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## What's On My Mind... A tribute to volunteers

Susan MacDonald, Editor

I don't often have the opportunity to step away and participate in community activities, but recently, I had been invited to two such events that I was honoured to attend. It was a rare opportunity for me to meet personally some of our community volunteers, who are our friends, family members and neighbours. It was an exciting week and a true awakening for me as to how fundamentally important these dedicated people are to community life, particularly in rural areas.

Every month, I receive countless notices from various community groups announcing their upcoming activities and events, ranging from Sunday breakfasts to every type of fundraiser imaginable. They come from local community groups, large organizations, foundations and individuals, and each one of these initiatives is supported by, and depends upon, volunteers for its success. The proceeds raised from these events are re-directed back into our communities or go to benefit health organizations. Some even manage to support both. But there's more...

Usually, we go about our daily lives mindless of the work of various organizations in our communities, until we find ourselves in need of their services. Only then do we reach out to the countless available resources and support groups, most of which are organized and run by volunteers. Cancer support, caregiver respite, aging seniors, English resources, animals in need, and support for our youth... the list is endless, and, at some point in time, we might well find ourselves knocking on at least one of their doors, for assistance, support or information.

This month, I ask you to read through our pages from a different perspective, and make an appreciative note of the countless contributions our volunteers give, ceaselessly, to our individual and collective communities. If you know any volunteers, please let them know how much they are appreciated and, if you can, help to support them in their efforts. If you are a volunteer, I extend a warm and appreciative thank you for being the backbone of your community.

In closing, I would like to express a most grateful thank you to every member of the Main Street team, without whom this newspaper could not exist. Your collective efforts give all our extended communities this vital venue through which we connect and support each other. Undeniably, volunteers rock. - www.volunteer.ca

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# Observations A Death Of A Thousand Cuts

David MacFairlane - Main Street

Fukushima - The Crisis That Keeps On Giving.

I have written frequently in Main Street about this crisis since it first began four years ago, on 11 of March, 2011. On that day, the Fukushima Daiichi Nuclear Complex of 6 GE water-cooled reactors was destroyed by a magnitude 9.0 earthquake, followed by a gigantic tsunami, with a wall of water over 45 feet in height, that rushed to shore at over 500 km/hr, and travelled 10 km inland. The main island of Japan, Honshu, was moved 8 feet east and the Earth was shifted on its axis by 4-10 inches. Thousands were killed, millions displaced and property and infrastructure damage was enormous. The World Bank estimated the economic cost exceeds \$235 billion, making it the costliest natural disaster in world history. Most significantly, the nuclear complex itself was destroyed, and 3 of the 6 reactors, which were online at the time, went into level 7 (the highest) meltdown. Luckily, the other 3 reactors were off-line for maintenance, and non-operational.

The Japanese Government, aided and abetted by the US "O-Bomber" White House, immediately went into denial mode about the severity and concomitant extreme dangers of the radiation fallout from the disabled reactors. In fact, Japanese journalists were banned from negative reporting. In Canada, the Conservative government of Mr. Harper was so securely locked into the back-pocket of the US administration, and so fawningly subservient to it without any independent opinion, that it followed suit and ignored the obvious dangers to our own country. The mainstream media in all these countries have hardly reported on this crisis in the intervening years, and here we are today, over 4 years later, still largely ignorant of the continuing and escalating damage to our planet, in particular to the Pacific Ocean, which is dying by radiation poisoning.

The 3 reactors didn't just go into meltdown; the reactor cores melted through their concrete containment chambers into the ground below and have been burning ever deeper into the earth below. The authorities do not know where the cores are, and the radiation in the area is so intense that even remote-controlled robots cannot survive more than a few minutes of exposure, before their electronic components get fried and they become inoperable. Due to the lack of sufficient fresh water, in their futile attempts to continue cooling the reactors, the management has been pumping millions of gallons of corrosive sea water onto the complex every day, and storing this contaminated water in hastily-built tanks. However, due to the physical limits of ever-expanding storage capacity and the fact that the tanks leak badly, this water is being discharged, eventually, back into the Pacific Ocean. As a result, the vast ocean, and the country itself, continues to be poisoned relentlessly.

Frequent updates in Main Street have warned readers of this growing problem, but the crisis has reached the western shores of North and South America and the story has become quite ugly. The silence of the mainstream media is astonishing, since news sites on the Internet have been posting almost daily updates of this escalating tragedy for the past 4 years, a short summary of the most recent, I show below:

On April 13, the Pacific Fishery Management Council reported that, "We've seen a significant change in recruitment (i.e. the number of new fish that enter a population). There's been practically no recruitment and this was not expected ... the total stock biomass of Pacific sardines is declining." The same day, the "Oregonian" newspaper reported that "Pacific coast sardines are facing a population collapse so severe that the fishery will be shut down ..." "There are a lot of weird things happening out there," said Kevin Hill, a NOAA Fisheries biologist. On April 14, the San Francisco Chronicle reported, "The sardine population along the West Coast has collapsed ... because of a lack of spawning due to poor ocean conditions in 2014 ... this collapse is the latest in a series of alarming die-offs, sicknesses and population declines in the ocean ecosystem along the West Coast ... anchovies have also declined due to a lack of zooplankton ... (we are seeing) record numbers of starving sea lions ... Brown pelicans, too, have suffered from mass reproductive failures and are turning up sick and dead ... strange diseases have also been proliferating in the sea." The Williams Lake



**"Only two things are infinite; the universe and human stupidity, and I'm not sure about the former."**

**-Albert Einstein.  
1879-1955. Theoretical physicist, philosopher.**

Tribune on January 15 reported, "(People) living in the interior (that's us) might not know that sea creatures are sick, dying or disappearing at an alarming rate all along the Pacific Coast ... there are dying oysters, bleeding herring, melting star fish, hungry Orcas and sick seals. The latest are dead sea birds ... some wonder if it's radiation fallout from Fukushima." A researcher at UC Santa Barbara concluded, "we may be sitting on the precipice of a major extinction event."

