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What's On My Mind...

Seventeen years and counting...

Susan MacDonald, Editor

It's hard to believe that seventeen years have passed since the publication of the first edition of Main Street. What a challenging adventure it has been each month to bring you the local news and entertainment from the various communities across the Laurentians. It hasn't been easy, but without doubt, the satisfaction of knowing each successful edition is reaching you, the readers, and keeping you informed and up-to-date on the community news, in English, is deeply rewarding. Thank you all for your continued support and positive feedback, which affirms we are doing our job successfully.

Main Street has witnessed many changes over the years, but one thing has remained abundantly clear; our communities have grown stronger, more unified and mutually supportive. We see this today in all aspects of health and social services, religious organizations, community centres, support groups, and at all levels of government. A wonderful example is the recent launch of the new program, Rouge Valley Days, which will be starting later this month in Harrington. This project for seniors highlights the many advantages of several groups collaborating for the benefit of all community members. It is hoped this program will stand as an invaluable model for other communities to follow. Congratulations to everyone who helped to make this project become a reality. More information is available on page 27.

Our senior residents are vital members of our communities who possess a wealth of knowledge and valuable experience to share with others. Many are staying at home longer, under the care of loved ones, aided by current available homecare services. Being a caregiver, while also trying to balance a family and career, is exhausting and, in many cases, would be impossible without the increase of support and respite services being provided independently in most municipalities. Group meetings, casual get-togethers, yoga and meditation sessions, provide caregivers with opportunities to step back and share similar experiences with others, or simply to have some time off, giving them much-needed breaks from their stressful daily routines.

Looking through this edition, I am encouraged to note the numerous upcoming activities, events and fundraisers, proving once again, our communities are active and thriving. Rest assured that behind each of these local happenings, there are many dedicated volunteers, working silently in the background, to ensure their success. Volunteers are at the core of every community and, without them, it is likely many of these functions would not be possible, or available, to the communities at large. So, a big thank you goes out to the generous volunteers for the countless hours of time they contribute so selflessly, for the benefit others.

As we spring forward, I would like to thank our loyal readers, our supporting advertisers, and my dedicated home-team of writers, sales representatives and distributors for their individual contributions in making Main Street such a community success. A special thank you to Laurie and Glenn, for ensuring each edition runs smoothly and looking its best. Thank you all for your support and special anniversary messages, which I have included throughout this celebratory edition. Some will also be posted on our Facebook page.

Enjoy the read...

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Observations

When seconds count, we'll be there in minutes ... maybe

David MacFairlane - MainStreet

The US national statistics are absolutely staggering, and when confronted with them in total, seem to be born from some dreadful nightmare that cannot possibly be real, but alas, they are all too real in the morning light.

On February 14, a High School student in Parkland, Florida, shot and killed 17 of his fellow students and injured over 15 more. He is in custody now, but it appears that the FBI and local police had long been aware of the unstable mental condition of this young person but, in their "wisdom", had ignored all the signs and calls to tip-lines while his insanity progressed towards this tragic conclusion. Instead of intervening, the police remained outside the school, cowering in fear, while the mayhem occurred. This was the nation's biggest school shooting, but it is far from the only one.

In the first two months of 2018, there have been 17 additional school shootings, and according to statistics from the Gun Violence Archive, in 2018, as many as 429 teenagers and 86 younger children have been killed in all types of shootings, including school incidents. The New York Times has reported that since the Sandy Hook school shooting in 2012, at least 239 school shootings have occurred nationwide, and almost 500 students shot.

Sadly, school shootings are only one example of the types of shootings that occur daily in American life. Others involve murders, domestic violence, suicide, terrorism, political and gang-related assassinations, and police killings of citizens, etc. Paradoxically, Pew Research has reported that while the violent crime rate has fallen since 1993, shooting incidents keep increasing consistently.

There is no question that something fundamentally is sick in American society, and the violence portrayed in Hollywood movies depicts a culture in which murder, betrayal, corruption, immorality, the quest for power and control are celebrated, providing a snapshot of what passes for normal in the lives of these people. Is there any doubt about how so many children become anti-social? With just their smart-phones and text-message language to communicate, with minimum human connections and virtual-world addictions, they become unable to verbalise their thoughts, express their feelings, speak in full sentences, or relate to each other unconditionally. Instead, relationships become transactional and influenced by dystopian ideas of the world they live in, without moral compasses, and lacking access to suitable mentors, this entire society is in terminal moral and financial decline, much like the last days of the Roman Empire, which succumbed to its own excesses and became irrelevant in the end.

Now, while we have been distracted by this school-shooting mayhem and the tragedy of alienated American youth, on the other side of the world, the story is much more encouraging and hopeful. However, be sure that you will never find references in our mainstream media about how other societies are teaching their children to be proactive and forward thinking.

In late February, the Russian Ministry of Foreign Affairs castigated the American school system for producing students who are "sitting ducks", unlike the Russian school system that produces "raging bear" students, trained in weapons use and capable of stopping all attacks upon their schools themselves. The Ministry stated that American school shooters would not survive entering a Russian school, where even young girl students receive automatic-weapons training to protect their classmates.

The genesis of this training program began in 2004, following the Beslan school massacre, when Islamic terrorists took control of a school with 1100 hostages, including 777 children. A 3-day siege ended with the cost of 334 dead and many hundreds wounded. It was the worst school massacre in modern history. Subsequently, the European Court of Human Rights criticized Russia for not taking sufficient precautions and for using excessive lethal force to eliminate the terrorists.

This tragedy shocked Russia to its soul, and the country determined never to let it happen again. As a result, training camps were established where Russian children began to receive training in combat skills and the use of weapons. Boys and



"We have a culture that is desensitized to death, that is desensitized to the value of life, and we celebrate death through our musical lyrics, we celebrate death through video games that literally reward you with extra points for going back and finishing people off." – Kentucky Governor, Matt Bevin, February 2018, commenting on the cultural degeneration in America.

girls, from 5 years old, were taught self-defence, and later given weapons training, including the use of assault rifles and small arms. This initiative was so successful that, in 2016, it was expanded nationwide to all schools in Russia. This program has resulted in weapons armories being established at all schools and many hundreds of thousands of young students being competent in self-defence and the use of firearms.

Then, there is Switzerland, with a stunningly high rate of gun ownership. With 8 million citizens there are over 2 million private guns and an overall murder rate of almost zero. For generations, young Swiss boys and girls have had training in the use of guns and marksmanship. An annual shooting competition for kids from 13 to 17 draws thousands of competitors from around the country. They compete in target shooting with Swiss Army service rifles, with accuracy prized above all else. The winner is honoured nationwide. This competition follows an ancient tradition, involving young kids, dating back to the 17th century, and indicates how significant self-defence has been to the Swiss citizenry although the country has remained famously neutral in its history.

Also, there is Israel where, due to mandatory military service, almost all young people have had training in combat and weapons. Over there at age 18, all young people go through boot camp training and then deploy to various branches of the military where they serve for a minimum of 2 years, sometimes more, before returning to civilian life. I have Israeli friends here, and extended family living there, and I can tell you it's not unusual to see weapons everywhere. It is normal for citizens to carry weapons openly, slung over shoulders, walking down the street, in restaurants, buses, malls, everywhere. Of course, they have serious security problems, so this is a normal response to such threats, but they have no random shootings in schools as in America, and no gun violence as Americans experience daily.

Something is wrong in America, seriously wrong. The culture is decaying, and lacking moral leadership, the country is just drifting into the maelstrom of irrelevance, like all empires in the past.

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Simply Words on Paper If it can be fixed, you may not have to throw it out

Jim Warbanks - Main Street

I have had to contemplate that I may well be part of the last generation to consider fixing, repairing or refurbishing certain items rather than simply disposing of them and purchasing a replacement that may, or may not, be a useful upgrade.

My father's initial reaction was to habitually dismantle any non-functional item. If he failed to resolve the issue, he would set aside any components that could prove useful at some later date. His favorite tool was *Vise-Grip* locking pliers, which he often characterized as "better than a helper." I am unsure whether this was meant as a sly comment on my skill but I did follow in his footsteps. A nephew, when just a toddler, called me "Nuncle Bimmy, fix it." A compliment that delighted me. But it is becoming more and more problematic to exercise that option.

Fortunately, there is hope on the horizon. The European Union has mandated that cell phone manufacturers must standardize their charger connections, to circumvent a minor, but very annoying, problem. Other initiatives include the availability of a basic easily repairable "fair phone" option available in Europe, but not yet in North America.

Cappuccino repair

Our cappuccino coffee maker recently needed repair. On a previous occasion, I brought it to a chain outlet repair shop. A questionable and rather expensive repair ensued. An independent shop owner in Ottawa returned my call with a reasonable diagnosis, but to ship the heavy appliance would have cost about \$50 and involved a delay that I wanted to avoid. So, I located a closer independent shop that sells and repairs a range of such appliances. The technician, who had previously been employed by one of the manufacturers, took a simple, structured approach, beginning with a cleaning procedure, a minimal intervention. Ultimately, he had to replace two minor parts and showed me a few tricks that are not in the manual. The repair cost was reasonable. I left the shop pleased and more confident.

Even a large, but relatively lightweight and simple appliance now found in most homes, the microwave oven, may often unfortunately be thrown out, because to replace a simple burned-out fuse requires substantial dismantling of the appliance. Lawn mowers, chain saws, vacuum cleaners and battery-operated tools have similar maintenance issues.

"Smart" cell phones are replaced, on average, after only 22 months of use. On newer models, the case is glued shut, some basic components are soldered and even replacement of the battery is difficult, if not impossible. The installed battery may only be rated for as little as 600 charging cycles. This is not conducive to extended use.

Void warranty

Access, availability of parts and the need for special tools, frustrate even independent repair shops. Work carried out by anyone but a certified company technician may void the warranty. Yet, it is a dirty secret that many appliances contain elements that are designed to fail within a predictable time frame.

Electronic appliance dealers are not educating their customers. Their sales people are often inadequately trained and offer the client a single choice - throw the defective one out and replace it with a new model.

E-waste

According to a recent report, the U. S. Environmental Protection Agency (EPA) has estimated that, every day, over 416,000 mobile devices and 142,000 computers are destined for recycling or disposal in landfills or incinerators. Currently, only 15-20 percent of all e-waste is recycled. I found no comparable data for Canada.

Seventeen U.S. states now have legislative "right to repair" proposals in the pipeline, though none have been adopted. Such a law would mandate that diagnostic tools, parts, required special tools and procedures would all have to be made available, if the item were offered for purchase in the state. The state of Massachusetts, for instance, enacted legislation that forced automobile manufacturers to adopt a common diagnostic tool.

Right to repair

If similar legislation were enacted at the provincial or federal level, I could hope to again successfully repair an appliance myself with parts obtained on eBay and guidance from a YouTube video or two. If that failed, I could bring the defective item to a convenient, independent repair shop.

I will concede that many products we enjoy are becoming more technologically sophisticated. There are certain advantages. Cars, for instance, require far less routine maintenance, though the ubiquitous computer controls, when defective, tend to require advanced training to diagnose and are costly to repair. I readily admit that my days as a "shade tree" mechanic are over.






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Chris Lance - Main Street

Spring, the green and soft season, is around the corner, somewhere below the state of North Carolina. Soon, it will stop being a cold, hard winter and the snows will melt, and the flood season will start again somewhere else. But spring

will arrive, up here in Sainte-Adèle.

In the meantime, André Genest, the Prefect de la MRC des Pays-d'en-Haut, has prepared a document about the importance of trails to enjoy (there are over 860 km in the MRC) for locals and visitors. It is a political effort to acquire rights of use and preservation of these trails throughout the region. You can peruse the documents on the Internet at, www.lespaysdenhaut.com



The file concerning Sainte-Adèle's cross is causing some continuing problems for our newly-elected mayor, Nadine Briere. It is hard to get at all the facts, but Marc Lupien, who is at the center of the file, seems to have taken an action against Sainte-Adèle and the MRC to the tune of 12 million dollars. Sainte-Adèle has hired lawyers to defend themselves (us, as taxpayers). Now, ex-mayoral candidate, André Lavallee, has formed a committee of citizens to act against certain individuals who work for the city of Sainte-Adèle, their lawyers and the insurance companies involved to protect the health of our town's finances.

What a nice surprise in the mail! I found that taxes on my property in Sainte-Adèle had dropped. But, if you have to pay more, and have questions about your evaluation, you have a contact within Sainte-Adèle, Mme. Karine Ethier at 450-229-6637 ext. 112. That number is for all municipalities in the MRC. It takes about 2 weeks, and you will get a response concerning your evaluation and respective municipal taxes.



Since it is almost time for spring cleaning, I shall remind you again: when you use our Eco-center over in Mont-Rolland, your citizen card is no longer accepted. You will need proof of residency, along with a photo ID of yourself. In addition, for construction materials, you can drop stuff off 5 times over a year (January 1 to December 31) – also it's a good idea to keep it below 81cu.ft per visit. But you can drop off electronics or dangerous domestic residue (paint) etc. anytime. For more info on the required ID, and the regulations, you can call 450 229-4984. The Eco-center is open from Monday to Saturday, from 8 am to 4 pm.

Check-out the wood sculptured eagle in the Deauville sector of Sainte-Adèle, near the intersection of Souchets and Malards. This work of art is 7 feet in height and is carved from the trunk of an old pine tree. The artist is Mme. Hélène Rondeau, an employee of our town's public works department. Unfortunately, Mme. Rondeau will have some restoration work to do, as it seems a woodpecker has taken a liking to the eagle.

Lots going on in our Place des Citoyens. You can check out all events at ville.sainte-adele.qc.ca

Also, your kids might want summer jobs at a day camp this summer. Training is available for animation on March 16 - 18, and April 13 - 15. For information call 450-229-2669 ext. 420, or apply now for a job at mlortie@ville.sainte-adele.qc.ca Enjoy March – spring is moving up our way.



Village of Weir Newswire

Claudette Smith-Pilon

SPRING IS ON OUR DOORSTEP

Let's all join in...

Montcalm and its many friends are sorry to see Dr. Guy Rondeau retire. Many of us have been to his clinic over the years for all that ailed us. There is not a more generous, patient, concerned, helpful and knowledgeable doctor around.

There will be a gathering at Huberdeau Town Hall on April 14 from 5 pm to 7 pm to celebrate his long journey with us. We will all miss him very much and we wish him and his wife Céline a very deserving and relaxing rest.

Happy 17th Anniversary to Main Street.

What memories, so many excellent articles from excellent writers with interesting topics. Very warm thank you to our editor Susan, for having continued Jack's legacy, he would be so proud of you and your team. The readers are very well informed in the area you serve. They appreciate the English paper and the work involved to respect the readers of the Laurentian area.

