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See Ad on page 3 and article on page 11

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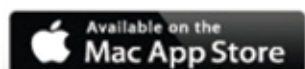
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PHOTOGRAPH 1

What's On My Mind... Celebrating our 22 anniversary



Susan MacDonald, Editor

It is with great pride and pleasure that I welcome you to our pages and invite you all to peruse the **22nd anniversary** issue of Main Street. Congratulations to us all, for this local community newspaper belongs as much to you as it does to me. This is *our* monthly read and I am humbled that after so many years it is still sought after and welcomed so warmly into your homes each month.



As you know, social media and the Internet have had a strong negative impact on print newspapers and, often, I am asked what is the secret behind Main Street's continued success. Without pause I attribute it to us being a community newspaper, a newspaper written by and for the community, supported by its local businesses, municipalities and politicians.

Further thanks and recognition goes to my strong 'home team' of volunteer writers and, dynamic Laurie Roch in the graphic department, along with her husband Glenn, my administrative guru. I also give great thanks and credit to my dedicated distribution team, Steve Kennedy, Joel Ryshpan and Guy Lamoureux, who, like the old pony express, ensure our 14,000 copies are delivered faithfully each month to over 100 distribution locations across the Laurentians.

This month, I am very excited to welcome many new advertisers to our pages. After the hardships we have all endured over the past few years, it is encouraging to see new businesses starting up and getting off to a healthy start, so let's welcome them warmly and show our community support. Some seasonal favourites have also returned and more will be re-joining us next month as well. Local shopping folks, it's what community and Main Street is all about!

Once again, I extend an invitation to all to send along any community events planned for the months ahead so that we can include them in the Upcoming Community Events column. This includes fundraisers, flea markets, church bazars, music events etc... Together, let's keep the community informed and connected.

Stay tuned and enjoy the read...

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MARCH 18

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Making it Work in the Laurentians

How to maintain your self-esteem and motivation while job hunting

Maya Khamala

Do you consider yourself a motivated person? Motivation is the driving force behind actions that move us closer to our goals. Believe it or not, the motivation to rustle up a snack when you're feeling peckish is actually quite similar to the motivation required to accomplish something big, like starting the business of your dreams, or finding a way to make a living as an artist. Some types of motivation simply pay off much quicker than others.

The fact is, it's human to feel unmotivated and non-confident in our abilities at times, especially when our goals appear far away, or out of reach. A lack of motivation can nearly always be boiled down to a lack of focus, persistence, energy, or clarity, which in turn are the result of insecurity. How you feel about yourself can either fill you with energy to accomplish your goals or hurt your chances of ever getting there. Why? Because self-doubt and insecurity cut you off from your power to act with intention and to see things through.

When you're able to boost your confidence, you're able to give more impactful interviews, negotiate salaries more effectively and, ultimately receive more job offers with better options to choose from.

While it doesn't happen overnight, you can train yourself to feel more motivated and empowered, in life and, in your job search. And when you do, it will change everything, your career included.

Consider the following tips for how to tap into your self-esteem and harness your inner momentum when searching for a new job.

Quit the negative self-talk. Stop focusing on what you don't like about yourself, or obsessing about what you perceive as a lack of ability or qualifications. Start exchanging those negative thoughts with positive ones centred on the aspects you most admire about yourself.

Don't take failure personally. Even though it may not feel like it, it's rarely about you. As a matter of fact, being turned down for a job can be the result of dozens of behind-the-scenes variables, from prioritizing internal hires, to indecision about a company's direction.

Always be proactive. Rather than worry about the quality of your resume, do what it takes to improve it, and don't stop until it's done. Resist making excuses, the conditions for achievement will never be perfect, the trick is to remain consistently resilient.

Don't panic (be here now). We all worry, but it's counterproductive and will only heighten your sense of insecurity, leading to stress, anxiety and panic, all of which can filter into your interviews. By finding ways to live in the moment and calm your frantic mind, you open yourself up to bigger, better opportunities.

Since low self-esteem can easily spiral out of control and damage your ability to land the right position, YES offers a Staying Motivated Long-Term workshop geared toward better understanding personal motivation and the factors that contribute to its rise and fall over time.

Together we can get you on track to find – and land – the job you've been searching for.



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Laurentian Personality

Devoted teacher, Texas Tammi

Lori Leonard – Main Street

Tammi Cenci was born in Lufkin, Texas and moved to Québec in 2018. She met best friend Domenic, they fell in love, married in Montreal and, currently reside in Ste. Anne des Lacs.

Tammi has 2 older sisters, Linda and Carol and had another sister, Margie, who passed away in 1994. She has 2 beloved sons, Josh and Zach who still live in Texas. She also has extended in-laws including “Noni & Papa Jack” and Domenic’s 3 sons.

Tammi’s parents always supported Tammi to follow her dreams. Tammi was a tomboy who spent time with her Dad hunting, fishing, gardening and driving a tractor and a 4-wheeler. As a teen, she traveled with her parents to Alaska where they fished and camped out. Tammi’s dad passed away in 2016 and her 96 year-old mom passed away in June 2022. Tammi credits her parents and their values for being who she is today.

Tammi graduated with a bachelor's degree in Elementary Education, specializing in Early Childhood Education from Stephen F. Austin State University. She taught children for 20+ years in Texas. Through perseverance, Tammi has obtained her work permit, her Quebec Teaching Permit and, permanent residency.

She began substitute teaching at Morin Heights Elementary School in 2019. Principal Tammie Marlin welcomed Tammi with open arms. As they shared the same first name, staff members fondly nicknamed her “Texas Tammi”.

During covid, Tammi taught online but returned to “live” teaching. Teachers worked hard to make it through the difficult time of wearing masks.

Tammi loves witnessing students’ progress throughout the year. She adores teaching, reading and writing with 1st, 2nd and 3rd graders. “It’s heartwarming to see their pride blossom as they learn to read and write independently.” Tammi has many grade levels to teach and many of her students’ mother tongue is French.

Tammi believes the secret ingredients to being a good teacher are to be caring, to believe in your students and help them be successful. Make learning fun!

In her spare time, she enjoys travel, reading, photography and sharing positive thoughts/quotes with family/friends.

This past Christmas, Domenic and Tammi embarked on a courageous road trip to her hometown - Lufkin, Texas (round trip 6627 km). They visited her “Texas Family” to continue her parents’ tradition of having family congregate for the holidays.

Tammi feels privileged to have touched the lives of so many students. She says, “Once a child is in my class, they are my kids for life. I cherish staying in touch hearing about their great accomplishments.”

Sarah Kroll, whose son, Braiden, had Texas Tammi as a teacher says, “Tammi was a wonderful kindergarten teacher. She is incredibly thoughtful, kind and brings her “Texas flair” to everything she does. She loves her students like they are her own children. She radiated warmth and kindness not only to students, but online with their families! She is incredible!”

Tammi’s words of wisdom to parents: “Read to your children each day. It’s important for them to learn new words and to spend time with you. Be a role model by displaying kindness to everyone, regardless of race or nationality.

Congratulations Texas Tammi! We hope you teach here for many more years.



In the Anglosphere

4Korners has something for everyone

Kathleen Hugessen | Penny Rose

In virtually every issue of Main Street, you’ll find information about one of the programs or services 4Korners provides—a laundry list of offerings for the English-speaking Laurentian community. This raises the question: What is this 4Korners entity?

From their website we learn that 4Korners is “...a registered Canadian charitable organization, founded in 2005...” and that it offers “...a wide range of programs for the Laurentian English-speaking population that focus on healthy lifestyles, mental health, foster creativity, and provide support for youth, families, individuals, seniors and caregivers of the elderly”.

A chat with 4Korners Executive Director Stephanie Helmer reveals more of the organization’s origin story. According to Helmer, a group of English-speaking mothers in Deux-Montagnes recognized a gap in English health and social services in their region and, decided to do something about the shortfall. The leading-light of the organizational movement was Darlene Gargul. “She had a long history of involvement in grassroots mobilization,” Helmer says. And with that, 4Korners was born.

Today, 4Korners’ head office remains in Deux Montagnes. (For those readers who think, as I did, that Deux-Montagnes is not in the Laurentians - we’re wrong.) In the years since its founding, 4Korners has set up further offices in Sainte-Agathe, Saint-Sauveur, Sainte-Thérèse and Lachute.

“We work behind the scenes with public health to ensure healthcare access for English speakers,” Helmer says. “We are also on the ground with partners in the French-speaking community to ensure the English community is served.”

Activities and events fall into five main categories: individual, family and youth; seniors and caregivers of the elderly; networking and partnership; arts and culture; social and economic development (which includes a basic tax clinic).

With a staff of about 20 people who work three to five days a week, 4Korners manages an array of programs over five MRCs. Financial support comes from municipal, provincial and federal governments, from charitable foundations and, from individual donors.

4Korners seniors wellness centres in Deux-Montagnes, Brownsburg/Chatham, Harrington and Sainte-Agathe offer programs such as painting, yoga, drama therapy and tai chi. There is also a range of online, live activities for seniors, and the organization is coordinating seniors wellness activities in Gore and Mille-Isles with municipal support.

4Korners is involved in the English cultural community of the Laurentians through its 4K Speakers Series of eight talks a year, highlighting local events and history, and funded by Heritage Canada. As part of this program, Main Street’s Joseph Graham will be speaking on “The Christian invasion: colonial encounters in context” at Chalet Bellevue in Morin Heights on March 24 at 1 pm.