The news is endless, but reported only locally and without national syndication in the major dailies and TV networks. These days, serious investigative journalists have many targets, but few sponsors. Here, too, in Canada, with our national newspapers and TV networks in the control of a handful of conglomerates that maintain political correctness, we are left in the dark about what is really going on in Fukushima and in the dying Pacific Ocean. Obviously, the truth is bad for business and politics.

The majority of our seafood comes from the Pacific Rim countries, and China is, perhaps, the largest supplier of frozen fish to Canada. I have warned readers often about the risks of consuming seafood originating from this region. Personally, and to my deep regret, I have stopped eating all marine fish products, simply because our government has refused to test and report on the safety, or not, of Pacific region seafood. Radiation is a lethal toxin. It is bio-accumulative and, since marine fisheries are a part of the human food chain, we are all threatened. A single fish can contain 150,000 times more radiation than its ocean environment. This concentration, of course, increases further up the food chain.

As consumers, you have choices. Exercise them. Read the product labels of origin. Make your decisions carefully, not mindlessly.

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The year 2014 was full of actions expressing the distinctive nature of our fund. The more we cooperate, the more we give back to our members and our community. Caisse Desjardins de la Vallée des Pays d'en Haut redistributed in 2014 more than \$648,791.45. These investments have helped contribute to many essential services to the community and helped to provide our members with both a pleasant and dynamic living environment.

## HIGHLIGHTS OF 2014

### Strong financial results

Caisse Desjardins de la Vallée des Pays d'en Haut had good results with earnings (before dividends) of \$4.72 million compared to \$3.77 million last year. Figures that speak volumes about the performance:

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### A realization come true!

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## Simply Words on Paper Stephen Harper swimming against the tide

Jim Warbanks - Main Street

Aside from his penchant for extreme secrecy, Prime Minister Stephen Harper's legal legacy will likely be his consistent law and order stance, the draconian "lock-em up" omnibus Safe Streets and Communities crime bill, including his insistence on mandatory minimum sentencing guidelines. His physical legacy will entail the construction of very costly new prison facilities, and filling them, at a time when serious crime rates are plummeting across the country. Law enforcement is not the primary reason for the improved public safety record, but the demographic shift related to an aging population.

Drug users who sell some marijuana to finance their addiction, aboriginal offenders and other marginalized people will be among those particularly affected. The new law will not change the fact that the poor, the weak, aboriginal and addicted are the ones who tend to be caught up in the criminal system on a recurring basis.

### Tough on crime

Harper's "tough on crime" world view is a relatively easy sell to more affluent, aging voters concerned with feeling safe, even though they have not been personally affected by crime or violence.

How out of step is he in promoting these issues as being of vital current concern in Canada? Our neighbors in the Great Republic to the South, where "tough on crime" laws were extremely well received by the public and where incarceration rates are extremely high have, for some time now, been reversing some of the most onerous legislation. Many states have struck down the "three strikes" laws, which called for mandatory, lengthy sentences for anyone convicted of an indictable offence for the third time.

### Mass incarceration

For the purposes of this text, let's just look at the State of Georgia. Alison Holcomb, the National Director of the American Civil Liberties Union (ACLU) which sponsors the Campaign to End Mass Incarceration, stated: "Because it has had a disproportionately high incarceration rate, because it's in the South, because it's Republican, people aren't expecting criminal justice reform to come out of states with those characteristics."

But second term Georgia Republican Governor Nathan Deal has initiated a series of reforms that have produced significant results. Georgia was the tenth most populous state in the country at the time of his election, and yet had the fourth largest incarcerated population. "I would address an audience like this: 'Do you realize that one out of every 13 Georgians is under some kind of correctional supervision?'" Between 1990 and 2011, Georgia's prison population had doubled to nearly 56,000, and was expected to continue growing 8% annually. The projected cost of expanding the state's prison capacity would be \$264 million. The high recidivism rate meant that one out of every three adult inmates was back within three years or less. For juvenile inmates, one in two came back, often as adult offenders. Seven out of ten inmates didn't have a high school diploma or a GED. These statistics are far more daunting than the current Canadian equivalent.

### Judges' discretion

Over the last four years, mandatory sentencing minimums have been modified, and judges' discretion in sentencing has been expanded. The adult prison population has been given enhanced access to educational resources. The state has also invested \$17 million into measures aimed at reducing recidivism and rehabilitating low-risk, nonviolent offenders—including funding community-based programs that have already proven to be more cost-effective than a prison sentence. These initiatives closely resemble the approach that Quebec officials and legislators promote.

As of 2013, Georgia was spending \$91,000 on each juvenile inmate per year and still seeing a 65 percent recidivism rate. Standardized assessment tools were designed to help judges determine the risk levels of juvenile offenders. Judges have also been given more discretion in sentencing juveniles. By the program's conclusion in certain participating counties, felonies and placements were down by 62 percent. Georgia's statewide secure juvenile population has dropped 14 percent since these programs were implemented, and the state took two detention centers off line.

### Number of inmates drop

Since Deal was elected at the end of 2010, Georgia's incarcerated population dropped from an estimated 56,432 to 53,383 at the start of this year. That reduction slashed the state's backlog of inmates in county jails, who were waiting to be transferred to a prison or probation detention center.

Considering its status as a major conservative state, Georgia is a genuine success story. Even those conservatives who see prison and sentencing reform as primarily a liberal priority admit this. The people who implemented these reforms, like Deal, would not consider them progressive, but practical. You could view these reforms as progressive or conservative or technocratic. However you label them, they're working.

