the unforgettable bronze-medal win when he crossed the finish line where he had buried a "lucky looney."

The Olympics are so much more than medals; they are about the blood, sweat and tears our athletes pour into everything they do. Throughout the entire games, we shared every exploding win and frustrating loss, as if they were our own. It is the sense of belonging, that you are part of something so much bigger, that includes everyone around you; every Canadian.

Without a doubt, Team Canada made us proud to be a part of their fellowship.



The English Link Cyber Bullying

Laura Young - Main Street

Cyber-bullying has been getting a lot of press lately; we even hear about teenagers committing suicide because of the taunting and harassment that occur online. As I hear more and more about the dark side of the Internet, it made me wonder

what was being done to patrol this wild-west and how we, as parents, can help our kids safely navigate their way through it.

I spoke to Eric Cadotte, a bilingual police officer from the Mont Tremblant police force. He is a community-relations officer, which means he acts as a bridge between the police force and the community. One part of his job is to be a "presence" in the local schools. He offers several workshops for teens on subjects such as cyber-bullying, drinking and driving and knowledge of the law in general. He is also responsible for training staff in the event that there is ever a gunman on campus. Although it makes me sad that there is even a need for some of these workshops, I'm so glad that they exist for our kids. I spoke to Eric about cyber-bullying in particular and asked him to explain the problem.



He described cyber-bullying as using technology to harm or harass another. The bullying is usually repetitive and deliberate. Cyber-bullying is not something only "bad kids" do. When in the privacy of their own homes, sometimes posting information anonymously, many people will engage in behaviour that they would never exhibit in public.

Parents should discuss this issue with their children. Kids should understand that even "liking" a comment on Facebook is seen as an endorsement. Forwarding embarrassing or intimate pictures, gossip, or rumors about another person, can be humiliating and traumatizing for the victim. Kids need to know that cyber-bullying is a crime and that they should always stop and think before they hit "send." Eric explains it to the kids this way: "If you would say or do something out loud in the hallway and you're alright with it being public information forever, go ahead and post it. If you'd whisper it in your friend's ear, do not." Kids also need to understand that employers will regularly check out a potential employee's Facebook page before making a final decision on whether or not to hire them.

If kids experience or witness any type of cyber-bullying, they should never respond beyond asking the aggressor to stop. They should tell someone they trust, preferably an adult, and document all exchanges. Schools now have a legal obligation to intervene if the common link between two individuals is the school. If a child is cyber-bullied by someone they do not know from school, parents should contact their local police.

The Canadian government has recently started a national campaign aimed at raising awareness about this type of crime. There are television and online ads showing the possible legal consequences of engaging in cyber-bullying. To read more about the government's Stop Hating Online campaign go to www.getcybersafe.gc.ca. Another resource for kids is Kids Help Phone - 1 800-668-6868. Other resources exist to help you deal with this and related issues. 4 Korners Family Resource Center is dedicated to assisting people of all ages to access information, resources and services in English. Please call or email us for any further information. laura@4kornerscenter.org for the English Communities Committee of the CSSS des Sommets and 4 Korners Family Resource Center: 1 888-974-3940 or 819 324-4000 ext. 4330.

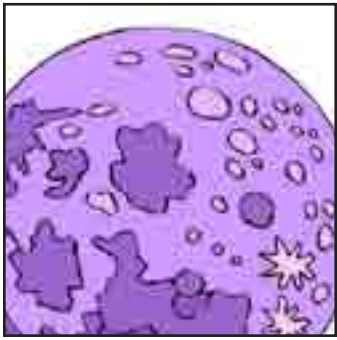
Beavers Go Ice-fishing...

Spending the day with friends out on the ice trying to catch the biggest fish, and partaking in a hot, outdoor meal to build up the energy to participate in all the proposed outdoor games was the challenge of the day for the young Beavers of the Tisserands d'Argenteuil Scouts group. The activity was carried out with the



participation of the Centre Pêche Cushing, an ice-fishing group on the Rivière des Outaouais, during the weekend fishing tournament. Many young people have discovered this sport, as well as the countless, natural wonders that surround them. A big thank you to the volunteers and sponsors, without whom, this event could not have taken place. You have provided these young people from the region with enjoyable memories that will last a lifetime.