CITY HALL NEWS

ACTIVITY: Line dancing accompanied by a live band every Friday night from 7 pm – 11 pm at the Community Hall in Weir. Info: Paul Brunelle 819 430-3930. All dancers are welcome to come enjoy music, singing and meeting friends.

LIBRARY HOURS

Wed: noon – 5 pm; Thurs: 5 pm – 8 pm; Sat: 9 am – noon.

Do you have your library card? You do have to register.

If you are interested in volunteering "time" in order to offer more opening hours, please come to the library on Saturday morning and speak to Pierre Nadeau.

COMMUNITY LUNCHEON: The next luncheon will be on Fri, Mar 30: 11:30 am. Please call Jolaine Craig 819-687-9508 to reserve.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Next sessions: Friday, March 9 & 23 and April 13 at 9 am.

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



Let's Talk About It

Erin McCarthy - Main Street

Hi there! This month I would like to talk to you about a cool initiative happening here, in Mont-Tremblant, in the realm of education for individuals over 50 years old. Although I am not over 50, my involvement is not on the learning end,

but rather in a teaching role.

Last March, I met a woman named Elaine St-Pierre at one of my painting events, and we got to chatting about my background in art, and academia. She told me about a program that she was running in the area, called Université du Troisième Age (UTA). After a second conversation later on, Elaine asked if I would be interested to teach a course for the UTA, and I was delighted to accept! Since becoming acquainted with the program, I have met individuals who come to these classes from all around the Laurentians, and I thought it would be interesting to Main Street readers to know a little bit more about the UTA, it's roots, development, and curriculum:



Elaine and her husband moved to Mont-Tremblant from Ottawa in 1996, to ski and enjoy retirement. Knowing almost no one, Elaine started the Mont-Tremblant Book Club, now 21 years old. Subsequently, some of the women in the club, who were craving more of a challenge, formed a subsidiary - The Brainiacs. They hired their own professors to teach them interesting subjects, and classes were held in one of the members' homes.

In 2003, Elaine overheard a conversation at a party about the university courses being given by the Université de Sherbrooke throughout the Province, for individuals over fifty, and how local UTA committees, including Mont-Tremblant, organize their own courses and activities. Elaine asked UTA regional founder if there were any English courses being given, and although the answer was 'no', the founder asked Elaine if she would be interested in establishing one. With 'The Brainiacs' in mind, Elaine accepted the challenge, and in 2004, they debuted their first course. Since then, the English program has held over 27 courses on a myriad of topics such as: The History of Rock & Roll, Motown, and Disco, Antique China and the Current World, Understanding Judaism, India Through its Literature, Astronomy, History of Iran, Iraq, and Afghanistan, and The History of Ireland. The current course for this session is; Renaissance, Baroque, Rococo: Exploring Three Major Periods in Art History (taught by me!).

UTA is a wonderful way to learn and to meet new friends. The English course is held, usually, one afternoon a week in Mont-Tremblant, at the Domaine Saint-Bernard. The best part about it? No homework, no term papers, and no final exams!

General UTA website: www.USherbrooke.ca/uta

For the Mont-Tremblant sector www.utamont-tremblant.org

Lastly, I would like to take this opportunity to wish Main Street a very happy 17th anniversary, and to thank our fearless leader, Susan MacDonald, for all her hard work, and for keeping the wheels turning on our wonderful little Laurentian literary labour of love!

Arundel News

Janet Thomas

TRIBUTE TO DR. RONDEAU AND HIS ASSISTANT/WIFE CELINE TASSÉ

**SATURDAY, APRIL 14: 5 pm – 7 pm
HUBERDEAU TOWN HALL**

In 1960, at the age of 29, after completing his internship in Montreal, Dr. Guy Rondeau moved to Huberdeau where he opened his medical clinic. Now, after 57 years of service to our community, most of which was spent as the only doctor between Mont Tremblant and Lachute, Dr. Rondeau has retired.

Guy Rondeau is a rare individual. He developed his career as a true General Practitioner. Over the years, he has gone above and beyond the norm to meet all the needs of his patients, from delivering babies, to attending midnight emergencies, to acting as a social worker/therapist, sometimes even having to act as a policeman, and, of course, running his clinic. Periodically, he would take to the road with his wife, Céline, to visit the homes of elderly patients. Sometimes his visits were more as a friend than a medical practitioner. This is what made such a difference to so many. Fully three generations of our community have benefited from his deep and thoughtful caring, and we are most grateful. Please join us to thank him in person.

**Saturday, March 24
2 pm**

SING-ALONG WITH JIM ROSS

Come lift your voice, clap your hands, and tap your feet to the beat of Irish medleys and old-time favourites. Dessert and refreshments afterwards. \$5 donation; Arundel United Church

**Sunday, March 25
2 pm**

LOISIRS BINGO AT THE LEGION

Cards \$10; Jackpot \$100





Successful campaign for Centraide Laurentides

The 2017 Centraide Laurentides subscription campaign ended on a high note with the announcement of the amount raised of \$2,424,557. The president of the campaign, Mr. Jacques Gariépy, unveiled the results recently in Saint-Jérôme during a benefit dinner. The funds will be re-invested into more than 60 community organizations across the region.

For more information on the mission of Centraide Laurentides, or to make a donation, visit www.centraidelaurentides.org

Significant financial support is given to two Lachute businesses and a support organization for English-speaking entrepreneurs in the Laurentians

The Member for Argenteuil-La Petite-Nation and Parliamentary Secretary for Sport and the Disabled, Stéphane Lauzon, on behalf of the Honorable Navdeep Bains, Minister of Innovation, Science and Economic Development and Minister responsible for CED, announces that Brownsburg Electronik Enterprises Inc. and Cristini North America, as well as the Fonds d'Emprunt Communautaire Féminin (FECF), better known as the Fonds d'Emprunt des Laurentides, will share financial assistance totaling \$744,000.

The two Lachute businesses will receive repayable contributions under the CED Economic Development Program (PDEQ). They will be able to realize their expansion plans, notably by increasing their production capacities and their market shares. These projects will also create 13 quality jobs for middle-class Canadians.

A non-repayable contribution is made to the FECF, under the Official Languages Economic Development Initiative, to provide start-up support services to the English-speaking community of the MRC des Laurentides.

Training and employment of beneficiary attendants in CHSLDs

The Laurentians Integrated Health and Social Services Center (CISSS) and the Mont-Laurier Vocational Training Center (CFPML) are joining forces to offer Personal Assistance training in a health facility, leading to the work of a beneficiary attendant, in a residential and long-term care center (CHSLD).

As of April 9, 24 people will be able to benefit from the expertise of the CFPML teaching team, which will offer training at the premises of the Rivière-Rouge Service Center. Students will have the opportunity to perfect their skills, through supervised internships, directly with residents of CHSLD l'Equip'Age, located on the 5th and 6th floors of the Rivière-Rouge Service Center.

Anyone interested in registering for the Personal Assistance training program can contact the CFPML team at 819-623-4111, or directly at the Rivière-Rouge Adult Education Center at 819-275-7880.

MRC des Laurentides partnership

The Economic Development Corporation (CDE) of the MRC des Laurentides officially launched a partnership with Laurentides International, the regional export promotion organization, to support businesses in their international efforts.

As part of this partnership, the companies selected by the CDE will receive Laurentians' International Export Multiservice Cards, valued at \$1,000 each, and be supported by Laurentides International's international trade experts.

Yves St-Denis discusses perseverance with youth

For the third year in a row, as part of the School Perseverance Days, Yves Saint-Denis, Member of Parliament for Argenteuil, invited students from the region to join him for a day to discuss the importance of school and perseverance.

Participants talked with Suzanne Albert, owner of the IGA S. Albert in Lachute, about her background and involvement in the community. They also visited the local television station, met the team and participated in simulation activities. They ended their day at DD Création, where they were able to design and create a promotional tool.

Coupe Quebec returns to the Laurentians

The big cross-country ski event will take place in Morin Heights, from March 23 to March 25. Again, the Club Fondeurs-Laurentides will host the event at the new training centre at Sommet Morin Heights. More than 300 of the best athletes of Quebec are expected to participate, and the event will be broadcast on local media. Listen to Guy Thibodeau on Radio Canada, or on the website <http://www.fondeurslaurentides.ca>.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Dynamic duo, **Hugues Néron, Hugo Laliberté**, and their team who celebrate the 5th anniversary of **Le Saint-Sau Pub Gourmand**, 236 rue Principale, St. Sauveur. They would like to thank their outstanding team and patrons. Le Pub Saint-Sau has a diverse, appetizing menu and superb musicians who everyone enjoys. Be on the lookout for the opening of a new micro-brasserie and artisanal charcuterie, which will open in June in Prévost. 450 227-0218 / www.lesaintsau.com.



Sylvain Cormier and team at Restaurant Maestro, 339 rue Principale, St. Sauveur, who celebrate their 27th anniversary. Their signature dishes include marinated salmon with maple syrup and sour cream, delicious tartares, homemade pasta, Shanghai shrimps, fondant chocolate and more. They provide specialized catering and charcuterie specialties. Happy 27th anniversary Sylvain (alias Stéphane)! Sylvain is proud of his staff and would like to thank them, and all patrons of Maestro. Wishing you many more years of success. 450 227-2999 / www.restaurantmaestro.com / Facebook: Restaurant Maestro St-Sauveur.



Sue Wood, George Makri, and the team at Moe's Bar and Grill, 21 de la Gare, St. Sauveur who are currently in their 29th year of serving patrons at their well-known and well-loved deli. Specialties include smoked meat platters, ribs, pizzas, grilled meat, pasta dishes, various sandwiches and a delectable array of desserts. Fridays, from 8 pm to 3 am, there is amazing live Latin music with energetic animator, Rick Hamalian. Happy hour from 3 pm to 9 pm. 450 227-8803 / www.moesstauveur.com.



Did you know that:

You can buy delicious homemade cheese fondue and artisanal chocolate under one roof? **S.O.S. Fondue and Chocolat Smilly** are located at 1785 Route 117, Val David. Gérald Golay is from Switzerland, and makes a variety of fondues that include: gruyère and émmmental, tomato, his secret family fondue with herbs and spices, and one with beer from a local micro-brasserie. Drop by and pick up fondue for 2, or order enough to host your own fondue party. Gérald can also deliver to your home. His wife, Mélanie Beaulieu, creates delicious artisanal chocolate goodies, such as fondue, milk and dark chocolate bars, Easter chocolate, holiday treats and personalized chocolates for parties. Open Tuesday - Saturday from 11 am - 6 pm. S.O.S. Fondue: 819 216-7000 / www.sosfondue.ca, Chocolat Smilly: 514 895-1529.



If you want to save money and enjoy skiing with your family on natural snow, you can go to **Mont Sauvage**, 1169 2nd Ave., Val Morin? They offer individual passes for \$25 and family passes for \$50, an amazing bargain! Open weekends and for March break. There are new fun runs this year, and box lunches are allowed in the cafeteria. This ski hill is over 50 years old and re-opened four years ago. Contact: 514 312-1942 / www.skimontsauvage.com.



Alavida provides a unique, "beautiful goodbye" by offering wonderful choices to celebrate the life of a deceased person? If someone desires to celebrate his/her passing with family and friends while still alive, why not? Alavida assists people with advance planning, and can organize a memorable Celebration of Life event, before or after the passing of an individual. The special event can take place at a private residence, or any location of your choice. Alavida has the necessary services to ensure your event will be meaningful, heartfelt and successful. They will help you celebrate the "essence" of a person's life by providing you with everything from A to Z, including invitations, the venue, music/entertainment, delicious food, guest gifts, etc... Contact Ilene Geringer-Smith at 514 605-5787 / Ilene@alavida.ca / www.alavida.ca.



Fairmont Tremblant invested 6 million dollars to renovate their hotel? The lobby and outdoor terrace have been refurbished. Renovations to their restaurants ensure the hotel is a unique gourmet destination. Choux Gras Brasserie overlooks the pedestrian village and offers hearty dishes and a variety of beers. Axe Lounge Bar is a friendly meeting space. Menu includes soups, sandwiches, tasty meat and fish dishes. A variety of drinks are available. The main resto is Le Comptoir Cuisine de Marché, which features buffet-style breakfast, brunch and themed buffets, Friday and Saturday evenings, featuring local products. Ricochet Café & Terrace is next to the outdoor pools. Grab a cold beverage, a coffee or tasty meal. Moment Spa has been renovated, and offers respite and relaxation to guests. 819-682-7000 / www.fairmont.com/tremblant / Facebook: Fairmont Tremblant.



READERS VOICE

Response to legalization of marijuana – February 2018

In the February edition of Main Street, Ron Golfman's column speaks about the legalization of marijuana and although we are all entitled to our opinions, I would like to point out some facts that were overlooked in the writing of this article.

First off, decriminalizing marijuana does not clean up our legal system. It does not allow for the government to regulate weed sales, nor does it make it more difficult for our young people to gain access to marijuana. As it stands, 28% of Canadians under 15 years old have used marijuana according to Unicef. Meaning Canadian Youth smoke more cannabis than any other developed nation. Clearly our current system isn't working.

Secondly, Mr. Golfman compares weed smoking to cigarettes when in reality it should be compared to alcohol. Your employer would be less than impressed with you should you show up drunk to work. Smoking cigarettes does not alter your state of mind as alcohol or marijuana does. Along these lines, it is important to point out that after numerous consultations with doctors, law enforcement, committees and judges, the government concluded that the legal age to purchase weed would be similar to the legal age of purchasing alcohol. Leaving it up to the provinces to decide whether it be 18 or 19 years of age.

Lastly, I think it's important to point out that in places such as Colorado or Washington where weed has been legalized we have not seen an increase in marijuana use, we have actually observed the opposite. So, whether or not you are in favour of the legalization of cannabis, I think we can all agree that we want less young people affecting their brain development through the use of drugs. We want less congestion in our legal system and we want organized crime groups to have the least amount of contact with our young people as possible. How do we achieve this? By legalizing and regulating marijuana.

Chelsea Craig
President, Young Liberals of Canada (Quebec)
Resident of Ste Anne des Lacs

Seventeen years and counting...

"Over the years, Main Street has been a great collaborator in helping the team at YES engage entrepreneurs in the Laurentians - thank you!"
Y.E.S.



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Strings & Things In a pinch

Dale Beauchamp

In this installment, I thought we'd look at a few tricks you can use to buy you some time when things go wrong with your instrument, until a proper repair can be done. Many players are aware of most of these strategies already, but hopefully some might be new to you.