A visit to www.4Korners.org is a great way to keep abreast of the organization’s myriad offerings. On the website you can also sign up to become a member, for \$10 if you can afford it, for \$0 if you can’t. While there, you can also sign up for the monthly newsletter that will keep you abreast of all upcoming events and activities.



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Arundel News

Janet Thomas

NEWS FROM VICTORIA'S QUILTS
Grace Church, 7 Church Rd., Arundel
Every second Monday 9 am – 2 pm

Once again we are meeting to 'sew' together every second Monday. Please join us!
Upcoming dates are March 20 / April 3, 17, / May 1, 15, 29, /June 13, 26.
Follow us on Facebook: Victoria's Quilts Canada Laurentian Branch
or use the National website at victoriasquiltcanada.com and click "contact us"
and then find a branch under "Across Canada" and click "Laurentian" to send us
a message.

EASTER EGG "PYSANKA" WORKSHOP AT LAURENTIAN HOUSE

31 Ch de Barkmere (side entrance) Arundel
Sat & Sun, March 25 & 26: 1 pm - 3:30 pm
Sat & Sun: Apr 1 & 2: 1 pm - 3:30 pm

Learn how to make traditional Ukrainian Easter Eggs. Through instruction, demonstration and printed handouts, you will make and take home two pysanky, along with new skills and knowledge. All materials, directions, and visual inspiration are provided. A light refreshment + dessert is included. \$35/person.

A portion of the proceeds will go to a displaced Ukrainian family in Mont Tremblant. Pre-registration and detailed information through the website, LaurentianHouse.com. Private group workshops are also available upon request.

Given the length of the workshop, focus required and use of hot wax and candle fire, we do not recommend this workshop for children under 10 years of age. Adult supervision is required for children up to 14 years of age. All adults supervising their children are to register as well.

About Pysanka

Pysanka is a traditional Ukrainian Easter Egg that is elaborately decorated by delicately layering hot wax and special dyes onto an egg's surface. In Ukrainian tradition, pysanka is a rare gift and a valuable family relic. Making pysanky was traditionally like writing well wishes to loved ones the way you would in a greeting card. The finished eggs are full of messages that the recipient would have understood and that will be shared with you during the workshop.

About Laurentian House

An experience away from the traditional world, the private 240 acre property in Arundel is a place of inspiration and creative culture. Available for private dinners, events, weddings, meetings and workshops, the best of Quebec is celebrated at Laurentian House. With a private forest and mountain for exploration by hiking, snowshoeing, cross country skiing, and mountain biking, Laurentian House is a hidden wonderland of the Laurentians.



Police officers reach out to students

It was on skates that police officers from the MRC des Pays-d'en-Haut were able to delight a kindergarten class in Saint-Sauveur on February 21. During a period of physical education, the police took the opportunity to bond with the toddlers on the trails of Molson Park, reminding them of some safety instructions if they are approached by strangers.

Lieutenant Boucher, head of the MRC des Pays-d'en-Haut station, explains: "I find it essential that my police officers be able to have a direct link with our citizens, especially our most vulnerable clientele. Small daily actions like this allow us to get closer to the population and pass on our prevention messages".



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About Sainte-Adèle

Chris Lance - Main Street

The 36th edition of the Gala de la Nuit Adeloise Desjardins de la Chambre de commerce et de tourisme de Sainte-Adèle (CCTSA) returns on April 22 at Golf Val-Morin. The evening event honors business leaders in our community. For more information and ticket purchase visit the website of the CCTSA.

Last November the MRC des Pays-d'en-Haut held it's first Sommet de l'habitation in Sainte-Anne-des-Lacs to solve what it calls a lodging crisis. But, this January, Mayoress Michele Lalonde believes Sainte-Adèle wants to set its own vision and competence to develop its own future on how to develop and offer housing to it's citizens as opposed to oversight from another MRC committee. Based on this belief, Sainte-Adèle councillor Robillard announced a discussion of habitation on May 10. Robillard suggested not just a discussion but solutions and a plan as well. Also, at the February 20 town meeting, the councillors adopted a 42-unit project on Blondin Street. Of course there was some opposition but the Mayoress insisted the need for housing is evident and that the zoning on Blondin Street is ready for this project. There are other moderately priced units on Blondin. The Mayoress noted there was also a trail that kids could walk to l'Ecole A.N. Morin.

Looks like the Malouf Disney-like project at the Rolland complex has evaporated. A new group, Rolana inc. has taken the reins of the Rolland. Mr. Lamoureux operates the company of Dr. Danny Dreige who bought La Rolland last year. Dr Dreige and Mr. Lamoureux own campgrounds and trailer parks in other areas in Quebec. These owners realize the zoning won't allow a campground. Now, Mr. Frederic Lajoie is the director for the duo here in the Sainte-Adèle Rolland site. Lajoie envisions a Paper Museum surrounded by chalets. Our Mayoress seems interested – perhaps the two will see yet another affordable housing project. It is a beautiful site situated near the waterfalls with a river flowing near by.

The spring sports and activities program for 2023 is now available on the towns website. You can register on the website (www.ville.sainte-Adèle.qc.ca) or by telephone 450-229-2921 ext 7244 or in person at the town's sports office from March 20 to 31. You will need your Citizens card to obtain the residential rate or, proof of residence for other MRC towns with whom the town has an intermunicipal agreement. Check it out! Lots of sports and activities are available for all ages.

The potholes are deepening here on the hill going up and down the city center to Auto-route 15. Elsewhere, the spring brings tire and rim damage to local residents and their visitors. Perhaps the municipal tax increase will go into fixing and refining the potholes of Sainte-Adèle. The deepening potholes signal that the spring thaw is around the corner. I am sure Adélois citizens will be happy to turn the page of this winter.

The masks are in the garbage, next we can put away the snow shovels and start plotting the spring garden and summer season. It will be great to feel the sun again. Stay healthy, spring is around the bend and just past that pothole.

TWO CRONES

Two Cousins heading for New Horizons
Sue Jephcott & Marion McGill Hodge

March 9 - April 2/2023
Arbor Gallery, Van Kleeck Hill
36 Home Ave
Van Kleeck Hill
(613) 518-2787

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Publisher/Editor: Susan MacDonald
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Art Director: Laurie Roch

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14,000 copies distributed throughout the Laurentians

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MAIN STREET



NEWS BITS FOR MARCH

MRC des Laurentides call for projects

The MRC des Laurentides is launching a call for projects to find a new partner to occupy a building on the site of the former Mont-Blanc fish farm. Having the sustainable development of these lands at heart, the MRC des Laurentides wishes to foster a partnership with entrepreneurs whose project aims to complement the existing recreational tourism offer on the site.

This call for projects is part of a second phase of revitalization of the site. The building available for lease is located on the edge of rue de la Pisciculture and the P'tit Train du Nord linear park. Given the proximity of this recognized regional infrastructure, it would be the ideal location to offer a service to tourists that focuses on cycling and equipment rental. Proposals that involve year-round services will be favored by the evaluation committee of the MRC des Laurentides.

Improved visitor experience

The reputation of the site is now confirmed by the signing of leases with the companies Sentier des cimes Laurentides and Gourmet Sauvage. The Sentier des Cimes Laurentides tower attracts a phenomenal number of tourists to the municipality of Mont-Blanc. Since the official reopening in July 2022, the number of visits has been calculated in the tens of thousands.

Project selection

The evaluation committee, made up of members of the board of directors of the Ecotourism Park of the MRC des Laurentides, assisted by an economic development advisor, will evaluate the projects according to the criteria set out in the call for projects document.

Consult the reference document on the MRC des Laurentides website: <https://mrclaurentides.qc.ca/appele-de-projets-ancienne-pisciculture/>.

Closing of the call for projects: The submission must be made no later than Friday, March 31, 2023 at 5 pm. Contact for submitting the file: Jérémie Vachon (jvachon@mrclaurentides.qc.ca) Evaluation committee meeting: April 12, 2023.



Mont Tremblant receives special award

We are pleased to announce the wooden roof over the skating rink at Parc Daniel-Lauzon was recognized at the Cecobois Awards of Excellence Gala held on February 16 at the Palais Montcalm in Quebec City. During this event, city councilor Joël Charbonneau received, on behalf of the City, the Recognition of municipal commitment award, which aims to highlight the contribution of municipalities that have chosen wood as a material for the construction of municipal infrastructure.

By favoring the use of Canadian wood, this project contributes to reducing our carbon footprint and demonstrates the City's commitment to innovation in eco-responsible construction techniques. The solid wood of this structure also gives it an unparalleled cachet that harmonizes with the rural character of the Village.

Congratulations to the team from the Public Works Department who oversaw the project, as well as to the companies Gestion S. Lampron / Art Massif who designed and built this structure of exceptional quality.



The War Amps 2023 key tags

Thanks to the generosity of the public, the association can offer valuable assistance to child amputees and their families. Among these children is Louka Cyr, a young resident of Mont-Tremblant. Louka, 9 years old, has a congenital amputation in his right hand and left foot. He is enrolled in the Child Amputee Program (LES VAINQUEURS), which allows him to obtain financial assistance for the purchase of artificial limbs and devices, to participate in regional seminars and to receive peer support.

The Key Tag Service was established in 1946 not only to provide competitive wage employment to veteran amputees returning from war, but also to provide a useful service to the public. The funds generated by this service finance the association's various programs, including the LES VAINQUEURS program.

Each key tag has its own PIN number. If someone loses their set of keys, the person who finds it can simply call the toll-free number on the back of the plate or drop it in a mailbox, and it will be returned to his or her owner free of charge by courier.