For more information or to register please contact Mathieu Trudel at 450 675-1003.



Zach Factor Four Blood Moons

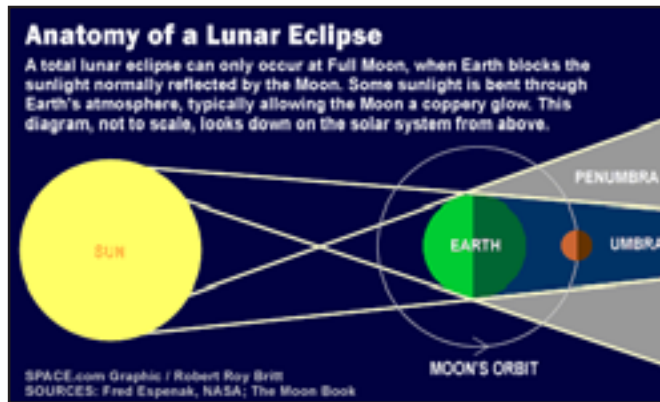
Lys Chisholm & Marcus Nerenberg -
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...And the sun and moon will be for you a sign...
- Genesis 1.4

Beginning on April 14, the first of four Blood Moons, part of a celestial event called a tetrad, or four total eclipses of the moon, will be evident in the sky. A "Blood Moon" is a total eclipse of the moon that leaves the moon's surface looking crimson-orange for a few minutes - a startling effect as the moon passes through the shadow of the earth.

Total lunar eclipses are not so rare, but a series of 4 in a short time-frame is exceptionally rare and the dates are curious. They correspond exactly to 4 significant Jewish celebrations: April 14 is Passover; Oct 8 is Sukkot, or the Feast of the Tabernacles. The third Blood Moon takes place on April 4, 2015, again, Passover, and the last occurs on Sukkot again, September 28, 2015. Every Bible thumper around is now asking their global ministries to pay close attention.

History has long demonstrated that events such as tetrads have been harbingers of earth-changing events for the Jewish and Gentile populations alike. In the last century there were two tetrads, one in 1949 when Israel became a nation, and the other in 1967 and 1968, with the 6-Day War in June of 1967, when Israel captured all of Jerusalem and other Palestinian



Scientifically, a Blood Moon occurs only during a total lunar eclipse. In an eclipse, the full moon darkens as it passes first through the penumbra, the more diffused of the Earth's shadows and then, at totality, it is completely darkened in the more focused shadow of the Earth, called the umbra. While some light from the sun is blocked, not all rays miss the lunar surface. The longer, red rays are bent by the Earth's atmospheric layer just like during a sunset, and our moon is bathed in this reddish light during the minute of totality. Without scientific knowledge, the impact on early populations left them fearful and ominous.

As the moon affects our ocean tides (and possibly our mental states), an eclipse has been noted to have other geophysical effects as well. Within 14

days prior and 14 days after the last Blood Moon on June 15, 2011 (from June 4 to June 27) there were a large number of significant geo-events. Although earthquakes around the world are common on a daily basis, large quakes over 6 on the Richter scale are not. In a short time period, there were 7 quakes greater than a 6.2 magnitude including the 6.6 in Christchurch New Zealand, and a hard-hitting 6.8 again in Northern Japan, only a few months after the Tsunami. There were eight volcanic alerts, some new and thousands of people were evacuated and airports closed due to ash intensification. Severe wind storms, described as sudden and explosive, damaged areas of Lake Manitoba, causing evacuations, and there were upgrades of several early-season tropical storms to hurricanes and typhoons, including Adrian, to a category-three storm.

In the end, maybe it is not a coincidence that these tetrad Blood Moons fall on some significant Jewish event. However, there are somewhat unsettling signs in the present political unrest in the Ukraine and the Iranian success in hiding nuclear weapons development. In ancient lore, the full moon is an expression of unimpeded masculine force, without the attenuating effect of the feminine compassion. Perhaps the four subsequent new moons following each Blood Moon will also signal a new message; the reclaiming of the feminine in our culture emerging out of a deep need to end this vicious cycle of warfare and global environmental abuse. The best locations for watching the upcoming Blood Moons will be in North America.