If a string buzzes when played open, it usually means the nut (the piece of bone or plastic the strings ride over at the peghead) is worn, and the string is too close to the first fret. Try slipping a tiny piece of business card, or the like, under the string in that string's slot in the nut. That will raise the string a bit and stop the buzzing. If the strings buzz when playing fretted notes, try loosening the truss rod, say 1/8th of a turn; that's counter-clockwise, like any nut, bolt or screw. If that doesn't work, raise the bridge a little until the buzz goes away. Most mandolins and Gibson-style electric guitars have thumbwheels, although you'll often need to slacken the strings to accomplish this. Fender-style electrics require a small Allen wrench to raise the individual saddles at the bridge. Non-adjustable bridges, as with violins and most acoustic guitars, will need the previously mentioned business card trick to raise a string up a little. Cardboard, however, has the effect of dulling the resonance, but at least you've gotten the show on the road. A better temporary solution is to slip a piece of business card under the bridge saddle. Sometimes you'll need more than one piece. If you feel handy, and have a meticulous nature, here's a good trick for the worn nut slot we talked about earlier: Protect the area around the worn string slot with some electrical tape. Score or scratch the bottom of the slot with an Exacto, or razor blade. Now, pack some baking soda into the slot and drop a bit of Krazy Glue into it. Let it cure about 45 minutes, and then clean up the excess with a file, or a little piece of folded sandpaper. A real repair shop has a file to match each gauge of string, which makes this easy and more accurate, but at least you'll have a good hard slot, that won't sacrifice any tone, until you can bring it in.

Are you a finger-style player with a broken fingernail, or one that has worn too thin? You can use Krazy Glue to fix a broken nail or build up a hard thickness on a thin nail. I don't know how healthy it is though. I know people who use Krazy Glue to 'repair' painful skin cracks, to allow them to keep playing, but ... just a thought ... Krazy Glue contains cyanide.

If one of your fiddle's tuning pegs keeps slipping, and you're out of peg dope, try using a piece of wax crayon...it's not perfect, but it works.

In winter, remember to keep the humidity around your instrument to between 40 and 50% ... many buzzing problems come from a lack of humidity!

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JUMP-START YOUR ART & FINANCING OPTIONS

FREE | Monday, March 26: 1:30 PM – 3:30 PM
Learn about the support services available at YES and other arts organizations and find out what you should consider when building a career or business in the arts.

INCOME TAX BASICS FOR ARTISTS

\$20 | Wednesday, March 21: 6:30 PM – 8:30 PM
Tax season is approaching, and as a self-employed artist, you might feel overwhelmed by the tax return process. Learn about financial record-keeping, reporting income, expenses, deductions, tax credits and other important tax basics.

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Les Sommets St-Victor

Susan MacDonald

Mr. Gino Ramacieri, developer of the prestigious Domaines Lac St-Victor Estates, is proud to announce formally his recent collaboration with BONE Structure®, designer and builder of high-performance Canadian custom homes.



The decision to join with BONE Structure® was based on their high standards of performance, technology and innovative methods of supplying energy-efficient solutions. They design Net Zero Energy Ready homes, reducing heating and cooling loads by up to 90% in comparison to traditional homes. LEED or PassiveHaus Certifications are easily achieved. These vital elements of design coincided with Mr. Ramacieri's strict guidelines for future homes built on the property, thus preserving the high ecological standards of the domain.

The vision behind this development project was to provide a truly unique lifestyle: living in a tranquil, natural environment with all the amenities of urban life. Here, the beauty of nature surrounds residents everywhere they look. They have breathtaking views, access to all trails, and a private dock on Lac Notre-Dame, along with all communication services and the Internet fully accessible, thus allowing anyone to work from home. Only minutes away from restaurants, entertainment and shopping, life at Les Sommets St-Victor provides the ultimate solution to living a balanced lifestyle.

Domaines Lac St-Victor Estates is a development with high ecological standards. Nestled in the heart of the Laurentians, in Wentworth-North, the property is surrounded by approximately 10,000 acres of crown land and 500 acres of land under the protection of Nature Conservancy of Canada, thus ensuring the protection of the surrounding area for the future. Lots range in size from 5 to 10 acres, starting at \$90,000. Each lot has been planned to include flat plateaus to facilitate easy construction.

Over the past several years, Domaines Lac St-Victor Estates has been the recipient of several prestigious awards for the outstanding quality of its homes and architectural designs. It is also recognized for being a development project with sincere concerns for the environment and for its diligence in maintaining the smallest possible carbon footprint.

To explore this unique concept further, contact Mr. Ramacieri directly at 450 226-0048 or email: stvictor@bellnet.ca or visit the website: www.lacstvictor.com



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Welcome to Camp Tamaracouta



Located in the heart of the Laurentians, Camp Tamaracouta is the oldest, continuously-operating Scouts camp in the world. A true natural paradise for young, outdoor enthusiasts, the 1000- acre property offers numerous lakes, rivers and waterways to enjoy, and hiking trails, mountain ranges and valleys to explore. Just 60 km from Montreal, and close to Lachute, St. Sauveur and St. Jérôme, this camp destination has been a favourite with local and city families, as well as known internationally, for generations.

Camp Tamaracouta is more than just play, and fun in the sun. Their summer programs provide opportunities for youth to disconnect from their familiar world of technology and to discover the wonders of nature. Through their courses, children learn a multitude of skills that will continue to benefit them throughout their lifetimes. Skills, such as team-building, achieving goals, and stepping outside their comfort zones to take on new and exciting personal challenges. Survival skills, such as building fires, setting up campsites, reducing carbon footprints, first aid and a respect for the natural world they live in. These young campers have the opportunity to share common interests and build lasting friendships with others from all over the world. What an opportunity!

Camp Tamaracouta's summer camp offers diverse programs to arouse every child's interest. Day camps and residential camps are available under the supervision of the ACQ-certified camp program staff. The Outdoor Adventure Skills (OAS) program is well-suited for active children interested in water sports, orienteering and exploration. Youth more attracted to science, technology, arts, mathematics and engineering will enjoy the STEAM program. Also available are introductions to archery and target-shooting, outdoor cooking, ecology and sustainability under the Core program. These are just a few examples of what Camp Tamaracouta has to offer. A complete list of courses and their descriptions are available on the website listed below.

With their seasonal and winterized facilities, the camp is open year-round and can accommodate up to 7,000 people a day. In the past, they have hosted several Jamborees and other special events.

Registration for the summer program is now open and available to all youth between the ages of 5 and 17 years old. Children do not have to be Scout members or have any previous Scouting involvement. Any child with an interest to participate in the camping experience is welcome to join. Just bring along your enthusiasm!

For full details, dates and to register for the upcoming season, please call 450 438-4096, or email reservations@tamaracouta.com. Visit the website www.tamaracouta.com or follow the camp on Facebook at Réserve scout Tamaracouta Scout Reserve.

10th Edition of Pleasures on Snow a Big Success!

On Saturday, February 10, the 10th edition of the annual Pleasures on Snow family day was held in Gilbert-Aubin Park. This popular family event was organized with the collaboration of the Chamber of Commerce and Tourism of the Valley of Saint-Sauveur.

Mother Nature was cooperative and the day was warm and pleasant for outdoor activities and everyone had a wonderful time. "It's really nice to see that Les Plaisirs sur neige is an opportunity for Piedmont families to come together and spend a few hours having fun and feasting," said Madame Rochon, Mayor of the Municipality of Piedmont.



Memories...

After seventeen years, the memories are still vivid; Jack Burger with all his cassettes of material and surrounded by piles of handwritten submissions on diverse odd pieces of paper. Jack had the patience to sort it all out and the paper was digitally set up ready for press as usual... Once, the team met in Lachute, were given a copy of Main Street and we all proudly crossed the street reading the paper. This was the cover photo on the next edition. Very devoted people work hard to keep Main Street going.

I have never worked with a team so reliable and excellent at what they do.

Ilania Abileah

CAMP TAMARACOUTA

Outdoor Adventure Skills Center
We invented camping

Resident Camp We welcome youth with diverse interests and goals. Our ACQ certified camp program staff will guide you throughout your stay allowing your input into what you would like to do. Our OAS, STEM, and Core camp programs let you choose your path.

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Day Camp

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CAMP CERTIFIE ACQ

SCOUTS CANADA

St. Patrick's Day
Colour me green...

Many Laurentian families can proudly trace their roots back to their Irish ancestors who emigrated from the land of green to settle in this region, but on March 17, everyone feels a touch of the Irish and joins in to celebrate St. Patrick's Day.

Originally a religious feast in observance of the death of St. Patrick, the patron saint of Ireland in the 17th century, today March 17 is celebrated through a variety of festivals and parades, with special menus of green-dyed food and beverages, music, dancing and merriment. And, lots of green!

Please check with your municipality for any planned special events.

Montreal's St. Patrick's Day Parade
The 195th Montreal St. Patrick's Day Parade will take place on Sunday, March 18, starting at approximately noon. This well-attended procession is made possible by the United Irish Societies of Montreal, who have been organizing the event since 1928.

Due to local construction, this year's route has been changed and will start on de Maisonneuve Boulevard. For full route details, please check the website www.montrealirishparade.com or follow on Facebook: United Irish Societies of Montreal.



Essential Oils Cabin fever and essential oils

Susan Rich

This has been a very long, cold, wet, eternal winter, and it's not quite done yet. By now, many of us are deep into the effects of cabin fever, and with that goes our cheery disposition, our motivation and our energy to get up and go. Don't despair though, as there is hope, and essential oils are coming to the rescue!

As I've mentioned before, the effects of essential oils on our moods is nothing short of miraculous. I've seen countless numbers of people being affected powerfully by the mood-enhancing molecules of essential oils. Just one sniff of any one of these precious gifts of the earth delivers the ability for the aroma to traverse our olfactory senses and enter the part of our brains that is responsible for our emotions.

The most common oils used to cheer us up are in the citrus family. These include lemon, wild orange, bergamot and tangerine, to name just a few. They can raise our dampened spirits. Think about where these fruits grow. Up in the trees, they grow above the ground and, just like reaching up to pick them, our moods are also raised when we take in their aromas. By using a diffuser or putting a drop in our hands and then taking a big inhalation of their sweet sunny scents, we will feel uplifted almost instantly.

Florals are also great for lifting us up. Most likely, we all know about lavender's ability to calm us down, but did you know it has also been proven to combat depression and anxiety? Another wonderful floral is Ylang Ylang. It has an intoxicating aroma that's been used in the perfume industry for years, because of its mood-enhancing properties. This oil can help curb the negative thoughts associated with depression. Then there is Jasmine, an essential oil that has an aromatic floral scent, which is mildly sedative and has calming effect that can help to relieve stress and ease depression. Also, Jasmine oil stimulates the brain, and helps to uplift our moods by promoting feelings of self-confidence and optimism.

So, when you're feeling down and out, pull out your favorite essential oil and take a deep breath. Within about 5 minutes, those tiny aroma molecules will begin to lift your mood and have you smiling again.

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



Fit Tip #123 The blahs!

Lisa Mclellan - Main Street

This has been a trying winter, no? So many people have been, or are sick - and for weeks at a time! The weather has been unusually cold, with plenty of big snowstorms combined with heavy rainstorms, which has meant lots of shovelling, slush and dan-

gerous icy conditions. I don't know what you are thinking, but where are the blue skies and sunshine? I mean, I hate to complain, and I'm not, BUT I must admit to feeling a little unmotivated, a little disenchanting, and kind of grumpy. I'm lacking in my usual enthusiasm, and I'm feeling low in energy. I have the Blahs.

The best thing about becoming aware that you have the Blahs is that you can do something to change them. The power of mindfulness. Here are a few tips on how to renew your energy and your sense of wellbeing:

1. Go on a vacation - even a weekend away. Take a break. Spend time in Nature.
2. Take sufficient amounts of Vitamin B and Vitamin D.
3. Move. Push. Breathe hard. Get fresh air. Moving improves your circulation and enhances your mood. As such, your thought patterns start to change, and you feel better. :)
4. Join a Spa. Warm up, relax and detox in the sauna, steam baths and heated pools. A deeply regenerating and invigorating winter experience.
5. Try St. John's Wort tincture. It encourages the brain to produce serotonin (the happiness hormone). Take 10 - 15 drops twice daily. Contra-indication with anti-depressant.
6. Invest in a light therapy lamp, or box.
7. Listen to music. Dance.
8. Lose yourself in something that brings you joy.
9. Laugh. Have fun. Count your blessings.

Sometimes there is something deeper - an emotion, an unexpected challenge, a trying situation, an unbalanced life, which robs us of energy. This can leave us feeling unhappy, anxious or perhaps depressed. Staying flexible means that you allow for things to happen. An inner transformation is perhaps at work. Whatever it may be, it's time to shift your focus and do something. Stop avoiding. "Just do it", as Nike says. You may find unexpected renewal and wellbeing in a mind-body practice like Yoga, meditation or Tai Chi. Perhaps it is time to consult?

Use the above tips to build your vital energy. Address what needs to be addressed. Supervise your words. Be aware of what you are saying. Words are powerful. Come to class (we always have fun). You will see your Blahs will begin to dissipate. I already feel better just writing about my Blahs! The days are getting longer. There is more daylight. The birds are singing. We are moving quickly towards Spring.

So, here's a big hug. Now go outside. Take a breath of fresh air. Get going on a favourite hobby or project. And, be grateful for this day.

Amor amigos.



Laurentian Personality François Trudeau, Fat biker, trail builder

Lori Leonard - Main Street

Although we may think of fat biking as a "new" sport, François Trudeau, a high-level mountain bike racer, turned free-rider and fat biker reveals it was initiated 15 years ago in Alaska and the Yukon. François is involved in the development of mountain sports and professionally designs and builds durable mountain bike trails.

People of all ages and abilities, especially those who enjoy snowshoeing, cross-country skiing and mountain biking will enjoy fat biking. Fat biking is not that physically demanding and is a great family activity.

A beginner's fat bike is about \$1100. It has multiple gears, a shifter and 9-12 speeds and cannot be used in summer. It weighs about 30 lbs and tires are 5" wide. A fat bike can be reserved at a sports/cycle shop. For a first adventure, it's wise to rent a bike for a half-day and bring along a buddy. An expert will provide you with a 5-minute course; no license is required. One can become intermediate after 10-12 rides.



Photo: Courtesy of Alain Denis for Vertigo Adventures

François has built durable single-track trails in the Laurentians for more than a decade. He is currently working with the City of Morin Heights to plan a unique, mountain bike/multi-use trail network in a natural area of Morin Heights. Once this project is complete, it will be a benchmark for other municipalities across the province to emulate.

François respects the environment by optimizing paths and minimizing environmental impacts, such as erosion. He creates trails that naturally blend and flow into the surroundings. Few trees are felled, so topography of the terrain will resist water damage. Fashioning a trail this way makes it feel as though it's been in place for decades even though it's new.

Having had the privilege to discover fat biking in early development, François has been involved with fellow mountain bikers to promote fat biking in the Laurentians through trail advocacy. He worked with SOPAIR (Société de Plein-Air des Pays-d'en-Haut), which helped to structure and distribute information about fat biking and educate trail network managers. Fat biking is perfectly adapted to our northern climate and Laurentian mountains.