The War Amps receives no government funding. Its programs are made possible by public support of the Key Tag and Address Label Service. For more information or to order key tags, visit waramputees.ca or call 1-800-250-3030.



Louka can benefit from the LES VAINQUEURS Program, thanks to the generosity of the public.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Guillaume Chazal, owner of new bakery **Pascal, Le Boulanger**, 36 Av. de la Gare, St-Sauveur. If you are an artisanal bread lover, enjoy fluffy croissants, artisanal quiches or have a passion for really fine pastry you must visit this bakery. It smells and tastes like heaven!



Guillaume's father and grandfather were also artisanal bakers who learned their baking skills in France. Guillaume learned his trade from them and is carrying on the family tradition. Guillaume is also owner of another Pascal, Le Boulanger Bakery located in Stoneham, Québec.

Guillaume offers a huge variety of artisanal breads including French baguettes, nut breads, sour dough bread, cheese bread and so many more. There is also a variety of croissants, Danish and a huge array of mouth-watering pastries such as mille-feuilles, Galettes des rois, Tropizienne pie, mini-fruit tarts, freshly baked fruit pies and more. They also prepare fresh deli sandwiches and carry many specialties from around the globe. This is as close as you get to visiting a French bakery in France!

Info: 450 744-0174 / boutique-st-sauveur@pascalleboulanger.com / pascalleboulanger.com

We wish you the best of luck Guillaume.

Congratulations to:

Tom Kalpakis, owner of the new restaurant **Kabane Déjeuner**, 3029 boul. Curé Labelle, Prévost. The restaurant opened on January 12. Tom was previously owner of Steak Frites, located on de la Gare St., St. Sauveur.



The unique design and woodwork of the interior of Kabane was designed by Taylor Lukian of Morin Heights. The rustic look of the pre-mill era hand-carved barn beams match perfectly with the Kabane menu and overall vibe. Kabane is "the talk of the town" because of their one-of-a-kind maple leaf shaped waffles, their delectable maple butter sauce and extraordinary brunch plates. Their signature dish is the "Kabane Plate," which consists of a small omelette garnished with fresh cheese curds, crispy pork rinds, smoked maple ham, sausage, crêtons, a French crêpe, home-baked beans and La Kabane potatoes. Open Wednesday to Sunday 7 am to 3 pm.

Info: 450 224-4224 / e-mail: kabaneshawbridge@gmail.com / website: Kabaneshawbridge.com

Tom, we wish you the best of luck with Kabane and know it will be a wonderful adventure for you and for the community!

Did you know:

If you enjoy art and music, make a note in your agenda for an exciting event that will take place on **Sunday, March 26 at 2 pm** at **Galerie ROD**, 121 rue Principale, St. Sauveur. Local songwriter and performer **Lakroi (Jean-Guy Lacroix)**, in partnership with two other outstanding musicians, **Jean-François Martel** (double-bass) and Louis Trudel (guitar) will offer guests beautiful musical arrangements for their listening pleasure.

March is also the month of the on-air release of their new song entitled **BLEU**. Lakroi's son, artist **Julien Dean Lacroix**, has painted a special canvas as tribute to BLEU. Julien Dean will introduce himself prior to the concert and will show some of his unique, colourful artwork, which will be on display at Galerie ROD for a month. Space is limited, so purchase tickets as soon as possible. For tickets: 514 978-8515 / jglmusicque@gmail.com / rod-art.ca/concert. Welcome one and all!



Cancer Support Group Discussing gut health

The next meeting of the Laurentian Region Cancer Support Group is set for March 18 at 1 pm. Susan Campbell-Fournel, Nutrition Consultant and Coach will join us via Zoom to lead a workshop about nutrition and gut health. The meeting will take place at Chalet Bellevue in Morin Heights. Option also to attend via Zoom.

Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the March meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.









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4Korners

4Korners’ Social & Economic Development team aiding the English-speaking community

Jude Hussain

Young English-speaking people in the Laurentians may have more trouble entering the workforce than their French or bilingual peers. That’s why 4Korners’ Social & Economic Development team is working hard supporting and continuing to develop their ‘Employment Strategy’ initiative. The goal of 4Korners’ Employment Strategy is to help English-speaking youth gain access to employability resources. With support from partners such as the Regional Development Network (RDN), 4Korners hopes to see an increase in partnerships and organisations willing to support English-speaking youth. Ultimately, they hope to retain English-speakers in the region contributing to a sustainable and vital economy.

To achieve this goal, 4Korners is in contact with several Carrefour Jeunesse Emploi (Youth Employment Center) organizations across the Laurentians. These non-profit organizations have amazing track records when it comes to helping French-speaking youth gain employment. 4Korners plans to work with various Carrefour Jeunesse Emploi organizations to help develop or evolve English-focused strategies to increase this demographic’s employability.

Besides these employability centers, there are various other non-profit organizations across the Laurentians and within Quebec whose missions are to help residents become employed. It is 4Korners’ ongoing objective to engage with these organizations and work together to evolve and update their existing services to be more inclusive of English-speakers. Furthermore, 4Korners and partners are always monitoring and reviewing Laurentian employability statistics to see if there are areas that need more regional-based support compared to others.

However, 4Korners Social and Economic Development team does not focus solely on English-speakers’ employability in the Laurentians. Since it is 4Korners’ mandate to help the Laurentian English-speaking population gain access to health and social services, the team is also heavily involved in the McGill Retention Project. The project aims to increase health and social services across Quebec, while making them more accessible for English-speakers. This can be done by educating health and social service institutions on the importance of meeting the needs of English-speakers, incentivizing institutions to hire more bilingual health and social service professionals through McGill job placements or other means and, to brief recent graduates on the importance of offering or adjusting their practices to meet the needs of English-speaking clients across Quebec.

4Korners is committed to supporting the McGill Retention project through various means. For example, 4Korners facilitates and hosts English Conversation courses meant for French-speaking employees of the Centre intégré de santé et de services sociaux des Laurentides (CISSS Laurentides). They also promote McGill-based scholarships related to degrees in health and social services to their audiences and networks in the Laurentians. Notably, each March, 4Korners co-organizes the ‘Health Caravan’ event with John Abbott College. The Health Caravan is held in English and provides high school students the opportunity to speak with and ask questions to nursing, paramedic and dental students and teachers in preparation for post-secondary studies. It also allows JAC students to visit the region for potential careers in the health system. Presentations are given on various important topics, such as the importance of nutrition, being active, maintaining good oral hygiene, and mental health. There are also some legal resources available, and the CISSS HR department is onsite to support the JAC students and answer any other questions.

To learn more about the initiatives of 4Korners’ Social and Economic Development team, consider visiting 4korners.org, or contact info@4korners.org with any questions.

News From Theatre Morin Heights

Things are gearing up for an ambitious season for Theatre Morin Heights. In addition to their usual full-scale fall production, they will stage a spring show April 26 to 30! Tickets go on sale mid-March for “Hansard” by Simon Woods. Check theatremorinheights.ca for details.

On February 22, there were plenty in attendance for the community theatre’s annual general meeting, where several new board members were voted in. Natasha Sinclair, interim director for the last few months, was officially voted onto the Board and will head an exciting new expansion committee (more on this later!). The Board also welcomed newly elected director Jacklyn Laflamme. Incumbents Corina Lupu, June Angus and Robert Slaz were re-elected to round out the team. Theatre Morin Heights extends a special thank you to outgoing President Nancy Brown for her years of dedicated leadership and service.

A play reading followed the business portion of the AGM, but if you missed your chance to participate in this event, there will be a “rehearsed” play reading on March 29. If you’ve always wanted to get involved with the theatre but you don’t have the time for rehearsals or the memory for a script, this is your perfect chance! Get in touch with us at theatremorinheights@gmail.com.



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admin@palliacco.org | palliacco.org



COMMUNITY UPCOMING events

SPECIAL YOGA CLASSES

Santovas Foundation offers free, trauma-sensitive, mindfulness-based programs on a weekly, ongoing basis to youth in the Laurentians at government facilities, schools, and community service locations. If you would like more information, visit our website www.santovas.org or email us at info@santovas.org You can also follow us on social media @santovasfondation on Instagram and Fondation Santovas

TRIBUTE SHOW TO PENNY LANG

Sat, March 25: 8 pm

Chalet Bellevue, Morin Heights

Jason Lang accompanied by Bob Stagg.

Tickets: Super Folk at <https://en.superfolk.ca>

CENTRE D'ART ARGENTEUIL - PREMIER EXHIBITION

Exhibition Assemblage

Until March 26

New location: 585, rue Principale, Lachute

Creative works of 20 Laurentian artists

Info: 450-562-9090 / centredartdargenteuil@gmail.com

LAKROI CONCERT

Sun, March 26: 2 pm – 4 pm

ROD Gallery, 121 rue Principale St-Sauveur

Tickets (\$\$) available at nuancesdunord@gmail.com

THEATRE MORING HEIGHTS

Spring Show – ‘Hansard’ by Simon Woods

Wed, March 29

Chalet Bellevue, Morin Heights

Info: theatremorinheights.ca



ART EXHIBITION – TWO CRONES

Arbor Gallery, 36 Home Ave. Vankleek Hill

Until Apr 2

Artworks by Sue Jephcott and Marion McGill Hodge

Two cousins heading for new horizons

Info: 613-518-2787

HARRINGTON GOLDEN AGE CENTRE

Cook's Night Out

Fri, April 14: 6 pm

On the menu: assorted casseroles with a surprise for dessert

Members: \$15 / non-members \$20.