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The Energy of Words

Throughout the ages, there has been talk of "the power of the word." Have you ever thought about how words can have power? Isn't a word simply a scramble of letters making sounds? What makes our words powerful or weak? Could it have anything to do with our illusions and our life experiences? Or, is there something more to it that we are unaware of?

Let's take the word money. Money is simply a piece of paper with drawings and numbers on it, with no real value of its own, yet people have given money some of the greatest powers on earth. Why? How can a piece of paper determine life or death in many cases? People kill, maim, betray, steal and enslave for money.

In the end, it's our ideas surrounding money that make the world go around. It is synonymous with power and has a huge hold on us through the ideas we bind and empower it with. The ideas people have bound to a scrap of paper determine most people's quality of life.

Many do not realize that the way we think, and the illusions we associate with words, determine our health, emotional responses, happiness and in general, our quality of life. Words are influenced by our society's subconscious ideas linking them to us by our experiences. An intuitive listener can discover your true thoughts and nature simply by hearing and feeling the words you select, which are very indicative of your hidden subconscious ideas. As a therapist, I often use this intuitive ability to glimpse people's inner ideas that may be unhealthy and causing them to become ill. A person's true nature is exposed by the words they use to communicate. It is the energy of your vocabulary that people relate to from a sensorial and associative perspective. It is why it is so important to develop an awareness of the underlying energy of your words and the power those words can produce when communicating.

When we communicate, the energy of each word combines with its counterparts to create an overall effect that is specific to our society's or a person's ideas and experiences. The power of our words is important to consider as people become more sensitive, energy-conscious and literate. The written word has never been used as extensively, as it is today. I often interrupt my students to bring awareness to them, of the words they select while sharing an experience they want guidance with. I can never stress enough the importance of word selection and word sequence; how much the words we use, tell our true story. When we react to a story, it is often because it creates a feeling within us and memories surface that can either be pleasant or not. In the end, words are sounds and frequencies that either appeal to us or grind on our nerves, make us contract and often react. The energy of a word and awareness of its effect is especially important to consider if we want to be understood effectively and clearly.

So, now you know why I am so adamant about choosing the proper words; each word carries an energy that has to be evaluated and felt. I teach about words that are high-positive energy that can release us from our old un-empowering ways, our old systems of thinking that no longer serve us so healing and happiness may be embraced. Our reaction to a story speaks of the quality and frequency of the rhythm of its words. A strong reaction, speaks of the underlying subconscious suppressed issues, we have not understood and which need to be released. Higher awareness of our words can bring self-empowerment founded on the consciousness of their power. This is an amazing tool for healing. Every generation is meant to go beyond that which has been imprinted on it and create its lifestyle choices. Be wise and choose your words with care! If you should react to someone's words, take a moment and ask yourself why, before becoming defensive, critical and judgmental.

Oshalo Michèle C. St.Amour@march2014



About Food Blackstrap Molasses Flax Drop Cookies

Tiffany Rieder, Food Stylist, Chef
& Recipe Developer - Main Street

These cookies remind me of Bear Paws, but are much healthier. They require no chill time, and are quick to assemble. Molasses is thick, dark syrup that is a by-product of refining sugar primarily from sugar cane juice. The darker and more bittersweet blackstrap molasses is derived from an extra boiling step, and contains less sugar than regular molasses. Black strap molasses provides significant amounts of potassium, calcium, iron, magnesium and vitamin B6.

Ingredients (24 cookies)

- 500 ml (2 cups) all purpose flour
- 60 ml (1/4 cup) flax seeds*, ground
- 5 ml (1 teaspoon) baking soda
- 2.5 ml (1/2 teaspoon) ground cinnamon
- 1 ml (1/4 teaspoon) ground ginger
- 1 ml (1/4 ml) salt
- 125 ml (1/2 cup) brown sugar
- 125 ml (1/2 cup) black strap molasses**
- 80 ml (1/3 cup) canola oil
- 1 large egg
- 125 ml (1/2 cup) hot water



