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MUNICIPALITY OF THE MONTH: MORIN HEIGHTS, PAGE 16

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WHAT'S ON MY MIND...

Susan MacDonald, Editor

Keep the wheels rolling...

On Monday morning, several cyclists gathered on rue St. Denis at the spot in the underpass where one-week previously, Mathilde Blais lost her life after being struck by a tractor-trailer. In her memory, a white "ghost-bike" was unveiled and placed nearby. I can only hope this shadow-cycle will act as a solemn reminder to cyclists and motorists to exercise caution and respect while sharing the roads.

Aggravation between these two groups of road-users has been ongoing for years. Reports of road-rage, extreme language, reckless riding and dangerous driving continue to increase along with the number of accidents and deaths. It is time for everyone to stop claiming the roads and re-directing blame. Lives are at stake. Rather than recount the familiar and repeated issues of each, here are the sobering results from this nonsensical feud.

According to Bike Safety CAA, 7,500 cyclists are seriously injured every year, often at intersections during afternoon rush hours or, where there are other traffic control signs. One in three deaths occur at night and 19% involve heavy trucks.

Three days after the death of Mathilde Blais, the Montreal police released their annual statistics, which reported a shocking 66.7% increase in cyclists' accidents resulting in serious injuries. They also reported tickets filed to cyclist had doubled in 2013 compared to 2012 and totaled 11,536 for various offenses such as running red lights, not respecting other traffic signs or traffic direction etc. This information was compiled from reported information but does not account for all those that were not submitted, making the possible numbers even more staggering.

Where there are roads, the wheels, two and four, are going to roll. Cyclists are here to stay and their numbers are likely to increase, so we better all learn to adapt accordingly. Follow the safety rules (they are readily available), show some decorum and above all, exercise patience and extreme caution on the road. Let's not have another senseless tragedy; life is too precious.

Next month, join us as we visit the municipality of Saint Adolphe d'Howard and discover the charm of this quaint village.

Enjoy the read...



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Observations Now That It's Begun, Where Will It End?

David MacFairlane - Main Street

On this page, readers have often been reminded of the deteriorating situation in Europe, a part of the world that has been battered relentlessly by the perfect storm of rapidly declining political, social and economic conditions.

Recently, with the turmoil in Ukraine, the situation became critical, and the entire region is poised on the edge, staring into the abyss of chaos. The event that brought Ukraine to its present flashpoint was the violent coup against the country's elected President, undertaken by extreme right-wing factions, clandestinely supported and financed by the US. The US State Department admitted that it has spent \$5 billion in Ukraine to "support democracy" but, as with most statements by the US Government, the truth is something else entirely.

The real purpose of US involvement in Ukraine has nothing at all to do with the welfare of its citizens, who are now suffering under IMF imposed austerity cut-backs, rising taxes, currency devaluation, soaring food and energy costs and escalating civil unrest. Ukraine is a pawn in the deadly chess game being played by the US and its tentative allies against Russia, China, Iran and the BRICS nations. The fight is over the use of the US Dollar as the world's reserve currency. As long as world trade, particularly in oil and gas, is conducted in US Dollars, the US will continue to have an unfair economic advantage over the rest of the world by requiring all governments and corporations to hold liquid assets in US currency in order to settle international trade contracts. This hegemony is now ending and the US is desperate.

All attempts to circumvent the US Dollar trade agreements have ended in bloodshed and tragedy for the countries foolish enough to try. The trail is brutal indeed. Iraq, under Saddam Hussein, tried and failed miserably. Iraq was invaded, brutalised and occupied by US forces. Saddam and his family were summarily executed and now, 11 years later, Iraq is still a total mess. Libya, under Gaddafi, tried the same with fatal consequences for both the country and its leader. Gaddafi had advanced plans to introduce a gold-backed Dinar for use in international oil trading. The US and NATO invaded and he was murdered, and today his country is destroyed and torn apart by tribal rivalry.

Iran is the only country that has opposed the US, refused to trade in US Dollars and survived, so far, but not without months of overt threats of military reprisal from both the US and Israel. However, Iran is fortunate to have allies in Russia, China and India who continue to buy Iranian oil and gas, as barter for other essential commodities or for payment in gold bullion. Russia and China have warned the US that any attempt to attack Iran will draw them in too - a situation the US cannot afford and would surely lose. The US has also been warned by Russia to stay out of Syria, another country of strategic value in the energy trade. Now, Saudi Arabia has begun to move into the Russian and Chinese camps and is planning a revival of the gold-backed Dinar currency. Another huge problem; according to the Financial Times, China will surpass the US as the world's largest economy this year, and they, too, have advanced plans to issue a gold-backed yuan as their convertible currency.

So it becomes obvious now why the US is frantic to preserve its economic superiority in the face of these threats from countries that are no longer within its sphere of influence and which have become direct competitors with powerful economic leverage to use against all US attempts to thwart their growing importance. So, when the US attempted to subvert Russian influence in Europe, where it is the largest energy supplier, the plan backfired badly, and resulted in Crimea re-uniting with Russia and Eastern Ukraine threatening to follow. The US economic sanctions against Russia have only resulted in a tit-for-tat freezing of assets and amplified the dangers. The EU, in turn, cannot dare to impose economic sanctions because of their dependence on Russian energy supplies and the danger of cascading debt defaults due to the huge credit exposure of European banks to Russia.

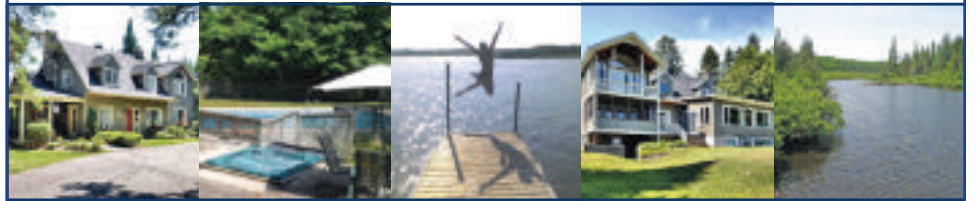
This is a deadly game being played between Obama (a puppet) and Putin (a puppet-master), and Putin is winning, and knows it. There is no way the American public will support another war, but you can expect the US to become dangerous when cornered, as it is now. So, unfortunately for the rest of us, anything is possible as an outcome of this dangerous confrontation. There is no strategic

advantage available in a conventional war because the assured mutual destruction will be too overwhelming for either side. No, this will be a cyber war, with resources, money, technology and influence as the weapons of choice. Actual fighting will be covert and deadly. Watch for targeted assassinations and false-flag events.

This is a war for the continuation of US supremacy in the world, but it cannot be won. In the end, the US Dollar will be devalued and forced to co-exist with a few other new international currencies with real assets backing their paper.

US world hegemony will end finally, but what the planet will look like then is the question everyone should be worried about.

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Associate Editors: Jim Warbanks, June Angus

Art Director/Management Consultant: Anne Secor

Contributing writers: Ilania Abileah, June Angus, Joan Beauregard, Peter Cloutier, Grace Bubeck, Lys Chisholm, Chris Collyer, Dale Dawson, Sheila Eskenazi, Beth Farrar, Steve Friedman, Christopher Garbrecht, Ac, Ron Golfman, Joseph Graham, Grif Hodge, Marion Hodge, Rosita Labrie, Lucie Lafleur, Efrat Laksman, Lori Leonard, Lisa McLellan, Yaneka McFarland, Jessica Million, Marcus Nerenberg, Melanie Parker, Claudette Pilon-Smith, Tiffany Rieder, Frans Sayers, Michèle St. Amour, Christina Vincelli, and countless other contributors from the Laurentian community at large.

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What's New for "Festival des Arts de Saint-Sauveur"? Ilania Abileah - Main Street



This year, FASS will be celebrating 23 years of existence (the 18th festival to be held in St. Sauveur) and we shall be treated to a new and inspiring program, with something for every taste. There will be classical ballet and contemporary dance, plus musicians playing classical, modern, opera and devotional music.

The artists coming to the festival have worked diligently for years perfecting their art. Dancers have learned how to express feelings and emotions with their bodies while performing intricate movements to music. Garbed in colourful costumes, they will leap to unbelievable heights, stretching their limbs to the limit or contracting their bodies into tiny balls. Musicians and singers have painstakingly rehearsed until attaining true purity of sound and unison. Renowned internationally, soloists and dance troupes will be arriving from different corners of the world just to inspire us.

Unlike previous years, each evening will feature a new dance or musical performance under the Big Top. The Children's Day of "Tohu-Bohu" is scheduled, and so is the silent auction, featuring contributed items from local merchants and artists! Early ticket reservations are highly recommended to ensure good seats, as in addition to local

people planning to attend the performances, there will be busses arriving with "concert-goers," from Montreal and St. Jérôme.

New this year! A Master Class for Dancers - in fact, an entire day dedicated to a pioneer dance group coming here for the first time! Oh what a treat!



Contest: Which dance company does the graceful dancer in the photo represent? Answer by May 19, on Festival-des-Arts-de-Saint-Sauveur Facebook page. One winner will receive two tickets to the events of this company's day at the festival.



The Board wishes to inform the public and volunteers, that there will be a campaign fundraiser at the **IGA LACHUTE** on May 15, 16, 17, 18 & 19.

Members of the Board and a few volunteers will be on hand to answer your questions, recruit volunteers and sell some promotional items.

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NOTICE OF ANNUAL GENERAL MEETING

to the members of the Société d'aide
au développement des collectivités (SADC)
des Laurentides inc.

You are hereby called to the SADC des Laurentides Annual
General Meeting, to be held **Tuesday, June 17, 2014**
at **8:30 a.m.** at the **Club de Golf Val-Morin | 4500,
5^e avenue, in Val-Morin |** to present the 2013-2014 annual
report as well as the action plan for next year. **A continental
breakfast will be served at 8:00 a.m.**

**Three positions are up for election this year: two regular
and one for the Youth Representative for the Laurentians
RCM.** Any member wishing to stand for election must
submit their candidature by **June 5, 2014 at 4:00 p.m. |**
to the **SADC office located at | 1332, Ste-Adèle Blvd,
Suite 230, Ste-Adèle, J8B 2N5.**

The present notice was issued by the Board of Directors in
Sainte-Adèle on April 30, 2014.

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Canada Economic Development offers a financial support to the SADC.



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NOTICE OF APPOINTMENT TO THE SUPERVISORY BOARD



The President of the Caisse Desjardins de la Vallée des Pays d'en Haut, Jean Beauchamp, is proud to announce the appointment of Ms. Elise Lamarche, as an officer in the Supervisory Board of the Caisse. She was elected by acclamation during the Annual General Meeting held on April 22.

It is in this capacity that she is committed to act with care, integrity and loyalty in the best interests of the Caisse, its members and towards the common good, to ensure a healthy, prudent administration and a dynamic Caisse, in respect to its areas of responsibility and in accordance with the relevant frameworks, such as laws, regulations, standards, and maintain that the applicable pol-

icies of the Code of Desjardins Ethics be actively present during proceedings which she attends.

Proudly, with over 12 years expertise as Executive Director of the Carrefour Jeunesse-Emploi in our region, Ms. Lamarche will complement the leadership team of the Caisse Desjardins de la Vallée des Pays d'en Haut.

The Caisse Desjardins de la Vallée des Pays d'en Haut is a financial cooperative owned by its members. It is also 17 directors with 65 service employees to look after its 19,302 members generating a volume of more than \$1.1 billion.

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Simply Words on Paper Do You Want to Learn French? Simply Change the Channel!

Jim Warbanks - Main Street

A recent letter, published in The Gazette, suggested that there should be free French lessons for older anglos, who may not have had the opportunities to learn and practice French. The writer notes that such a program is made available for Quebec immigrants from other countries.

For certain people who are motivated and have the time to attend courses, this could indeed be beneficial. I have a good friend, retired for many years, who spoke little French (his third language) at retirement. Since then, he has attended French-language courses and practiced diligently. Though certain gaps are evident, his command of the language is now quite impressive.

In contrast, his brother, also retired, was strongly encouraged by his employer to take in-house French-language courses on company time in order to qualify for additional responsibilities / promotions. Despite having excellent teachers and devoting significant time to attending these courses, he still speaks very limited French. One size does not fit all.

Free alternative

There is a free and very convenient alternative available to anyone: simply change the channel. Many English-speaking Quebecers now watch hockey games on the RDS network because of the superior commentary of Pierre Houde who, incidentally, proudly speaks clear, articulate and impeccable French, which is not the case with many other media personalities.

The first person I recall making the suggestion to "just change the channel" was Louise Robic, a Quebec Liberal MNA / cabinet minister during Premier Robert Bourassa's tenure. I sat on a committee at the time that had a mandate to advise her on the particular health and social services needs of the English-speaking communities. When the topic of providing French-language courses was raised, she responded in her very effervescent manner that everyone had a readily available tool to improve their command of French: "Just change the channel!"

It is even more convenient today to employ this strategy. In addition to sports programming, where you benefit from the visual game presentation to link with the French vocabulary, there is the added benefit of frequent repetition in game action. The vocabulary acquired can be utilized to participate in discussions with friends / colleagues the very next day.

Series translated

Watching movies or popular television shows can be an excellent and comfortable tool. If you have watched a movie that you really enjoyed, it is a simple matter to find and record the French-language version on television or rent / purchase it at the local video rental outlet. You already know and like the plot / story. Because you have viewed it previously, you know the context and what will happen in the next scenes. An added bonus is that you can pause or rewind to check on a word or phrase that you may have missed or did not understand. Most of the popular television series are also available in French. Since there is a delay in translation / production, you can view the earlier season episodes at your leisure.

Can this strategy succeed? There was a personable, but unilingual French-speaking teenager who lived some distance up the street. I saw little of him over one winter. Come spring, I discovered when he proudly addressed me in English that he now had a substantial capacity to communicate in English. How did he manage that feat? He and his mother made a determined effort to watch an English-language movie together most evenings.

Another option is to watch news coverage, occasionally but regularly, on one of the French-language news networks. You are familiar with the main topics of the day from English print or media coverage. You have the visual input as a guide. Some segments, such a sports / weather are self-evident.

Variety of voices

A substantial benefit that will come as your French vocabulary builds, is the ability to hear and progressively understand a broad variety of "voices." Some will seem to speak far too fast to properly comprehend them at first. Others will use unfamiliar jargon, or seem to mumble but, if you persevere, you will be rewarded with a greatly expanded linguistic capability.

Incidentally, not only French language-challenged anglos can benefit from this very accessible strategy. In teaching English-language classes to staff in the health care network, I have always suggested to those who expressed the desire to further enhance their second (or third, or...) language capabilities, that the simplest tool was the television remote.

If your second language skills are lagging, why not switch the channel during the extended hockey playoffs and hear Pierre Houde exclaim "et c'est un but!"