MUSICIANS' JAM NIGHT

Arundel Legion – Branch 192 (79, rue du Village)

March 23 / Apr 6 & 20

A sort of open-mic, jam-style evening

Folk/ rock/ country/ blues/ lounge all welcome.

Info: Guy Melhuish. Guymelhuish@gmail.com

FÊTE DES SEMENCES

Salle Athanase-David, 2490, rue de l'Église -Val-David,

Sat, March 18, 2023: 10 am – 4 pm

Organic Quebec seed companies on site to sell their seeds and share their know-how with you Artisan exhibitors, herbalists and a seed exchange table.

FREE admission

819 324-5678 | valdavid.com

Reptiles are WOW!

Place des citoyens, 999, boulevard de Sainte-Adèle

Sat, Apr 15: 10 am

Discover enigmatic animals with Hélène Caron, a dynamic and passionate zoologist! Discover the secrets of reptiles.

Children from 9 to 12 years (with parents) | Free on reservation

450 229-2921 extn. 8300 | ville.sainte-adele.qc.ca

Arts Morin-Heights summer exhibit

Chalet Bellevue, 27, rue Bellevue Morin Heights

Friday, May 5 – 7 & Sept 22-24

Arts Morin-Heights invites you to its annual summer exhibition.

More than 200 works produced by the association's member artists will be presented in the three exhibition halls.

450 712-9943 | artsmorinheights.com

UPCOMING CHURCH SERVICES

St. Simeon's Anglican Church

445, rue Principale, Lachute

Sunday morning services at 10 am



**ROYAL CANADIAN
LEGION**

**LA LÉGION
ROYALE CANADIENNE**

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

BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)

Wed: 3 pm – 7 pm

Thurs: 3 pm - closing

Fri: 3 pm – 7 pm

LACHUTE – BRANCH #70

634, Lafleur (450-562-2952)

Open Thurs – Sat: 4 pm – 9 pm

MORIN-HEIGHTS BRANCH 171

Open Wed – Sat: 3 pm – 6pm

127, Rue Watchorn, (450-226-2213)

Sat, March 18: 6 pm -

St. Patrick's Day Supper

Fri, March 31: 5 pm – 7 pm -

TGIF Smoked Meat

Sat, April 1: 8 pm - Pepper Grass

R&B Band

Events are open to all !!

Darts every Thursday at 3 pm

Hall rental / Location de salle:

legion171@cgocable.ca

Info: 450-226-2213

Email/Courriel legion171@cgocable.ca

Web site: <https://www.legion171.net>

Facebook: legion171

Music shows Facebook: morinheights

live

ARUNDEL – BRANCH 192

79 Rue du Village, Arundel

(819-687-9143)

Open daily from 3pm



On With the Show

A tribute show to Penny Lang

Florian Gaudreau

You've got to love March; it has something for everyone. Spring skiing, warmer weather, longer daylight hours. Spring is coming and, best of all harsher weather is pretty well behind us. Spring is not the only treat in store for us.

Super Folk is bringing Jason Lang to Morin Heights and there's a performer you don't want to miss! I was fortunate enough to hear a tiny piece of his new album, **"Handled with Care"** and it was as sweet as it gets. It almost felt like a 'second coming' to Morin Heights as it brought me back to a time when Rosa's Cantina & The Commons were still alive. It seems like the musical spirit never fades.

Jason reinforces that spirit in reincarnating his mother's songs with the same essence in which they were created; a free spirit living during a carefree time when living life was more important than making a living. Jason, at one point of his life, grew up in Morin Heights so it's like coming home. Wouldn't it be nice to make it a homecoming?

I was a big fan of Penny Lang and remember her well playing at the Yellow Door and Rosa's Cantina; it was a time when music was everywhere. To say Jason coming to Morin Heights is nostalgic is an understatement especially, because his new release covers his mother's songs, which he carefully crafted into his own essence. I believe it was a labour of love that came from the heart. The song I heard was **"Plumb Tuckered Out"** done with a lot of great energy and presence. His talent shines through as he plays different instruments like a one-man band, a crafty bit of video.

Jason Lang has earned his keep. I respect musicians who dedicate their life to music, as it's not an easy life. Jason has toured extensively throughout Europe,

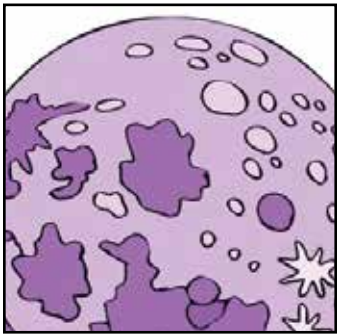
Canada and the United States, so having him play in Morin Heights, in a cosy, quaint venue like the Chalet Bellevue is exciting news. It's rare to be able to listen to this calibre of music in such an intimate setting. I'm warning you now; you can't miss this show and I don't want to be the one to say, 'I told you so,' if you do.

This tribute show to Penny Lang takes place at the Chalet Bellevue on Saturday, March 25 at 8 pm. Jason Lang will be accompanied by Bob Stagg.

For tickets, contact Super Folk at <https://en.superfolk.ca>

Go with the Flo ...





Zach Factor

Know water, know life

Lys Chisholm & Marcus Nerenberg
- Main Street

We take water for granted. We assume there will always be an endless supply. We wash with it, remove waste from our homes, factories, cities and farms. We perceive it mainly as a utilitarian tool for daily function. We have no idea how it came to be on our planet and, more importantly, we are unaware that by weight we are molecularly 99% water. Take away our personalities and the other 1% and we are fragile and transparent puddles. Veda Austin, photographer and water researcher and author of “The Intelligence of Water” is changing modern perceptions quickly. Water, she says, can hear us, can speak to us and, is a fully conscious entity able to observe us.

When Europeans arrived in the ‘new world’, they first unconsciously “used” rivers as highways of transport, essentially our means of survival. Fresh water sources were plentiful and clean. Lakes and rivers were teeming with varieties of fish. The land was sacred and the water linked us all. Misdirected, today we have tap water loaded with toxic chemicals, lakes that spread invasive species, rivers that ooze rainbows of spilled oil and oceans that float massive gyres of garbage the size of Prince Edward Island.

Veda Austin began her study of water with Dr. Masaru Emoto’s work “The Hidden Messages in Water”. He used photography to observe crystalline formations of contracted emotions within frozen water. Intentional labeling of samples; ‘love’, ‘joy’, ‘peace’- others ‘ugly’, ‘angry’ or ‘hate’ would create either beautiful, aligned and symmetrical crystals or distorted, broken and pattern-less features. She was also influenced by the work of Laurent Costa, a Swiss clock maker, who, while observing crystalline structures at the microscopic level, found that water produced actual images such as hearts and faces.

Veda began her first experiment using the freshest source of spring water near her New Zealand home. She noticed that the petri dish had a little fluff inside, so she reached in with her hand to remove it. Not thinking this would influence the results, she placed the sample of water in the freezer. Later, holding the frozen image to the light she was amazed to see the outline of her hand in the frozen water, including fingers. This profound experience initiated her first foray into crystallography. She would spend the next eight years documenting and repeating samples from a variety of subjects, from pictures, to words, to projections of emotions and thoughts.

Her second experiment was with seawater. She froze a sample and found an image of a fish. Veda began to recognize that water was showing her its own consciousness. Repetitive work led to evolving techniques and for her third set of experiments, she used photographs placed under the petri dish. She found there were two types of water: informed water that appears in crystal form very quickly and, uninformed water, which remains as water. She photographs the images within the informed water. Using a photograph of a good friend resulted in a fully formed face with a strong resemblance to the original picture as in a pencil sketch. Water she states, “was expressing intelligent design”.

In her fourth process, she changed her science verb from ‘experiment’ to the more artistic term of ‘co-creator’. It was clear to her that she was merely the “medium” and that water was the “artist”. She aimed to see what level of complexity water could express and began using only single words. Her young daughter gave her the word ‘Unicorn’. Water was able to clearly design one.

Because ice crystals melt quickly, she is only able to get 1-2 images each time so repetitive tests with the same images or words were necessary and the artistry was different each time. Yet the image always reflected or expressed the original concept. She experimented with paintings like Van Gogh’s ‘Sunflowers’ where the flowers look yellowish. The word ‘wedding’ consistently produces a ring with a stone.

Austin finds she is learning to ‘read’ Water. Subsequent studies found similar patterns appearing for certain concepts expressed. The projected emotion of ‘love’ produces a heart- a universally recognized symbol; ‘stress’ produces sharp spikes and ‘heartache’ produces the same spikes as ‘stress’ but with a heart added.

Austin believes our unconsciousness is at the core of our destructive relationship with water. She sincerely believes moving forward, our deepening understanding of water and its ability to absorb positivity is a key to becoming at peace with ourselves. Austin offers training for those interested in learning more. She has been on multiple interviews and podcasts internationally. All her images are accessible through her website. www.vedaaustin.com



Veda Austin original “A Good Friend” using her unique crystallography techniques with transitional state water. Photo credit: Veda Austin.com



The Story Behind Argenteuil Heritage and History Part Two

Joseph Graham - Main Street
joseph@ballyhoo.ca

Jedediah Lane began selling lots in Lane’s Purchase, present day Lachute, soon after he acquired the land in 1797. His buyers, rugged mountain people from Jericho, Vermont, saw only the potential of the trees and turned the ancient forest into potash, but were soon stumped with what to do after the trees were gone. Thankfully colonization would soon take a much different direction.