Stephen Harper could choose to provide the feeling of security he touts to Canadians with far less financial and human burdens. All he has to do is look south to the successful Georgia model.

## Coming up On Facebook this month

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



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**Danielle Gauthier**  
Pharmacist/Owner

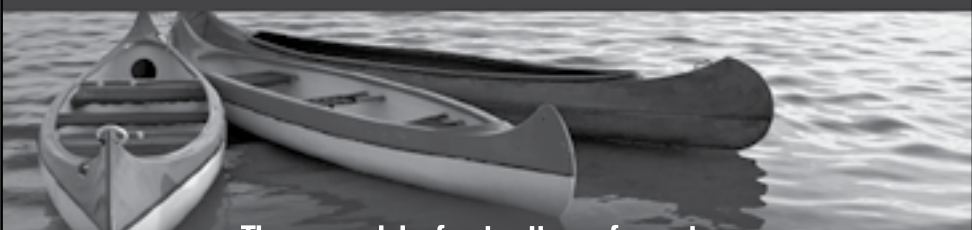


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## Three cosy lake front cottages for rent on Little Lake McDonald



Three cosy lake front cottages for rent on Little Lake McDonald in Harrington a couple of kms from Lost River on Rte #327. The cottages have been recently renovated and are only a couple of feet from the lake with beautiful sandy beaches great for swimming and small children. The cottages all have lovely front decks, with outside chairs, tables and BARBQ, excellent for watching sun sets. Activities on the property and lake include canoeing, fishing kayaking, sailing, swimming, bird watching, playing on the beach and hiking. Rentals are available per week or per month May to Sept and per weekend Oct to April.

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



## About Sainte-Adèle

**Chris Lance - Main Street**

Mayor Charbonneau has decided to enforce a water tax on business owners in Sainte-Adèle. So, now our consumption of water is, or will be, metered. All this foreplay, I would guess, to eventually tax residents.

But what happens when colder winters freeze pipes in our businesses and homes? Your plumber usually suggests that we run the taps when it gets frigid like all last winter – a great source of future tax revenue for town coffers.

By now, residents of Sainte-Adèle will have received their “bac-brun,” the mini-bac, garbage bags and a guide to enlighten and educate their garbage knowledge. To ensure citizens’ compliance, a second garbage man will ride shotgun to inspect our educational progress, and write notes if a resident is not compliant. This process will go on for two months. If, for example, you put a pizza box in the recyclable blue bin, that bin will stay full, and a note will be left to the resident – a warning duly noted – and, perhaps a good source for future fines by Sainte-Adèle’s finest, the bac-cops! It seems likely that racoons and bac-cops will inspect all our garbage. We hope the bac-cops will be neater than the racoons!

In June, the Dépanneur de la Gare, located on the road between Sainte-Adèle and Sainte-Marguerite, will re-open under the name, Marché de la Gare. The owners will be offering cheeses, pates, a variety of sausages, imported and local beers, freshly-pressed juices, wine, coffee and tea, spices, herbs, chocolates, sandwiches, bread, milk, fruits, veggies and paper products; in other words, a general store.

The Plaisir-a-2, offered by Spago and Cinéma Pine, has been going for at least 3 years now. This is a meal/movie deal that you should make sure you understand. Twice now, I have used this certificate and suffered confusion about what amount I owed when I got the bill for our meal. It seems that we owe taxes to Spago, and a tip for the service. We were almost over-charged on the taxes. So, make sure you do the math. Our waitress had no idea, and luckily, the owner, Louis Desjardins, was there with his manager and it all got straightened out. But, we were late for our movie. Keep in mind, it is a good deal, even though the price of the deal varies; if you buy on December 26, it is only \$39, otherwise, it is \$49. Even at \$49, you still save money: a meal at Spago and a movie at the Pine Theatre.

Restaurant Chez Milot, on rue Valiquette, has a four-service dinner, plus soup, for \$19. This special operates Sunday to Thursday between 5 and 7 pm. You can check out this special at [chez.milot.qc.ca](http://chez.milot.qc.ca)

Restaurant Juliano, located in the north end of Sainte-Adèle (along Rte.117) still has great specials. By far, the most popular is Tuesday nights, with “2 for 1 pasta.”

Les Têtes de Cochon, located on the hill opposite the shopping center, has a Tuesday and Wednesday special at \$25. They also sell selected take-out meals etc. See the website for a better idea of what this resto is up to: [lestetesdecochon.ca](http://lestetesdecochon.ca)

Hard of hearing? We have a new outlet, near the SAQ, called Clinique auditive des Laurentides – better to call first, at 855 875 2111, as the opening hours are irregular.

Had an indoor winter and too much food? Try GymSpa in the shopping center; you can see what they offer at [www.gymbiendanssapeau.com](http://www.gymbiendanssapeau.com).

Enjoy the May weather and the tennis. Not sure who will be running the courts this year, but I hope it gets resolved as the courts are due to open soon.



## A Library Addict’s Choice...

**Grif Hodge - Main Street**

Of new books on the shelves of the Jean-Marc Belzile Library in Lachute that can be borrowed for free by the residents of Gore, Harrington, Lachute and Wentworth.

### FICTION

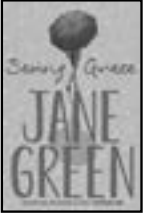
**Erikson, Steven - Willful Child**

Steven Erikson is the pseudonym of Canadian born, Steven Rune Lundin, a self-proclaimed fan of Star Trek, and author of a popular saga, Malazan Book of the Fallen. He writes science fiction and fantasy. Willful Child chronicles the inept but enthusiastic Captain Hadrian Sawback, in a series of deep space misadventures. This book could appeal to young adults as well as older sci-fi fans.