Coming Up On Facebook This Month



Check our Facebook page at **TheMainStreetNews** and find out "what's cooking" at the Jean-Marc Belzile Library with the Library Addict, keep healthy with Lisa's second secret in Fit Tip and learn why caregivers need care in this month's L-CARE submission. Catch up on the latest news on what's really going on behind smart meters and don't miss Dominique's return from the Great White North and her upcoming talk in June. Plus, there will be current, local news and updates on coming events. Be sure to drop by regularly!



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About Sainte Adèle

Chris Lance - Main Street

Spring-Summer

The members of the comité culturel de la Salle Augustin-Norbert-Morin (ANM), under the leadership of Mme Marie-Andre Thollon, have finalized the cultural program at ANM for the 2014-2015 season. The program includes a huge line-up of song, humour and dance, with performers such

as Pierre Laponte, A Moffatt, Louis-Jean Cormier, Les Ballets Jazz and several others. Profits from ticket sales will benefit students with difficulties, students interested in arts and sports and renovations to the ANM. For info, visit www.salleanm.com or email info@salleanm.com.

Golf courses are finally open! Jean-Francois Laniel of Golf la Vallee de Sainte-Adèle is hoping for a good season after a late start. Club de Golf Mont Gabriel is offering a season-long (June 16 to September 5) event, "Tournois 12-trous," Sunday through Friday: a shotgun-start at 1:30 pm for up to 40 players for \$29.95. Full details at montgabriel.com or call 450 229-3547.

Tennis should be popular again this year. Bring your Sainte-Adèle ID card to Greg in the centre of town and become a member. Enjoy "doubles" tennis" every day starting at 9:30 am. Non-residents can also play for a very small additional fee.

Spring-Summer fashion can still be found in Sainte-Adèle at Boutique P'tites Folies (799 boul. Sainte-Adèle).

If you like to rent tools for summer projects, visit Lou-Tec (3340 boul. Sainte-Adèle) towards the north end of town along the 117. You can call ahead (450 229-5522) to avoid the line-ups.

Summer snacks and treats are available at La Chocolaterie Marie-Claude on rue Valiquette, behind the Pine Theatre parking lot. Don't forget the movies this summer. According to theatre owner, Tom, many blockbusters are coming soon.

Other sports:

If you like indoor activity, you can play bridge this summer. Everyone welcome, just call 450 229-7087 for all the info.

Driving around in your sports car, as my friend Darlene likes to do, will be a little difficult this summer as the 117 will be tied up from time to time for repairs to the water system and road. Also, it appears our bridges are still crumbling and need some repairs. Be prepared for traffic tie-ups just like last summer.

Murder and Justice:

In January 2012, Alexandre Dionne, then aged 17, moved to Sainte-Adèle, next door to the semi-retired, sixty-year-old pharmacist and ex-town councillor, Gary Quennville. Dionne broke into the Quennville residence at least 5 times and on February 26, 2012, Dionne knocked on the door, struck Quennville and after the initial attack, strangled him to death.

Justice was served to Dionne on April 25, 2014. In the St. Jérôme courthouse, the judge decided that the minor at the time of the murder should be treated as an adult. Dionne was sentenced to life in prison (25 years) with no chance of parole for 10 years. An accomplice is also serving a five-year sentence. Rest in peace Gary.



News Wire From Weir

Claudette Smith-Pilon - Main Street

News from City Hall

Job Opportunity: Socio-economic development Agent (Part Time/Full Time)

Responsibilities: under the authority of the Director General and municipal council, the agent for local economic development participates actively in regards to the growth of the community on two

levels; socially and economically. The agent will work with the strategic planning of the municipality in order to stimulate local social initiatives. Finally, he/she deploys the projects according to the local social and economic needs, notably, towards the evolution of the village-core.

Requirements:

- Business administration & finance: 1st cycle diploma or other studies with pertinent work experience.
- Knowledge of the territory, its economy, the different pertinent government programs and the needs of the local community.
- Be able to dynamically manage many projects simultaneously.
- Knowledge of Power Point, Word, Excel.

If interested or need additional information please apply or call City Hall (10, rue de l'hotel de ville, Montcalm: toll-free 1 866 888-2836 or 819-681-3383.

Activity in our area:

Introduction to Native Medicine with plants. Workshop on May 17: 1 pm at the Community Hall of Weir/Montcalm. A 3-hour training session, \$40. This session should be required if you are considering any practical outings in the forest.

Info/registration: call Isabelle Kun-Nipiu Falardeau, Traditional Native Herbalist: 819 341-0226 or info@lametisse.ca.

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

LCC Annual Steak Supper Fundraiser

June 14: Cocktails at 6 pm / Dinner served at 7 pm. Tickets: \$35 by reservation only: 450 562-3719 or email: literacycentre@bellnet.ca. The Literacy Centre is a non-profit organization funded by the Ministry of Education, PACTE program. It offers one-on-one free tutoring, helping people of all ages learn to read, write, count and acquire basic computer skills. This annual fundraiser helps to support the regular programs as well as the Sunshine Reading Camp. Your support is very much appreciated.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:



Monica Guzman and Pilar Flores, new owners of **Double Pizza/Roasters Saint-Sauveur** (86, rue de la Gare, St. Sauveur) who opened at the beginning of April. They offer delicious pizzas, roasted or crispy chicken and/or ribs, salads, burgers and sandwiches on-site or for home delivery. 450 227-5995, www.doublepizza.com.

Chef/Owner Arnaud Glay, of the new **Le Passé Composé Bistro/Bar/Brunch** (90, rue de la Gare, St. Sauveur) who opened on January 15. Open Wednesday through Sunday, 8 am to 9 pm. Until 3 pm, they offer excellent brunches including their signature dish of poached eggs with fois gras or duck, and from 3 to 9 pm, a wide variety of tapas, beer, wine and cocktails. They will offer an open terrace with live music during summer. 450 227-1818, www.bistropassecompose.com.



Jean-Sébastien Sauriol, owner of the new **Multi-Moteurs Saint-Sauveur Inc.** (2160, local C, Jean Adam, St. Sauveur). This enterprise offers sale and repair of 4-season, motorized equipment such as lawn mowers, tractors, weed-eaters, chain saws, generators, snow blowers and 4 x 4/off-road vehicles. There is a showroom with a large line of products available from Cub Cadet, Dolmar, Briggs and Stratton and Core Gasless Power. 450 744-3120, www.multimoteurssaintsauveur.com, info@multimoteurssaintsauveur.com.

Sébastien Ravenelle and Marie-Josée Réhel who opened their new **Broadway Cheesecake** store on March 30 (1000 Avila Rd. St. Sauveur). They offer 20 different varieties of delectable cheesecake. Favourites include Ferro Rocher, white-chocolate raspberry, specialty cupcakes and birthday cakes. For those with a voracious appetite, the challenge is on... **if you eat their 3-story burger with 2 Italian sausages, you win a free piece of cheesecake!** A variety of sandwiches are also available and they will have their liquor permit soon. 450 227-8383, www.broadwaycheesecakeco.com

Did you know:

Owners **Stéphane Dupont** and **France Lachapelle** from **P@PETERIE St-Sauveur** (407 rue Principale, Ste. 201, St. Sauveur) offers more than 15,000 products for your home or office? Products include binders, covers, ink cartridges, printers, faxes, scanners, notebooks, paper, photocopies and much more. They also offer fancy writing paper, luxury notes, school supplies, children's games and books, recipe books, greeting cards, journals and many types of pens. Next day delivery is guaranteed on orders of \$50+. 450 227-5252, www.papeteriestsauveur.com, info@papeteriestsauveur.com.

Geneviève LeBeuf, owner of **Maitre Glacier** (18 rue de la Gare, St. Sauveur) offers 40 flavors of ice cream, gelato and sorbet? They also offer delicious milkshakes, slush drinks, soft ice cream and lots of candies. When the weather gets hot, be sure to drop by to visit! 450 744-3378.

Jeff McDonald - Sculptor, is seeking all kinds of metal for his creative and beautiful sculpture projects? If you have old (non-rusted) golf clubs, cutlery, garden tools, car parts, or any other metal pieces, please drop them off at Jeff's bin (954 Village Rd., Morin Heights). If you have larger pieces, please call 450 227-4122 or email b.ha.p@hotmail.com to arrange to have them picked up.

Normand, Martin, Carole and Roxane, hair stylists at **Coup d'Oeil Coiffure** (75 de la Gare, block C1) would be pleased to offer you a new hairstyle, cut or color just in time for a refreshed spring look? 450 227-5648.

Historical Tour of Churches in the Pays d'en Haut - May 31

Joan Beauregard - Main Street



The Pays d'en Haut is dotted with churches and chapels that represent our cultural history and its architectural styles. Inspired by a popular growing concept in parts of Europe and elsewhere in Quebec, the MRC des Pays d'en Haut is introducing a tour of its churches and chapels on May 31.

This will be a unique opportunity to discover the rich, architectural heritage of twelve churches. Each church will host an open-door guided tour of the building and cemetery with stories and historical information. Some will offer special activities to highlight events and lifestyles during their history. Here is a list of the churches that were invited to participate in the tour:

- **Église Notre-Dame-de-la-Sagesse**, Lac-des-Seize-Îles
- **Église de Ste-Anne-des-Lacs**, Ste-Anne-des-Lacs
- **St. Francis of the Birds Church**, St-Sauveur
- **Église St-Sauveur**, St-Sauveur
- **Trinity Church**, Morin-Hts
- **Église Sainte-Marguerite-du-Lac-Masson**, Ste-Marguerite-du-Lac-Masson
- **Community Pavilion (formerly the église Notre-Dame-des-Neiges)**, Wentworth-Nord (Laurel)
- **Église St-Joseph Ste-Adèle**, Sainte-Adèle (Mont-Rolland)
- **Église Ste-Adèle**, Ste-Adèle
- **Montfort Community Pavilion (formerly the église Notre-Dame-des-Nations)**, Wentworth-Nord (Montfort)
- **Community Pavilion (formerly the église St-Michel-de-Wentworth)**, Wentworth-Nord (St-Michel)

A leaflet including a tour-route map of the 12 churches will be available in tourism offices, at the MRC, municipal offices and at participating churches. More information is available on the MRC's website, www.lespaysdenhaut.com. The resource person for this project is Ana Manescu, MRC des Pays-d'en-Haut, amanescu@mrcpdh.org.

ACROSS THE REGION

Canada Summer Jobs: Mylène Freeman announces the creation of 114 youth jobs in the riding

New Democrat MP Mylène Freeman (Argenteuil-Papineau- Mirabel) is happy to announce the creation of over a hundred student jobs in the riding with the Canada Summer Jobs program.

“With the youth unemployment rate at 14%, double that of the national average, programs like Canada Summer Jobs are essential to prepare our youth for the realities of the job market,” stated MP Freeman. This year, close to a hundred employers in the area will have access to this government aid. Thanks to these wage subsidies, they will be able to hire 114 students from the riding.

RIDR implements first phase of organic waste collection

La Régie intermunicipal des déchets de la Rouge (RIDR), in collaboration with the MRC des Laurentides, the MRC des Pays d'en Haut and the town of Rivière Rouge, is pleased to confirm the implementation of the first phase of the collection of organic materials from six of its cities / member municipalities. Instead of being buried as landfill, the organic matter collected at targeted locations will be transported to a composting site in Chertsey. This initiative is in the wake of the Québec waste management policy, which will prohibit the burial of organic matter as of 2020.

The first phase of the organic waste collection will be deployed by the end of May and will include some 655 households plus several other locals within the targeted sectors. For more information visit www.ridr.qc.ca

CLD Report for 2013

The CLD of the MRC des Laurentides has announced the results for 2013 in regards to their intervention and encouragement towards entrepreneurs. To review the full report please visit their website at www.cldlaurentides.org.

The value of local products

The CLD Laurentides, in partnership with Emploi-Québec and the Laurentian Agriconseils Network, recently held a networking/training day between producers, processors and restaurants in the area. Almost thirty people working in the agri-food sector were present to discuss optimization of the use of local products. Throughout the day, there were many discussions and exchanges. During the afternoon, the CLD officially launched its new “Agro Fund.” The fund has two components focusing on diversification (addresses agricultural companies already in business) and support for organic certification (for start-ups and existing ones).

“This fund should be used to leverage agricultural projects and help our businesses to solidify, be more viable and grow healthily! For more information, please consult the CLD website www.cldlaurentides.org under the financial support tab,” concluded Julie Bourgon.

MUNICIPAL HAPPENINGS

GORE

Volunteer Week Appreciation in Gore



To mark National Volunteer Action Week, the Municipality of Gore organized a get together to show appreciation for the devotion of volunteers. Mayor Scott Pearce expressed warm appreciation to the numerous volunteers present. Special recognition was addressed to Mary Kyle, a long-time representative of the Anglican Church Women Association. In the 1960s, this women's group led a major fundraising effort to collect funds for the construction of the Gore Community Centre. In photo, honoree Mary Kyle is joined by her son Jim Kyle (right) and lay preacher Hugh Mitchell.

MONT-TREMBLANT

Alexis Godbout Wins the First Edition of the Red Bull Urban Forest



Over 1,000 spectators were present at Place Deslauriers to attend the Red Bull Urban Forest free-ski event. The top twenty freestyles skiers of Canada competed on a 400m long course made entirely from natural logs that were set up throughout the streets of the village. The skiers put on an exciting show resulting in Seb Eaves finishing in third place, Charles Gagnier in second and Alexis Godbout winning first place with a “front-side 630” followed by a “flat-rail switch pretzel 450.”

Mont-Tremblant Poly-Police Hockey Tournament



Left to right: Jerome Gagnon (agent and flag carrier), Olivier Charbonneau (Curé-Mercure), Erik Guay (ski champion and guest of honor), Roxanne Lacasse (councilor Jean Desjardins), Director of Police Mont-Tremblant, Pascal Thibault and Julie Pressed (officer and flag carrier)

The annual “Hockey Classic/ Poly-Police Tournament,” was held Saturday, April 12 at the Arena Mont-Tremblant and featured students from Curé-Mercure and officers of the Police Service of Ville de Mont-Tremblant. Ski champion Erik Guay was the guest of honor at this 5th edition.

LAC DES SEIZE ILES

Devastation at Lake des Seize Isles

On April 15, a sudden mudslide shocked the community of Lac des Seize Iles. The incident was caused due to a combination of warm spring temperatures and melting snow that caused the lake water to rise approximately 10-12 inches. As the landslide occurred, it caused a “tsunami” that pushed the solid ice (20-25”) across the lake, lifting houses and boathouses onto the frozen lake. Two permanent cottages were evacuated, forcing a few residents to seek shelter. The Trinity and St. Francis Anglican churches graciously offered assistance and temporary sanctuary. The village is working together to help those affected but is in need of assistance and support. Please contact the municipality at 450-226-3117 if you would like to help.

LACHUTE

Jardissimo Lorrain now in Lachute



On April 26, Jardissimo Lorrain, a well-known garden nursery, held its “grand opening” at 545, d'Argenteuil in Lachute! At this new center, you will find a wide selection of plants along with all the essentials necessary in achieving your successful landscaping project. In addition, our friendly and knowledgeable staff will be happy to welcome you and share your passion for beautiful plants. Gardening enthusiasts of the Argenteuil region, come share the enthusiastic Jardissimo Lorrain Nursery experience. For more information contact Jean Denis at www.Jardissimo.ca.