James Murray, who some sources claim rescued the seigneurie from creditors, was influential in its subsequent development and the seigneurie developed rapidly. Focusing on St. Andrews East, he took more positive steps to develop it, perhaps having learned a lesson from his sale to Jedediah Lane. The seigneur brought Thomas Mears, a hydraulics engineer, to design and build a grist mill for the seigneurie in 1803.

Stories of Mears’s work brought other creative young Americans to St. Andrews. Walter Ware, whose father operated a mill in Massachusetts, reserved some land across the river from the grist mill and reached out to James Brown in Montreal, a bookbinder. Next, they brought Thomas Mears into their scheme of building a paper mill. He contacted his friend Benjamin Wales, a paper maker. They had to build a sawmill first, to prepare the timbers for the much larger paper mill, but by 1805 they had built Canada’s first paper mill.

During the first ten years of the 1800s, there was an influx of Americans into the Ottawa Valley and many other parts of the British colonies. What we call the American War of Independence they called the American Revolution, and their term might be both more accurate and less flattering. Howard Zinn, in his People’s History of the United States, argues that the revolution was a power grab by a greedy gang of businessmen and landowners. They promoted ideals of democracy in order to control a severely stressed and exploited rabble. Great Britain, having exhausted itself in a war with the French, fell into possession of France’s American empire and was obliged to keep promises they had made to allies such as the various Indian nations. Thus, the Proclamation of 1763, ending the war with the French, included the tracing of a jagged line running south across New York all the way to Florida. Its purpose was to delineate the eastern limit of Indian lands and the western limit of the colonists.

Many of the wealthier elite in the Thirteen Colonies had achieved their positions while ignoring an increasingly large population of landless people. These poor, landless whites were starting to rise up, arm-in-arm with enslaved ‘Negros’ (African Americans) and to cause bloody havoc to their ordered society. The idea of independence from Britain focussed these angry mobs on a common enemy. The wealthy elite, by according the poor whites certain rights that were not extended to the enslaved, encouraged hatred between the enslaved and whites, reducing the risk that they might rise together. This new dynamic converted a dangerous subclass into a human resource that could be directed against the British while keeping the enslaved and freemen in their unenviable place.

As the plan progressed, most of the Indian nations, seeing the problems developing in the rebelling states, sided with the British. That meant that during the fighting that ensued, rebels spilled across the line of the Proclamation of 1763 and saw first-hand the well-kept farmland of the Seneca, the Shawnee, the Cherokee and others.

The American Revolution solved few problems for the new United States and created a huge one for the Indigenous Nations. The British forgot to invite their Indigenous allies to the negotiating table, but the Americans, seeing that, pushed further. The British prime minister, Lord Shelburne, faced with a viable new country, saw the trade advantages and concluded that his former allies were expendable. At the treaty talks in Paris, the Spanish and French were recommending the creation of a buffer state of Indigenous Nations to contain the new country. The Americans encouraged the British to reject that, effectively abandoning their Indigenous allies. This action shocked local British governors in the Canadian colonies, who knew that the Americans would simply crush all resistance and march west. They did what they could, but Shelburne infamously declared “[T]he Indian Nations were not abandoned to their enemies; they were remitted to the care of neighbours... who were certainly the best qualified for softening and humanizing their hearts.” His statement reflected racism that assumed “the Indians” to be a part of the local wildlife with no society or order, sort of wild human animals of no consequence, not military allies, nor even a British colonial people. The new masters of the American rabble, having made no peace with the Indians, simply offered Indian land to their still-angry underclass. Since they vastly outnumbered the war-weary Indians, they moved west and began a huge holocaust, leaving the American elite’s hands free of blood.

Many disillusioned Americans with no prospects at home and no will to fight the “Indians” came back to British territory looking for opportunity. These formed a part of a post-war immigration that arrived after the Loyalists. They were disenfranchised Americans who came, a generation after their ‘revolution,’ looking for work and land in the booming British colonies. The Brits were at war again, this time with the new French empire led by Napoleon, and war brings opportunity. People like Thomas Mears stayed, as did many others. Did they stay only for opportunity?

In Lane’s Purchase, the oncoming war acted as a filter separating those who felt no loyalty to the British and those who could see the potential of the rich loam in which the trees had grown. They would be among the generation that really built Lachute. A Scot named Thomas Barron saw the potential as well, and found settlers trained in Scotland through Lord Kames’s insistence that farmers be encouraged to modernize. They knew what to do, and the remaining Americans learned from them.



Garden Talk

A few garden trends to watch

June Angus - Main Street

Every year various gardening magazines, websites and green industry experts spotlight trends for the coming gardening season. Here is a look at a few of the popular trends making headlines in 2023. Most are about making gardening more environmentally friendly and sustainable as well as adapting for the future.

For example, consider garden power tools. From lawn mowers and leaf blowers to string trimmers and hedge clippers, there are more and more electric or battery operated models coming on the market. Even manual versions of these tools are making a come back. Part of this is driven by the general move away from gas-powered, polluting devices.

Some municipalities in Quebec, Ontario and British Columbia have actually legislated outright bans related to both noise and air pollution issues created by fossil-fuel-powered tools. Seeing the writing on the wall, many garden tool manufacturers have readily jumped on the bandwagon to offer greener alternatives. Something we should all keep in mind when investing in new or buying replacement tools.

The greener tool movement is also inspiring some interesting innovation. For example, the manufacturer of the Roomba Robot vacuum cleaners has come up with a similar device to weed gardens called Tertill. Solar-powered and weatherproof, it spends the growing season lurking in your garden beds. A few times a day, it moves around chopping down and mulching emerging weeds. Apparently it can tell the difference between weeds and what you want to grow. I'm not ready to invest a few hundred dollars for this, but it's still intriguing.

Another growing trend is our habit of doing a lot of research and shopping online for our garden tools and plant materials. This ramped up exponentially during the pandemic. Gardeners these days also expect their favourite garden centres to provide online support via their websites and social media. According to the Garden Media Group in their 2023 Garden Trends Report, it's not just Facebook or YouTube that people turn to these days. Tiktok is one of the fastest growing social media sources for gardening info.

While I am not a Tiktok user yet, I do keep my smart phone on me while out gardening. I check immediate garden questions that pop to mind or take photos of growth progress, problems etc. There are also many apps for our phones to identify plants, weeds, trees, or to troubleshoot pests and disease, not to mention soil calculators, planting calendars and so on. Seems our phones have become an essential gardening tool too.

Climate Change is one trend that will continue to make headlines. Even in the Laurentians, we have seen more storms or other extreme conditions that can damage our local vegetation and ecosystems. Our plant hardiness zones have also slowly changed over the last 60 years. Since the first maps were drawn up in 1961, most zones throughout North America have changed by drifting slightly north. For example, the hardiness zone for Montreal has gone from 5b to 6a. Closer to home, towns such as Lachute have moved from 4b to 5a, Sainte-Adèle from 4a to 4b and Sainte-Agathe from 3b to 4a. Over time, these changes will impact which plant varieties thrive best in our gardens.

According to Natural Resources Canada and the US Department of Agriculture, the trend will continue to move at approximately 20 km a decade. Maybe some day we'll be able to grow new varieties of fruit trees around here; but trees that prefer a colder climate could then be in danger. In the meantime, when choosing plants, especially trees and shrubs, verify they are still suitable for your current hardiness zone.

Bottom line, trends can ultimately influence our choices, whether buying tools, getting information or choosing plants...Food for thought!



Word Play

Trust as a tryst

Louise Bloom - louisebloom@me.com

TRUST is an element that is most basic to human relationships. In thinking deeply about trust I have come to realize that each of us lives our life according to the degree to which we inhabit the trust factor, influenced by our previous experiences. Trust, or the lack thereof, germinates from the seeds produced in our childhood and, the resulting roots take hold with every passing day. The attitudes that result from the degree of trust we experience will show up in time, in relation to the quality of our relationships.



We can trust our family members, our partner, our reasoning, our emotional cues (feelings) and our intuition. For some, there may be a trust in “the Lord our God.” Having trust implies that we can depend on others and, foremost, that we can depend on ourselves, meaning that others will be there for us when we are challenged, or that we have the self-confidence to make and act on decisions that affect our well-being.

Those who have experienced personal betrayal or a dearth of support in life might certainly live in the land of the wary. In the world today, we are more and more inundated with information that is suspect, such as fake news, lying political persons, etc. In these circumstances, we are likely to anticipate disappointment, both near and far.

If a person experiences a diminished trust in general, they might relate to the world and those in it with suspicion or, slide along a measure from complete confidence to none in all events. How might we increase self-confidence, making our ability to see things clearly and less obscured by past disappointments? I envision making a tryst (private meeting) with ourselves that might lead to a greater sense of trust.

The Cambridge dictionary defines tryst as a meeting between two people who are having a romantic relationship, especially a secret one. In the landscape of imaginary scenarios, we might imagine such a meeting with ourselves as an impulsive moment of commitment or a personal secret meeting that allows us to trust the other, who is in fact our “other” self.

Of course, in the privacy of our own space, sitting quietly with eyes closed, feet on the floor and breathing with a calm regularity, we ask to feel anchored in contact with ourselves. Building on this possibility, we consult ourselves as a trusted individual. This is a conscious way to begin to build one's own self confidence in the act of relating. It can be imagined that you, yourself, have the answers to queries that you have: who to be with, how to proceed, when to move forward or, how to open up to another, beyond the influence of past disappointments.