François knows that people appreciate the beauty of nature, and that it provides places to heal both body and soul. His hero is outdoor pioneer, John Muir, who inspires him to structure, build and protect the magnificent Laurentian landscape. François states, "If I can contribute to create mountain getaways and peaceful nature areas for people to enjoy, then I'm doing my job on this small planet in this fast-paced world of ours."

Muir wrote, "the clearest way into the Universe is through a forest wilderness and in every walk into nature one receives far more than he seeks."

François recaps "Fat biking is lots of fun, a unique, outdoor nature experience. Happy trails."



Terryble Tymes How to identify and avoid online scams

Terry Cutler

For the past few months, we have been discussing how to identify and avoid online scams. Many of the most popular scams on the Internet today involve money laundering. The particular scam that we'll discuss in this issue is called the 419 Scam. The name 419 refers to a section of Nigeria's criminal code, which is also known as the Nigerian Scam.

This money laundering scam is one of the oldest and most popular scamming schemes. Many of us might have encountered it already in our inboxes, in one form or another, and many have lost it all to this scam. Just Google "Victims of Nigerian scams" to learn about the heart-breaking stories.

The typical scam starts with an emotional email message. It can come from an official government member, a businessman, or a member of a very wealthy family, usually a woman or a prince, who asks you to provide help in retrieving a large sum of money from a bank. They'll initially ask you to pay small fees for papers and legal matters. In exchange for your help, they promise you a very large sum of money. Pretty straightforward.

Of course, this is just how it starts. Next, they ask you to pay increasingly more for additional services, such as transactions or transfer costs. You would even receive papers that are supposed to make you believe that it's all for real. In the end, you are left broke and without any of the promised money. This scam is a very expensive life lesson if you fall for it. The elderly are the biggest victims of this scam, especially if they have Alzheimer's, so please watch over them for me.

We'll discuss another popular scam next month, so stay tuned and don't forget to subscribe to my free Internet Safety University newsletter at www.InternetSafetyUniversity.com

Terry Cutler is the creator of the family-based Internet Safety University training program (www.isunow.com), and a government-cleared cybersecurity expert (a Certified Ethical Hacker). He was awarded the 2017 Cybersecurity Educator of the Year award: the Cybersecurity Excellence awards recognize companies, products and individuals that demonstrate excellence, innovation and leadership in information security. You can contact him at Terry@terrycutler.com or 1-844-CYLOGY



Garden Talk Bromeliad basics

June Angus - Main Street

Exotic, eye-catching, easy to grow! All three points apply to bromeliads, a family of sub-tropicals that do very well when cultivated as houseplants.

Over 3,000 varieties have been identified in nature, but this huge family is generally divided into two main categories. Terrestrial bromeliads have complex root systems that gather water and nutrients from the soil. Epiphytic bromeliads grow hard, wiry roots to attach themselves to trees and rocks, and capture moisture from the surrounding air; hence their nickname as air plants.

My experience is mainly with the root-in-soil types. They produce foliage to form a rosette that creates a natural cup in the centre of the plant. This cup captures rainwater in the wild. Depending on the variety, leaves may be green, white, dark red or gold, often with white spots or stripes. Leaf shapes range from needle-thin to broad and flat, and may be symmetrical or irregular. Some have spiky edges.



When it's time to bloom, some produce a stalk with a large top flower; others have small flowers that appear deep inside the rosette cup. These flowers can last for months, but once they start to fade, they must be removed using a sterile pair of scissors so the plant can focus energy on reproducing by growing pups around the base of the mother plant.

The pups can be removed once they reach one-third to half the adult plant's size. They can then be planted up to begin the bromeliad life cycle over again. Use coco fiber, peat moss or orchid mixes as the growing medium. Don't despair when the mother plant eventually dies off; this too is part of the cycle.

Whether caring for a mature plant or a pup, the steps are basically the same.

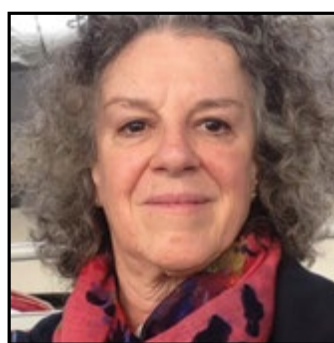
Bromeliads like bright light but not direct hot sun. Best to avoid a south or west-facing window. They will tolerate a wide range of temperatures but need lots of humidity. If your home is really dry, mist them a couple of times a week, or grow them over a tray filled with water and pebbles.

When watering a bromeliad, allow the soil to be moist but never soaking. Only re-water when the top couple of inches of the soil are dry to the touch. The center rosette should also be topped up with water. Every 10 days or so, tip any standing water out of the rosette and replace with fresh. Never let the plant's roots stay standing in water. That will cause rot and a premature death of the plant.

Wonderful to look at, and easy to care for, bromeliads offer the added bonus of improving the air quality in your home. They release oxygen during the day and remove air pollutants during the night.

Fun facts: Bromeliads are non-toxic for cats and dogs. Pineapple is the only bromeliad that is also a commercially important food crop.

On a final note, congratulations to Main Street as it marks 17 continuous years of publishing and reaching the English-speaking community throughout the Laurentians. I know that plenty of ex-pats love to read the paper too. It's also my pleasure to share my passion for gardening with you on these pages each month. Happy gardening...spring is just around the corner!



Welcoming the New Year Reflections on archetypes

Louise Bloom

Some years ago, probably in the early 1990's, I was asked to research and

give a talk on the power of Archetypes. I was working in art therapy and counselling people during an era when healing by examining our psychological history was de rigor. It became apparent, as the culture attached to this process, that we had begun to over-identify with our "stories", developing the habit of defining ourselves according to our wounds. As a result, there developed a kind of prideful ownership of those parts of our personas, whose behaviors were the consequences of our history.

Through a playful study of archetypes, came the opportunity to distance ourselves from our wounding and to find, in our psyches, symbolic characters who we might befriend; characters on the stage of life, with whom we might find kinship and even inspiration.

An archetype is defined as the original pattern, or model, from which all things of the same kind are copied; a first form, a prototype. In Jungian psychology, an archetype is a collectively-inherited unconscious idea, or a pattern of thought, an image, which is universally present in individual psyches.

Archetypes, through the images they symbolize, are constructs of powerful energies that are vital and alive within us all. Their shapes and colors can give us clues to help us to understand our childhood dreams and provide the potential to remind us of who we were, before we adopted the lives we have now, which could be the result of choices we made by selecting the paths of least resistance.

Apropos, I recall, from childhood, the following skipping song; "Tinker, tailor, soldier, sailor, rich man, poor man, beggar man, thief, doctor, lawyer, merchant, chief." Female counterparts would be the Queen, the Priestess, the princess, the nun, the mother, the witch, the healer, the cook, the good wife, the artist, the dancer, the lover. Applying imagination to this panoply of theatrical characters provides us with a large series of narratives, and opportunities to try on a variety of costumes.

As inhabitants of this western culture, our chosen identities can cause us the most profound suffering. Having adopted the belief in the validity of our "is-ness" in any aspect of existence, we can easily bring pressure upon ourselves to live up to our own expectations. Our belief in who we think we are, according to cultural benchmarks, invites a kind of striving that drowns our capacity for pleasure.

You might ask; have archetypes limited us, or illuminated our paths? I would argue that recognizing archetypes is an exercise in the letting-go of our fixed identities. Exploring options of expression, those which the archetypes symbolize, can liberate us from our habitual roles.

In my senior years, I am at a crucial crossroad. I have been contemplating archetypes, seeking clues to what is essential in my life now. Having identified, over time, with the roles of wife, mother, artist, spiritual aspirant, yoga instructor, and some other roles in-between, I am in the process of emptying these containers, and letting the previous constraints of those roles dissolve, while directing my energies to reorganize.

In the process, I have met with the archetypal "Nomad". Under her influence, I have embraced the response of the spontaneous traveler, and thus might choose to jump on a bus to new horizons, or merely to voyage within the world of imagination.



Coming events for artists and artisans of all disciplines

All registrations are currently underway!

DATES 2018	EVENT	DISCIPLINE	VENUE	FB PAGE
July 7 - 8	The Fire Arts Glass Décor and Ceramics.	All techniques for / with glass and ceramics	Saint-Sauveur	L'En verre du décor et céramique - Les arts du feu *Registration form online for all events
August 1 - 5	Artisans' Week in Laval	Crafts and handicrafts from all over Québec	Vieux Sainte-Rose in Laval	Semaine des Artisans de Laval *Registration form online*
August 25 - 26	Sculptors' Show in Saint-Sauveur	Professional and emerging sculptors	Saint-Sauveur	Sculpturales de Saint-Sauveur
October 6 - 8	Gourmets in Saint-Sauveur	Fine, local products, wine and gourmet cuisine	Saint-Sauveur	Saintes Saveurs de Saint-Sauveur


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**VICTORY SOUP KITCHEN / SOUPE
POPULAIRE DE LA VICTOIRE**
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Chatham Saturday /samedi:
11 am – 1 pm / 11h – 13h
Corner /coin - des Érables & McVicar

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COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE
2811 RTE. 327
Sat, Mar 17: St. Patrick's Day
Corn Beef Dinner
Doors open at 5 pm / dinner at 6 pm
Music / dancing / fun / singing / BYOB
Adults: \$15 / children \$7 /
12 and under free
Sun, Apr 8: 9 am - noon -
April Breakfast
Basket draw donations will go to the
Parkinson Canada Research Fund
Everyone welcome!

Sat, June 23: 9 am - 3 pm -
FLEA MARKET
To book a vendor table
(\$10 each or 2 for \$15)
contact Barry Smith at 819-687-9498
Indoor & outdoor tables available.
Everyone is welcome to buy, sell or visit.
Visit us on Facebook at LRCC-Lost River
Community Center for more details.
Internet Café: Daily access from
7 am - 10 pm.

Residents can pick up their key (\$5) at
administration desk.
Computer Support
Tues: 9:30 am - 11:30 am
at the Internet café.
Info: Brigitte Dubuc: 819-687-2122 ext.
3203 Like LRCC on Facebook at
LRCC-Lost River Community Centre
See event details and photos
on Facebook

HARRINGTON GOLDEN AGE CLUB
(259 Harrington Rd)
**The facilities are now open and we
are ready to continue our activities!**
Cook's Night Out: 1st Friday of the month
at 5:30 pm
Bingo: 1st & 3rd Sunday of the month at
1:30 pm
Quilting: Mondays at 10 am
Knitting: Mondays at 1 pm
Line dancing: Tuesdays at 7 pm
Welcome back to all

**HARRINGTON VALLEY
COMMUNITY CENTRE**
420, chemin de Harrington

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

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

**MORIN HEIGHTS HISTORICAL
ASSOCIATION**
www.morinheightshistory.org /
mhha98@hotmail.com

**THEATRE MORIN HEIGHTS
SAVE THE DATES
Morin Heights Legion
(127 Watchorn)
FREE!**
Mar 15: 7:30 pm - Play reading
Abridged version of Shakespeare's
Much Ado About Nothing
theatremorinheights@gmail.com
www.theatremorinheights.ca

**FUNDRAISER SPAGHETTI DINNER
Coop SORE**
Chalet Bellevue, 27 Rue Bellevue Morin Heights
Sat, Mar 10: 5 pm – 7 pm
Adults: \$15 / children under 10 yrs. \$10.

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

COMMUNITY FACEBOOK GROUPS
Community Readers may be interested
in joining one of these local
Facebook public groups:
Lachute as we Remember
Brownsburg QC memories
Descendants of Pioneer Families of
Mille-Isles - Morin Heights

Morin Heights Historical Association
Royal Canadian Legion
Branch 171 – Morin Heights

SEEKING VOLUNTEERS
Les Bons déjeuners d'Argenteuil
is looking for volunteers to serve
students on Tuesday and Thursday
mornings for the school year 2017-2018.
An urgent need is felt mainly at
Dansereau and St-Martin schools in
Grenville, and at L'Oasis, St-André,
and St-Julien schools.
Info: 450-562-2474 ext. 2300

ARUNDEL TRAILS!
Memberships available at
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SEEKING ACTORS FOR PLAY
The translation of the play Les Anges
Gardiens sont fatigués is nearly done
and we hope to have the play ready to
perform in May 2018.
We are looking for actors, especially
men, who could play characters
between the age of 60 and 75 years old.
The play is about caregivers and follows
the story of a couple, from the day the
husband is diagnosed with Alzheimer's
to his death. It is a serious subject
portrayed in a light, humoristic manner.
If interested contact Marie-Claude Hé-
nault: 514-705-5440 /
mchenault76@hotmail.com

**SEEKING VOLUNTEERS
MORIN HEIGHTS LIBRARY**
We are seeking bilingual volunteers to
join the team who operate the Morin
Heights Library.
Candidates should have an interest in
reading and literature and be comfort-
able working on computers.
Time availability is for a few hours per
month including the weekend.
Info: Lois Russell: 450 226-6874 / lois.
russell@xplornet.ca

**SAVE THE DATE!
LACHUTE 4-H FUNDRAISER DANCE**
Grenville Community Centre
Mar 24: 8 pm
Live band and lots of family fun.
Tickets: \$10 / person and kids under 8
yrs. FREE!

**PRÉMATERNELLE LA ROCHELLE
PRESCHOOL**
Morin Heights Elementary School
647, Chemin du Village, Morin Heights
450-821-2566

**SPAGHETTI SUPPER FAMILY
FUND RAISER**
Sat, March 24: 6 pm - 10 pm
Come join us for a fun evening of good
food and music
Tickets: Adult \$15 / children \$8

ART BY THE WATER EXHIBIT & SALE
Beaconsfield Yacht Club - West Island
26, Lakeshore Road (exit 48 St Charles
from Auto 20)

Apr 27: 6 pm - 9 pm - Vernissage
Apr 28 & 29: 10 am - 5 pm
Approximately 200 paintings by various
artists with many featuring
the Laurentian area
by artist Wayne Larsen of Val David.
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ZUMBA FUNDRAISER
Morin Heights Elementary School
Sat, Mar 10: 10 am - 11 am
For participants 12 years and older
Minors must be attended by an adult
Babysitting available: \$2
Bring water & footwear - waiver to be
signed
Info: Natalie: 450 226-2017 ext. 6217
mhesppo@gmail.com
Proceeds to benefit the students

SEEKING VOLUNTEER DRIVERS
The CISSS des Laurentides is looking
for volunteer drivers who want to get
involved with young people by offering
their time. If you own a vehicle and are
interested please contact 450 432-2777
ext. 78402.