**Green, Jane - Saving Grace**

We follow middle-aged Grace along her personal journey from the collapse of her well-managed life through the manipulations of a new assistant, to a renewed sense of identity and purpose. Her journey takes us through many of the issues and relationship struggles that face many women, spiced with some intriguing settings, and garnished with a recipe at the end of every second chapter. Green describes her writing style as “escapist, an empathetic beach-read with real, relatable characters who are all looking, ultimately, for a place to call home.” <http://janegreen.com/>



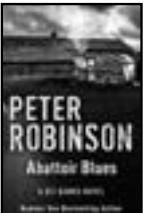
**Patterson, James & Ledwidge, Michael - Burn**

Patterson is a dependable read and I’ve met the character, Detective Michael Bennett, through past adventures. Poor Bennett and his family, forced into hiding from a ruthless drug lord after Bennett helped break up his drug cartel, have only just returned to New York City. Within days of arriving back home, he is thrown back into a criminal world of terrifying depravity.



**Robinson, Peter - Abattoir Blues**

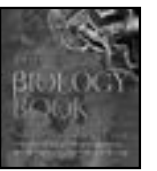
Here is another mystery, with Detective Chief Inspector Banks, set in the Yorkshire Dales. I learned quite a bit about abattoirs and sensed that the author is letting his characters speak for his opinion on how animals destined for our barbecues are treated. Nonetheless, the noose is slowly tightened around the bad guys who have graduated from theft to a particularly gruesome murder.



### NON-FICTION

**Gerald, Michael C. & Gerald, Gloria E. - The Biology Book**

My wife couldn’t put this book down. It is an entertaining and very readable account of “250 of the most significant and interesting biology milestones from roughly 4 billion BCE to modern times. Richly illustrated with a variety of images on the facing page of each one-page essay, at the bottom of the page, the reader can find cross-references to other, related events. The reader can pick and choose what to read, rather like a “choose-your-own” adventure story.



### JUNIOR FICTION

If you recognize the name James Patterson, I have reviewed his work before. This author is dedicated to igniting a passion for reading in children. If you are looking for ideas and information for the young readers in your family, you would do well to visit his website, <http://www.readkiddoread.com>. Do you have boys who are reluctant readers? Visit <http://guysread.com>. This website, by author Jon Scieszka (The True Story of the Three Little Pigs; The Stinky Cheese Man and Other Fairly Stupid Tales), has boys in mind, with themed books that are bound to stir interest.



## Village of Weir Newswire

**Claudette Smith-Pilon - Main Street**

Regardless of how old or infirm we may become, we should always plant a large garden in the spring. Who can resist the feelings of hope

and joy that one gets from participating in nature’s rebirth. Spring is here along with the hope of flowers in May.

*“Tis like the birthday of the world, when earth was born in bloom:  
The light is made of many dyes, the air is all perfume:  
The crimson buds, white and blue, the very rainbow showers  
Have turned to blossoms where they fell, and sown the earth  
with flowers.”*

Next Victoria’s Quilts Laurentian Branch workday will be on **Monday, May 25 at 9 am**. Our Annual General Meeting was held on **April 17, 2015**. We presented to our guests and our volunteers an abbreviated version of our past year. There was a presentation made by the Residence Vallée de la Rouge to Emile Pépin’s widow, Mrs Heather Hodge. This was a beautiful plaque thanking Émile for his generosity, goodwill and his energy for life and can be seen in the entrance hall of the residence. A wine & cheese followed.

The Huberdeau / Montcalm Firemen’s Annual Spaghetti Dinner Fundraiser was held on **Saturday, April 18**, at the Community Hall of Montcalm, in the Village of Weir; a successful fundraiser for those men that give of themselves for their communities. A special presentation took place in honour of Mr. Michel Gagné (35yrs) of Weir and Mr. Richard Thiel (25yrs) of Huberdeau. They received medals from the Governor-General’s office for their exemplary services depicting their professional and personal commitments to the security of these municipalities.

**MY SINCERE GRATITUDE FOR ALL YOUR COMMENTS.**

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



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## Small organisation, big reward!

“Think Big!” That’s what Lorraine Bureau, Executive Director of the Fonds d’Emprunt des Laurentides, likes to repeat, and it’s exactly what Marielle Boyer did when she registered the tool, Women and Money: Survival Guide, for the 2015 Gender Equality Award. This is how a small Lachute organization managed to win the prestigious award for excellence in the category, Economic Equality.



For three years now, the guide, which deals with different facets of women’s economic life, is distributed by over 60 organizations, not only in the Laurentians, but in 9 different regions of Quebec. The Fonds d’Emprunt des Laurentides has been working for several years toward the financial success of women and the prevention of poverty. Through this guide, FEL offers sound financial advice on developing habits, such as budgeting, saving, learning, predicting and asking questions.

## About us

FEL / PCL, helps women and men develop their financial independence by providing training, supporting business start-ups, business loans and individual support. Over the years, FEL’s priority has been the financial autonomy of women and has therefore developed a specialized approach to this clientele.



## New location for Literacy Centre

The Literacy Centre, currently located at 513 rue Principale, Lachute, will be relocating to 505 Bethany, suite 302, Lachute and will be opening the doors to their new offices at the end of June. Learners and volunteers will soon have access to more accessible offices, as well as an elevator, which is located across from the SAAQ office. The transition will take place from June 16 – June 26.



## Support for future self-employed

The CLD of the MRC des Laurentides, and Emploi Quebec Laurentians, are pleased to announce the renewal of the project, “Support for self-employment,” for the year 2015-2016. This will allow future self-employed people of the MRC des Laurentides, who meet the eligibility criteria, to obtain financial support for the development and implementation of their business projects.