Winner of the Simon-Valois Award 2014.



Twenty-six years of empathy, dedication and listening to people who are ill. That is how this year's recipient of the Simon Valois Award, Mme. Hélène Denis, has been described. Hélène Denis is a generous and discreet woman; qualities often found in volunteers. The current mandate of the Centre de santé et de services sociaux (CSSS) Argenteuil, is to provide spiritual care services to users of the Acute Care Unit.

SAINT-SAUVEUR

St. Sauv'Art spring show continues! Thirty artists and painters from Saint-Sauveur will be waiting to welcome you on May 17, (10 am - 6 pm), 18 (10 am - 5 pm) and 19 (10 am - 4 pm) at the Chalet Pauline-Vanier, 33, rue de l'Église in Saint-Sauveur. At this exhibition, visitors will discover a wide variety of forms of expression including oil, watercolor, acrylic and mixed media. In addition, they can meet the artists who will be happy to answer all their questions.

For further information visit www.St-Sauv-Art.com.

Church Tour



Saint Francis Of The Birds Church (94 Ave. St. Denis, St. Sauveur - 450 227-2180), built in 1951, is known as the “skiers' church.” It is a beautiful log building that was constructed following the Scandinavian tradition by a crew of artisans, headed by Victor Nymark. The stained glass windows in the church represent the four seasons, day and night. The main window shows Saint Francis with 21 species of birds all of which are native to the Laurentiens. We have been selected by the MRC des Pays d'en Haut to participate in the Historical Church Tour on May 31, from 9 am to 5 pm.

Join us! For rental information for the church or hall please call 450 602-0289.



TechSpot Et tu, Linux? A Sound Alternative to Windows

Steve Friedman - Main Street - VP, COO, TECHSPA

Computer users have primarily chosen Windows operating systems and second, Mac OS. But there's a third alternative that most people are completely unfamiliar with. Now that Windows

XP has recently been proclaimed dead by its creator, Microsoft users need to find an alternative. The vast majority of users hearing the XP news haven't even remotely considered an upgrade path to anything other than Windows 7 or 8. And that's a mistake, since the Linux alternative is:

- Faster than Windows 7 or 8 on the same, older machine
- Free! Now that's cost-effective
- Way more secure than Windows

If you have an older computer running any Windows version prior to Windows 7, (XP or Vista), and need to or would like to upgrade, check out this checklist to see if Linux is a viable option for you.

- 1) What do you do with your computer? Do you use a(n);
 - Browser to surf the Internet, such as Internet Explorer, Firefox or Chrome?
 - Email App?
 - Word Processor (such as Word)?
 - Spreadsheet (such as Excel)?
 - Presentation app? (such as Powerpoint)?
- 2) Do you need to synchronize with an iPhone or other Apple product?
- 3) Do you need commercial Windows Applications? Are there specific Apps, products you use, such as AutoCAD, or Adobe's Creative Suite (and no alternative will do)?

If the answer to the first question is **Yes**, and 2 and 3 are **No**, then Linux is definitely a good choice for an upgrade, because it can easily handle the tasks.

If the answers to 2 and 3 are **Yes**, substitutions are allowed and **if** these apps are not critical to you, you're also a good candidate and Linux might be right for you.

Linux versions of completely Office-compatible software are readily available - and they're **free**, as are most Apps for Linux OS. Linux has come a long way since the old days of the command-line interface (where you have to type in the commands). In fact, many versions of Linux have very nicely-designed graphical user interfaces that function virtually the same as Windows or Apple's Mac operating systems do. Most users will find great similarities and immediately be able to start using Linux the same as they would Mac or Windows OS. So what's the catch? How can operating systems that are so good be free?

That's a very good question! To start, behind Linux is a huge community of very intelligent, dedicated and generous programmers. If you're interested in the history of Linux, named after Linus Torvalds, principal author of the Linux kernel, there's lots to read at:

Wikipedia - <http://en.wikipedia.org/wiki/Linux>

The New York Times 10 April 2014 - http://www.nytimes.com/2014/04/10/technology/personaltech/the-many-alternative-computing-worlds-of-linux.html?_r=0

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



Child Fitness Sibling Rivalry

Efrat Laksman - Main Street
Co-owner of Gym Action Fitness in St. Donat

Is it possible to have siblings without the rivalry? My children, aged 8 and 10 years are no exception. There is ambivalence between love and hate present in all close relationships that is more intense in siblings because both want to gain their parents' attention and be the

"favorite." The positive side is that it teaches children how to take turns, share and stand up for their rights. Sibling rivalry is healthy if it does not cause too much family tension.

Parents have a definite role in setting an example for their children. They can help their children be aware of their emotions and ensure they know it is okay to be angry, but fighting and name-calling are not acceptable ways to vent anger. Teach children useful alternatives to hurtful arguing, such as talking about it with a sibling or parent. Provide access to outside friends and different activities. Do not expect siblings to play together constantly; a brother or sister is like having a special playmate living at home. Never show favoritism and remember that an older child is not necessarily right and that the younger one is not always the "victim." Try to talk with each child every day and schedule an individual activity once or twice a week. Show children how to settle disagreements peacefully with a firm but calm voice. Intervening is not always necessary. Children can't go through life having a referee to resolve their differences. By arguing with siblings and peers, they will learn to negotiate with others and find common ground.

Cooperative board games and team sports are loads of fun. Competition is healthy and doing your best does not necessarily mean winning. Encourage laughing and sharing especially if older kids don't want to play. Have them partner with their younger sibling and play opposite the parents, or, develop a point system where cooperative siblings earn bonuses such as staying up later. This further instills the fact that responsibility and kindness are some often-forgotten keys to freedom.

When siblings participate in group crafts or talent shows make sure that each child's contribution is unique and equally judged. Those who feel loved, even when they don't win will be the ones who handle defeat without giving up. For example, instead of having siblings each make individual drawings for a family gathering, have them each contribute a decorated napkin or place mat for the whole table. Alternatively, let each color a large letter(s) on a sheet of paper that will eventually be put together for a sign that says, "Happy 50th, Grandma and Grandpa!"

Sharing is a necessary skill for making and keeping friends and getting along in school. Whenever your children are playing together in a friendly way, praise them. Compliment them for helping each other and settling disagreements politely. What goes around comes around so always give them more attention when they are good than when they are bad!

Wetlands: Where The Frogs Sing

Eve Van Stolk - Special to Main Street

At long last, we hardy Canadians can breathe a collective sigh of relief, spring is here. The crows carrying bits of nest-building twigs know, the chattering squirrels and raucous blue jays know and those of us transplanted from the city will eventually learn to read the signs as well. When I first moved to the Laurentians, I knew so little about nature that on a warm, spring evening, fresh with the scents of the season, I mentioned to a friend how much I enjoyed listening to the marsh birds that, one by one, would start singing when the sun sank below the horizon. My friend looked at me for a long moment and said, "I don't think those are marsh birds, they're frogs."

Such was my introduction to wetland wildlife. Since then, I have developed a deep appreciation for the beauty, diversity and most important, the necessity for wetlands on our planet. And they are disappearing. Over the last two hundred years, 70% of Canadian wetlands, in proximity to developed areas, have been filled in, sacrificed to industry and urbanism. From an ecological standpoint, wetlands are vital for water filtration and purification, soaking up excess rain or floodwater, and via microbial action or absorption by aquatic plants, transforming or neutralizing toxins and pollutants. As a form of flood control, one hectare of wetland is capable of holding up to 14 million liters of water and then gradually releasing it back into the atmosphere. Nature, in its infinite wisdom, has perfected an ideal method for maintaining balance within the ecosystem.

Human activity always affects this balance. While politicians and committees argue over interpretation of studies and recommendations, or, "Captains of Industry" give lip service to protecting the environment, the bulldozers roll on; another marsh is filled-in and another development clogs the lungs of the land. As we have learned, when wetland areas are altered (filled-in), streams and rivers are prone to flooding, and ultimately, the water tables fall. The wetlands, which provide crucial habitat in this vital cradle of biodiversity, need to be protected. What can we do? Speak up for the frogs that sing in the marshes in spring.

Information and links: www.wetlandscanada.org, www.natureconservancy.ca, www.ramsar.org.

Biodiversity Conservation in Canada, Ducks Unlimited Canada, EcoAction2000, Society for Ecological Restoration.

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In association with the L.E.S.A.N. (Laurentian English Services Advisory Network) Pays-d'en-Haut



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WWW.ST-SAUV-ART.COM

Jack Burger: 1954 -2012



Our time together was too short, but few have ever been fortunate enough to travel the vast distances we covered with such love and purpose. We laughed through good times and bad and lived by your wonderful words of wisdom, "You can be right or you can be happy." We were truly happy and I am grateful for every moment we shared.

Your legacy lives on, continuing to extend the bridges you created to keep the Laurentian communities connected, informed and entertained.

You meant so much to so many - loving husband, devoted father, loyal friend and staunch community supporter. You are dearly missed and remembered by us all. We love you, Jack, and are truly blessed for the time we shared with you. God bless.

Sue, Greg, Joel, family and friends

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Out & About

Ilania Abileah - Main Street

Marc Hervieux - St. Sauveur

Participating as one of the "Concerts under the Bell," Marc Hervieux will sing on **Sat, May 17: 8 pm**: \$40. Tickets available at the church office, 205 rue Principale, St.

Sauveur or call 450 227-2423 Mon - Fri: 9 am - 4:30 pm. Credit cards accepted.

Michel Rivard - Ste. Agathe

This singer returns to Le Patriote with his program, "Roi de rien," on **Sat, May 17: 8 pm**. \$44. Théâtre Le Patriote; 258 Rue Saint Venant. 819 326-3655 www.theatrepatriote.com.

Michel Louvain - Ste. Agathe

Two shows are scheduled: **Sat, May 24: 8 pm, & Sun, May 25: 2 pm**. \$48. Théâtre Le Patriote; 258 Rue Saint Venant. 819 326-3655 www.theatrepatriote.com.

Jean-Marc Couture - Ste. Agathe

Jean-Marc Couture sings songs from his first album, "Si tel est ton désir" **Sat, June 7: 8 pm**: \$36. Théâtre Le Patriot; 258 Rue Saint Venant. 819 326-3655 www.theatrepatriote.com.

Ô Choeur du Nord 40th Anniversary - Val David & Ste. Agathe

Ô Choeur du Nord choir celebrates its 40th anniversary with three concerts titled, "400 Years of Music for 40 Years of Choir," in Val David and Ste. Agathe on **June 13, 14 & 15**. The choir was founded in 1974 and has continued to give annual Christmas concerts and other programs drawn from four-hundred years of music from composers such as Pachelbel, Vivaldi, Haendel, Bach, Mozart, Beethoven and Fauré, and religious, popular and contemporary songs, by Franz Biebl and Karl Jenkins. The choir, with its conductor Josée Cardinal, accompanied by an orchestra, will perform its anniversary concerts: **Fri, June 13:**



Ô Choeur du Nord 40th Anniversary

8 pm at the Holy Trinity Church of Sainte-Agathe; 12 rue Préfontaine W., Ste. Agathe-des-Monts and **Sat, June 14: 8 pm** and **Sun, June 15: 2 pm** at the Val David Community Center; Val David Church, 2490, rue de l'Église). **Tickets are \$20 for the Fri and Sun concerts, and \$25 for the Saturday evening gala concert** and are available on Internet at Eventbrite, or from choir members 819 327-2890. ochoeurdunord@gmail.com.

Visual Art & Fine Crafts

Group Art Exhibition & DADA - St. Faustin

The 8th annual DADA exhibition continues **until June 8**. Maison des Arts et de la Culture Saint-Faustin; 1171, rue de la Pisciculture, Saint-Faustin-Lac-Carré. 819 688-2676. www.maisondesarts.ca.

Dominique Sarrazin - Mont-Laurier

Dominique Sarrazin exhibits "Mailles" from **May 22 - June 28**. Vernissage: **Thurs, May 22**. Maison de la culture; 385, rue du Pont, Mont-Laurier Québec 819 623-2441 ceml@lino.sympatico.ca www.expomontlaurier.ca.

Le Temps... Nous - Val David

A group exhibition of large-sized artworks by Lisa Carney, Yves Gélinas, Eric Hallinck, Lucien Lisabelle and Eric Vanham, plus a tribute to Claude Sarrazin (1933-2013), continues **until June 1**. Espace Fresque; Val-David Church. Opening hours: March and April: Sat & Sun: noon - 4 pm; May: Sat: 10 am - 4 pm & Sun: noon to 4 pm.

Lise Tremblay Thaychi - Mont-Tremblant

Lise Tremblay Thaychi, painter and sculptor, exhibits from **May 14 - June 1**, followed by visual artist, Marilyse Goulet from **June 11 to June 29**. Salle Alphonse Desjardins; 1145, rue de Saint Jovite, Mont-Tremblant. Please



Lise Tremblay Thaychi show in Mont-Tremblant

call for opening hours. <http://www.villedemont-tremblant.qc.ca> 819 425-8614 Ext. 2500.

José Luis Torres & Cynthia Dinan-Mitchel - Val David

Installations by artists José Luis Torres and Cynthia Dinan-Mitchell are on display until **May 18**, when the two artists will meet the public: José Luis Torres at 2 pm and Cynthia Dinan-Mitchel at 3 pm. From **May 24 to June 15**, the center will present an educational exhibition, "Matière à fiction Matière à penser," featuring the work of students from some schools in the region and the Print Media of the Fine Arts faculty of Concordia University, directed by Bonnie Baxter. Call 819 322-7474 for opening hours. "Centre d'exposition de Val David; 2495, rue de l'Église, Val David. www.culture.val-david.qc.ca.

Fresco on Canvas - Ste. Adèle

An exhibition of Fresco paintings on canvas at Place des Citoyens exhibit halls at Park Claude-Henri-Grignon: **June 9 - 16**. Thurs & Fri: 1- 4 pm, Sat & Sun: 10 am - 4 pm. For more information: 450 229-6650. <http://ville.sainte-adele.qc.ca/parc-claude-henri-grignon.php>

Laurentian Museum of Contemporary Art - St. Jérôme

"Territoires imagines," featuring the work of 26 Laurentian artists, continues until **June 8**. From **June 15 - Sept 14**: "On Fishing & Flies," an exhibition organized in collaboration with the Montreal Fly Fishing Museum. Musée d'art contemporain des Laurentides; 101, place du Curé Labelle, Saint-Jérôme. Call 450 432-7171 for opening hours. www.museelaurentides.ca.