It is understood that previous unpleasant experiences may create a predictive habit and, once unsupported, we build on that state and recreate it, on all kinds of occasions. Having a tryst with yourself invites a feeling of self-support and unique understanding, a companion that you may imagine to be dedicated to you and your well-being.

Opening ourselves to supportive council is an extremely powerful moment. It begins in your own heart space, with a sincere desire to explore trust, beginning with a well-intended tryst.

Louise Bloom is a visual artist and writer interested in the power of narrative and images to transform consciousness and awaken us to well-being.

Centre d'Art d'Argenteuil

Sylvie Labrosse

The Centre d'Art d'Argenteuil relocated to its new site at 585, rue Principale, Lachute, on February 1, 2023. Previously named Galerie Route des Arts and, located on Clyde Street (Lachute), it was affiliated with the Circuit Route des Arts. Having ended this association in September 2022, they will continue a partnership together working on different art projects within our region.

This recent relocation will enable the expansion of our activities and visibility while ensuring that the promotion of arts and culture will continue to become well- established in our community and, throughout our municipality. It will also confirm our economic status with the Laurentian Tourism Industry, recognized for sharing knowledge, social wellness and beauty through Arts and Culture.

From the onset of this beautiful new venture, our most important focus will be the annual Exhibition calendar, which will offer great opportunities to local artists in addition to providing Arts & Crafts sessions and workshops for children, teens and adults. We now have the privilege of sharing our gallery with local schools and students and look forward to working with them in their artistic development.

On site, we also have a lovely boutique, which offers a varied selection of special gifts for all occasions. Each item is handcrafted by local or regional



artists and artisans and we invite you to drop by for a visit to discover these unique treasures.

If you would like to help support the centre, you may do so by purchasing a membership card (\$20). We now have over 85 members and expect to see many more joining us in the near future.

Our premier exhibition, ASSEMBLAGE, is now on display and will continue until March 26. This exhibition showcases the creative works of 20 artists from Argenteuil and the Laurentians. Official opening to the public is March 18.

For information: call 450-562-9090 or email: centredartdargenteuil@gmail.com. Follow us on Facebook: [centred'Artd'Argenteuil/](https://www.facebook.com/centred'Artd'Argenteuil/) or Instagram: [@centredartdargenteuil](https://www.instagram.com/centredartdargenteuil)






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PATTY BARNARD DESROSIER



The other side of getting old

Time and change

Florian Gaudreau

The only thing that seems to stay the same in old age is the fact that everything changes. Social appointments turn into doctors' appointments and friendly calls are now sales calls. The more I want things to stay the same, the more they change.

Friends fade away while strangers remain strange. I ask myself, how do I stay connected to my community? Originally from the big city, being new to the community was a little difficult, however, being an extrovert was a bit of an advantage.

I started off going to church events like bazars, lunches and fundraisers. I invited myself to tables and took an interest in the people sitting there. After a while family names started becoming familiar and, I started to become a familiar face. I love meeting new people; everyone has a story to tell, especially people that grew up in the area during simpler times when values and hard work mattered.

Farms were once the main state of the area but now that has changed to cottages and tourism being the main focus of the area. What have evolved are farmer's markets, which are drawing people together. Its an exciting turn of events, something from the past has become one of today's community events. Morin Heights, Arundel, and Mont Tremblant have turned farmer's market into community events, not to be missed.

My Saturday ritual has turned into bringing a lawn chair and listening to the live music and people watching, having the luxury of not worrying about time, brings great pleasure to my life. Nothing brings warmth to my heart more than a warm croissant and freshly brewed coffee.

The other side of getting old does have its advantages.

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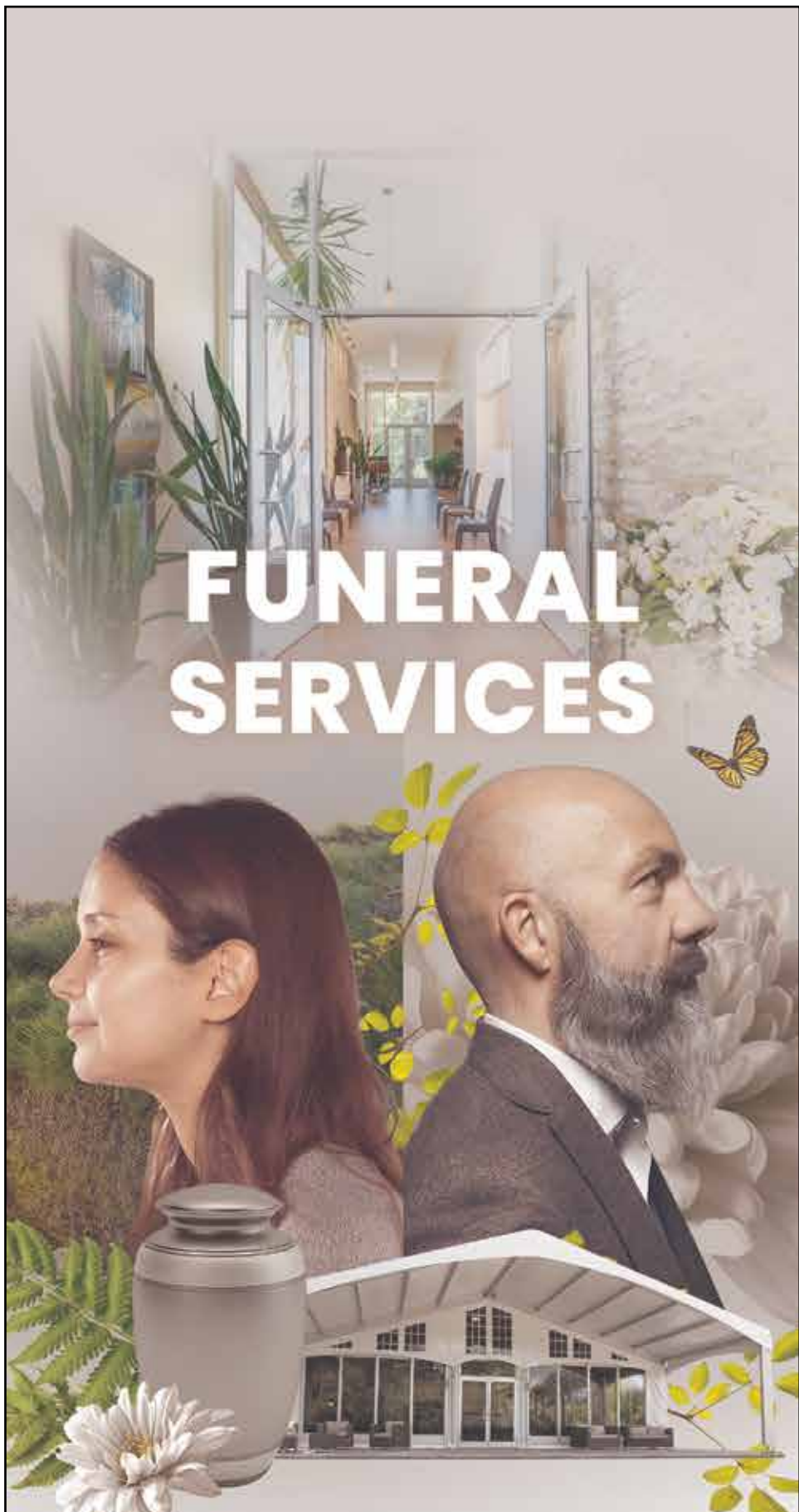
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Main Street Money Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Emergency fund essentials

Why you need this financial buffer.

Imagine this scenario: the muffler falls off your car on the way to work, you get home at the end of a busy day only to discover that the fridge has broken down, the dog is sick and needs to visit the vet, and your employer is signalling that there might be some downsizing at work. Suddenly you're facing a mountain of unexpected bills and concerns about employment stability – without a safety net.

Maybe you've always meant to set aside a bit of money for a rainy day or some kind of emergency, but just haven't gotten around to it. Take heart knowing that you're not alone in setting this task on the back burner. Perhaps unsurprisingly, a recent survey found that nearly half of Canadians said they would struggle to handle unexpected expenses.[1]

The good news is that it's never too late to start building an emergency fund. The first step is determining your needs.

What's a good amount?

The gold standard for an emergency fund covers between three to six months of expenses. This amount might seem large, but it provides a solid buffer in case you or your spouse lose a job, face an injury or illness, or encounter a lot of unplanned expenses all at once.

Consider your household budget and what you can realistically afford to set aside for emergencies. Even a small amount, such as \$10 a week, is a good place to start, and you can add to it over time. As you determine what you can afford to pay into an emergency fund, don't overlook other financial goals you've put in place such as regular investment contributions and debt repayment.

Getting Started



- 1 Calculate your monthly expenses:**
Add up how much you spend on housing, transportation, bills, groceries and other necessities each month, then multiply that by three to six months to see how much you should aim to save.
- 2 Cut costs:**
Think about how much you spend on coffee, restaurants and impulse purchases. Give up one or two extras a week and stash that money into your savings.
- 3 Automate your savings:**
Treat your emergency fund like another monthly bill and automatically transfer money into your savings account on payday. The sooner it's saved, the less time you'll have to spend it.
- 4 Start small:**
If \$10 a week is what you can manage, so be it! Once you're used to not having that money to spend, you might find it easy to bump it up to \$15 or \$20, and go from there.
- 5 Stash your windfalls:**
Instead of using your tax refund or work bonus for a shopping spree or holiday, save it for when you really need it. It's a painless way to boost your savings without impacting your current budget.