### Objective:

This measure provides financial and technical support to people wishing to establish or acquire a micro-business, or to become self-employed, to encourage the creation of sustainable jobs in the region. The agreement will support 20 business projects. “This is an important tool for people who want to start their small business but have to increase their knowledge of the business world,” said Ms. Jacynthe Latreille, director of the local employment center of Sainte-Adèle and acting director of the local employment center of Sainte-Agathe. “The financial support from Emploi-Québec, along with the expertise of the CLD in entrepreneurship, self-employment provides the right conditions for the success of their projects.

Residents of the MRC des Laurentides who would like to become self-employed may go to the local employment center of Sainte-Agathe-des-Monts, located at 1 rue Raymond to check their eligibility for this program.

## Team FADOQ – L’énergie gris joins the Pierre Lavoie Challenge

From June 11 – 14, Team FADOQ, L’énergie gris, will be joining Pierre Lavoie and thousands of other cyclists in the 1,000-km cycling marathon in the adult component of the Grand défi Pierre Lavoie. This spectacular event brings cyclists together in a fundraising effort to raise funds for medical research and to promote healthy lifestyle habits in children.

The 60-hour circuit, between Saguenay-Lac-Saint-Jean and Montreal, follows a relay forum, whereby cyclists join in and follow Pierre for all or part of the distance. All proceeds are donated to the Grand défi Pierre Lavoie Foundation and will be used to fund medical research on orphan diseases as well as to fund projects that promote healthy life habits in children.

Last year, Team FADOQ – L’énergie gris, raised nearly \$25,000 and ranked among the top ten teams that raised the most money; funds that were re-directed back into communities and to schools that sponsored the teams. This year, they have raised their goal to \$30,000.

To learn more about this event, or to sponsor Team FADOQ, visit [www.legdpl.com](http://www.legdpl.com) (available in English). To donate, follow the links on the right side-bar.

## La Rochelle to re-open in September

After a lengthy absence, this September, La Rochelle, a bilingual preschool for 3-5-year olds, will be returning to Morin Height’s Elementary School. This will be a wonderful opportunity for them to have a permanent, purpose-built home, in a school environment. The bilingual preschool will continue to operate as a Parent Participation, non-profit organization, and parent involvement will remain as a key part of the La Rochelle philosophy. “With our ‘fun and learn through play’ academic program, we aim to help young children develop awareness of their individual capabilities and to foster growth in all areas: social, emotional, intellectual, creative and physical. Our Educators are skilled in the art of integrating learning with play, always promoting social skills. The classroom environment and program components are strategically planned to promote discovery and learning.

Many people in the community may have experienced an early preschool education with La Rochelle, whether as themselves or as parents. Indeed, many families may have several generations who have attended. With the support and encouragement of the community, we can look forward to many more years of quality, early childhood education.

New registrations for September 2015 are now being accepted. For more information regarding fees and program, please send request to [prematernellelarochellepreschool@yahoo.ca](mailto:prematernellelarochellepreschool@yahoo.ca)

## Changes in medical staff at CSSS d’Argenteuil

### Dr. Hamid Hassanalizadeh departs

After 23 years of loyal service, on February 16, 2015, Dr. Hamid completed his shift at the Centre de santé et de services sociaux d’Argenteuil for the last time. After he left, Dr. Hamid thanked several people at length in a letter he sent to the hospital.

### Two new doctors join the medical team

Dr. Simon Trudel joined the medical staff of the CSSS d’Argenteuil on February 16, 2015. He divides his time between the emergency ward and elsewhere within the hospital and wherever he works, the entire “team” is paramount to him. Also welcomed to the team is Dr. Haralambos Grillas, a senior anesthesiologist who had previously worked in various institutions in Montreal. Dr. Grillas, worked part-time at the hospital starting in August 2014, first for 3 days, then 2-3 weeks at a time until December. He has been at the hospital on a full-time basis since January 2015.

## News from the Argenteuil Hospital Foundation

Thanks to the generosity of Bernard Cyr, the acquisition of a 5th special chair for the hemo-oncology department was possible, and the AHF sincerely extends their gratitude. A commemorative plaque will be fixed beside the new chair.

In total, five new chairs for the hemo-oncology department have been acquired due to generous donations, totaling some \$23,000. The department can accommodate 6 chairs of this model and hope to acquire the 6th in the near future.

## Water Advisory - Lachute

Until June 8, the Lachute Public Works department will be performing flushing operations on the Aqueduct network to ensure and maintain the quality of the drinking water in various areas of the city. Before each operation, a notice to that effect will be distributed to each address of the specific area and hung on the door. Please pay attention and follow the instructions.

During the operations, there is often a decrease in water pressure and it is important not to consume or do laundry during this time as the water will be cloudy and may damage your clothes. When the operation has been completed, it is advisable to run the cold water tap for 15 minutes or until it is crystal clear before drinking or using it normally.



## A Heart for Helping Animals Humane Society International/Canada honours its amazing volunteers

Christopher Paré - Main Street

A very special event came and went in April, though between Easter and the tax deadline it often gets lost in the shuffle. National Volunteer Week celebrates the selfless individuals who donate their time and energy to helping others, day in and day out.

And if animals could speak, they would surely sing the praises of someone like Jennifer Rose. Her journey began in 2011 when she assisted HSI/Canada with one of the largest puppy mill seizures in Canada. "It was a life-changing experience to see over 570 dogs arrive, truckload after truckload, at all hours of the night," she recounts. "Some of my best friends today, I met during that time. It's like a big, compassionate family."

The most rewarding part of the experience, she says, is seeing the animals overcome their trauma and find forever homes with loving humans. "I can't describe the feeling when an animal is so terrified that she can't even look at you. It just melts your heart that these little ones can still learn to trust and to love even after all they have been through."

A dog owner herself, Jennifer says the best way to prevent animal abuse is through education. "Make an informed choice before getting a pet. If we can stop people from buying from pet stores or classified ads or other places where dogs could potentially be supplied by puppy mills, then there wouldn't be any demand for them. It's all about supply and demand."