Inspired by a Book - ARTS Morin Heights

For the fourth year, ARTS Morin Heights will be holding mini-exhibitions at the Morin Heights Library; 823, Village Rd. Four exhibitions are scheduled. Each show has a different theme, starting with "Inspired by a Book," which will continue until **June 14**. Opening hours: Tue & Thurs: 1- 4 pm; Wed: 10 am - noon, & 3 - 4 pm; Fri: 7 - 9 pm; Sat: 10: am - 2 pm; Sun: 11 am - 1 pm.

Garden Sculpture Show - St. Eugène, Ontario



Garden Sculpture Show - St. Eugène, Ontario

Philippa Lesniak, owner and curator of The Skelly Gallery, presents the 2nd summer-long garden-sculpture show to benefit the Canadian Mental Health Association (CMHA). This makes a nice Sunday outing using the St. André d'Argenteuil Carillon ferry to Pointe Fortune and then driving on to the Gallery. Opening Day: **Sunday May 25: 1 pm - 5pm. Closes Oct 31**. Artists will be present for the vernissage. Open: Tue, Thurs, Fri, Sat: 10 am - 5 pm, or call 613 674 2987 for an appointment. Skelly Gallery; 160 County Road 10, St. Eugène, Ontario. www.inkidoo.com.

Literature & Poetry

9th Laurentian International Poetry and Arts Festival



9th Laurentian International Poetry and Arts Festival

The Ninth International Writers' and Artists' Festival of Val-David will take place **Sat, May 31 - Sun, June 1**. The creations of participating poets will be published as the multilingual (French/English/Spanish) "Festival Notebooks 2009-2014," with a grant from the CLD Laurentides. Contact the organizers at 819 320-0378 or by email: flaviacosma888@yahoo.ca.

Laurentian Writers Book Sale - St. Sauveur

The "Association des auteurs des Laurentides" is located at 102-A, ave de la Gare in St. Sauveur. The books in their used book collection, "Lu et relu," are almost new; some are in English and prices are low. Open Tues or Thurs: 1:30 - 4 pm. 450 744 -0123.



Please submit material for the next issue by May 23 - ilania@IlaniaAbileah.com 450 226-3889

Season Festivals

"Ça me dit" Concerts - Park Filion - St. Sauveur

This year, the St. Sauveur Valley's Chamber of Commerce has prepared another wonderful program of free entertainment for residents and visitors. The "Ça me dit" summer concert series, sponsored by Rona-Dagenais of St. Sauveur, will commence the weekend of May 31- June 1 with emerging artists from the Laurentians on stage at Park Filion.

3rd "La Nuit des Toiles" - A Mardi Gras in St. Adèle

This year's theme is Mardi Gras! It all takes place in the heart of Ste. Adèle, starting June 13, with a "Burlesque" evening and costume competition at Place des Citoyens. The presentation will be a musical comedy, starring **Scarlette James** and **D. J. Shawy**. On **Sat & Sun, June 14-15**, artisans will occupy "Park de la Famille." There will also be activities for children such as face painting, large inflated toys and more. On Saturday between 5 - 10 pm, rue Morin turns into a large entertainment area with over one hundred artists. Painting in the street, performing



"La Nuit des Toiles" in St. Adèle

circus artists, music bands and the hot D.J. Shawy will make you dance. From 6:30 - 8pm, the group "Elixir de Gumbo" will perform bluegrass, blues, folk and Celtic; 9:30 pm: Group "Radio Radio" performs Canadian (Acadian) electro hip-hop; D.J. Shawy will take over until 1 am. Last year, over 25,000 people came to enjoy this unique street festival. **An event not to be missed!** Fri - Sun., June 13 - 15. lanuitdestoiles.com.

Music

Kaïn - Ste. Agathe

Kaïn presents songs from a new album on **Fri, May 16: 8 pm**. \$36. Théâtre Le Patriote; 258 Rue Saint Venant. 819 326-3655 www.theatrepatriote.com.

Intakto - Val Morin

Intakto combines singer-guitar player, Alejandro Venegas from Chile and Quebec classic violinist, Simon Claude. **Sat May 17: 8 pm**. \$25. Théâtre du Marais; 6140, rue Morin, Val Morin. 819 322-1414 www.theatredumarais.com

Duo Vert Tendre - Val Morin

The Duo Vert Tendre, Hélène Durocher (singer) and François Tessier (singer / pianist), will perform tender songs. **Sat, May 24: 8 pm**. \$25. Théâtre du Marais; 6140, rue Morin, Val Morin. 819 322-1414. www.theatredumarais.com.

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Nature's Gift Caterpillars (larvae)

Rose Labrie - Main Street

In the May 2013 issue of Main Street, I wrote about cocoons, the chrysalis stage where the caterpillar changes into a butterfly or moth. Last summer, I encountered the most intriguing caterpillar. The main body was yellow with a black stripe and it had four white hair-tufts resembling a toothbrush and two red dots along the top of its body. The head was red/orange with two fuzzy, black antennae. The beauty of this larva enticed me to take a picture of it and research what it would become as an adult.

This caterpillar is named *Orgyia leucostigma*, which, after the chrysalis stage, becomes a White-marked Tussock Moth. This species is widely distributed throughout eastern North America. The larva feed on the foliage of conifers and hardwood trees. The full-grown larva is approximately 35 mm long with the features and colours previously mentioned. Larva become fully grown in five to six weeks at which time they construct loose, tan-grey cocoons on the underside of branches, or, in bark crevices. They pupate and emerge as moths in about two weeks time.

The male moth is grey with wavy lines across the front wings (wingspan is 25 to 30 mm). The female is greyish-white to light brown, about 12 to 14 mm long and has reduced wings. She remains within the immediate proximity of the cocoon from which she emerged and on this, lays her eggs. These caterpillars, or larvae, may be seen from April until fall.

Historically, populations of this species have been low and damage to trees correspondingly minor. However, the caterpillar possesses nettling hairs, and contact with these could cause mild skin reactions in humans as well as eye inflammation, light sensitivity, conjunctivitis, bronchitis and wheezing. Treatment for these can be found on the Internet under treatments for White-marked Tussock Moth caterpillar poisoning.

Another mystery solved about one of the smaller creatures sharing a space in the universe with us.



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Bits for Birders Warblers

Jack Poll - Special to Main Street



Illustrated by the writer, Jack Poll

What is a Warbler? Have you ever seen one? Yes, it's a small bird but unless you are a birder, you probably have never laid eyes on one, as these insectivores won't come to your feeder. Warblers are neotropical migrants, spending winters in the tropics of South and Central America. In the spring, when they return to our region, you may hear their songs along with the rest of the bird choruses but perhaps not recognize their individual trill.

So, what do they look like? You can look them up on the Internet or in a bird field guide, but to discover your own warbler in its natural

habitat will surely catch you somewhere between surprise and amazement. It will also get you out on the woodland trails and give you something to look for while enjoying the diversity and beauty of nature. Their small size and preference for dense vegetation makes them difficult to find. They are easily visible in the early spring but, as soon as the leaves appear, the birds seem to vanish. They can however, be located by their unique high-pitched warbling song. Once spotted you will be astounded by the vivid colours and variety of these spectacular birds. Brilliant yellows stand out against subtle blue-greys or olive-greens, often sharply contrasted by black patches, stripes or flashes of white. Some species are endowed with a rich chestnut or flaming-orange hue.

More precisely referred to as Wood Warblers, there are about 25 species breeding in Quebec. Arriving in early May, some species will stay only a few days before moving farther north, while others, will remain to establish breeding territories here in the Laurentians. Each species has adapted to a particular habitat, which will provide it with the food and shelter necessary for its survival. Consequently, some species, like the Black-throated Green Warbler, are found high in the canopy of deciduous trees while others, including the Redstart and Black-throated Blue Warbler prefer the mid-canopy and leafy understory in woodlands. The Yellow-rumped, Magnolia and Blackburnian Warblers favour coniferous forests while the Yellow-throated occupies dense thickets near marshes and streams. Bushy areas near open fields and even gardens will attract the Chestnut-sided and probably the best known of the group, the Yellow Warbler.

Any trail such as the Aerobic Corridor or Le Petit Train is a good place to search so good luck and enjoy the spring warblers. You just might get hooked and become an avid avian enthusiast!



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RONAvantages



Tim Watchorn

A Word from the Mayor

A real gem, considered as a well-kept secret by outdoor enthusiasts, Morin-Heights is located at the heart of the Pays-d'en-Haut, in a well-preserved, natural setting.

Our beautiful municipality harbours forests, mountains, quiet trails, the Simon River that crosses through the village, and along its banks, the beautifully landscaped Lummis Park. This is a charming place where one can have a picnic, play volleyball, have fun with the kids in the playground or simply stop for a relaxing moment.

In Morin-Heights, one can be active twelve months of the year! Our vast cross-country ski trail network stretches 165 km long, and in addition, there is another 27 km of snowshoe trails, both exist in part, due to the generosity of numerous land owners.



Photograph by June Angus

A mountain bike network has been developed at Mont Bellevue and continues to expand. At the foot of the hill, a pump track has been set up for the little ones. The 58 km *Corridor Aérobique*, a superb hiking or cycling path in the forest, starts right here in Morin-Heights.

Morin-Heights, with its quaint restaurants and family-orientated local businesses is a dynamic, bilingual community. It is home to a multitude of active, volunteer organizations and several cultural groups and it is all yours to discover!

Experiencing Morin-Heights's multi-functional parks is just like adopting one of the ultimate playgrounds nature has to offer.

Tim Watchorn, ing.
Mayor of Morin-Heights

History

A Brief History of Morin Heights

The first settler, Thomas Seale from Ireland, started farming at Echo Lake in 1848. Other early settlers, including George Hamilton who later became the first mayor, were Lawson Kennedy, Archibald Doherty, John Reilly, William Watchorn and John Newton. Many of these original names are still familiar today. The Township of Morin was incorporated in 1855. Charles Sinclair took the first census in February 1961, reporting 350 residents.

Early settlers were isolated and they suffered many hardships. Potash, made from felled trees, was their main cash crop and the few existing gristmills were transformed into sawmills. The first stores and blacksmith shops were also established around this time.

The coming of the Canadian National Railways in 1895 encouraged the growth of the thriving lumber industry. The two main mills were J.E. Seale & Sons and Guénette's. Although the initial motivation for bringing the train to town was to transport raw materials to buyers outside of the area, the unforeseen benefit of rail transport turned out to be the beginning of a major tourist/recreational industry. Summer tourism dominated the early 1900's, however, it boomed into a year-round industry by the 1920's. To accommodate the travellers, many people transformed their homes into boarding houses and by the 1930's, several hotels, such as the Rockcliff, Bellevue, Alpino and Chatelet had been built.

Throughout the 1930's and 1940's, skiing became extremely popular and the trains brought many people to the town every weekend. Boarding house sleighs would greet the trains, offering transportation back to the establishments. The last train blew its whistle in 1962, bringing this era to its melancholy end. Today, the Aerobic Corridor follows the path of the old rails, offering summer hiking and cross-country skiing to sport enthusiasts of all seasons.

As the population grew, education became a major concern and in 1952, a new school was opened, replacing the many one-room schools scattered throughout the region. During winter, transportation was often done by large snowmobiles (also used as taxis and for mail delivery). Within a few short years, high school education was also offered and this remained until 1981, before the school reverted back to elementary grades only, forcing the older students to be transported by bus to the Laurentian Regional High School in Lachute.

Morin Heights gained many new residents in the 1960's and 70's, including young Americans opposed to the Vietnam War. The village became a more cosmopolitan and cultural area known for its music and art. Thanks to a prominent Morin Heights resident, Penny Rose, local citizens were entertained by famous musicians at Rose's Cantina on Main Street. On the art scene, many artists were drawn to the area to capture its natural beauty and scenic vistas on canvas, some, such as Edwin Holgate and Helmut Gransow, becoming renowned throughout Canada.

Today, the economic base has diversified with some new industries such as Gourmet du Village, La Grange and a new IGA. Some establishments, Marché Vaillencourt for example, have changed ownership, but still remain in business, and a few, such as Mickey's, one of the longest standing establishments in Morin Heights, have closed their doors for good.

Residential developments in the area continue to bring new people to the municipality, one of which is the Balmoral Estates.

Protection of the natural environment and the unique heritage sites remains a priority among the citizens of Morin Heights and the slogan of the municipality, "Harmony is in our nature," is very appropriate indeed.



VIKING CANOE & KAYAK CLUB KIDS' SUMMER PROGRAM



Once again this year the Viking Canoe & Kayak Club is offering their half-day summer Canoe Kids programs for kids aged from 6 to 12 yrs old. 8 weeks of programs run Monday to Friday, 8:30 to 12:30 starting June 30th and running until August 22nd. Campers will be following the national Canoe Kayak Canada's Canoe Kids skills development program while learning the safe boating and water safety practices, plus developing skills and fitness through games and fun! For more information please see our website: www.canoekayakviking.ca, or send us an e-mail at info@canoekayakviking.ca.

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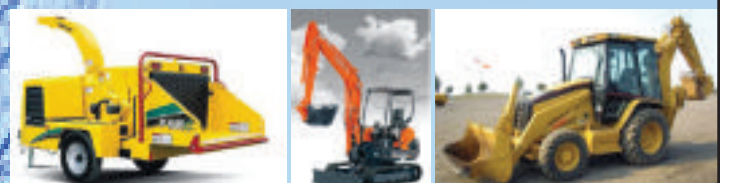
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Village Updates

The Mickey's Story

David Hodgson



By Michael Rubbo

have operated it over the years including Ebineezer Christie, "Pop" Sevret and Isabel Watchorn. Owen purchased it in 1960 and named the business after his wife, Mildred "Mickey" Pollock.

Mickey's was the "go to" place for clothing, footwear, yarns, fabric and sewing supplies, along with a limited selection of grocery items and hardware. Owen advertised the business with the slogan, "Everything All Under One Roof." This mix changed over the years as the focus shifted. The famous decal still seen on many vehicles and T-shirts, "London, Paris, New York, Morin Heights," is a legacy of the LeGallee's business.

In 1963, Owen and Mickey came up with the idea of adding a laundromat to their general dry goods business. Everyone thought they were crazy, but demands on the initial four washing machines and two dryers were stretched beyond capacity and more machines were added. As Owen will tell you, "we did very well with the laundromat."

People waiting around while doing their washing needed something to occupy their time and not one to overlook a money-making opportunity, Owen opened a coffee shop. He and his father built the counter and installed the stools, the same that remained to the very last day. In the early seventies, with the explosion of the "weekender" trade following the completion of the Autoroute, the Laurentians experienced a renaissance of tourism and people buying summer cottages. This created a demand for propane gas and a new business opportunity, fitting well with the laundromat as all the dryers were powered by propane. Finally, in 1984, the local taxi business came up for grabs following the death of its proprietor, Mr. Connolly, and ever since Owen has been at the beck and call of everyone needing a ride.