ADVANCE NOTICES

**ARGENTEUIL PASTORAL CHARGE
BBQ CHICKEN DINNER**
Grenville Community Centre
(21 Tri-Jean, Grenville)
Fri, Apr 6: 5 pm - 7 pm

SPRING SALE
Lachute United Church
232 Hamford St, Lachute
Sat, May 19: 8 am - noon
Plants, books, treasures, home-baked goods

**LACHUTE UNITED CHURCH
STRAWBERRY SOCIAL**
Grenville Community Centre
21, Tri-Jean St., Grenville
Thurs, July 5: 6:30 pm - 8:30 pm
With music entertainment

**LACHUTE REGIONAL RESIDENCE
FOUNDATION
FUNdraiser**
Lachute Legion Hall, Lafleur St.
Fri, Apr 13: 7: 30 pm - doors open at 7 pm
Guest Speaker: Historian & Storyteller
extraordinaire, Robert Simard
Presentation: Argenteuil As We Remember.
Light refreshments
Tickets: \$2.
Contact Pat: 450-562-8365

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4 Korner's spreads the word about a must-know service organization

4K - By Jill Grumbache-Boileau
Community Development Coordinator, 4 Korner's Family Resource Centre

Our 4 Korner's team has been working hard to spread the word throughout the Laurentians about registered charity Educaloi. From Deux Montagnes and Lachute to Arundel, we've been holding workshops, presentations, and info sessions. That's because Educaloi is an important service for English Quebecers - a resource we believe everyone needs to know about.



Educaloi's apt slogan is, "Your starting point for legal information." As you can see on their website, offered in both English and French (<https://www.educaloi.qc.ca/en>), their mission is about helping people understand their legal rights and their responsibilities.

You can discover information concerning almost every topic of law you can imagine including health, family matters, parenting, concerns of the elderly, laws teens should be aware of, consumer rights and information, separation and divorce, work, and even traffic tickets and fines.

Importantly, Educaloi also provides germane information for educators including workshops, teaching guides, and tools.

There are many reasons that this legal-education service is outstanding. But a primary one is their success in providing information in plain, everyday language. You can rest assured you won't find intimidating legalese.

A recent article they published online revealed the ten topics most often asked about in Quebec. Here's a countdown of the top five: 5) Common-Law Couples: Making a Life Together Without Being Married, 4) Workplace Protections in Quebec, 3) Household Items and Personal Belongings After Separation, 2) Paying Expenses When Spouses Separate - and the number one most popular topic: A Tenant's Right to Cancel a Lease.

Educaloi explains how the law is an intrinsic part of our daily lives. They then help provide us with the skills to become more proficient in recognizing and exercising our rights.

4 Korner's Family Resource Center: A cornerstone of the community. Serving families, youth, and seniors since 2005. info@4kornerscenter.org / Deux-Montagnes: 450-974-3940, Saint Agathe: 514-574-8030, Lachute: 450-562-3553.

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Morin Heights, JOR 1H0
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prematernellelarochellepreschool@yahoo.ca

Seventeen years and counting...

"Congrats to our trusty leader who has kept our only English Laurentian community newspaper alive and well. Not an easy feat these days. Also, thank you to my fellow writers who keep our paper interesting, good-willed and informative. May Main Street prosper for many years to come." Lori Leonard

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Enjoy the flavour and health benefits of maple syrup

Along with its sweet taste, maple syrup provides over 65 antioxidants that can help prevent or delay diseases such as cancer and diabetes, which are caused by free radicals. High levels of zinc and manganese help to maintain a healthy heart and boost the immune system. One ¼ cup of maple syrup contains 100% of the Daily Value of manganese, 37% of the Daily Value of riboflavin and 18% of the recommended Daily value of zinc. It also is a healthy source of magnesium, calcium and potassium.

Traditionally used on pancakes, eggs and sausages, maple syrup also adds sweetness to baked desserts, fruit and ice cream, and can be used as an alternative in baking and cooking. It adds depth and flavour to a range of dishes or condiments such as glazes, rubs and BBQ sauces for meat, poultry, seafood or vegetables.

Substituting maple syrup for other sweeteners is easy and requires only a few modifications. To replace white sugar, use 2/3 of a cup of maple syrup for every 1 cup of granulated sugar and reduce the quantity of liquid ingredients in the recipe (water, milk) by ¼ cup. Lower baking temperature by 25 degrees F. For other substitutions such as honey, molasses or corn syrup, use equivalent measures.

A balanced diet is necessary to maintain good health so enjoy the wonderful, sweet flavour of our pure Canadian maple syrup in moderation.



The sweet nectar of spring

Susan MacDonald

As the season's temperatures fluctuate between warm days and cold nights, subtle changes begin to occur within the trunks of our mighty Quebec maples as the dormant trees slowly begin to emerge from their winter repose. New life returns as, day by day, the sap thaws and travels slowly up the tree trunks. With great anticipation, everyone looks forward to the start of the maple syrup season, one of Quebec's oldest traditions.

As a child, I would visit local cabane à sucres on school outings, and I remember riding the horse-drawn sleighs to the sugar bush to observe the collection of the sap. In those days, traditionally-shaped pails hung beneath metal spouts in the trees, and while small family-run operations do still use this method, most collectors have now turned to less labour intensive methods of using plastic pipelines. Aside from this transition, the rest of the production process has changed very little, and before the sap turns to the syrup that we all love and enjoy, it still needs to be boiled down and concentrated at a ratio of 40 to 1. That translates into 40 gallons of sap (sugar water) to produce one gallon of maple syrup.

Unlike the celebration of the fall harvest, when we tend to gather for grand feasts at the homes of friends and family, for the maple syrup season, we all head to the cabane à sucres. Most offer family activities for the children, with petting zoos, games and tours, guiding youngsters of all ages through the process of this tradition that leads back to our ancestors and our First Nations people. Samples are always appreciated, and tend to whet the appetites for the feast to follow, and here is where Quebec hospitality truly shines.

Table for two? Not a chance! Welcome to our community tables is the tradition at most of these establishments, where long tables stretch the length of the rooms and everyone is invited to find a seat. Open hospitality, friendly ambience and a mouth-watering menu are what make these outings so unique.

To tease your taste-buds, here's just a sampling of what's on the menu: homemade pea soup, baked beans, ragout de pattes du porc, omelettes, maple-glazed ham and sausages, cretons, and for dessert, pouding chômeur, sugar pie and all sorts of maple delights. Hungry yet?

Bon appétit, see you there!

Federal government contributes \$24,646 to the Arundel Legion

David Graham, Liberal Member of Parliament for Laurentides-Labelle, announced, on behalf of Jean-Yves Duclos, Minister of Families, Children and Social Development, that the federal government has awarded \$24,646 to the Rouge River Legion Branch 192 in Arundel. The grant was made under the New Horizons for Seniors Program and will be used to repair the foundation of the Legion's building.

"The Rouge River Legion serves Arundel and the surrounding area; it is the host of the largest Remembrance Day ceremony in our riding each year and is the scene of numerous local events and activities. Volunteers are working hard to preserve the Legion building so that Branch 192 can continue to provide community services and activities for veterans and community members. I am very proud that our government is supporting the Legion's projects," says David Graham.



Photo: From left to right: Elisabeth Vezina, Treasurer; Norm Hess, President; Yves Robitaille, 1st VP; and David Graham, MP for Laurentides-Labelle.

The New Horizons for Seniors Program supports local and regional initiatives. The main objective of this program is to provide financial support for capital and social inclusion projects led or inspired by seniors. Organizations in Laurentides-Labelle that want to learn more about this program should contact David Graham's office at 1-844-750-1650 or david.graham@parl.gc.ca for more information.




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Laurentian Club Report Community Connections - recent program for Lauren- tian trails

By Mary Mitchell

Our February speaker, Paul Bertram, has been a palliative care volunteer for over 20 years as well as experiencing the need of support services for a family member with terminal cancer. We learned a great deal about Palliaccio, a community non-profit organization started by skiers at Tremblant. The name is composed of "palli" from palliate, to relieve without curing and "acco", to go along with someone. Since October 2007 Palliaccio has provided home care visits free of charge in English and French through screened and trained volunteer companions. Its mission is to help improve the quality of life for people with cancer or at end-of-life, caregivers and the bereaved by providing home accompaniment and respite services. With two centres at Mont Tremblant and Ste Agathe, it also delivers a public conference series, support groups, individual support and massage therapy. Its major fundraising event, Trek Under the Stars, takes place in January and February each year at Mont Tremblant and Ste Agathe. Connect through the website, www.palliaccio.org or phone 819 717-9646.

Please join us March 27, 2018 for our next meeting. www.laurentianclub.ca



PALLIACCO's A Trek Under the Stars



This year's edition of A Trek Under the Stars, Palliaccio's largest fundraising event of the year, was held on two separate evenings at two different venues. The first event took place on January 27, at Domaine Saint-Bernard in Mont-Tremblant, and the second, on February 3, at the Outdoor Camping Centre in Sainte-Agathe-des-Monts. The 2-day event was successfully completed in partnership with Caisses DESJARDINS of Sainte-Agathe, Mont-Tremblant, Trois-Vallées, Rouge and Vallée des Pays-d'en-Haut. 10 teams of nearly 100 people participated. As of January 27, a record amount of \$100,600 had been received through donations and contributions, and by the week's end of February 3 this grew to \$116,817.83. Palliaccio anticipates further donations from their generous contributors.

Governor General of Canada Medal Recipients

Four police officers and four firefighters from the City of Mont-Tremblant were awarded, by Mayor Luc Brisebois, the Medal of the Governor General of Canada for their 20, 30 and 40 years of distinguished service at a ceremony organized in their honor, on Monday, February 12.

The Peace Officer Service Medals were awarded to Mr. Steve Lefebvre (20 years), Mr. Jean Desjardins (30 years) and Messrs. James Lauzon and Jean Lemieux (40 years). Recipients of this medal must have at least 20 years of distinguished service in one or more organizations (federal, provincial or municipal), including at least 10 years in risky positions. The distinguished services of peace officers are defined by exemplary service, good conduct, dedication and efficiency.

The Firefighter Medals for Distinguished Service were awarded to Raynald Wherry, Hugo Ladouceur and Sébastien Nantel (20 years) and Mr. Luc Champagne (30 years). This medal honors members of a fire safety service who have 20 or 30 years of service, including at least 10 years in functions that involve risks. The distinguished services of firefighters are defined by irreproachable conduct and work done with zeal and efficiency.




Photo:L-R: Jean Marcoux (Director General), Jean Desjardins (Director of Police Services), Steve Lefebvre (police officer), Jean Lemieux (police officer), Luc Brisebois (Mayor of Mont-Tremblant), Luc Champagne (special counselor of the fire department), Hugo Ladouceur (firefighter), Raynald Wherry (firefighter), Sébastien Nantel (firefighter), Mathieu Darmana (Service Director of fire security). Absent from photo: James Lauzon (police officer).

Congratulations Main Street on your 17th anniversary. It's been a pleasure to work with you since the inception of the newspaper so many years ago. Advertising with Main Street has been a great benefit to my business. I also would like to send kudos to Sue and all the staff and writers who have made the paper such a success. We would like at this time to remember Jack Burger the founder of Main Street who I'm sure is up there rejoicing at seeing his dream come to full fruition.

We wish you continued success for the next 17 years.
Jack Gitelman-Jennifer Lee and all the staff at Noritech

"Main Street an elder teenager - still has a lot of pep and energy and a great direction. This local English newspaper gives us a wonderful view of our communities and supports all its endeavours.....music, theatre, sports, charitable organizations, nature, health, and a wealth of information. Thank you so much and please keep on keeping us informed. Penny Rose

The Lost River Community Center (LRCC) board is very appreciative of having Main Street available, as many of our community center visitors are mostly English and do not have access to the Internet. For many, this is one of the very few ways that they can get our activity event news. Congratulations to Main Street on 17 years of publishing.
Mike Carroll



David Graham
MP • Laurentides—Labelle

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david.graham@parl.gc.ca • www.davidgraham.ca

/daviddegraham

Benefit of filing tax returns

David Graham, MP for Laurentides - Labelle, reminds his fellow citizens that completing their tax return isn't just a matter of "doing their civic duty," it is a way to ensure that they get the benefits and tax credits they have coming to them.

"Filing your return on time or early, even if you earned no income, ensures your benefit and credit payments are not delayed or stopped. These benefits include the Canada Child Benefit, the GST/HST Credit, the Child Disability Benefit and the Guaranteed Income Supplement," says David Graham.

Thanks to the "Community Volunteer Income Tax Program" trained volunteers will help eligible individuals who have a modest income and a simple tax situation complete their federal and Quebec income tax and benefit returns. You can contact MP David Graham's office to find a tax preparation clinic in your area.

Of note is the new Canada Caregiver Credit, which replaces the family caregiver credit, the credit for infirm dependants age 18 or older, and the caregiver credit. This credit gives greater tax relief to those who need it most: it applies to caregivers regardless of whether they live with their family member. It will help families that have caregiver responsibilities and it will increase the income threshold for eligibility. This federal tax credit is separate from the Quebec credits for caregivers.

Furthermore, as of July 2018, the Canada Child Benefit will be improved to reflect the rising cost of living. This increase will benefit a significant number of families.