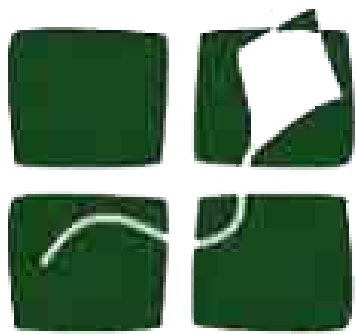
Pre-heat oven to 175C (350 F). In a medium bowl combine the dry ingredients, minus the brown sugar, and whisk to blend. Add the brown sugar, canola oil, egg and blackstrap molasses to another bowl. Whisk in the hot water until well blended. Fold the blended dry ingredients into the wet ingredients, and mix with a wooded spoon or spatula until relatively smooth. Use a small scoop or spoon to drop*** the cookie dough on to a lined cookie sheet, leaving 5 cm (2 inches) of space between cookies. Cook in the center of oven in batches for 10-12 minutes or until rounded and slightly firm.

*Flax seeds are a good source of Omega 3s. Buy your flax seeds whole and grind them in a coffee grinder dedicated to spices. The oil in flax seeds is fragile, and degrades when exposed to air, so use them soon after grinding.

**Tip: Add a drop of oil to the cup used to measure the molasses, and spread it around. When you add the molasses the oil will help the molasses slide out easily.

***Dip your scoop or spoon in warm water between scooping if you prefer your cookies to be uniform in shape, as the dough is pretty sticky.

Sources: www.en.wikipedia.org/, www.Livescience.cpm.



4 Korner's News & Events Partnerships Create Strong Alliances

Kim Nymark - Main Street

4 Korner's Family Resource Center has developed a solid relationship with local Sainte-Agathe partners, namely: Cal en Bourg, Maison de la


Famille du Nord and Avenir d'Enfants. These relationships have brought to life the zone familles, or, Family Zone project, which offers play-groups to families with children aged 0 to 5- years-old. Due to the generosity of a grant provided by Avenir d'Enfants, as well as the work of the Cal en Bourg, which is committed to unite organizations that work with children 0-5 years old, 12 play-groups a month will be offered (4 of which are in English) for the next year and a half.

This session of the English play-group began on January 23, and will run through to the beginning of summer. These FREE sessions are held on Thursday afternoons from 2 pm - 4 pm at the Maison de la Famille du Nord (126, rue Demontigny, Sainte-Agathe) and are animated by Family Life Educator, Laura Young. Each session includes arts and crafts, singing, storytelling, games, free play and of course, snack time. Parents also have a chance to come together to chat and get to know each other. Both mothers and fathers are welcome to come play with their children and observe them interacting with their peers.


Great things can be accomplished when strong partnerships are developed!

If you are interested in joining the English play group with your child/ children, please contact Family Life Educator, Laura Young at: Laura@4kornerscenter.org or phone 888 974-3940.

4 Korner's Family Resource Center is now open in Sainte-Agathe and Lachute
Tuesdays: 9 am - 3 pm. 50, rue Corbeil, Ste. Agathe & 508, rue Principale, Lachute
819 324-4000 x4330 / 1 888-974-3940, 4kornerscenter.org, info@4kornerscenter.org.



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Garden Talk Bonsai Basics for Beginners

June Angus - Main Street

If your friends know you love plants, sooner or later one of them is going to give you a bonsai. These gorgeous miniature trees are prime examples of where the art and science of gardening meet. Bonsai refers to a type of cultivation rather than a specific species of tree. With origins in Japan and China, bonsai methods of trimming and pruning a tree's crown and roots to create stunted miniature versions of various herbaceous plants has been practiced for centuries.

While almost any tree or many other plants can be turned into a bonsai, the most common bonsai for beginners include various ficus (fig) trees and dwarf varieties of jade and shefflera (umbrella trees). Rosemary, Sago Palm, maple, boxwood and junipers are also popular.

Bonsai are grown in pots and are totally dependent on you to survive and thrive. Most bonsai that we can buy have already undergone the hard work of nurturing and training over a number of years. So learning to care for these maturing miniature beauties is relatively easy if you follow a few simple guidelines.

For starters, Bonsai need plenty of light. In our climate they generally live most of the year indoors so they prefer to be near a window that catches sunlight either in the morning or the afternoon, rather than getting sun all day long. Aim for at least four to six hours of light per day. A bit more is also just fine. If your home is too dark you may need to supplement with artificial light. Many bonsai will also benefit from some time outside during the summer on a patio, balcony or deck. Ideally, position the plant to receive morning sun and afternoon shade. Never expose a bonsai to temperatures below 5°C.