Consider the power of automated weekly contributions. Depositing \$20 a week automatically into your emergency fund amounts to \$960 annually.*
* This doesn't include the interest you may earn

Where to keep an emergency fund

Most people have chequing and savings accounts as part of their normal banking routine. For an emergency fund, you'll want to establish an account that's available if you really need it, but clearly separate from the funds used for household expenses and short-terms goals such as vacations or home improvements. Consider these options:

High interest savings account : Contact your advisor about setting up an account that's separate from your day-to-day transactions. Remember to ask about the account interest rate and whether there are any transaction fees or penalties for withdrawals.

TFSA (Tax-Free Savings Account): This flexible savings account allows you to withdraw funds at any time – and any investment growth that accumulates can be withdrawn tax-free. Currently, the annual TFSA contribution amount is \$6,000. However, if you've never contributed before, you could have as much as \$81,500 in contribution room dating back to 2009, when the TFSA was first introduced. Be cautious of contributing more than the amount available to you to avoid financial penalty. Investments that can be held within a TFSA include high interest savings accounts, stocks, bonds, mutual funds and guaranteed investment certificates. Talk to your advisor about what makes sense for financial stability while continuing to grow funds within the account.

Review your goals

Make it a habit to review your household budget periodically to ensure you're still making emergency fund savings a priority as changes occur in your life. Raising children, buying a home, adopting pets, general inflation and other factors may increasingly impact your ability to save.

Think about where you can find savings in other ways – check out this article to learn a few supersaver secrets. Finding a bit of extra money for the emergency fund could also be as simple as dropping any loose change into a container at the end of the day or gathering up and selling items around the house that you no longer need. One person's clutter is another person's treasure, and your emergency fund will get a nice boost in the process.

Saving up for the unexpected can be easier than you think, and if or when a crisis happens, you'll be very glad you did. As always, your advisor is there to help you plan your financial future and decide how everything, including your emergency fund, fits into your household budget.

[1] www.manulifebank.ca/personal-banking/plan-and-learn/personal-finance/spring-debt-survey.html

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Real Wine for Real People

The conundrum of consuming

April Sirois – Sommelier - ISG

A few weeks ago the Canadian government released their new guidelines for alcohol consumption. It was a bit of a shock, to say the least, that it is now the belief of health Canada that no amount of alcohol consumption is safe or healthy. The new continuum defines the health and safety risks associated with drinking as negligible-to-low for people (male or female), who have two standard drinks or less per week, moderate for those who have between three and six standard drinks per week and, increasingly high for those who consume more than six standard drinks per week. This is a dramatic reduction from the previous cap of 15 drinks for men and 10 drinks for women.

What is a standard drink? According to the CCSA, a standard drink in Canada is defined as a 12-oz. (341 ml) bottle of 5 per cent alcohol beer or cider, 5-oz. (142 ml) glass of 12 per cent alcohol wine, 1.5-oz. (43 ml) shot glass of 40 per cent alcohol spirits.

The report also goes on to refute the popular belief that drinking a small amount of alcohol can provide some health benefits, warning that as few as three to six drinks per week can increase the risk of developing certain cancers. It warns consuming more than seven drinks per week increases the risk of heart disease and stroke, with the danger increasing with each additional drink. Ouch.

So, as a social drinker and a sommelier what am I supposed to do with this information? Do I stop drinking and advise my clients and friends to empty wine cellars and liquor cabinets? Do I fly in the face of the doctors and bureaucrats that worked on and produced this information and standards and pretend that the results don't matter?

After much thought, I have come to the conclusion that life is 'fatal' and that every day I maneuver through a gauntlet of things that are potentially harmful to me and my health. Every time I climb on the back of my husband's motorcycle, onto the back of my grumpy horse for a ride, spend the day in the sun or give into my guilty pleasures of sweet treats or salt, I know that I risk my health yet, I still indulge. Why? It's the little pleasures that add to my life.

However, I am not reckless about it. I wear a helmet and other protective clothing when I ride a horse or motorbike to mitigate the risk, I wear sunscreen when I'm in the sun and, I try to keep food that I know to be unhealthy to a minimum. Well, mostly. (Damn you chocolate for tasting so good.) I have decided that I will not be giving up my wine, my cocktails and the odd 5 à 7, but will try to be more aware of the amounts that I am consuming. I will measure my drinks and stop eyeballing my pours and, I will stick to the drinks that give me the most pleasure (bye-bye draft beer). I will continue to enjoy my guilty pleasures. In parting, if you do indulge in spirits of any kind, please do so responsibly.

~ Penicillin cures, but wine makes people happy." --- Alexander Fleming



I'm Just Saying

Fly me to the moon

Ron Golfman - Main Street

With the resurgence of social interaction after several, yes, several years of isolation and precaution, while it may not seem like it, we are changing.

Much to my surprise, many are not stuck in the groundhog day of media and social interaction. While it has been unpleasantly comfortable to find common ground in talking poisons like Trump, We, Alex Jones and, unpleasant monopolies of both irreverent and concerning figures, the opportunity to mingle of late has allowed some of us to once again have a menu for discussion, which is not repetitive and distressing.

I have come to re-define local talent in the meaningful and interesting diverse conversational awakening of other subjects. My own experience has been laden with the above and, locally, snow removal and forecasts from global warming or simply just winter. I stepped out a few times of late and ran into dialogue far beyond the seemingly ritualistic speech. At my age, many banter include how we and others are faring health-wise; while not unimportant and absolutely necessary, it seems as if we are hungry for 'what else?' Thank goodness!

I often thought, maybe it's me, but to my delight I found a person who shared my disdain for the Elon Musks of the world who are preoccupied in selling the moon as if it was a real estate boom and a new Eden we should all long to visit. In that context, maybe it's the guilt ensconced in my psyche, you decide. After rousing discussion, we agreed that while space travel is intriguing and romantic, we couldn't ignore not focusing on the help needed at home. Lyndon Johnson, the eerie President who followed the murder of J.F.K., did show wisdom in orating that "our foreign policy must be a reflection of our domestic policy". I cannot help but agree that cleaning up one's own backyard is essential, not just etiquette in moving on.

As a fan of Sinatra's "Fly Me to the Moon" and Pink Floyd's "Dark Side of the Moon", there is something very attractive about both messages in the music.

I am soon to be blessed with the pending birth of my second grandchild and I think often of what lies ahead for them, myself being a fortunate son who grew up in the Woodstock era. Every generation feels luckier or not about their time in history and, while I fret, given the weak talent leading us, I am heartened today and I'm just saying', that people have rediscovered expanding their horizons, hinting that the future will be bright if we think beyond the curriculum.



Senior Citizens Heritage Club - Club de l'Age d'Or d'Héritage

By Lori Leonard

The Senior Citizens Heritage Club was initially created by a group of citizens under the leadership of Raymond Campbell, Mayor of Morin Heights at the time. A federal government grant was allocated to Morin Heights to establish a leisure social club for seniors in 1974. The first meeting took place in March 1975.

The mission of the club is to provide an organized social club space where members can socialize together. The objective of the club is to be self-financed. The club does not own any property, therefore club activities are held locally at the United Church or Royal Canadian Legion in Morin Heights. Some events are held at restaurants or other sites, depending on the occasion.

The current President of the Senior Citizens Heritage Club is Eddy Black and Vice-President is Anita van der Hoeven. Other than the Executive Committee meetings, members get together monthly for activities that are planned by the Executive. An annual general meeting is held in March each year for members to renew their membership and enjoy a luncheon together. Membership fees are \$20 per person or \$30 per couple. To become a member, a person must be 55 years old.

One of the most popular and fun activities have been visits to Hudson Village Theatre, followed by lunch in the Hudson area. Bus trips include excursions to Ottawa, Montreal and eastern Ontario.

Currently, the club has approximately 80-90 members from all over the Laurentians, but new members are always welcomed warmly as growth is always a good policy. Interestingly, the club has operated in English for many years with some French being introduced recently for francophone members.

For further information, contact Eddy Black: 450 712-8606 / eddyblack71@gmail.com.

Classic cross-country ski race event continues to have wide appeal

On Sunday, February 26, the Morin-Heights based Viking Ski Club hosted its traditional annual Loppet event, now incredibly in its 51st year. With race course choices of 5 km, 10 km and 20 km, it had wide appeal to some 150 registrants of all ages ranging from 6 to 70+ year-olds. These courses run through the club's Skip Sheldon forested network and were diligently double track set to provide skiers with perfect conditions. For pre-race waxing of skis, Julie Durand of Espresso Sports (Ste Adèle) was generously on hand to offer this service.

To avoid congestion, the race starts were staggered 20 minute apart with the 20 km racers starting off at 9:30 am. Post-race, Viking President Brent McCosker formally presented special medals to the fastest female and fastest male for each of the 3 ski race courses. Granted temperatures were a little nippy at around -14 C but mercifully no wind chill! Hot carrot soup and energy bars were available on site for attendees, all thanks to the generosity of the local IGA supermarket.

The successful execution of this enduring annual winter event is only possible with the diligent and enthusiastic help of many Viking Ski Club member volunteers, who like the racers, all received a celebratory keepsake crest.

Besides friendly competition, this outdoor event facilitated many chance meetings with like-minded folks who had not seen each other since before Covid!

Complete information on this event can be found at www.skiloppet.com

Derek Wills (Viking Ski Club)



The City of Brownsburg-Chatham takes over the management of the Gilles-Lupien arena

By unanimous agreement between the members of the councils of the MRC d'Argenteuil and the City of Brownsburg-Chatham, the MRC will hand over the management of the arena Gilles-Lupien to the City in April 2023, at the end of this season. The MRC and the City believe that at this stadium, local management of the infrastructure would open the door to more possibilities.