**You can help! Learn more about volunteering with HSI/Canada: [hscanada.ca/volunteer](http://hscanada.ca/volunteer)  
Can't volunteer? You can still donate to our Animal Rescue Fund, or sign the "Stop Puppy Mills" pledge. Find out how at [hscanada.ca](http://hscanada.ca)**



## Morin Heights Legion

# Neil Diamond Tribute Show - Diamond in the Rough

June 12 & 13: 8 pm

His voice may not be what it used to be, but Neil Diamond can still sell out concerts. His charisma was, and still is, legendary.

Joey Purpura has lived and breathed Neil Diamond since 2004 and has travelled across the country and parts of the Caribbean with his tribute show, Diamond in the Rough. In 2002, the Toronto-based impersonator began researching the singer's life, studying his every move, song and the story behind the music. "I wanted to research his life because I not only sing his songs, I tell a story and highlight his life, just to make it more interesting," said Purpura.

He searched for little known facts about the singer. For instance, Diamond grew up in the same neighbourhood as Barbara Streisand. They went to the same school and sang in the same choir. Purpura also discovered Diamond was a pre-med student and was six months and 10 credits short of a pre-med degree when he abandoned his studies to pursue music.

Diamond was never a heartthrob, but an artist revered for his songwriting and story telling. His music is very diverse and his songs, as one biographer said, cut through your heart and soul making you feel his pain, anguish and joy.

**Tickets: \$25 in advance or \$30 at the door (available at the Legion). Info: 450 226-2213 / [www.solitaryman.ca](http://www.solitaryman.ca). Some of the proceeds will go to benefit the Legion.**



## Blood donor clinic a resounding success

On April 21, The Sûreté du Québec and the MRC d'Argenteuil jointly held their first blood donor clinic at the Bingo Hall in Lachute. A grand total of 129 donors participated, surpassing the original goal of 100 people.

MRC Prefect, Mr. Scott Pearce, was ecstatic with the results and extends an appreciative thank you to everyone who generously gave the gift of life.

Every 80 seconds, someone in Quebec will need blood. Each day, Héma-Québec must collect a minimum of 1000 blood donations to meet the demands of Quebec hospitals.



# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Congratulations to:

**Mario Charette**, owner of the new restaurant, **Avenue B. Tuscan Grill** (324, rue Bethany, Lachute). The resto opened on April 5 and serves delicious Italian fare, pasta, and grilled veal, pork, beef and lamb. They also offer fresh salads. Previously, Mario was the Food and Beverage Manager at the Lachute Golf Club for 31 years! 450 562-0291, facebook (Avenue B.)

**Keven Robichaud**, owner of the new **Centre Hi-Fi**, located in the Factories St-Sauveur (behind Petro Canada). They opened in December 2014 and offer electronics (radios, wifi routers, etc.), computers, sound systems, tablets, digital cameras, TVs and also provide courses on tablets, iPads, computer software and digital cameras. 450 744-0444.

**Brigitte Asselin**, owner of the new hair salon, **Atelier Bibi & Co.** (17, rue Lafleur, St. Sauveur). Open from Tuesday to Saturday. Professional hairdressers, colorists and stylists. They also offer manicures, pedicures and barber services. Best of luck to the team, which includes team leader, Brigitte, and team members, Joey, Véro and Annie. They currently offer 15% off to all Laurentian residents, applicable on all services. 450 744-1747.

The **Prevostars winners** of the 11th edition of this special evening, which took place on March 28 at Académie Lafontaine. Winners, aged 9-11 yrs: 1st **William Coallier** (singing), 2nd **Audréane Sarazin** (humor), 3rd **Étienne Poliquin** (singing); aged 12-14: 1st **Milkshake**, Studio Shake (dance), 2nd **Maya McLellan** (singing), 3rd **Samantha Charbonneau-Vaudeville** (singing); aged 15-17: 1st **Marilou Gauthier** (singing), 2nd **Sandrine Desforges** (comedy), 3rd **Marie-Soleil Côté** (singing). Public choice, aged 9-11: **Étienne Poliquin**; aged 12-14: **Maya McLellan**; aged 15-17: **Bones**, from Shake Studio.

The **Keltic Pilgrims Band** (Éric Bégin, Jody Anker, Éloi Amesse, Raoul Cyr and Michel Dubeau) that played at the new Cogeco Théâtre Demarais on Friday, April 10. They have just launched their first album, which features traditional music from Ireland and Scotland. Best of luck to all of you

### Did you know:

**Marie Blott** moved her boutique, **Art Amérindien**, to a new location at 195, rue Principale, St. Sauveur? They feature Amerindian art items, gifts, moccasins, books, jewelry, T-shirts and Harley Davidson products. Drop by to say hi to Marie and Gerry! 450 227-6019.

Despite the fire that ravaged the car wash located at 500 boul. des Laurentides (Rte. 117) in Prévost, **Hassen and Leila Dahman** have opened up a new car wash at 273, Rte. 117 in Ste. Adèle, (facing A-N Morin High School)? Best of luck to you!

**Martin Gingras**, owner of **Teatro Verde Florist**, 42 rue Morin, Ste. Adèle, offers unique, rustic, floral arrangements for weddings, events and home enjoyment? They also offer custom-made organic fine herbs and spices en vrac, which can be used in your favorite recipes for Tajine, tourtière, stews and roasted meats. While you wait for your herbal-spice bouquet, why not enjoy one of their new infused teas such as organic chamomile or jasmine, or Gargantuan Pleasure, made with orange peels, cardamom and peppermint? Free Wifi is available within a tranquil, lush area to study or to read. They also offer a very unique "living wall," which adds oxygen and ambiance to your home, while lowering the humidity level. 450 229-2257.