The afternoon of December 24, 2013 marked the closing of a chapter in Morin Heights history. Owen LeGallee, and his eldest daughter, Heidi, locked the door to "Mickey's" - clothing and shoe store, coffee shop, laundromat and community meeting place, after 53 years of continuous operation. Mickey's has been a fixture of our local business scene and a witness to 53 years of local, daily life. The building itself was constructed in 1898 by Mr. Cuffling to serve as a general store. Many different owners

Unfortunately, Mickey contracted rheumatoid arthritis in the early nineties. She suffered many years with this terrible disease finally succumbing in 2001. Owen and Heidi have soldiered on and kept the business going but enough was enough. In December 2013, the store closed, this time forever. Ownership of the building changed in February 2014. The new owner has demolished the structure, one of the oldest in the village, and it will be replaced with a modern one that we've heard, will serve as a new coffee shop and space for offices.

After working continuously for 62 years, Owen is finally retiring. As a footnote, Owen did not sell the taxi license with the store. He plans to continue this enterprise as long as he can into retirement. I asked Owen what he would do differently if he had it to do over again. He has no regrets, "only that he would make more time for golf the second time through." Owen plans to spend time in Florida in the winter and certainly more time playing golf here in the summer. As for Morin Heights, Owen will continue to make it his home. He'll be moving into a small flat owned by his son, Jamie, just outside of town on the old road to St Sauveur. Owen is convinced that Morin Heights will continue to grow and prosper. As he put it, "people like to live here."

We certainly do and wish him well.

Gourmet du Village Supports

Local Ski Museum Ilania Abileah - Main Street



Bunny Basler holding ski photo, and Mike Tott with the check contributed to the Laurentian Ski Museum.

At a reception held at La Grange in Morin Heights on April 16, Mike Tott, owner of Gourmet du Village, presented a \$4,700 cheque to the Laurentian Ski Museum. This represented 5% of sales from the proceeds of the "Gourmet du Village - Vintage Ski Hot Chocolate Collection."

The inspiration originated from the 1920s ski photographs taken in Morin Heights and the collection of Hot Chocolate products was introduced during the 2013 - 2014 winter season. Mr. Basler, whose family built and operated the Bellevue Ski Hill and hotel in Morin Heights, provided the photographs used for these products.

Next season, a series of mug sets and pitchers will be added to the collection. When asked what inspired him to create this project, Mike Tott said that it gives him pleasure to support a local non-profit organization, especially since skiing in the Laurentians began in this region and continues to be part of Laurentian life.

SUMMER EVENTS IN MORIN-HEIGHTS



SIMON RIVER FISHING TOURNAMENT: Children's initiation to trout fishing, \$5 fee for registration. May 17th, from 8:00 to 3:00 at Lummis Park, permit and equipment required. In collaboration with the Association de Chasse et Pêche des Laurentides. It is a fun and friendly annual outdoor event for everyone that welcomes in the warm weather.



THE ROYAL CANADIAN HUSSARS: May 25th, the municipality will be pleased to honour The Royal Canadian Hussars by granting them the Freedom of the City. The unit will march on ch. du Village, colours cased and bayonets fixed. The symbolic ceremony will then proceed assisted by the mayor and the police and fire chiefs.



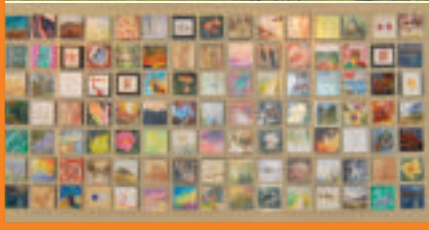
MORIN-HEIGHTS FARMERS MARKET: Fridays, June 6th to October 3rd from 1:00 to 6:00 at 148 chemin Watchorn. Friendly farmers travel to Morin-Heights from their farms all around the Laurentians to bring in fresh, local vegetables, preserves, baked goods, prepared meals, music, art, and variety. Rain or shine!



JOYFUL NOISE CHOIR SPRING CONCERT: with the Morin-Heights Elementary School's choir. June 8th, United Church (831, ch. du Village) at 3:00. Free, donations to the church are welcome. Directed with humour and compassion by Ian Lebofsky. JNC is becoming an increasingly popular activity for enthusiastic singers.



SHAKESPEARE-IN-THE-PARK'S HARRY THE KING: presented by the Repercussion Theatre on July 12th, 7:30, at Mont Bellevue (99 chemin du Lac-Écho). Bring a chair or a blanket! Free event, only presentation in the Laurentians! A lovely fresh air experience that is fun and educational for the whole family. In case of rain, venue to be determined.



ARTS MORIN-HEIGHTS SUMMER EXHIBIT: July 25th to August 3rd, 10:00 to 5:00 at St-Eugène Church (148 ch. Watchorn), free! Vernissage July 26th, 5:00. AMH exhibits during the year at the Library's Remembrance Hall (823 ch. du Village), free! Donations for the Pays-d'en-Haut food bank are gratefully accepted at all events. www.artsmorinheights.com.

MORIN-HEIGHTS 1855

Calendrier des événements d'été

2014

Summer events Calendar

MORIN HEIGHTS

A LOT IS HAPPENING IN THE VILLAGE

Discover Morin Heights

Morin Heights Delights! Ilania Abileah - Main Street

Morin Heights' Seale Bridge, river waterfalls and the old sawmill, have inspired artists such as Edwin Holgate, Helmut Gransow, Jimmy Jones, Peter Walley and Michael Rubo. The village has four churches, luxurious spas and several places offering accommodations, a library, Farmers' Market, stores and restaurants.



Painter Helmut Gransow was inspired by the beauty of Morin Heights



Jack Burger Memorial Bench located at the baseball field on Rte. 364 W

The baseball field on Rte. 364 W has a memorial bench dedicated to the founder of our newspaper, **Jack Burger**.

On route 364 West at **Chez Amelie**, you can experience Quebec meals and a good poutine. 450 226-6282.

At the village junction, across from **IGA**, you'll find the new **Les Marmitons**, serving French cuisine prepared on location by Chef Georges Cottin. 450 644-0408.

The old **general store, Vaillancourt**, sells food, wine, beers, gifts, sandwiches and pizza to go. An ice cream counter is coming in June! 450 226-2215.

Morin Heights is a wonderful Laurentian destination for outdoor activities, starting with the Aerobic Corridor. The village has one of the only **free** public beaches in the Laurentians and there is a swimming pool at Ski Morin Heights. The village artist groups, Theatre Morin Heights, the Joyful Noise Choir and Arts Morin Heights, contribute a lot to community life. And lest I forget, the Morin Heights traditional, Canada Day festivities are the best entertainment and fireworks-show in the Laurentians.



Peter Jarosz Place on Route 329 North



Rose's Cantina Newspaper

On Route 329 North, across from the old Swiss Inn, **Peter Jarosz** makes fireplace bellows and other leather goods. If you see his door open, it is an amazing place to visit and learn about the first Morin Heights News Bulletin by Don Stewart, and Peter's own first newspaper, as well as old photographs of the various soccer teams, Rose's Cantina and a paraphernalia not found anywhere else.

Mickey's Store will soon become **Mickey's Café**. The new owner, Yvon Gilbert, will erect a new building with a large terrace and expects to open late summer. His new café will serve light meals, coffee and cakes.



Future Mickey's Café site on ch. du Village, newly owned by Yvon Gilbert

O'Petit opens daily for breakfast and lunch seven days a week. Dinner is served from 5pm to closing on Friday and Saturday. The restaurant will feature live music once or twice a month on Fridays at 7 pm, starting May 30 with the Cuban Band. Chef Jake now offers several new dishes on the menu. 450 226-8848.

Restaurant - B&B L'Heritage: Owner/chef, Gerard Hermann, has been serving fine-cuisine meals since 1982. In the summer, you can enjoy a meal on the terrace and sample Gerard's specialties. Swiss wine is available. 450 226-2218.

La Grange Café & Boutique Gourmet du Village will re-open May 16 for the summer (11 am - 5 pm). The terrace will open and free WiFi is provided. On Thursdays in July and August, the upstairs dining room will turn into a "Dinner Theatre," with Theatre Morin Heights presenting two different plays. La Grange Restaurant features Friday night live music: May 16: Marc Parent, May 23: Sébastien DeFrancesco, May 30: Hugo Leblanc. 450 226-5005.

Craig McVeigh
450.226.7448
450.712.6593



Construction McVeigh Inc.

CHORALE
JOYFUL NOISE
ET CHORALE M.H.E.S.




SUNDAY/DIMANCHE,
8 JUIN/JUNE 2014
3PM / 15 H
UNITED CHURCH / EGLISE UNIE
831 RUE DU VILLAGE,
MORIN-HEIGHTS

The finest specialist in micro-brewery and imported beers in the Laurentians

A nice little grocery store that will satisfy the cravings of beer connoisseurs and gourmets. Almost all beers brewed in Québec are for sale. While here, we also suggest you take a look at the food section which abounds, among other items, with homemade deli products (sausage, spicy sausage, chipolata, rillettes and salami, etc.), all-natural breads from Chapdeleine de Val-David Bakery, not to mention pizzas and varied eat-in or take-out meals.

**ICE CREAM COUNTER
OPENING THIS JUNE!!**

General store since 1938
Marché Vaillancourt
878 chemin du Village, Morin Heights
450.226.2215



- Bakery
- Pastry Shop
- Cakes
- Market fresh
- Fruits and vegetables
- Fine gourmet products
- Delicatessen
- Butcher Shop
- Fine cheeses

More Upcoming Events

Village Happenings Not to be Missed

May 10: 10 am - 3 pm - Soccer equipment sale at St. Eugene Church; 148 Watchorn

May 14: 7 pm - Play reading at Restaurant La Grange; 2 Meadowbrook. Try your hand at play reading or just relax and listen in. Come early for dinner or enjoy coffee & dessert.

May 17: Fundraiser / garage sale on the lawn of Hillside Chapel; 755 Village Rd. (MH). All funds raised will be used to repair the church.

May 26: 1:30 - 2:30 pm - Multicultural Fair with the Grade 5 MHES students. Come discover the sights and sounds of over 15 countries including Italy, Greece, India, Spain, Mexico, Egypt and others. Breathtaking booths, sample foods and beautiful artwork. A fun and delicious celebration of diversity. Come and enjoy!

May 31: 1 - 5 pm - Trinity Anglican Church (757, du Village), built in 1861 has been invited to participate in the Historical Church Tour organized by the MRC des Pays d'en Haut. Come join in the activities!

June 1: 2:15 - 4 pm - The Morin Heights Historical Association will present Mr. Peter MacLaurin, a commissioner from the Sir Wilfrid Laurier School Board who will discuss The History of Education in Morin Heights. The meeting will be held in the CLSC room at 148 Watchorn in Morin Heights. Admission is free to all. For information please contact mhha98@hotmail.com.

June 7: Legion Flea Market. In case of rain, event will take place the next day.

June 14: Country Gospel Roundup with John Reid and The Eagle Band from Belleville, Ont. plus other singers and accompanying instruments. No charge. Hillside Chapel, 755 Village Road, Morin Heights.

Special project at MHES: Students have been collecting individual yogurt and pudding containers to be planted with herb and vegetable seeds including tomato, cucumbers, sweet peppers and basil. The seedlings will be available for purchase. All proceeds will be donated to the SPCA in Ste. Agathe des Monts. They will also be collecting towels, blankets, animal bowls, collars and leashes as these items are always in short supply, according to Paul Chevalier of the SPCA.

Donations and contributed items will be delivered to the SPCA the **week of June 16**. To contribute or donate please contact Tanya at 450-226-2017, Option #4.

July 6: 5 pm or 7 pm (2 seatings): F.C. Soccer Morin Heights' 1st Spaghetti Fundraiser proudly hosted by Restaurant Obodum. \$12.50. Info: LeeAnn Penny: 450 516-4416.

DON'T MISS THIS YEAR'S CANADA DAY CELEBRATIONS!

News

Morin Heights Elementary School



Sugar Shack Adventure: On April 10, the kindergarten, grade 1 and grade 2 classes were bussed to the McLaren Sugar Shack in Morin Heights for an educational adventure. They tasted maple sap directly from the trees, then collected it in buckets and carried it down to the steaming wood-fed, fire-powered boiler in the sugar shack.

As you might guess, the next big event was "Taffy on the Snow." Everyone loved the yummy treat and learning all about our fun and famous Quebec tradition.

MHES Skip-A-Thon 2014: On April 25, excited MHES students took out their skipping ropes and "jumped" into action during the Skip-A-Thon fundraising event. Each participant had sought out sponsors who were willing to help support their active efforts to upgrade the school's technical equipment. Proceeds will be used towards the purchase of a colour laser printer and computer headsets.

Editor's Note: Main Street congratulates these inspiring students for their efforts supporting such worthy causes and encourages the community to participate generously.

Annual Morin-Heights Scouts BBQ



Winter-camping Scouts trip

Since 1968, the Morin-Heights Scout group has been providing youths with an opportunity to develop leadership skills, personal responsibility and a strong sense of community, while having fun in nature.

The Morin-Heights Scout group is one of the fastest growing in Quebec and has activities for youth of all ages: Beavers (ages 5 to 7), Cubs (8 to 10), Scouts (11 to 14) and Venturers (14 to 17). Like other Scout groups worldwide, the Morin-Heights faction offers an exceptional program centered on outdoor activities, including camping, hiking and canoe trips. Through these activities, youths learn to respect nature, acquire survival skills and are taught about the local geography and topography.

The BBQ will be on Saturday May 31 in the front yard of Morin-Heights Elementary, 11am to 3 pm. It is open to anyone interested in joining Scouts, wants to become a Scout Leader, to volunteer, or, simply learn more about the organization.

Participants will be able to enjoy refreshments while the Cubs and Scouts put on a fun demonstration of some of the many skills they have acquired.

LA GRANGE

A MORIN HEIGHTS RESTAURANT

WEDNESDAY TO SUNDAY FROM 5pm
 Table d'hote menus, great tastes and great value.
 • Happy Hour, 5 till 8 Wednesday through Friday
 • Roast Leg of Lamb, all you can eat Wednesdays
 • Fish & Chips Thursdays
 • Music every Friday evening
 • Family Roast Beef supper every Sunday evening
 • The perfect spot for your special celebration

CAFE BOUTIQUE REOPENS MAY 16th
 Coffee, lunches, terrace
 Every day from 11am - 5pm
(closed Mondays)

450 226 5005
www.lagrangemorinheights.com
 2 Meadowbrook, Morin Heights



Branch 171 Filiale Morin Heights

May 11: 6 pm - Mothers Day Dinner
May 24: Legion Golf Tournament
and Steak Supper
May 30: 6 pm - TGIF Smoked Meat Dinner
June 20: 6 pm - TGIF Smoked Meat
June 28: 6 pm - Canada Day BBQ
July 18: 6 pm - TGIF Smoked Meat
July 26: 6 pm - Barney's Famous Roast Beef
On The Spit

For information on any event
call 450 226-2213 (after 12 noon).

Legion Flea Markets:
June 7, July 5, August 2, September 6
NOTE: In case of rain the flea markets will
be held on the following day.