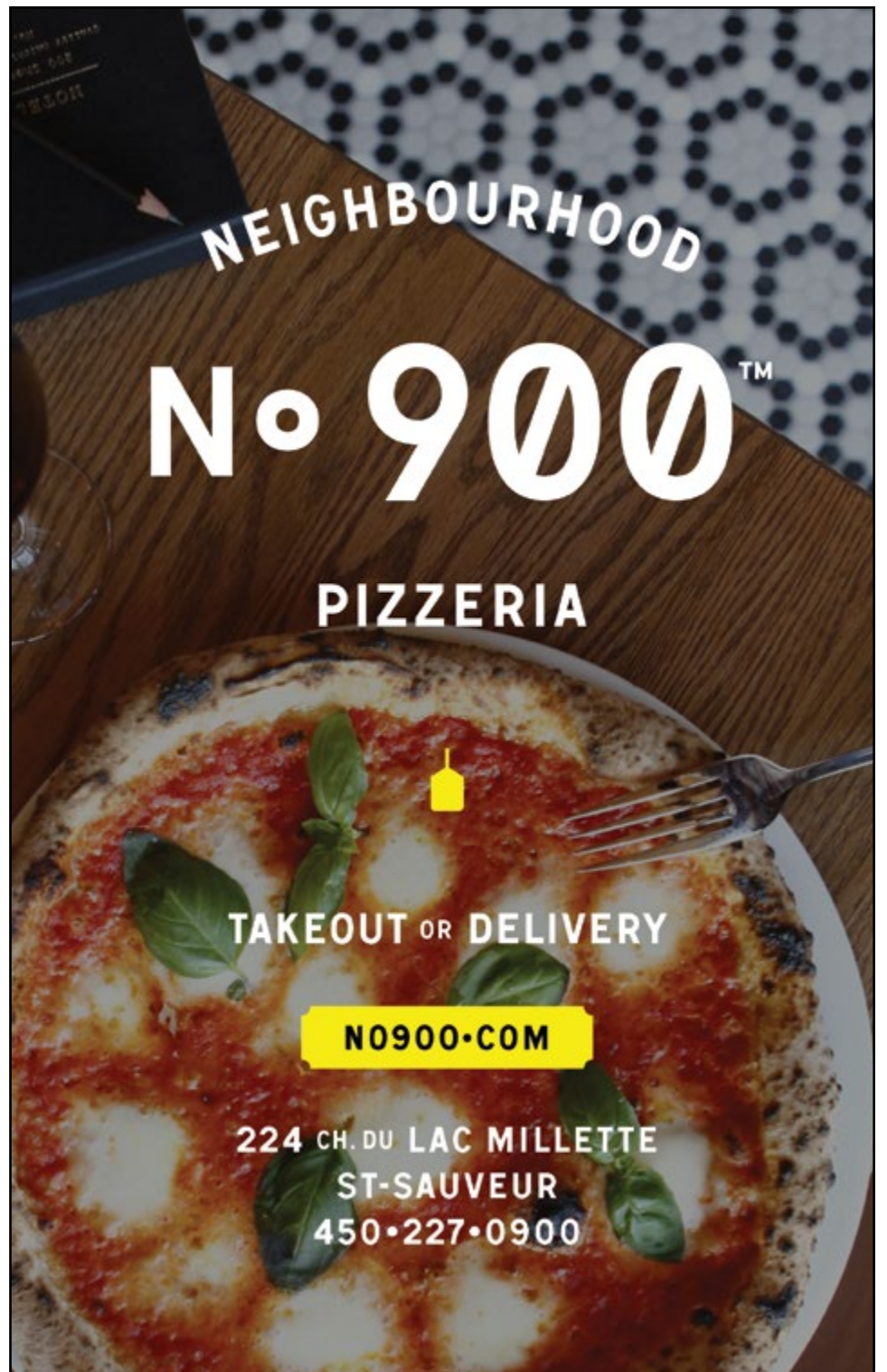
Remember that, for most Canadians, the deadline for filing your income tax and benefit return is April 30, at midnight.

Argenteuil County Women's Institute

Congratulations to Main Street on its 17th anniversary!
We are looking forward to many more years of Main Street coming into our homes!

Argenteuil County Women's Institute, which is made up of two branches, Grenville and Lakefield/Mille Isles, is very grateful for the support of Main Street. We are able to advertise our fundraising events and have reports and photos of our activities seen by our communities as a whole. Thank you!

I might also add, we have enjoyed having Susan as a guest speaker at an annual meeting.



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Notice of meeting

2018 Annual General Meeting

To members of Caisse Desjardins de la Vallée des Pays-d'en-Haut

You are hereby invited to the Annual General Meeting (AGM) for fiscal year 2017, which will take place:

Date: **Tuesday, April 24, 2018** Time: **6:00 p.m.**

Location: **Place des citoyens**
999 boul. de Sainte-Adèle, Sainte-Adèle

A light snack will be served from 5:30 p.m.

At the meeting, members will receive the Caisse's annual report and the Board of Supervision's report. You may vote on the distribution of annual surplus earnings; decide on the interest payable on permanent shares and on surplus shares; vote on the payment of member dividends from the reserve; adopt a budget for certain investments; elect members to the Board of Directors and the Board of Supervision; and address any other items on the agenda. There will be two question periods, one directed to the Board of Directors and another to the Board of Supervision.

Elections

Elections will be held for 4 positions on the Board of Directors and 2 positions on the Board of Supervision.

Any caisse member in good standing is eligible to run for election, as long as they have been a member for at least 90 days prior to the AGM, are eligible under the terms of the *Act respecting financial services cooperatives*, and do not hold a position that is incompatible with the *Desjardins Group Code of Professional Conduct*. All candidates must consent, in writing, to a security check and a credit check and commit to developing the knowledge and skills required to carry out the duties required of an officer. Nominations may not be submitted to the AGM unless written notice, signed by a member in good standing and countersigned by the candidate, is submitted prior to the closing of the Caisse on April 14, 2018. Because April 14, 2018, is a Saturday, only our head office at 218 rue Principale in Saint-Sauveur will be open until 1 p.m.

Nomination forms are available from the Caisse.

All caisse members are cordially invited to attend and participate in the meeting.

Signed on February 26, 2018

M^e Françoise Major
Secretary

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

Help with tax returns

The volunteer group of the Pays-D'en-Haut is offering their assistance to help people with low incomes complete their income tax returns. This service will be available from March 14 to April 27, 2018 at the times and locations listed below. Interested persons must ensure that they have all the necessary documents for the production of their tax return during their visit.

This service is a privilege. It is free of charge but a \$10 administration fee will be charged at the first meeting to help the organization maintain the service. For more information, please contact Ms. Ginette Ross at 450 229-9020.

St- Sauveur Ste-Anne-des-Lacs Piedmont	Ste-Adèle Mont-Rolland	Morin-Heights St-Adolphe d'Howard	Ste-Marguerite-du- Lac-Masson
Starting March 14 Wednesdays 10 am - 3 pm	Starting March 14 Wednesdays 10 am - 3 pm	Starting March 23 Fridays 10 am - 2 pm	Starting March 19 Mondays 10 am - 2 pm
Fabrique St-Sauveur 205, rue Principale St-Sauveur	Bingo Hall 2 nd library 555, boul. Ste-Adèle	Royal Canadian Legion 127, Watchorn Morin-Heights	City Hall 88, ch. Masson Ste-Marguerite-du- Lac-Masson

EcoAction Community Funding Program: call for proposals

From the Government of Canada website

The EcoAction Community Funding Program is now accepting applications for funding until March 21, 2018, for projects beginning summer 2018.

Funding is available for new projects that engage Canadians and clearly demonstrate measurable, positive environmental results related to clean water or climate change. Priority will be given to proposals that achieve one of the following environmental results:

Clean Water

Canadians contribute to coastal and fresh water quality and conservation.

Climate Change

Mitigation: Canadians contribute to reduced emissions

Adaptation: Canadians adapt to current and future climate change impacts.

Note: Climate change proposals not funded under EcoAction may be shared with other departmental funding programs.

Preference will be given to proposals that engage Indigenous Peoples, youth, or small businesses. All proposals must fully meet program requirements.

For more information and to obtain a copy of the 2018 application form and guide, please contact your regional office. Program officers are available to discuss draft proposals and provide advice on completing the application form.

Quebec: 418 648-3444 / 1 800 663-5755 (toll-free) / ec.ecoaction.qa.ec@canada.ca

Information Session on Financial Security

4 Korner's Family Resource Centre would like to invite you to an information session on financial security in our Wellness series. We are looking forward to seeing you there.

Learn more about RRSP's, RRIF's, annuities, TFSA's, life insurance, and capital gains.

This is a great opportunity to have some of your questions answered! These sessions are free!

Thursday, March 15: 10 am - noon

Lunch will be served at noon

Harrington Golden Age Centre
259, Harrington Rd.

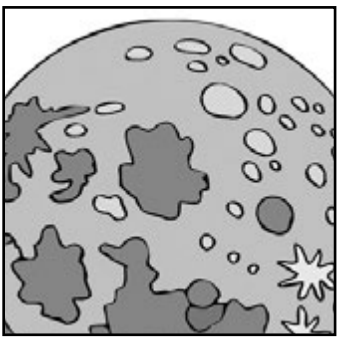
To register or for more information please contact 4 Korner's at 1-888-974-3940 or info@4kornerscenter.org

Opportunity Knox

On January 21, four Grenville area churches combined resources at an Ecumenical Brunch to raise money for the Opportunity Knox Refugee Sponsorship Group in Vankleek Hill. Members of Calumet Holy Trinity Anglican, St Matthews Anglican, Notre-Dame-du-Sacre-Coeur Catholic and Knox Wesley United Churches met to present \$3,438 to Lisa Jennings of Opportunity Knox.



Front Row - Kathy Ivall, Joyce MacIntyre, Joyce Crooks, Elaine Maher, Margaret Brinkley, Eleanor McNeil, Reverend Cathy Hamilton, Margaret MacAskill, Lisa Jennings, Barbara Thriepland.
Back row - Reverend Doug Richards, Father Richard Woodbury, Paul Aubry, John Dings, Richard Jennings.
Absent - Francine Forest, Diane Nixon, Andree Rochon, Rolland Lamy, Linda Crawford.



Zach Factor The Hegelian dialectic, alien agendas, and other creepy leprechauns

Lys Chisholm & Marcus Nerenberg - Main Street

Georg Wilhelm Friedrich Hegel was a strange dude. Most of his meta-philosophical writings, from the 18th century, are extremely existential and difficult for even the greatest thinkers of our time to understand. Very recently, his famous discourse on how governing bodies and masses of people are manipulated, called the Hegelian Dialectic, has resurfaced in the face of outrageous acts of terror.

Hegel's dialectic postures that most countries are not actually controlled by those that run governments; that there are those in place, behind the scenes of democracy or autocracy, who move and shake, (today's 'Trilateral Commission' and the 'Bilderberg Group'), create wars, alter funding routes, destroy or create new trade routes and countries. This select few, who stand to make the greatest wealth, live in the greatest luxury, and ensure that their own offspring survive, have access to the best medicine, the best schools and will likely now keep cloning themselves into eternity. These elite global manipulators and world government cronies also control the military and industry. Their empires encompass distribution of food, energy, drugs, news and entertainment basically world-wide. To achieve what they want, they simply create a problem, attribute blame on others and wait for the masses to cry out to their national leaders for a resolution. The "governments" happily oblige the masses with providing the very solution the elite were plotting to obtain anyway. They expect us to behave like sheep, and we do. We bleat when the wolf is let loose in the pen and feel happy when the wolf is removed from our prison-like enclosures.

What would it take to remove assault rifles from the hands of Americans? This pre-avalanche snowball was launched in Florida this past month after a deranged student killed seventeen schoolmates and teachers with a military AR-15 assault rifle. This repulsive act is being repeated so frequently in other schools that 'Lock-down' procedures in schools are a "normal" drill for all students across the country. American youth are now actively campaigning for restrictive changes to gun laws. Few people, though, are talking about the killer, who was on mood altering medications, and which may have contributed to inducing this murderous rage. Experiments done over generations on American military, with similar drugs, were recently exposed by the CCHR (Citizens Commission on Human Rights). Perhaps the elite finally found a way to disarm Americans of their 350 million personal weapons.

The control over what we know and when we are permitted to know has never been so well orchestrated as the UFO issue. Since the 1940s, governments around the world have denied the existence of extraterrestrials in the face of tens of thousands of reported sightings, abductions, encounters, crop circles and thousands of bloodless, surgical cattle mutilations. If the government does not confirm them, and the media reports them only as fraud and hoax, somehow the presence of other-worldly beings and their civilizations do not exist! In the past few months a slow-metered disclosure of an alien reality has been released. A New York Times article tells the story of a UFO chased by fighter jets and tracked on radar. The craft went faster than any earthly military jet and maneuvered in ways that defy the laws of physics. It was also revealed that the Pentagon has a \$22 million budget for an Advanced Aviation Threat Identification Program. This is the first acknowledgement by the US government in seventy years that off-world craft exist, since they covered up the flying saucer crash and recovery near Roswell, New Mexico in July 1947. This is just the tip of the iceberg. Investigative reporter, Linda Moulton Howe, has for decades tracked thousands of stories of extraterrestrial encounters reported by ex-military personal, airline pilots, ex-CIA operatives. Her exhaustive exposes and interviews can all be found at Earthfiles.com.

Paul Hellyer served as Defense Minister in Lester Pearson's Cabinet. At ninety-five, he is the longest-serving member of the Canadian Privy Council. In a recent interview, he claims world populations are being groomed for Alien disclosure by the gradual and progressive release of information. To bring this tale full circle, in Hegelian terms, Physicist Dr. Steven Greer reported that a hoaxed alien "attack" is being prepared by our earthly overlords. First contact will be an "invasion" from which the military protects us while stripping away the rest of our rights and freedoms. Here's hoping that not all those Leprechauns are green or grey aliens. Happy St. Paddy's Day Zachians!

Seventeen years and counting...

Main Street has been so supportive of my endeavors in the field of education. You have published my students' articles, advertisements for fundraisers for our yearly pilgrimage to the Canadian battlefields of Europe, and articles on the history of the Remembrance Day Ceremony at our school. In doing so, you have given my students a voice in the community and have recognized the efforts we have put into educating our youth and community about the importance of understanding war and its affect on our lives. Thank you!

Robin Vero

Laurentian Regional High School

English Department



The Story Behind The Gatineau River

Joseph Graham - Main Street
joseph@ballyhoo.ca

The records show that Nicolas Gastineau Duplessis arrived in New France in 1649, and began work as a clerk for the Company of 100 Associates. His employment brought him to Trois-Rivières, but he soon found better business opportunities across the St. Maurice River in Cap-de-la-Madeleine.

At that time, La Madeleine was a marketplace where the Algonquin from the Ottawa Valley and the upper Laurentians came to trade with the French. These same Algonquin had traded peacefully with their Wendat neighbours to the west of the Ottawa River on Lake Huron since time before memory, but the arrival of Europeans upset the trading patterns. The Wendat, or Huron, were Iroquoian farmers capable of supplying grain to the Ottawa, the Algonquin and the other nations that surrounded them. In exchange, these nations would barter their products – clothing, dried fruit and meat – leaving the Wendat access to a great wealth of products.

The Algonquin met Champlain and the French traders before the Wendat did and so they tried to act as intermediaries between the huge Wendat communities and the French. Their easiest route to get to the French at Quebec and Trois-Rivières was to go down the Ottawa and up the St. Lawrence River. The problem with this route, though, was that the Mohawk nation, pushed north by the Dutch and later the English, controlled the St. Lawrence River. They saw Algonquin canoes laden with Wendat-Huron furs being transported to the French as easy pickings and waited in ambush, taking the booty and trading with the Dutch instead.

In some seasons the Mohawk were not a danger, but it was difficult to predict, so the Algonquin began to use different routes, more to the north. One such route took them up the Gatineau River to the small mountain lakes that feed it. From there they would follow streams and portage across to the mountain lakes that feed the St. Maurice River. The trip down the St. Maurice brought them to Cap-de-la-Madeleine, where the St. Maurice empties into the mighty St. Lawrence – and way downstream from incursions that the Mohawk might inflict. It was these traders with whom Nicolas Gastineau Duplessis established his credentials.

From 1651 until he disappears from the records in 1681, Gastineau Duplessis became known as an important fur trader, and no doubt he, too, would have made the arduous trip up the Mauricie and across the lakes, travelling from his home on the St. Lawrence River to theirs on the Ottawa River without using either one of those important arteries.