CENTRE HI-FI



## A Chance To Win Free Tickets

Participate in our Neil Diamond trivia contest and earn the chance to win free tickets to this dynamic show!

All you need to do is visit our web page, [www.themainstreet.org](http://www.themainstreet.org) and click on the contest tab where you will find the trivia questions.

**Submit your answers by emailing to [main.street@explornet.ca](mailto:main.street@explornet.ca)**

**2 free tickets to each show are available!**



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3. Falafel ..... 4<sup>th</sup>

**Entrées**

1. Tabbouleh ..... 3<sup>th</sup>
2. Fattouche ..... 3<sup>th</sup>
3. Hommos ..... 3<sup>th</sup>
4. Vine leaves ..... 3<sup>th</sup>
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**NOTICE OF ELECTION**

**THE ANNUAL GENERAL MEETING OF THE CAISSE**

The Caisse Desjardins de la Vallée des Pays-d'en-Haut is pleased to announce the election of Mr. Pierre Lemieux and Mr. Raymond Mercier to its Supervisory Board and the election of Ms. Lisanne C. Bédard, Me Françoise Major and Mr. Richard Allard to its Board of Directors. Furthermore, it is with pleasure that they welcome a new director, Me Sébastien Voizard, also elected at the Annual General Meeting. Me Sébastien Voizard holds a law degree (LLL) from the Faculty of Law of the University of Ottawa since 2006, he also holds a degree in notarial law (DDN) from the University of Montreal since 2007. He was admitted to the Chamber of Notaries of Quebec in January 2008 and he is a member of the Board of the Chamber of Commerce of Sainte-Adèle since 2008.

A sports enthusiast, Me Voizard is also a member of Plein Air Sainte-Adèle and holds a non-voting seat on this non-profit organization.

Born in Sainte-Adèle, Me Sébastien Voizard has always had the economic and tourism development of the region at heart and promotes local businesses; equally in goods and services, as our region is full of expertise.

The Caisse Desjardins de la Vallée des Pays-d'en-Haut is a financial cooperative owned by its members. It is also 18 committed officers, 70 active employees ready to serve its 19,200 members who generate a turnover of more than \$ 1.2 billion.

Being a Desjardins member gives us the power to act. Together we can cooperate in a more prosperous community. Together, we have the power to create the future!

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

**Elected to the Supervisory Board**

Mr. Pierre Lemieux

Mr. Raymond Mercier

**Elected to the Board of Directors**

Ms. Lisanne C. Bédard

Me Françoise Major

Mr. Richard Allard

Me Sébastien Voizard



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

## MONT LAURIER

### Espace Théâtre Muni-Spec

543, rue du Pont, Mont-Laurier  
819 623-1222, ext. 1 / [www.muni-spec.com](http://www.muni-spec.com)  
[billetterie@muni-spec.com](mailto:billetterie@muni-spec.com)  
A new hall opened this year

**Sat, June 6: 8 pm:** Ariane Moffatt performs cabaret-style with songs from her new French album. Ariane Moffatt is a singer/songwriter and recipient of the Juno Award for Francophone Album of the Year. She combines electronic, jazz, folk and pop. \$37.



Ariane Moffatt

### Maison de la Culture Le Centre d'exposition de Mont Laurier

385, rue du Pont  
819 623-2441 [ceml@lino.sympatico.ca](mailto:ceml@lino.sympatico.ca)

**May 21 - June 13:** Exhibition of art by students of Pierre Neveu School Commission. Hours: Tue - Thurs: 10 am - noon & 1 pm - 4 pm; Fri: 10 am - 4 pm; Sat: 10 am - 4:30 pm.

## MONT TREMBLANT

### Première Scène

L'Église du Village 1829, chemin du Village  
819 425-8614, ext. 2500 [www.villedemont-tremblant.qc.ca](http://www.villedemont-tremblant.qc.ca)

### Salle Alphonse-Desjardins

1147, rue de Saint-Jovite

**May 13 - 31:** "Auto-portrait, everyday moments," by Marie-Josée (painter).

**June 10 - 28:** "Bio-Scape," by Sandra Djina Ravalía (painter).



Sandra Djina Ravalía

## ST. FAUSTIN

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

1171, rue de la Pisciculture  
819 688-2676 [maison.arts@cogocable.ca](mailto:maison.arts@cogocable.ca) /  
[www.maisondesarts.ca](http://www.maisondesarts.ca)  
Wed - Sun: 11 am - 5 pm.

**Until June 14 - DADA -** art done in various disciplines by Laurentian artists. This is a wonderful annual exhibition when artists display original whimsical art.

## STE. AGATHE

### Théâtre Le Patriote

258, rue Saint-Venant  
819 326-3655 [www.theatrepatriote.com](http://www.theatrepatriote.com)

**Sat, May 9: 8 pm -** Robert Charlebois, a Quebec icon, accompanied by 10 musicians on stage will celebrate his 50th year on the Quebec music scene. With his inimitable energy, this artist brings the audience to their feet! \$50.

**Sat, May 23: 8 pm -** Kevin Parent is a bilingual singer/songwriter who grew up in the Gaspé Peninsula. He sings, plays the guitar and harmonica, and will be accompanied by his musicians. \$38



Robert Charlebois

**Fri, May 29: 8 pm -** Richard Desjardins, accompanied by Claude Fradette and Karl Suprenant, will perform. \$44.

**Sat, May 30: 8 pm & Sun, May 31: 2 pm -** Alain Morisod and Sweet People. This group from Switzerland will delight the audience with their beautiful voices and melodies. \$45.75

### Holy Trinity Church

12, Préfontaine St. W.