Although the City of Brownsburg-Chatham owns the building, the Gilles-Lupien arena has been managed by the MRC d'Argenteuil as supralocal equipment since 2000, in the same way as the Kevin-Lowe—Pierre-Pagé arena, located in Lachute.

During its regular meeting in February, the Town of Brownsburg-Chatham granted a mandate to an architectural firm for the purpose of drawing up preliminary plans for the possible renovation and upgrading of the arena.

A 2023-2024 season for the Gilles-Lupien arena

The Town of Brownsburg-Chatham announces its desire to maintain the activities and events of the arena for the 2023-2024 season.



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Tribute to the Music of Cat Stevens and Leonard Cohen

And the audience went wild!

By Janet Thomas

If you missed it, you missed something special! In February, Arts Arundel sponsored the superbly well-received concert “Guy Melhuish and Friends’ Tribute to the Music of Cat Stevens and Leonard Cohen”.

The church was packed to capacity and extra seating had to be set out. Perhaps people didn’t understand that it was a “tribute” show? Did they think Cat and Leonard were actually playing in Arundel? (Enough tongue-in-cheek humour.)



The first set featured songs from Cat Stevens. John Bendzar played accoustic guitar to accompany Guy Melhuish who sang and played. They thrilled the audience with early classics such as Moonshadow, First Cut Is the Deepest, and the timeless Father and Son. John Bendzar’s magic lifted the music to touch your heart.

The second half was a tribute to Leonard Cohen, starting with Susanne, the first he ever wrote, followed by one of his very last songs, Leaving the Table.

Classically-inspired luthier Jean Guy Hache added beautiful flourishes to Guy’s singing. Together they waltzed through familiar Cohen songs before being joined on stage by the duo Blue Note. Lyn’s soprano harmonized with Guy’s baritone while Jean-Luc added base guitar to Jean-Guy’s classical acoustic.

Towards the end, the audience was encouraged to sing along, which everyone did enthusiastically. Hallelujah was the inevitable final song, sung a capella by Lyn. The audience joined in on the chorus with more than 100 voices lifted together in Hallelujah under the dome of the church, sending shivers up and down my spine. Some were moved to tears.

The concert ended in wild applause and raucous calls for an encore, which was graciously provided with a masterful rendition of Cohen’s “Famous Blue Raincoat”.

Stay tuned for more musical wonderment in the months to come. Arts Arundel is planning regular concerts in the church. The Arundel Legion hosts jam sessions every second Thursday from 5 pm to 7 pm. The popular Garden Parties will continue at the P’tites Folies coffee shop during the summer and the Farmers’ Market will continue to feature musicians each Saturday.



The Mont-Tremblant Summer Market is setting up at the Espace Public starting this summer!

As the producers of the Mont-Tremblant Summer Market have been asking for several years, as well as a large part of the clientele, as of June 10 the market will be set up in the heart of the city center, at the Espace Public. Established in the Village since 2005, the City came to the conclusion that a relocation was desirable, as recommended by a study commissioned from the organization Carrefour bioalimentaire des Laurentides.

Based on a consultation of the population, merchants and the local business community, this study aimed to explore the prospects for the development of the Summer Market. The objective was in particular to:

- know the needs and expectations of merchants with regard to the location of the market, the necessary equipment, the market days and the schedule
- collecting the concerns of business owners
- analyze the current site and identify relocation potential
- make recommendations to improve the concept of the market

Accessibility and attendance being key factors in the success of such an event, the Espace Public quickly emerged as a must, as mentioned by the majority of those consulted. There are more parking spaces there than in the Village, it is served by free public transit and located close to services and facilities (automated teller machines, toilet blocks, etc.). Another major argument, the Espace Public is located near the largest population pool in the territory; many will be able to get there on foot. Relocated to the city center, the Market will also have a positive impact on the dynamism of this sector as well as for its businesses.

Other news

The market kiosks will be completely renewed for the 2023 season: these will harmonize with the new brand image of the market with sober colors, reminiscent of the land and cultures, in order to leave plenty of room for the colors of fruits, vegetables and table products.

The Culture and Leisure Department, organizer of the Summer Market, intends to take advantage of the festive DNA of the Espace Public and the Surprise Box to offer a 360-degree experience to make it an attractive destination for customers and exhibitors.

The market day will be maintained on Saturday, from 9 am to 1 pm, a time slot considered optimal by the majority of those surveyed. The new site will be able to accommodate up to 28 kiosks and will offer a new, more user-friendly configuration, improving the fluidity of travel.

Call for applications launched

The City is looking for market gardeners as well as food and tableware artisans wishing to occupy a booth free of charge during the 2023 edition of the Mont-Tremblant summer market.

A member of the Association des marchés publics du Québec, the Summer Market attracts an open, curious, interested clientele with an ever-growing appetite for local products. Thus, in order to promote the principle of local agriculture, priority will be given to applications from Greater Mont-Tremblant, up to a radius of 100 km.

Those who wish to submit their file are invited to complete the registration form available at villedemont-tremblant.qc.ca/marche before March 29, 2023. Those selected will receive confirmation during the week of April 10, 2023.

Summer Market – 2023 edition

June 10 to September 9: 9 am - 1 pm

Mont-Tremblant Espace Public (885, rue de Saint-Jovite, at the corner of rue Labelle)

Call for applications – producers and artisans: Until March 29, 2023

villedemont-tremblant.qc.ca/market



Strong comeback of the 37th edition of the Coupe des Fondeurs

More than 464 skiers took part in the third stage of the Coupe des Fondeurs in cross-country skiing on February 11 on the Fondeurs trails at the Notre-Dame center in St-Jérôme. The 3 races of this 37th edition attracted more than 1,550 participants, making it one of the largest cross-country ski gatherings in Quebec and Canada.

For 37 years, the Rivière-du-Nord school service center has been supporting cross-country skiing on its territory. Registration for the races is free of charge for students attending its schools. The CSSRDN and the Fondeurs-Laurentides ski club have always been co-organizers of this event. In addition, the Caisses Desjardins de la Rivière-du-Nord have joined in the presentation of this 37th edition.

Mr. Marc Bourcier, Mayor of St-Jérôme, Rhéal Fortin, Member of Parliament for Rivière-du-Nord in the House of Commons, Jean Junior Désormeaux, Municipal Councilor of St-Jérôme as well as Ronald Gill, Administrator at Desjardins were present to present the medals and trophies to young people.

Beyond the results and performances of the skiers, the Coupe des Fondeurs is a unique event that promotes participation and the promotion of the practice of cross-country skiing in our region.

The Coupe des Fondeurs rewards individual results but it is above all a team competition. Each competitor attempts to accumulate points for their club or school. This is what makes these races so unique.

Here are the 2023 winners of the Coupe des Fondeurs:

Primary sector positions: 1- école Du Champ-Fleuri /2 - école Du Triolet / 3- école Grand Rocher

Secondary sector positions: 1- Polyvalente St-Jérôme

School with the greatest participation: école Du Triolet

Winning club: Club Fondeurs-Laurentides

Number of participating schools: 26 schools

Number of participating clubs: 6 clubs

All the results are available on the website: <https://www.fondeurslaurentides.ca/evenement/coupe-des-fondeurs/>



Mont-Tremblant acquires the St-Jovite Bowling Center

The Mont-Tremblant municipal council adopted, at its last meeting, a loan by-law of \$3.15 million to acquire the Center de Quilles St-Jovite, for the purpose of converting it into a community centre. While a budget envelope of \$4.5 million had been reserved for a possible transaction, the purchase will ultimately end at \$3 million.

According to a feasibility and opportunity study, the building meets the needs expressed by the various organizations and the City, which will improve the service offer to the population. It will include community and leisure spaces, in addition to hosting the Culture and Recreation Department, which will be relocated there to meet its pressing needs for office and storage space for event and sports equipment and leisure.

The Bowling Center is, moreover, advantageously located in the heart of downtown, without experiencing the traffic congestion observed in other urban sectors. In addition, it has a significant number of parking spaces, is served by the municipal public transit service and is located near the route of the Inter municipal bus service. The size of the building, its functionality, its location and the great accessibility of the site proved to be decisive advantages in the choice of this building to set up the future community center.

Acquire rather than build, a question of costs

The acquisition cost of the building is based on reports prepared by two appraisers who independently analyzed its market value. According to the projections of a feasibility and opportunity study commissioned by the City, the costs of converting the building are estimated at \$4.85 million, i.e. an overall project of nearly \$8 million. However, the construction of a new building with the same surface areas as those of the Center de Quilles would involve an expense of at least \$13 million, or \$5 million more than an acquisition-conversion.

Based on current market prices, it would cost some \$470 per square foot to purchase land and construct a new building of the same area as the Bowling Center. As for the latter, the acquisition and conversion costs are estimated at \$260 per square foot, or nearly 45% less than new construction.

Conversion work planned for 2024

Over the next few months, the Public Works Department, in collaboration with the municipal council and the other stakeholders involved, will finalize the concept for the redevelopment of the building and will appoint professionals to draw up the plans and specifications with a view to the completion, in 2024, of conversion works. The City will submit a grant application to higher levels of government to obtain financial assistance for the realization of this project.

Public presentation of the project

At the end of March, the City will hold a public information session to present the community center project to the population. The date and place of this meeting will be announced shortly via the various City platforms and local media.