History recalls Gastineau Duplessis's son, Jean-Baptiste, as starting his career in the employ of the explorer Daniel Greysolon Dulhut, working later for the intendant Jean Bochart de Champigny, both occupations taking him to the upper Mississippi and the Detroit area. After that, he was involved in business in Trois-Rivières and in ironworks in the Mauricie. It is hard to confirm if he traded with the Algonquin in Cap-de-la-Madeleine or if he travelled up along the Gatineau. Some sources state that the Gatineau River was named for the father and at least one authoritative source, Pierre Georges Roy, writing in 1906, suggests that Nicolas Gastineau Duplessis probably drowned in the river, thereby connecting his name to it. Other sources mention that both the father and some of his sons maintained a trading post, but no mention is made in the record of his son Jean-Baptiste. Nor is any other son specifically named.

The spelling of the river's name without the 's' may be significant in that it was also spelled 'Lettinoe' on a map prepared in 1783, and later, Colonel By spelled it Gatteno, while Jean-Baptiste Perrault's maps from 1830 used a variant of the Algonquin name, spelling it Àgatinung. This would lend credence to a completely different naming origin suggested by Jean Cournoyer in Le Dictionnaire des Noms Propres de Québec (Le Petit JEAN). Cournoyer describes the naming as having possibly come from the Algonquin whose name for it – spelled 'tenagatin' – meant 'the river that goes up forever.' The name suggests that the source of the river could not be found, or at least could not be defined. They could always find an alternate source, a stream or creek that suggested they were not yet at the beginning of the river. This naming legend seems to fit well with their use of the river and their detailed explorations of it, the lakes that feed it and the many navigable streams that allowed them to travel across a mountain range to reach the St. Lawrence at Cap-de-la-Madeleine. Such a naming story would be a worthy way of commemorating the skills of the Laurentian and Ottawa Valley Algonquin.

Like the river itself, we may never find the source of its name, but even Cournoyer acknowledges that it might commemorate Nicholas Gastineau Duplessis.

Seventeen years and counting...

Laurentian Region Cancer Support Group

Thank you Main Street for more than a decade of support in helping us reach English speaking cancer patients, their families and caregivers with our regular monthly notice. Most newcomers who call us for information about our meetings and activities tell us they first heard about us in the paper. The result is that people from Brownsburg to Ste-Agathe and Ste-Anne-des-lacs to Morin Heights can come together to support each other in their journeys with cancer. Happy Anniversary and keep up the great work of helping to unite our

Laurentian Community.

Obituaries

COBON, Louise

Our mother, Louise Cobon (nee Deacon), died on February 16, 2018 in her 94th year at Humber River Hospital in Toronto after a very short stay in acute care. Family members were by her side. She leaves a great void in the lives of her children Ron (Diane), Peter, David (Susan) and Linda, her grandchildren Jennifer (Rich), Donald (Carolyn), Debbie and Carl (Cassandra) and her great-grandchildren Tyler, Coen and Mitchell. Margaret Davis-Messerschmidt of Victoria B.C. mourns the loss of her only first cousin.



Born in Lachute, Quebec to parents William (Billy) J. Deacon and Lila (nee Davis) she was an only child but grew up surrounded by many Deacon, Davis, Newton and McArthur cousins. She attended MacDonald College in Ste. Anne de Bellevue and in 1944 joined the Royal Canadian Navy (WRENs) and was stationed in St Hyacinthe, Quebec where she met her husband, Harry Cobon (RCN Signal Corp). They were married in 1945 and moved to Toronto after the war. The family highlight every summer was returning to Quebec to spend time at the cottage on Lake Louisa. Our father, Harry, an art director with Lawson Graphics, died in 1981.

Mom was a long-time member of Asbury and West United Church and a long-time employee of Grand and Toy. As one of the few in her circle of friends with a car, she was also a long-time chauffeur for those in need of lifts to doctor appointments or to the grocery store.

Many thanks to all her caregivers who attended her while she was still in her home: Lynell, Kylie, Reanna, Sharon and Sony.

A memorial service will be held at a later date in Lachute, Quebec.

CONNOLLY, Corinne Margaret (nee Copping)

Passed away in her ninety-second year at the Lachute Residence on February 2, 2018. Predeceased by Bob, her beloved and devoted husband of 67 years. Cherished mother to Colleen (Donald Reid) and loving grandmother to Jessica and Daniel (Gabrielle Fernet). At Corinne's request there will be no funeral. In the spring, she will be buried in Rawdon at the Anglican Church. Reunited at last with the many loved ones who have gone before her. Please consider a donation to the charity of your choice in her memory.



WHITE Brian (1943 - 2018)

Suddenly at his residence on February 4, 2018 at the age of 74. Beloved husband of Donna MacDougall. Loving son of the late Harry White and the late Elva McFaul. Predeceased by his sister, Wanda. Cherished father of Andrea (Barry Durocher), proud grandfather of Alexander and Bryn. He also leaves to mourn his brothers-in-law, Duncan (Barbara), Donald (Wanda) and Stewart Yeaman (Julie), his nieces and nephews, cousins and many friends.



The funeral service was held on Sunday, February 17 at 3:30 pm at the St-Andrew's United Church, 570, ave de Buckingham, Gatineau. At the family's request, donations in Brian's memory can be made to St-Andrew's United Church or to the Heart and Stroke Foundation.

Arrangements entrusted to Complexe Funéraire Mozart Desforges Inc., 331, ave Bethany, Lachute. 450 562-3636; Fax: 450 562-6864. Email: resfunm Mozart@videotron.ca; www.complexemozartdesforges.com

NOTICE OF CONDOLENCE

It was with great sadness that the City of Lachute learned of the death of Mr. Guy Desforges, District 5 Councilor, following an aggressive battle with cancer. Mr. Desforges served on the City Council of Lachute for District 5 since November 2005. On October 6, he was re-elected unopposed in the 2017 municipal elections and began his fourth consecutive term in office.

The City of Lachute lowered its flags to half-mast in memory of and honoring all of his years of service on the City Council, right up to Mr. Desforges' funeral.

Our most sincere thoughts accompany family members, friends and co-workers in these difficult times.



Memorial

Thomas George Smyth

In loving memory of a wonderful husband, a great father and a super grandfather who passed away on March 2, 2010. This day is remembered and quietly kept, no words are needed, we'll never forget. God Bless you. Sadly missed, always remembered and loved by your wife Doreen, daughter, Cindy (Derek), Heather (Hal) and grandchildren, Tyler, Taylor & Courtney.

In Loving Memory of 35 years...

DOUCET Jeannette (née Daigneau)

Nov 22, 1928 - March 3, 2016

"Petite Fleur de Mon Coeur," I love you!

My Sweetie, you will be dearly missed and lovingly remembered by myself, your loving husband, as well as your family & close friends. You were the most beautiful person in the world with a heart twice as big and anybody who met you fell in love with you (as I did, again & again, each & every day).

Your passion for life will live on through your love of collection dolls & angels as well as all the beautiful paintings & crafts your loving heart created throughout your life. Many of us were so touched by your angelic voice through your singing, in your younger years. You are one more angel in heaven leaving us all with beautiful memories...

Rest in peace my Sweetie... we'll miss you and you will live on every day in our hearts, in everything we do, to carry on, for you and with you ...

Your loving sweetness will be our legacy!

Your loving husband Fernando (Fred Doucet).



The English Link English-language healthcare and social services in Quebec

Now that the Quebec government has named Kathleen Weil to the newly-created post of Minister Responsible for Relations with English-speaking Quebecers, along with William Floch in the secretariat, access plans for English-speaking Quebecers are again at the forefront of discussions and online consultations between the Minister and the English-speaking community.

Section 348 of the Quebec Act Respecting Health Services and Social Service states: "Each agency, in collaboration with institutions, must develop a program of access to health services and social services in the English language for the English-speaking population of its area in the centres operated by the institutions of its region that it indicates or, as the case may be, develop jointly, with other agencies, such a program in centres operated by the institutions of another region."

Every region has a government agency responsible for public health and social services (either a CISSS—integrated health and social services centre, or a CIUSSS—integrated university health and social services centre). These agencies must create the access program for their region. It must list all the services that are (or will be) available in English. The access programs must be approved by the committee representing the English-speaking population and by the Quebec government, and be reviewed every five years. Since we are at the end of a 5 year-term, a new action plan will be presented to a new committee for its review.

Even before it is in place, we must continue to draw bilingual professionals to the Laurentians.

One project, the Health Caravan, organized by 4 Korner's Family Resource Center in partnership with John Abbott College, will see students nearing graduation from CEGEP touring the region to offer the local population screenings and one-on-one consultations in English. The students will also have a chance to see the beautiful communities of the Laurentians and hopefully decide to settle and work here.

Funded through a McGill University grant, this initiative will bring together five of John Abbott's technical program departments: Dental Hygiene, Nursing, Pre-Hospital Emergency Care along with Youth and Adult Correctional Intervention, and Police Technology. They will be stopping in Sainte-Agathe at Sainte-Agathe Academy on March 14 from 2:45 p.m to 5 pm; Morin Heights at Chalet Bellevue on March 21 from 9:30 am to noon and Gore at Trinity Community Center from 1:30 pm to 4 pm; and lastly, Lachute at Margaret Rodger Memorial Presbyterian Church on March 28 from 1:30 pm to 4 pm.



Lunch for caregivers and care receivers

From the MRC Pays d'en Haut and senior citizens of Morin Heights

Chalet Bellevue

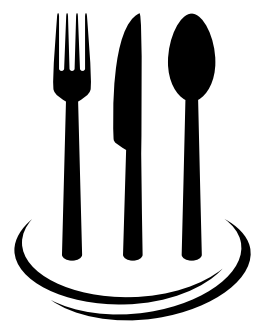
(27, rue Bellevue, Morin Heights)

Mondays: noon - 1 pm (except holidays)

Menu: Soup, main meal, dessert tea or coffee.

Reservation required before 10 am on Monday

Voluntary donation: \$6



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Info: 819 717-9646 / 1 855 717-9646

Mont-Tremblant: 2280 Labelle Street

Sainte-Agathe: 99 St. Vincent Street - Local 2

Upcoming Activities

Personal Sessions to Relieve Stress

Personal sessions available to relieve stress for people with cancer and their close caregivers are available in Ste-Agathe. Call for an appointment.

Comforting Tea

Mon, March 12: 10 am - 11:30 am

(Mont-Tremblant)

Mon, April 9: 10 am - 11 am

(Mont-Tremblant)

Coffee Meeting for the Bereaved

Tues, March 13: 7 pm - 8:30 pm (Mont-Tremblant)

Thurs, March 15: 1:30 - 3 pm (Ste-Agathe)

April 10: 7 pm - 8:30 pm (Mont-Tremblant)

April 19: 1:30 pm - 2 pm (Ste-Agathe)

Relaxation Group

Exercises to relax, promote calm and serenity. Available to caregivers, cancer patients and the bereaved.

Fridays: 10:30 am - 11:30 am (Ste-Agathe)

Accompanying services

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Main Street Money: Ladies' Investment and Financial Education

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

Dear Reader,

An incredible year for market returns and global economic growth

In 2017, we saw one of the strongest years for global market returns since the great financial crisis. Global equity markets seemed unaffected by political rhetoric, and geopolitical tensions in the Korean Peninsula and the Middle East. Instead the markets maintained strong economic fundamentals, which resulted in another strong year for corporate earnings. It bears repeating that equity markets can move up or down each month for many reasons but over the long term, market valuations tend to return to their fundamentals - and the fundamentals during the past year have justified markets moving higher.

Canada

Despite high consumer debt levels, a potential Canadian real estate bubble, and uncertainty surrounding the North American Free Trade Agreement (NAFTA), the S&P/TSX Composite gained 6.0% in 2017. A very strong economy in the first half of the year and a rebound in commodity prices resulted in a broad-based rally in the index. Nine of the ten sectors had a positive price return for the year. Oil as measured by West Texas Intermediate (WTI) advanced throughout the year by nearly 12.5 per cent to US\$60.40 per barrel, which is likely to provide support for the index in the early part of 2018.

The United States

In President Trump's first year in office, U.S. equity markets enjoyed double digit positive returns. The S&P 500, Dow Jones and Nasdaq were up 19.4, 25.1 and 28.2 per cent, respectively. American companies had another banner year with strong sales and earnings growth on the back of a strong economy. Employment continues to improve with a falling unemployment rate, recently at 4.1 per cent as of the end of November, after starting the year at 4.7 per cent. A tightening labour market will likely result in wage growth for the American consumer. Improving wages coupled with the recent U.S. tax overhaul should place many U.S. consumers in a strong fundamental position in 2018.

Overseas

In overseas markets, international equities rose 13.7 per cent in Canadian dollar terms as measured by the MSCI EAFE Index. Brexit and tensions in the Korean Peninsula aside, the European economic outlook has dramatically improved. European manufacturing, as measured by the IHS Markit Purchasing Managers Index® (PMI), is at its highest level since the European debt crisis. Asia is also showing improvement in its regional economies and stock markets, suggesting the growth we see is truly global in nature.

Central Bank policy

In 2017, the Bank of Canada tightened its interest rate policy to 1.0 per cent by announcing two rate increases of 25 basis points each, in July and September. The increases were considered significant, since the last rate increase was in September 2010. In 2018, it's expected rates will increase very gradually as

the Bank of Canada waits to see the impact to the economy from prior hikes, new stricter mortgage rules, minimum wage hikes in several key provinces, and NAFTA negotiations.

The U.S. Federal Reserve raised its overnight rate three times from 0.75 per cent to 1.5 per cent in 2017 and in October, started to reduce its \$4.5 trillion balance sheet. The U.S. Federal Reserve is expected to continue to raise its benchmark rate another three times in 2018 on the back of an improving U.S. economy.

Looking forward

We continue to believe the U.S., Canadian and International economies will grow in 2018 and that the risk of a recession is low. As a reminder, a positive economic environment doesn't necessarily mean better returns. While we may be confident equity markets will deliver another year of positive returns, market volatility is likely to be much higher than we saw in 2017.

As always, if you have any questions about the markets or your investments, I'm here to talk. I can be reached at 514-788-4883 or my cell at 514-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca

Regards,

Christopher Collyer, BA, CFP
Investment Advisor
Manulife Securities Incorporated

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Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc. - This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell at 514-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca

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Seventeen years and counting...

May I take this opportunity to congratulate you and thank you personally for your dedication to 'getting out the news' over these past 17 years.

I particularly appreciate the Main Street and it's role in our daily round. I find in a way that it anchors the monthly calendar. It unites our community with information about the activities that we share, and inspires me very often. I realize that I rely on the paper and at this time I am reminded not to take it for granted. Thank you for all your efforts.

Louise Bloom



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Seventeen years and counting...