Branch 70 Filiale Lachute

June 6: Bar BQ Steak Dinner
June 17: 7 pm - General Meeting
Tuesdays: 1 pm - Euchre
Saturdays: 2 pm - Darts
Every 2nd Thursday: Shuffleboard Games
Alternate Thursdays: Cribbage
There are bus trips
to the Casino every six weeks.
For information on any event
call: 450 562-2952 after 2 pm.

Branch 71 Filiale Brownsburg

Bar/Lounge is open on Fridays from
3 pm - 9 pm. 2014 membership cards are avail-
able at a cost of \$45 - hope to see some new
members on board in the New Year.
For information, please call
Sheila or Trevor Holmes 450 562-8728.

Branch 192 Filiale Rouge River

May: 17 - Legion Golf Tournament -
call 819-687-8971
May 24: 5 pm - Cadets 716 Mess Dinner
Cribbage every Tuesday night at 7:30 pm
Cards on Wednesday afternoons at 1 pm.
Darts will resume in September. Anyone inter-
ested in learning / playing Military Whist,
we would like to add this to our activities.
Please call 819 687-3148
For more details please call 819 687-3148

RELIGIOUS SERVICES

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

HILLSIDE CHAPEL
755 Village Road, Morin Heights
Terry Sheahan: 450 229-5650.
Sundays: 6:30 pm - We are known
as a singing church, so if you enjoy
Country Gospel and like to sing,
listen or join in and play
your instruments, come and
enjoy our Sunday evening services.
Everyone is welcome!
June 15: Special service -
John Reid and The Eagle Band
will be at our regular Sunday Service
to sing and minister to us.

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

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

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

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute / www.pccweb.ca/mrmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Sundays: 10:30 am - Morning Worship,
coffee hour to follow. All welcome.

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

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH
757, Village, Morin Heights (450 226-5307)
Sundays 11 am: Worship Service.
May 31: 1 - 5 pm - Historical Church Tour -
come join in the activities!!

MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.
May 25: 11 am - Annual General Meeting
to be held following the service. Please feel
free to join us.

ST. ANDREWS EAST PRESBYTERIAN CHURCH
5 John Abbot Street, St. André d'Argenteuil
Sundays: June 1 - August 24:
11:15 am - Sunday Worship
June 15 - Special Anniversary
Service & Communion
For info please contact
Sharon McQuat 450 537-8560

ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH
94 Ave. St. Denis, St. Sauveur
Service Sundays 9:30.
450 227-2180, 450 226-5307

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

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

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

HARRINGTON UNITED CHURCH
Sunday, May 11: 1 pm - Sunday Worship
Wed. June 11: 1 pm - Mid-week Gathering

ST. ANDREWS CHURCH, AVOCA
May 14: 1 pm - Midweek Gathering
June 8: 1 pm - Sunday Worship

ST. MUNGO'S CHURCH, CUSHING
Sunday May 18: 10 am.

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

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe (corner of
Tour du Lac and Préfontaine)
The Ven. Ralph Leavitt: 819 326-2146
Sunday: 8 am - Sunday Worship (breakfast
afterwards at a restaurant)
Sunday: 10 am - music, children's corner,
coffee afterwards.
Christians of all denominations welcome.
PARKING AND ELEVATOR FOR HANDICAPPED.

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Sunday services in Grace Church at 10 am
every week followed by coffee & fellowship.

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

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

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819-687-3331
Rev. Georgia Copland
Sundays: 10 am - Worship service.

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

LOST RIVER PRESBYTERIAN CHURCH
5152 Lost River Road, Lost River
Services start 11 am: Eveyone welcome.

VICTORY HARVEST CHURCH
361 des Erables, Brownsburg-Chatham
Pastor Steve Roach 450 533-9161
Sunday Service 10:30 am
Please call to confirm:
Wed 7 pm Prayer/Bible Study

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

*Special services: Soaking Time -
A time of quiet reflection and music
3:30 - 4:30 pm with traditional hymns
7:30 - 8:30 pm with classical music.

ST. AIDEN'S WENTWORTH
86, Louisa Rd - Louisa
May 18: 10 am - Sunday worship
June 1: 10 am - Sunday service
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Gore
May 11: 7 pm - Sunday service
May 18: 10 am - Sunday service
May 25: 7 pm - Sunday service
June 1: 7 pm - Sunday service
June 8: 7 pm - Sunday service
Services are bilingual.
HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
May 11: 10 am - Sunday service
and Soaking Time (see above).
May 25: 10 am - Sunday service & Soaking Time
June 8: 10 am - Sunday service & Soaking Time
Bilingual services with gospel/bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
May 11: 10 am - Sunday service
May 25: 10 am - Sunday service
June 8: 10 am - Sunday service

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
with Rev. Paul Tidman: 450 562-2917
May 11: 9:30 am - Family Service
May 18: 10 am - Communion
May 25: 10 am - Communion
June 1: 8:30 am - Communion
10 am - Communion
June 8: 9:30 am - Family Service
June 15: 10 am - Communion
June 22: 10 am - Communion
June 29: 10 am - Communion
All are welcome to join us for services
followed by coffee hour.

ENGLISH COMMUNITY NEWS

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

Laurentian Club Notice ANNUAL GENERAL MEETING AND LUNCHEON

**Hélène Sanschagrín and her students
will demonstrate the art of baladi (belly
dancing) following the AGM and luncheon
at La Gourmandine, 94 St-Vincent, Ste-Agathe.
The event starts at 11:30 on Monday, May 26.
Price for members \$25, for non-members \$35,
and reservations are required by May 19.
TheLaurentianClub@gmail.com or 819-326-6872.**

**The Club meets on the 4th Monday of every
month, September through May
(except December). Annual membership \$25.
Come along and bring a friend.**

To learn more, visit our Facebook page
[www.facebook.com/
LaurentianClubofCanada](http://www.facebook.com/LaurentianClubofCanada)
or contact us at
TheLaurentianClub@gmail.com
or 819-326-6872.



LAURENTIAN CLUB OF CANADA

Laurentian Region Cancer Support Group



*Groupe de Soutien du Cancer
de la Région des Laurentides*

May 2014 meeting for cancer patients,
families and caregivers is
SATURDAY AFTERNOON
May 17 - 1 pm
GROUP DISCUSSION
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

NEXT MEETING:
Saturday, June 21, 1 pm
Susan Campbell-Fournel: Cancer & Nutrition

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

Resource library available. Bring a friend or family member.

Spring Bake Sale

Sat, May 10: 10 am - noon. Margaret Rodger Church, 463, Rue Principale, Lachute. Home-baking, books, plants, treasures. Coffee and muffins.

Lost River Community Center

May 11: 9 am - noon: Mothers Day breakfast. Adults \$6, kids \$3. Proceeds from basket draw go to Breast Cancer Research Foundation.

Plant Bake, Book & Treasures Sale

Saturday, May 17: 8 am - noon. Hamford Chapel, Lachute United Church, 232 Hamford Street, Lachute.

Arundel Elementary Yard Sale

Sat, May 17: 9 am - 1 pm. Rain or shine. Arundel Municipal Park 60 Morrison Road, Arundel. Toys, books, bake sale, hot dogs, plus many more treasures! Support our graduate students. Tables \$25: Jennifer Odell, 819 687-9986 or 819 421-0450.

FREE Spaghetti Supper & Info on Health Services

Fri, May 23: 4 pm. Lost River Community Centre, 2811 Rte 327. Harrington residents (50+) are invited. Info session regarding transportation for medical appointments and essential services. Dinner donated/catered by Maria Diplacido, Dépanneur Kilmar.

Garage Sale at St. Simeon's

Saturday, June 7: 8 am - 2 pm. St. Simeon's Anglican Church, 445 rue Principale, Lachute

4 Korner's Family Resource Center

We are now open in Sainte-Agathe and Lachute! Visit Tuesdays 9 am - 3 pm for health & social services in English. Want to be informed about what is happening in the English Community? Send us your email address.

Lachute: 508 rue Principale; Ste-Agathe: 50, rue Corbeil 819-324-4000 ext. 4330 or 1-888-974-3940. www.4kornerscenter.org, info@4kornerscenter.org.

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STE ADÈLE: Nice condo, inexpensive, near Ski Chantecler and Main Street. 5 mins to downtown. Two great bedrooms. Open concept liv rm with fireplace, dining rm and kitchen. Fantastic opportunity for a small price. \$128,900 MLS 16992422

STE-MARGUERITE: Charming little house on a nice, quiet street. Hardwood flrs in bdrms & liv rm Ceramic flrs in kit and bath. Kit door to private patio in back. Walk to municipal beach and tennis. Beautiful, key in hand! \$139,000 MLS 11948603

Raymond Sanches Real Estate Agent
www.raymondsanches.com
rsanches@sutton.com / 450.530.1291

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linda@constantcaninecare.com **613-678-3469**

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www.organismepeaix.ca

4KORNERS
Family Resource Center

LACHUTE: 508 PRINCIPALE
SAINTE-AGATHE: 50 CORBEIL

819 324.4000
888 974.3940

info@4kornerscenter.org
4kornerscenter.org

AA
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ALCOHOLICS ANONYMOUS
ALCOHÓLICOS ANÓNIMOS

Aide téléphonique • Helpline • Ayuda telefonica
1 877 790-2526

Internet: www.aa87.org

Gambling problem?
Help for parents and friends of compulsive gamblers.

514 484.6666
866 484.6664
gam-anon.org

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

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ACTIVITIES:

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- Games
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- Water Sports
- Survival
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- High Ropes
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Open June 29 - August 9
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Contact us today! **1-866-438-4096** reservations@tamaracouta.com
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WATERFRONT: With a unique panoramic view all seasons. You will be impressed. Property is a typical luxury Timberblock home very well divided on three storeys, no wasted space. You must come see! Wentworth.

\$479,500

MLS 20367937



WATERFRONT: For a building project in the Ottawa river area. You must seize this rare opportunity to acquire one of the last available waterfront lots, 165 ft X 559 ft the prime area. Move quickly for this great property. Call me.

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The Pike: Wolf of the Water

Parker Courte-Rathwell, Arundel Elementary School-Special to Main Street

It is a bright, late summer afternoon and the lake is glass. I cast my line and watch it break the surface. I glance to see a duck family; one parent and seven ducklings. They stare at me and keep swimming. I look behind them and observe the ripples they make. I see a special disturbance behind them. The ducklings start to swim as fast as they can! A splash, a quack, and its over. The mother and the ducklings start to quack, sounding desperate. Once they have stopped quaking and moving I count the ducklings. Now I know how sad they are. There are only six ducklings left.

Prequel: I am the wolf of the water. I am sneaky and always to be questioned. I will always leave you wondering as I leave no clues behind. I will go somewhere new, prowling continuously. I often attack things that are bigger than my head. I feel a vibration and head toward it. It's a baby duck. It starts heading for the weeds but I'm too fast. I spring up and snap my jaws shut on the duckling. For nature, a death is a life.

Mont-Tremblant Rugby Registrations



Mont-Tremblant Rugby Football Club (MTRFC) is pleased to announce that registration is NOW OPEN for the 2014 Rugby Season. MTRFC's mini, junior and senior rugby programs cater to players from 6 to 60+ years old, and players of all experience are welcome. We

particularly encourage new players to come along and see what rugby is all about using our "play before you pay" pre-registration training program. 2014 promises to be an exciting season with many exciting rugby events scheduled, including trips to Ottawa, Toronto, Niagara and New York. Our season will start on Sunday, May 4, so please visit the registration page on our club website MTRFC.com for full details or contact Mark Morrissey at 819 687-2092.

LRHS Hosts Hockey Clinic



The LRHS Hockey Program hosted their annual hockey clinic on Monday, April 7, at the Kevin Lowe-Pierre Pagé Arena in Lachute.

Twenty elementary school hockey players put on their skates and took part in various hockey drills, coached by LRHS

Hockey Program grads, Max Laurin, Carl Neill, Andrew Mawdryk and Nick Vaillancourt. The young players were treated to lunch and then got back on the ice for a scrimmage.

Coaches Luc Dagenais and Alex Mawdryk organize this event for the elementary students so they can enjoy a day of hockey, learn from experienced players and get a taste of LRHS Blues Hockey. The fifth and sixth graders from the various Laurentian schools certainly had a great time and benefitted from the instruction of the older players.

Carl Neill, who now plays for the Sherbrooke Phoenix in the Quebec Major Junior Hockey League, as well as the other grads, agreed that it was fun to see the future young players who will be participating in the program, and found it satisfying to give back and help out.

Super Troopers and Molson Ex Champs at Alumni Tournament

The Super Troopers and Molson Ex were crowned champions at the 7th Annual LRHS Alumni Ice Hockey Tournament held at the Kevin Lowe-Pierre Page Arena in Lachute on Saturday, March 29.

The competition was fierce, but the fans in the stands took advantage of this annual event to chat with old friends while cheering for their sons, brothers, husbands or dads. And for the young eight and nine year olds, the true highlight was the signed Carl Neill Sherbrooke Phoenix jersey that hung in the arena waiting to be claimed by the grand winner of the raffle ticket draw.

Since 2008, this tournament has been open to alumni of LRHS who enjoy the opportunity to play some hockey, while supporting the LRHS hockey program.

Any former LRHS student who wishes to play in next year's tournament may contact Alex Mawdryk at 450 226-6759.

Scouts d'Argenteuil



Recently, the young Scouts d'Argenteuil visited two regional farms, Alpage du Nord (alpacas) and Le Terroir à Laine (sheep). The children learned the difference between fiber and wool and followed the process of raw wool being transformed into a pair of mittens. Subway Lachute generously offered dinner and a tree planting in the schoolyard of École Oasis on Earth Day was made possible thanks to the collaboration of the Mirabel Agricultural Training Center, Mirabel. Thank you to everyone for an amazing day for the Scouts!



The Story Behind A Canadian Heroine, Part Two

Joseph Graham - Main Street
joseph@ballyhoo.ca

Maria Wait and Sarah Chandler travelled back from Quebec City towards Niagara around August 18, 1838, with an official copy of a letter from the governor, Lord Durham, to his lieutenant governor, Sir George Arthur. The letter, requesting a delay of the execution of Maria Wait's husband and Sarah Chandler's father, had to be delivered and its orders enacted before August 25, the day scheduled for the hangings.

Their journey home took them to Coteau du Lac with a few days left and there they learned that if they took the next boat in the morning, Lieutenant Governor Arthur would be on board. Notorious for his ruthless administration in his previous posting in Australia, where he had hanged over 1500 people, Arthur was determined to hang these two more men to make an example to the people of Upper Canada. He was a monster by any definition, but eighteen-year-old Maria was not fazed by his reputation and requested a meeting in the ladies' quarters of the boat in order to personally present Lord Durham's letter. At that meeting, she did not back down either. Arthur told her, "I cannot accede to the request and prevent the due course of the law upon offences of this nature." Maria's response was vehement, reminding him that she was bringing instructions from his senior, Lord Durham, who had personally assured her that her husband would be spared, at least until he, Durham, could investigate the matter. When Arthur insisted on his course, the young woman responded, "Will the execution of these men restore to the people ... the lives and property which they have lost by previous aggression?" "By no means, but the example may deter others from similar transgressions," was Arthur's answer.