Careful watering of your bonsai is crucial. Apply water when the top of the soil appears dry, but never allow the soil to completely dry out. Bonsai will need watering at least several times a week for most of the year, often daily in the summer. Find out from your bonsai retailer or online about the specific watering requirements for the type of bonsai tree you are growing. Administer water lightly so as not to disturb the soil. Water should be applied until it begins running out of the holes in the bottom of your pot. When outdoors, a good rain is usually a sufficient watering. However, if there has been a heavy downpour check to make sure the soil has not been washed away.

In winter, place your bonsai indoors in a shallow tray filled with a layer of gravel with water added. This provides extra moisture around the tree as the water evaporates and reduces the amount of moisture lost to our indoor heating.

Since bonsai grow in a very small quantity of soil, periodic fertilizing is necessary. Use a general-purpose liquid fertilizer, but mix it at half the recommended strength. Apply at least once a month except in winter -- the dormant period for all trees. Spring is the best season for repotting a bonsai. Summer is when major growth occurs, while fall is ideal for pruning or repotting.

The techniques for pruning a bonsai vary from imitating the look of a tree in nature to creating stylized, artistic designs. That is actually an entire subject for a future column. Meanwhile, if you are interested in learning more about bonsai consider buying one of the many good books on the subject, scour the Internet or take a class.



Losing it in Sainte-Agathe: Olivier Brunet's Journey to Health and Fitness

Inactive and weighing close to 300 pounds, Olivier Brunet's health was suffering from carrying too much weight. High blood-pressure, high cholesterol and sleep apnea were beginning to break down his health. In addition to his deteriorating health, the Saint-Agathe resident says, "I was concerned about the poor example I was setting for my wife and our two small children."

In September 2012 Olivier consulted with nutritionist Caroline Blaney at Centre de Sante MED Tremblant who crafted a personalized weight loss plan for him. He added exercise to his weight loss program and in March 2013, began running, joining the local triathlon group, Tri-Action Club Mont-Tremblant. Seven months after his first slow lap around a track, Olivier ran his first half-marathon and by the end of 2013, had dropped 72 pounds.

In addition to fruit, fresh vegetables, whole grains and lean protein, Olivier has a lot on his plate for 2014. In May he will participate in Espirit de Corps Foundation's Défi Montréal New York, running with a relay team from Montreal to New York City with a goal of raising \$2,500 to be donated to empower single parents facing adversity. In addition to a number of other races and events this summer, he will also run the Mont-Tremblant Half-Marathon in August, celebrating the second anniversary of his commitment to health and fitness.

On Friday, March 21 at 7 pm, Olivier is hosting a conference in the council office at the municipal hall in Mont-Tremblant (1145 rue de Saint Jovite) to share his inspiring story and to raise funds for his upcoming run to New York. The evening will also include diet and nutrition advice from Sante MED Tremblant's Caroline Blaney and a presentation on exercise and fitness from Tri-Action Club's running coach Robert Roy.

"If you want to make 2014 the year you take back your life from obesity," remarked Ms. Blaney, "mark your calendar for March 21 to learn first-hand how Olivier did just that."



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tant que membre en règle depuis le
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avec Laurentians CARE et sa fondatrice,
madame Christina Vincelli, en vue
de fournir tous les services essentiels
à la communauté anglophone de la
région des Laurentides en conformité
avec les buts généraux, la mission et
les orientations de la TCRAL, tels que
décrits dans ses règlements généraux"
La Table de Concertation régionale des
Aînés des Laurentides
Par
Jean-Claude Lebel, vice-président

Le 5 mars 2014

TCRAL To whom it may concern,
We confirm that La Table
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des aînés des Laurentides (TCRAL) is
pleased to welcome, as a member in good
standing since November 29, 2011, "The
Laurentians Caregivers Association and
Resource Center (Laurentians CARE).
TCRAL will work together with
Laurentians CARE and its founder, Ms.
Christina Vincelli, to provide all essential
services to the Anglophone community
in the Laurentians in accordance with the
general goals, mission and direction of
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La Table de concertation régionale des
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Jean-Claude Lebel, vice-président

March 5 2014



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