Main Street has given 4 Korers, its members and the English-speaking community an important voice in the Laurentians. It connects us through stories, resources and facts that keep the vitality of English-speaking Quebecers alive.



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I'm Just Saying Revolution

Ron Golfman - Main Street

In the heyday of the hippie peace movement of the sixties, Grace Slick and Jefferson Airplane sang, "look what's happening to you and me, start a revolution". At the time, infused with the evolving drug culture, a raging civil rights battle and opposition to the Vietnam war, the youth of America rose up, albeit temporarily, to rage against the machine, or government self-interest. The thrust was more from a sense of disillusionment, which was eventually derailed by the loss of momentum, time and the Nixon presidency.

Until recently, despite the countless fatalities and injuries experienced in schools, the valiant efforts of the few to stop the madness, through better gun control, has fallen victim to the deaf ears of a government propped up by big business, the NRA and an outdated interpretation of the Second Amendment of the US Constitution. Sandy Hook was the beginning of the volume being turned up. The toddlers and teachers lost in that horrific moment have not been forgotten, in that they serve as a reference point when discussing this issue.

After Parkland, Florida, there is a clear distinction; those students who didn't die on that afternoon are teens, not toddlers, and their voices are strong, articulate and angry at the lack of appropriate response from politicians. They accurately interpret this as guns, votes and lobby money being more important than they are. In this instance, perhaps buoyed by #MeToo and other justified movements, they have coupled their own abilities to convert their fear and anger into a legitimate platform for much needed social and legislative change.

Gun violence is a daily occurrence. Be it Manchester, England, Orlando or Las Vegas, after a moment of horror, life goes on and the memory fades to some vague reference in our psyche. The Parkland shooting is different in many ways. Who can deny that we've gone from our usual taken-for-granted ability to send our children to school safely, a supposedly safe haven of care and learning, to wondering if they will return home alive at the end of the school day?

The sixties hippie movement was a polarized uprising of youth vs the establishment and, in the end, in spite of being muted, it did bring about some social evolution. This time, the teens from Parkland have a momentum, which is not going to go away, because it affects us all. Closer to home, we need not look further back than the École Polytechnique and Dawson College to find gun violence in our own back yard.

Plans for national protests, against gun violence and easy access to assault weapons, beginning in March, are forming. They are gaining in momentum. The glimmer of hope for change is growing brighter because it is the voices of the youth of America that are being heard. Parents and politicians, who have controlled the narrative and outcomes in the past, are irrelevant this time.

The youth have turned their sorrow into strength and they will not go away. There is an opportunity, and I'm Just Saying, for the future to be safer and saner. We must keep our eyes, ears and hearts open this time!



Making it Work in the Laurentians Social Media 101 for the savvy entrepreneur

Rachel Morgenstern-Clarre

Today, social media platforms, like Facebook, Instagram, Twitter and LinkedIn, are about more than getting a date or a new job - they are an essential part of running and growing any successful business. As an entrepreneur, social media is the easiest and fastest way for your company to connect with billions of potential customers around the world. It allows you to engage with new and existing clients, share information about your products and services, gather crucial data about your marketing base, and stay in touch with them...all for (almost) free!

Why use social media?

Social media is the most immediate way to connect with customers now. By maintaining an active presence on social media, you can increase brand awareness as you build and strengthen relationships. It makes it easy to communicate with your customers, whether that entails sharing new products and services, getting real-time feedback, or providing fast and personalized customer service. Social media is useful also, because it allows you to gain insights based on how customers interact with content and, additionally, it lets you keep an eye on your competition!

Targeted marketing

Like everything else in business, the key to success is knowing your product well enough to understand your ideal clients and how to get their attention. Create an attractive business profile that has authentic and unique content. Then develop a strategy and schedule time for social-media marketing - it can be very time-consuming, so it's important to plan to stay ahead and on top of things. Don't waste your energy by having a presence on every social media platform. Instead, think about which ones attract the most clients who would be interested in your product, and be active there.

Learn how to use and optimize your resources (namely, time and money, when it comes to developing ads). Think carefully about what you are trying to communicate, to whom and how often. The trick to social media is not only to produce content that's eye-catching and memorable, but easily shareable. Depending on which platform you're using, you can promote your business to different audiences, segmented by things like gender, age, location, behaviors, interests, and connections. Also, you can track and measure easily the performance of your social ads.

How do you measure your success?

Social media generates a huge amount of data about your customers, so you'll want to regularly measure your performance and adjust your strategy to make the most of that information. Research and use platforms like Hootsuite, Social Report or Sprout Social, which provide analytics, customer reports, allow for scheduling posts or targeting, and have other tools to help you stay organized. A properly managed social media presence - one that is interesting, interactive, and has regularly updated content - is the key to growing your business. If done right, it will help to drive traffic to your site, give you crucial insight into product development, and ultimately increase your sales and brand loyalty!



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Real Wine for Real People Faulted wines

April Sirois - Sommelier - ISG

You have just opened a bottle of wine and something is not right. Maybe the colour is off, or it has a funky smell. How do you determine the

issue and what do you do with this problem wine? Can you drink it? Should you not drink it? Can you return it? It is thought that up to 5% of all wines may have some kind of "fault" and yet most people don't know how to recognise it, or what to do when they find it. Let's start with the top three common faults.

Corked:

Corked means that the wine has been in contact with a chemical called TCA. This is one of the most commonly found faults today, about 3% being the usual estimate. Corked wine is usually, but not always, from a natural cork. It can also come from contaminated barrels or lines. TCA is harmless to people, but its effect on wine is an unpleasant, musty smell.

What to do? Return the bottle. You cannot change, or even soften this fault. The SAQ, or your waiter, will gladly exchange your tainted bottle for a clean one.

Oxidized:

Think about what happens when you cut up an apple and leave it exposed. It is this kind of spoilage that will cause oxidization in your wine. It's why a bottle that was half consumed, re-corked and left on the counter for a few days, does

not taste as good as it did originally. Some wines are purposely oxidized, like Madeira and sherry. Also, the small amount that gets in through the cork of a quality wine that has been left to age is welcomed and needed. We are talking about that crisp bottle of Sauvignon Blanc that has been on the counter, half-full for a week, and now tastes flat and smells more like apple juice than wine.

If you open a bottle and find that it is oxidized, return it. But, if you have a half-finished bottle of wine and would like to come back to it in a few days, you can do a few things, like buy a wine vacuum pump to remove all the excess oxygen. I have also seen cans of an inert gas to spray into a bottle to help preserve the leftover wine. My favorite solution is to save, and thoroughly clean, a small half-bottle of wine to pour your left-over wine into. Re-cork and pop it into the fridge. I do this for both red and white, but let the red come up to room temperature before drinking.

Volatile Acidity:

Usually caused by bacteria creating acetic acid. This is what creates the flavour in vinegar. A little of this can be a good thing, giving wine a nice backbone and lip-smacking quality. However, if the bacteria have gone unchecked, and the levels are too high, the smell can burn your nose. Think of nail polish remover, vinegar, or even rubbing alcohol!

What to do? Return this bottle to where you purchased it. It is undrinkable.

Cheers!





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A fund dedicated to the people of Mont-Tremblant

At the council meeting on Monday, February 12, Council members agreed to offer, for a third consecutive year, a contribution to the Laurentian Medical Foundation at a cost of \$ 1 per citizen, an amount of \$9,807, which represents the population of 2018 according to the decree of the Ministry of Municipal Affairs and Land Occupancy (MAMOT).



At the request of the mayor, Mr. Luc Brisebois, the City's contribution to the Laurentian Medical Foundation will be used to improve the rehabilitation facilities of the CHSLD day center in Mont-Tremblant.

“It was important that the contribution of our citizens return to the territory, which is why I asked that the fund be dedicated, for this year, to modernize the facilities of the CHSLD Mont-Tremblant day center to make the care offered more enjoyable,” said Mayor Luc Brisebois.

The Mont-Tremblant CHSLD Day Center will be equipped with new equipment: two electric treatment tables, two stationary bikes and two balance beams.

Record participation in “Pandora minus 24”

114 courageous runners aged from 7 to 74 years started in the 3 events of the winter ultra-marathon, “Pandora minus 24” on Saturday, February 17. A record! A very small window of 24 hours of perfect winter temperature between two weeks of mild weather provided optimal conditions for the holding of this event: trails were well-cured, but icy and fast.

A record of 26 loops was made (94 km) by a member of the YTRI team during the 12-hour race. The 12h solo winner was Brenda Branch with 16 loops, and Laurent Homier in the men's division with 23 loops. Both these participants are from the Laurentians.

Funds raised during this activity, about \$12,000, will be used for the protection and development of the cliffs of Piedmont, Prévost and St-Hippolyte, which is the mission of the Regional Committee for the Protection of Cliffs. Pandora minus 24 trails are located in Prévost, on the Alfred-Kelly Nature Reserve, owned by the Nature Conservancy of Canada.

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The PROMINENT Study is researching a new investigational medication for people with type 2 diabetes and elevated triglycerides (a type of fat in the blood) to see if it can help prevent heart attacks and other heart-related problems. The study will also look at how safe the study drug is, and how it affects the level of triglycerides in the blood.


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To find out more, and to see if you qualify, call:



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New program for seniors in Harrington

At a recent community gathering at the Golden Age Community Centre in Harrington, Stéphane Lauzon, Member of Parliament for Argenteuil-Petite-Nation, on behalf of the Honourable Jean-Yves Duclos, Minister of Families, Children and Social Development, announced that financial assistance from the federal government is granted to the Golden Age Club, funded under the New Horizons for Seniors program¹. The Golden Age Club will receive \$19,567 for their project, Rouge Valley Days.



Also present were Mayor Jacques Parent of the Municipality of the Township of Harrington and Mayor Tom Arnold of the Municipality of Grenville sur-la-Rouge, generously showing their support for the project, with financial contributions of \$2,500 from each municipality.

The Rouge Valley Days project will provide seniors with a variety of stimulating activities such as arts and crafts classes, computer courses, and seminars on selected topics. Also available will be professional services made possible with support from CISSS Laurentides and may include programs supported by a nurse, dietician, physiotherapist or social worker.

In partnership with 4Korners Family Resource Center, a professional coordinator will oversee the program and assist in finding other professionals who can offer a wide variety of programs and services to the Anglophone seniors of the community. An Advisory Committee of volunteers from local community organizations has also been formed and will help with the coordination of the programs. Programs will be conducted individually or in small groups.

There will also be a respite program that will support family caregivers for 8 hours, once a week that will help to improve socialization and stimulation for those who may be isolated in their homes.

Programs and services will be held at the Harrington Golden Age Centre (259, ch. Harrington) on Thursdays, from 8 am to 4 pm, starting March 15, 2018, and are available for residents living in the Harrington or Grenville-sur-la-Rouge municipalities. For further information, please contact Melanie Wilson at 1 888 974-3940.

A special thank you goes out to Ms. Deirdre Shipton, president of the Golden Age Club of Harrington, for her dedication to the community and for spearheading this project.

¹ The New Horizons for Seniors Program (NHSP) is a federal grant and contributions program that supports projects led, or inspired, by seniors who make a difference in the lives of others and their communities. Through the NHSP, the Government of Canada encourages seniors to share their knowledge, skills and experiences to benefit others.



acyrologia

An incorrect use of words - particularly replacing one word with another word that sounds similar but has a different meaning - possibly fuelled by a deep-seeded desire to sound more educated, which results in an attempt to pawn off an incorrect word in place of a correct one. In academia, such flaunting of common social mores is seen as almost sorted and might result in the offender becoming a piranha, in the Monday world, after all is set and done, such a minor error will often leave normal people unphased. This is just as well since people of that ilk are unlikely to tow the line irregardless of any attempt to better educate them. A small percentage, however, suffer from severe acyrologiaphobia, and it is their upmost desire to see English used properly. Exposure may cause them symptoms that may resemble post-dramatic stress disorder and, eventually, descend into whole-scale outrage as they go star-crazed mad. Eventually, they will succumb to the stings and arrows of such a barrage, and suffer a complete mental breakdown, leaving them curled up in the feeble position.



YOUR LIFE STORY... AN INVALUABLE LEGACY

We all carry within ourselves the desire to leave a trace, a footprint of our passage in this life. To this end, I propose to you an empowering venture that we will embark upon together, that of transcribing the special memories of your life's journey into book form.

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At school, we learned the history of the early settlers who built the forts, houses and castles and those who established schools, convents and hospitals. But what about the lineage of the men and women who shaped our own family histories? We hardly know the true story of our antecedents. We live in an age of communication with the desire to express oneself, to open up to others, to connect. I can help you make that connection.

Your very own book can serve as a special gift to your family, friends and descendants. They will better know their origins and understand their history. We are sure to remember our grandparents and ancestors if they leave us their story, which traces the family history from generation to generation. Your biography will always have a welcome place in the family library. When you bequeath your story, you become unforgettable and you enrich the family heritage.



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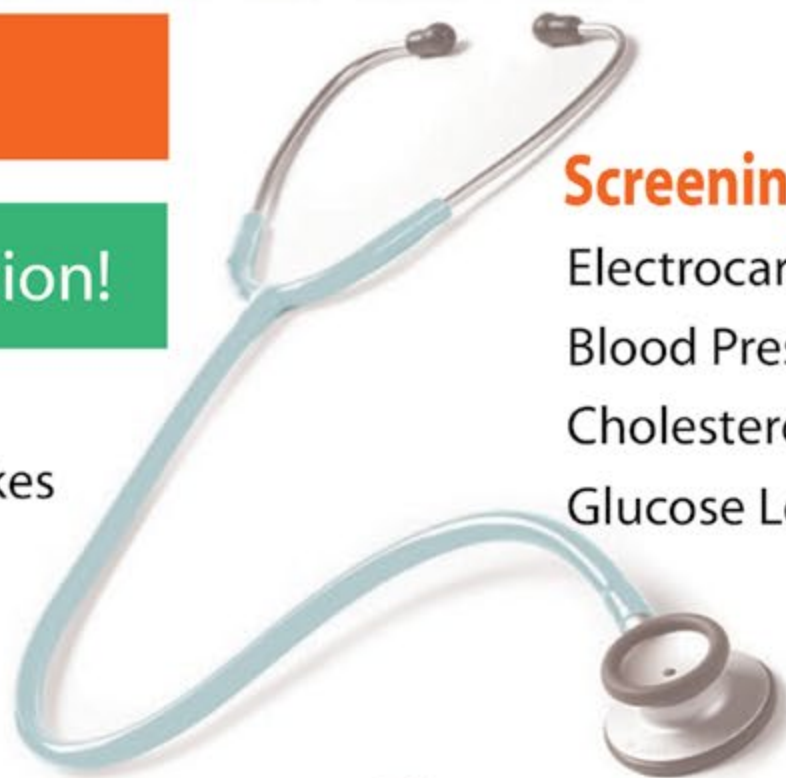
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