Maria Smith Wait proceeded to lecture the lieutenant governor on the causes of the rebellion, citing examples and criticizing the "lamentable state of Canada ..." but afterwards Arthur voiced his rejection and brusquely left the cabin. Undeterred, as though he had simply behaved like a recalcitrant child, she penned a letter to Lord Durham, explaining the behaviour of his lieutenant governor, but before she had finished, he returned with his private secretary. He requested she tell the secretary of her communications at Quebec, which she readily did, and informed him of the letter she had just written.

"[B]efore you communicate my answer to Lord Durham...I have granted a respite to your husband ... but there must be more executions."

When Maria reached Cornwall, she sent the letter to Lord Durham anyway, not trusting Sir George Arthur. Her doubts proved to be well-founded since from there on she was obliged to play a cat-and-mouse game to ensure that the instructions arrived before the scheduled hanging, which was to take place between 11:00 AM and 1:00 PM on August 25.

Arriving home on the 22nd, she found the hangman preparing for his task and he would not accept her testimony of the stay of execution. The sheriff, Alexander Hamilton, was away. To complicate matters, she learned that her baby daughter, in the care of its grandmother, had become ill. She resolved to go back to Toronto where she discovered the Assembly was in session, but she was simply patronized by officials there. Next, she approached Bishop George Mountain of Montreal who happened to be visiting, and he reassured her he would do what he could. Her only course remaining was to return to Niagara and hope that the reassurances she had received were true.

Sir George Arthur delivered the stay to Sheriff Hamilton, but delayed their meeting until it was impossible to catch the last boat back to Niagara. When Hamilton realized the seriousness of the situation, he stood up to the bully and managed, with difficulty, to get hold of the governor's own boat for the return.

Arriving six hours before the execution, he delivered the orders to the hangman and the lives of the two men were spared. Their misfortunes, though, were far from over. Their sentence was commuted to exile in the very prison that Sir George Arthur had ruthlessly run on Van Dieman's Land, the present-day island of Tasmania off the south coast of Australia.

Their voyage, with other rebels from both Upper and Lower Canada, passed through London and took 150 days, covering 16,000 miles, in chains, in darkness, under the deck. Extremely crowded conditions, non-existent sanitation and poor food led to illnesses and deaths. Upon their arrival at Hobart, Van Dieman's Land, some could not walk and were forced to crawl from the ship. On dry ground, their first sight was a scaffold and the imminent hanging of four prisoners, while further on they saw 200 half-naked men in heavy chains working on a road. The French Canadians had been kept on board, destined for Norfolk Island, the "Isle of the Doubly Damned," the worst of the prison colonies. But in their case, the Catholic Church of Lower Canada managed to get a message to Bishop Polding, who met the prison ship when it stopped at Sydney. After interviewing the prisoners, he took personal responsibility for them and their fate was less severe.

There was no Catholic Church available to intercede in the cruel fate of the Protestants in Van Dieman's Land, but Maria Smith Wait did not give up. She begged for favours and scrounged enough money to find her way to London, England to continue the fight for her husband.

...to be continued.



JENKINS-BRADFORD, Myrtle Gladys (nee: Cummings)

Passed away peacefully on March 26, 2014 in Stoney Creek, Ontario.

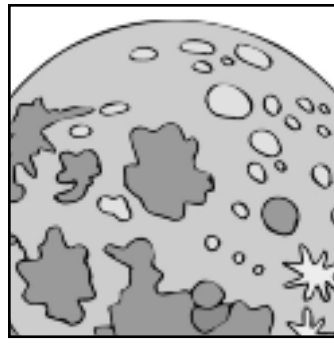
Beloved wife of the late Bernard Jenkins in her first marriage and the late Douglas Bradford in her second marriage. Dear mother of Barbara (Christopher Zuercher), Douglas and Donna (Jim Roadhouse). Loving grandmother of Kara, Christopher, Laura, Steven, Tricia, Tania, and great-grandmother of Maxwell, Makayla, Aliana, Sienna, Jette and Hudson. A memorial service will be held on Saturday, May 24 at 2 pm at St. Simeon's Anglican Church, 445 rue Principale, Lachute, Qc. Visitation at the church from 1 pm until time of service. Reception to follow the service in the church hall. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

MEMORIAL SERVICE

BOYD, Ross N.

Died peacefully at his home in Ottawa, Ontario on January 15, 2014. Dear son of Nancy (Muir) Boyd and the late Garth Boyd. Ross is survived by his two sisters; Diana, and her two children, Victoria and Christopher McMahon of Toronto, On., and Laurie and her husband Jim Hill of Newport Beach, CA. A memorial service will be held on Sunday, May 18, at 2 pm at the Margaret Rodger Memorial Presbyterian Church, 463 rue Principale, Lachute, Qc.

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



Zach Factor

Hemp: A Prescription to Save the Planet

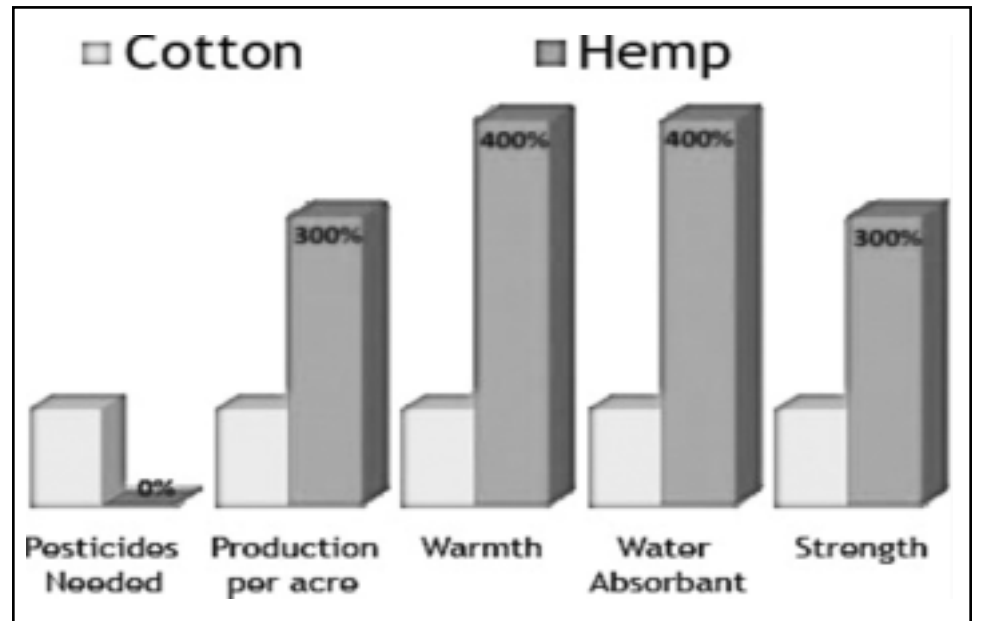
Lys Chisholm & Marcus Nerenberg - Main Street

Street There are reasons why England was extremely possessive of its Canadian Territories. The Brits had the largest naval fleet in the world. They needed wood, and lots of it, to construct ships. But to rig those ships they needed another crop: hemp. Hemp produced the finest and strongest rope in the world.

Hemp has been cultivated for over 12,000 years and traces origins to ancient Chinese dynasties. The Chinese lower classes used hemp to make rope and clothing. The clothing was so durable that it was bequeathed to heirs when they died. The first North American hemp crop was planted in 1606, by French Botanist Louis Hebert in Port Royal, Acadia. In 1801, the Lieutenant Governor of Upper Canada, on behalf of the King of England, distributed hemp seed free to Canadian farmers.

Industrial hemp was outlawed in 1937 in Canada and the USA. At the time, corporate greed snuggled up to the US and Canadian Governments. Industrialists like William Hearst and others who had fortunes invested in the paper and cotton industries, which were both highly polluting and environmentally degrading, arranged for hemp to be criminalized. With a little brainwashing from the newspaper empires they controlled, hemp and marijuana were lumped together, and the public became convinced of the evil nature of this very useful plant. Although both hemp and sativa are members of the cannabis family, industrial hemp has a trace .03 % of THC- the intoxicant found in marijuana. You can't get high if you smoked a garbage bag full of it.

Hemp went underground and a small group of dedicated farmers and proponents continued to fight to have the governments rescind its prohibitions. In 1941 Henry Ford built a car entirely out of hemp, which ran on hemp oil. Hemp farming creates superb products in just about every area of the economy, from clothing and ropes, to oils and food. Hemp's nutrition profile is amazing. The seeds boast over 33% digestible protein, contain all essential amino acids, are high in minerals such as iron, calcium, and magnesium, and are high in essential fatty acids.




Even the by-product of the plant is being used today to create the best-insulated building materials in the housing industry. French developers have created a product called Hempcrete, a mixture of hemp by-product and lime. Hempcrete is mixed with water on site to produce a non-toxic light-weight building material that is structurally strong and long lasting. It will absorb moisture when humidity is high and release it in arid situations. Mold or mildew cannot grow on or in it. It is inexpensive and a 15-inch wall has a R40 rating and needs no vapor barrier. Hempcrete breathes just like the most desirable clothing and it cuts heating bills in half. Because it is a naturally sourced material, unlike concrete, its green footprint greatly reduces the impact of present house building methods.

One huge benefit from large-scale hemp cultivation is the amount of CO2 that it can sequester from our environment. It grows nearly four meters tall, even in poor soil. It re-mineralizes soil, absorbs a phenomenal amount of CO2, and returns vast amounts of oxygen to the atmosphere. Hemp cultivation also eliminates the need for other highly polluting source materials.

Manitoba is Canada's largest hemp grower, supplying many American companies with the raw materials for manufacturing food and clothing. Americans can produce and sell hemp products but are furious that they are not allowed to grow it. Some states have passed legislation permitting hemp farming, but the Federal Department of Agriculture still classifies hemp as a dangerous narcotic, along with heroin. It is ironic that the American Declaration of Independence is written on paper containing hemp fiber.

If you would like to help our planet, contact all the farmers you know and encourage or help them to apply for permits to grow hemp, at Health Canada's **Licenses and Permits for Industrial Hemp**. Email: hemp@hc-sc.gc.ca. We must press our government to treat hemp as any other crop. All that regulating is unnecessary. It's time to let hemp be grown as any other regular crop, as it requires much less fertilizer, pesticide, or herbicide than soy, canola, corn, wheat and barley, and it requires no genetic engineering. Let our farmers grow what will help all of us, and especially them, financially. You can find out everything you need to know about growing hemp at http://www.hemptrade.ca/grow_hemp.php.



In Memoriam
Eunice S. Dobby
 February 17, 1922 - April 14, 2013
 Lovingly remembered by Kevin, Glenn, Bruce, Barry and families



Jean Desnoyers Named Director of PALLIACCO


PALLIACCO's Chairman of the Board, Mr. Tim Pepper, is proud to announce the appointment of Mr. Jean Desnoyers as the organization's new Director. "This is a person of very high quality with an excellent knowledge of the health care system and extensive experience in the sector," said Mr. Pepper.

Jean Desnoyers, a young retiree from the health sector, has held various management positions at the CSSS des Sommets, most recently having served as the Director of Loss of Autonomy Related to Aging, Physical Disability and Fight Against Cancer Programs. Mr. Desnoyers headed PALLIACCO's Accompaniment at the End of Life in the Home project, along with Louise Lefebvre, Coordinator of Services at the organization. This project received the approval of the Agence de la santé et des services sociaux des Laurentides and Palliacco has been granted a recurring subsidy for its implementation in collaboration with the CSSS des Sommets.

PALLIACCO is a non-profit organization that provides accompaniment and respite services to people affected by cancer, end of life patients, caregivers and the bereaved. The entire population of the MRC des Laurentides can benefit from PALLIACCO'S free services and activities in French and in English.



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

Effective Retirement Planning

When most people think about planning for retirement, the first thing that comes to mind is their savings - typically, Registered Retirement Savings

Plans (RRSPs) or, Registered Pension Plans (RPPs). However, with retirement planning, eliminating debt is just as important as creating an income stream.

Debt and savings are two sides of the same coin. If you have debt in retirement, your principal and interest payments will generally come from the same pool of assets you're using to fund your retirement.

According to a recent homeowner survey, many Canadians are not confident they'll be debt-free at retirement. While 80 percent of Canadian homeowners who have debt indicate it's very important to be debt-free by the time they reach their planned retirement age, fewer than 56 percent are confident they'll achieve that goal. (The Manulife Bank of Canada poll surveyed 2,141 Canadian homeowners in all provinces between the ages of 30 and 59 with household income of more than \$50,000. The survey was conducted online by Research House, an Environics company, between March 4 and 19, 2013. National results were compiled by province and gender. Full survey results, including additional regional, gender and age-group comparisons, are available at manulifebank.ca/debtresearch).

The good news is that you can make a lot of progress in 5 to 10 years, especially with changes to how you structure and manage your debt. And, once you're debt-free, you can focus your attention on other aspects of your finances to prepare for a comfortable retirement.

Before you retire - eliminate debt

When asked what they'd do if they reached their planned retirement date and still had outstanding debt, sentiment among survey respondents was divided. Just under half of homeowners (47 percent) indicated they'd continue to work until their debt was gone, while a similar number (45 percent) indicated they'd retire even if they still had debt.

What would you do if you were approaching retirement and still had outstanding debt? Whether you would choose to keep working or not, incorporating debt repayment within your broader financial goals would increase your likelihood of being debt-free when you reach your planned retirement date.

If your only debt is your mortgage, taking advantage of any pre-payment privileges could be a good first step. However, if you're like many people in their 50s, you may be carrying several debts in addition to your mortgage.

A great way to get rid of mortgage and other consumer debt in the years leading up to retirement is to consolidate them at one low rate. This could reduce your interest costs, make it easier to keep track of how much debt you still have outstanding and help you eliminate your debt sooner.

A very effective product for debt consolidation is the all-in-one account. This type of account allows you to combine your mortgage, personal lines of credit and any other debts at one low, competitive interest rate.

During retirement - prepare for the unexpected

No matter how well you've prepared for retirement you may be faced with an unexpected financial need, such as a new roof for your house, or, an unexpected opportunity, such as a vacation with friends.

A number of banking products could help you be better prepared. If you're able to allocate sufficient cash to a "rainy-day fund," a high-interest savings account can keep your money growing and accessible.

For many people, their home equity represents an important part of their net worth. Among survey respondents, slightly more than 13 percent of homeowners plan to access the equity in their homes to supplement their retirement income, with four percent planning to borrow against their home equity.

If your rainy-day reserve or emergency savings are smaller than you'd like, consider opening an all-in-one account, which includes a line of credit secured by your home. An all-in-one account allows you to earn a high rate of interest when your account has a positive balance and, if a financial need arises, you have convenient access to a secured line of credit.

Work with a professional advisor

Your advisor can help you keep focused on reducing your debt and this can be a big advantage in your journey towards a debt-free retirement. Once you retire, your advisor can assist you in identifying tools and strategies to help you keep your money stable, accessible and growing.

If you would like further information on the topic of this article, please call 514 788-4883 or my cell: 514 949-9058.

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

Arundel Library Lecture Series: Friday evenings at 7pm, 2 rue du Village

May 9: 10 days in Guatemala - Lorna Pauls: Lorna will share her experiences with a group of Inter Pares sponsors.

May 23: Portable Discoveries: Books by Artists - Peter Trepanier: Come and join Peter, a librarian from the National Gallery of Canada, for a "book tour" highlighting some gems from the Library's collection.

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Vital Eats Ethical Wildcrafting

Heather Jackson, co-founder of
Marché Fermier Morin-Heights

Looking out to the forest floor we find the distinctive trout lily (*Erythronium americanum*) with its spotted leaves and yellow bell-shaped flower. Crisp and light, trout lily leaves and bulbs are edible either raw or steamed and taste less sour or bitter than other wild greens such as sheep sorrel, dandelion or curly dock. Gathering plants from their native habitats is known as wildcrafting. At one point in our lives, we have picked flowers or fruits from fields or have wondered about the hundreds of species of mushrooms available at our back door.

These signs of growth and renewal are all around us, but believe it or not, spring and early summer can be the hungriest times of the year. The winter's "stores" are spent and the first harvests of the year are still a few weeks away. Ethical wildcrafting is an excellent and exciting way to supplement our daily eating habits.

Once an act of necessity for humans, wildcrafting fell out of fashion during the increasing industrialization of our food systems. With the advent of the back-to-the-land movement and consumer desire for organic produce, harvesting wild herbs, vegetables and fruit has made a comeback in our modern "foodie" culture.

Despite the seemingly endless supply of these fresh foods in our forests and fields, over-harvesting can be a real problem. Wild plant populations, such as American ginseng, Echinacea, Goldenseal and wild garlic, have decreased dramatically due to over-harvesting to supply trending market demands. Check resources such as native plant societies, conservation groups, United Plant Savers and environmental departments for guides to endangered and threatened plants. By respecting these guidelines, we can ensure continual harvests and Laurentian biodiversity for generations to come.

Wildcrafting from organic gardens and farms is a fun way to support your local organic farmer. Many farmland boundaries supply an abundance of medicinal plants such as dandelion, burdock, alfalfa, nettle, and red clover, however, be sure to ask permission and always positively identify a plant before harvesting and consuming!

Farmers are ready to bring their chives, rhubarb, spring salad, asparagus and radish to market. Here at the Morin-Heights Farmers' Market we are gearing up for our season opener on June 6! Enhance your spring salad with wild greens and share your wildcrafting experiences with us on opening day and every Friday!



Youthful Perspective Me, Myself and I

Yaneka McFarland - Main Street

Lazy, entitled and narcissistic is what TIME magazine's Joel Stein called the "Millennial Generation," and for those born between 1980 and 2000, that's us. From our over-stated YOLOs to instagramming our daily meals, I think it's safe to

say that we youngsters outshine the Baby Boomers.

They were the kings; the original "Me Generation," and they have been officially dethroned by the new "Me Me Me Generation." So much so that our creative acronyms, such as YOLO (You Only Live Once) and LOL (Laugh(ing) Out Loud), have been added to the dictionary along with other words we will undoubtedly be embarrassed by, later on in life. Many may say we are a self-absorbed bunch of ungrateful teenagers. The National Institute of Health did in fact show that the average 20 year-old, scores up to three times higher than the Baby Boomers on having Narcissistic Personality Disorder. The question is, are we really as vain and apathetic as they paint us to be?

Although growing up in a bubble-wrapped world, where over 80 million of us have been told we are special and that everybody is a winner (I have a soccer "participation medal" as proof of this), let us not forget that there are always two sides of a coin.

Similar to the Baby Boomers, we have grown up during a major societal change when technology had not only been seeded, but also, continued to grow astronomically during a short period of time. We adapted to this whirlwind of change by creating jobs for ourselves; becoming entrepreneurs involved in the many matters of society, including the environment.

In fact, "climate change" came into play before we did, yet we are the ones left responsible to find the solution to a problem we didn't create in the first place. Granted, we have since contributed to the destruction of our planet, but pushing all the unsolved problems onto our plate isn't really fair either.

"...Your life will not be defined by the society we have left you..." said Stephen Colbert to millennial graduates of the University of Virginia during his commencement speech. What we have been left with is the responsibility of taking action on things past generations haven't.

Despite the arguable fact that many "kids my age" don't seem to care, I believe that more of them actually do, and when you add even a little colour to the white that brands us as all as lazy and narcissistic, it's no longer a one-shade blame.

To all my fellow millennials out there, if you're reading this, I congratulate you for reading the paper. However, in all seriousness, whether we like it or not, we are the next generation and if this world is to see change, then it will have to start with us.



Run For Cover... Energy Around Us

Frans Sayers - Main Street

When planning to build a shelter, we will often experience a full spectrum of emotions in our goal to create the "perfect dwelling." Nesting and survival instincts instil in us our need for shelter and the form it may take, however, often a "gut feeling" will override the

more mundane considerations as we muddle our way through the multitude of choices at our disposal.

The ensuing tug of war between practical and emotional choices can disrupt our rational thinking when we are faced with making important decisions. We turn to friends and advisors and the many "experts" who would profit from our incapacity in this area, often ending up compromising our ideals and expectations. The right decision is most often a combination of the "visible" factors as well as the emotional environment. Clarity and sound information can make all the difference as we strive to unravel truth from fiction and sort through misleading information.

Everything we build is imbued with the energies of its creators as well as the energy of the place itself. This energy can then reside in the physical aspects of the design and impact those who interact with the structure and its surroundings. African cave art from 8,000 years ago depicts the use of divining rods to locate them in relation to the earth's magnetic field. In China, 4000 years ago, housing had to be aligned with the geo-magnetic fields. The Egyptians and Romans also described this sensitivity to the geo-magnetic fields. Vitruvius reveals, in "De Architectura," the use of a herd of cattle to ascertain the viability of plots of land for housing. The cattle were confined to the area being considered, and after a certain period of time, their livers were examined to determine the suitability of this plot of land for housing purposes (a questionable practice!). In old Europe, houses and settlements were never built on disturbed ground.

Feng Shui, as it is now applied, can be a great aid in deciding how to treat our living and working spaces. Stairways that end directly in a doorway, the ubiquitous toilet seat that is so often left up, the orientation of the bed for sleeping, the colours we choose and the way we move in and out of our spaces are some of the considerations we must take into account. Energy paths and the way shelters are constructed can negatively influence the happiness and health of the inhabitants. By using Feng Shui we can overcome many of the unseen hurdles that stand in our way as we seek to create a shelter that is healthy and sustainable, while contributing positively to those living within its frame. At the heart of any decision lies common sense and practicality. A healthy and happy population is better able to make the kinds of decisions that lead to better education, health-care, and good governance. Today, too many people are experiencing difficulties due to the many conflicting technologies that they use incessantly in every aspect of their daily lives.

In dealing with energy and sensitivity in this regard, it is clear that "*the human being himself, if using his sound senses, is the greatest physical device of all.*" (Goethe)



The English Link Local Icon

ENTRAIDE BÉNÉVOLE
DES PAYS-D'EN-HAUT

Entraide Bénévole des Pays-d'en-Haut
Kim Nymark - Main Street

This remarkable organization diligently serves our community and continuously strives to eliminate isolation. Entraide Bénévole (volunteer mutual aid) is a community organization that has been

working in the MRC des Pays-d'en-Haut since 1980. Its mission is to help adults who have lost their autonomy and are living at home or in a nursing home. They heavily depend on volunteers to answer the growing needs of the Pays-d'en-Haut territory. Last year, they provided almost 28,000 volunteer hours to the community through various services and volunteer transportation, and the minibus travelled just under half a million kilometres.

They currently have 3,000 members: 2,700 users and 300 volunteers. Director General Pierre Bertrand, explained that they are actively working towards having their user members become volunteers as well by offering services to other users. They are also always looking for new members, both volunteers and users.

Every service offered by Entraide Bénévole is also available in English. Their literature and website are mostly bilingual. A few of the main services offered:

Accompaniment and transportation: A service provided to isolated people with reduced mobility whose travel needs for medical purposes cannot be met by anyone they know or by public or private transportation.

Friendship visits and good morning calls: A friendship visit is a shared relationship between the volunteer and the beneficiary, similar to a visit from a friend or neighbor. A good morning call is a regular call made to anyone who may feel isolated and lonely; who needs a reminder to take their medication or just to make sure everything is alright.

Meals on wheels: Tuesdays and Thursdays, this service ensures home delivery of hot, balanced meals prepared by volunteers. Frozen meals can also be delivered.

Health with friends: These blood pressure clinics are held monthly in 9 municipalities (14 different locations) of the MRC des Pays-d'en-Haut.

Minivan: To meet basic needs (groceries, shopping, banking, etc.), this service provides public transit for people with no other means of transportation.

Similar services are provided in the MRC des Laurentides by the Centre d'action bénévole, www.cab-laurentides.org.

For info or to help, contact 450-229-9020 or www.entraidebenevolepdh.com.

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Garden Talk

Voiles Create Spring Lawn Woes

June Angus - Main Street

On my first walk through the garden this spring I was astonished at the damage to the lawn. As the snow melted away, dug up turf, tunnel entry holes and mini pathways appeared everywhere. I know I'm not the only one dealing with these nasty post-winter surprises.

While the winter was hard on people, it appears to have been a banner year for voles, little rodents who live comfortably under a very thick, protective blanket of snow. Extreme vole damage generally coincides with years of heavy snowfall. With our gardens covered for 150 days or more this year, there was plenty of time for voles to wreak havoc.

Voiles are a type of field mouse with short tails, legs and a stocky body. They are active day and night throughout the year and usually live 2 to 16 months. They breed year round and will produce three to six young per litter up to 12 times per year.

They feast on lush grass under the snow and leave a mess of surface runways, tunnels, holes and dead grass behind. Typically they chew through the grass stems, leaving the plant crowns intact. To make lawn repairs, wait till the ground has dried then use a leaf rake to smooth out the lumps and clumps to fill in holes. Also, rake away any dead grass and let nature go to



work; often turf will grow back on its own. If the lawn needs some encouragement, mix good garden soil with grass seed and apply to the damaged and surrounding areas. Keep moist by watering regularly.

Sometimes voiles will also damage trees and shrubs around the base as they gnaw the bark trying to keep their teeth trimmed. They also like to burrow and nest in mulch so do not allow mulch to touch tree trunks or the woody branches of shrubs. To avoid future damage, wrap wire garden mesh around the base of these plants.

Elimination

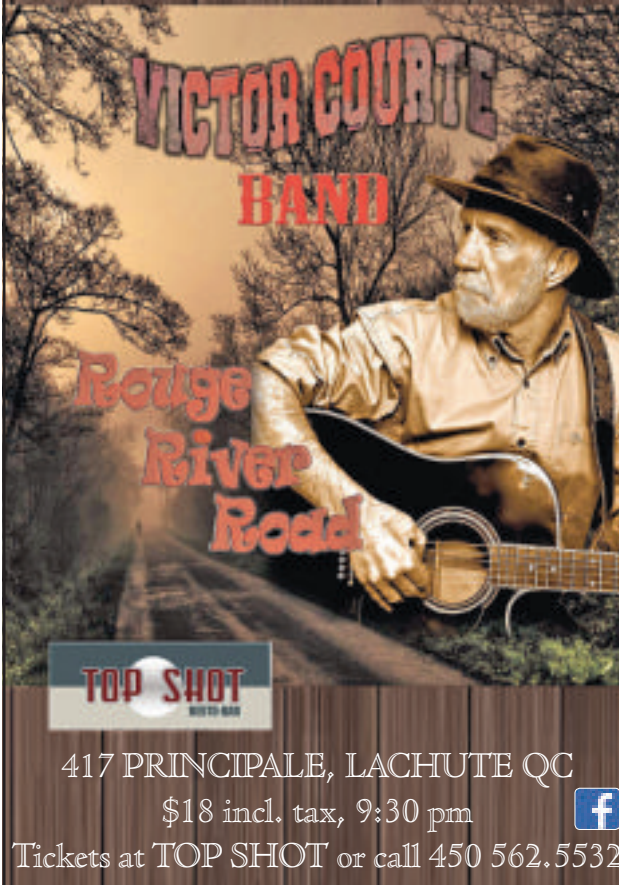
Getting rid of voiles is not so easy. Colonies can range anywhere from 14 to 500 members per acre. To repel them from your garden, try predator urine (available from hunting outfitters). Voiles don't like the odor of foxes or wolves. But this product needs to be reapplied after rain. A real fox can also be a helpmate, unless you happen to also have a chicken coup to protect. Owls and hawks are other natural predators that can be encouraged to take up residence. If you have an outdoor cat that is a real mouser, voiles beware.

If voiles are getting into garages, sheds and other areas close to the house, good old-fashioned mouse-traps will do the trick. Solar pest repellents are another option. They emit an intermittent combination of sound and vibration that can drive away burrowing pests like moles, voiles and gophers. I have not tried these, but online reviews suggest their success is sketchy.

Finally, our climate and weather patterns may help control the problem naturally. Maybe there will be less snow next winter. More exposure makes voiles more vulnerable. We can only hope.

Happy Mothers Day!

FRIDAY MAY 23



Tickets also available on Victor's Facebook page. Guests will include Eric Bernard on electric guitar, mandolin & other strings; Robin Boulianne on violin; Terry Joe Banjo on you guessed it - banjo; Simon Dolan on bass; Jean Sebastien Fournier on piano; Yvon Plouffe on percussion. This evening will feature the songs from Victor's newly released album, "Rouge River Road."

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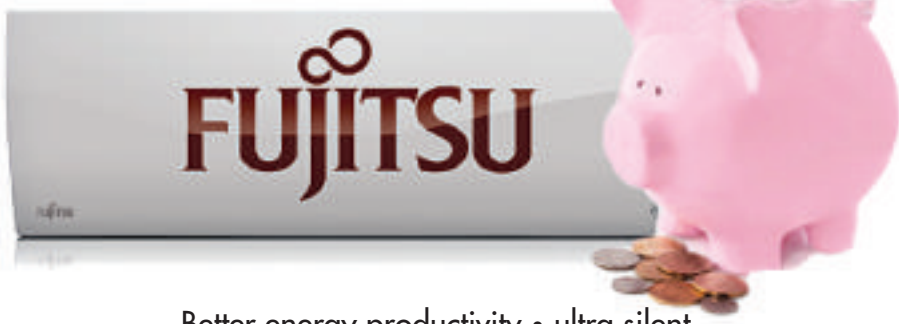
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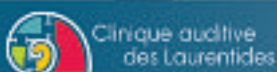
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