**Sat, June 6: 8 pm -** Concert presented by O'choeur du Nord. \$20.

## VAL DAVID

### Exhibition Centre

2495, rue de l'Église  
819 322-7474 [www.culture.val-david.qc.ca](http://www.culture.val-david.qc.ca)  
Hours: Wed - Sun: 11 am - 5 pm

**Until May 10:** an exhibition by two artists: Catherine Bolduc (Mes îles,) and Marco Royal Nicodemo (L'âge de la découverte).  
**May 23 - June 14:** Northern Impressions - a pedagogical program at the centre.  
**June 20 - Sept 14:** an exhibition of prints by the artists of Atelier de l'Île of Val David

### Val David Church

Rue de l'Église

**Sat, June 13: 8 pm & Sun, June 14: 4 pm -** Vocal ensemble Ô Choeur du Nord, directed by France Levasseur, presents a series of three concerts, performing music by Haendel, Mozart, Verdi, Donizetti and Puccini, as well as Kurt Weill, Andrew Lloyd-Weber, Rodgers and Hammerstein, and Gershwin. The Joliette Youth Symphony Orchestra joins the choir. Céline Laverdure, pianist/organist, will accompany the ensemble for all concerts. \$25. Tickets available at [ochoeurduord.venbrite.ca](http://ochoeurduord.venbrite.ca) / [ochoeurduord@gmail.com](mailto:ochoeurduord@gmail.com) / 819 324-1182



Ô Choeur du Nord

## VAL MORIN

### Val Morin Théâtre du Marais

1201, 10è ave, Val Morin.  
819 322-1414. / [www.theatredumarais.com](http://www.theatredumarais.com)

**Sun, May 17: 2 pm -** Edith Butler is back with songs from her new album. \$35.



Edith Butler

**Sat, May 23: 8 pm -** Mamselle Ruiz performs music inspired by her native country, Mexico, as well as Cuban and other Latin American music. \$25.

**Fri, May 29: 8 pm -** Cassiopée Dance is back with a program, Huis clos II. \$20.

**Sat, May 30: 8 pm -** Pianolitudes - Pianist/composer, Martin Lizotte presents an unusual blend of piano, accompanied by

Mathieu Désy on contrabass. The music is influenced by Gonzales and Philip Glass original, and quite surprising. \$25.



Pianolitudes

**Sat, June 13: 8 pm -** Renowned bluesman, Martin Goyette, performs songs from his album, "Sweet Warm Jelly;" a mix of blues, jazz and gospel to warm your heart.

## ST. ADOLPHE D'HOWARD

### L'Ange Vagabond

1818 Ch. du Village  
819 714-0213 /

[www.facebook.com/langevagabond](http://www.facebook.com/langevagabond)

**Sat, May 9: 8 pm:** Michel Robichaud. \$20.

**Sat, May 16: 8 pm -** Brigitte Saint-Aubin, (duo with Denis Ferland). \$20

**Sat, May 23: 8 pm -** Bent By Elephants with Chesley Walsh (vocals & guitar), Luke Fowlie (guitar), Ryan Frizzell (cornet, keyboard, backup vocals), Paul Van Dyk (bass) and Eric Dew (drums). \$20.

**June 6: 8 pm -** Intakto - combines music by Latin American, Alejandro Venegas (vocals & guitar). \$25.

## MORIN HEIGHTS

### Morin Heights Library

823, Village Rd

**Until June 13 -** ARTS Morin Heights exhibit, "In the style of a Canadian Artist." Come and see how Canadian artists such as Pellán, Borduas, Fortin, Colville, Emily Carr and others have inspired the group artists.

### United Church

831, Village Rd

**Sun, May 31: 3 pm -** Spring Concert performed by the Joyful Noise Choir and Morin Heights Elementary School Choir. Donations to the church welcome.

**Fri, June 11: 7:30 pm -** The group, "Les Flûtistes de Montréal" with invited musicians and conductor, Clyde Mitchell will perform music by various composers. Info: Judy Diez d'Aux at [jkdf flute@gmail.com](mailto:jkdf flute@gmail.com). Tickets at the door; Adults: \$15, students: \$5.

## WENTWORTH NORD

### Rickks Room Saturday Concert Series

Presented by Cecilia & Rick Fewtrell [rickksroom@gmail.com](mailto:rickksroom@gmail.com) / [www.rickksroom.ca](http://www.rickksroom.ca)  
Cecilia and Rick provide coffee, tea & snacks. Everyone is welcome to add to the table but no obligation. Reservations required.

**May 17: 4 pm -** Martyn Joseph (UK). \$20.

**June 14: 6 pm -** Mary Gauthier (Nashville, TN) \$25.

**June 20: 2 pm -** Leeroy Stagger (Lethbridge, AB) & Denis Ellsworth (PEI). \$20.

## HARRINGTON

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Seven Sunday Brunch Concerts starting **July 5** with the Alcan Quartet. Children (4-12 yrs) are welcome to enjoy a special program in a separate hall. Full schedule now online / season passports available.

## BROWNSBURG – CHATHAM

### Restaurant Faim-Fino

338, rue des Érables / 450 407-0708

### La Société culturelle du Pavillon des Jardins

450 495-8022 [scpj.wordpress.com](http://scpj.wordpress.com) Artist, Diane Goyette, exhibits her work, which includes her series depicting horses.

## GORE

### Holy Trinity Church

2, Cambria Rd / corner of Rte 329

**Sat, May 23:** Sherman & Lee, accompanied by Andrew Cowan (guitar), Stephen Barry (bass) and John McColgan (drums) kick off the summer season with an intimate musical evening. Genre is the blues, with a blend of folk, roots, country and pop. Advance tickets: \$20, at the door \$25.



Sherman & Lee

## PRÉVOST

### DIFFUSIONS AMAL'GAMME

### Saint-Francois-Xavier Hall,

994, rue Principale, Prévost.  
450 436-3037, [www.diffusionamalgamme.com](http://www.diffusionamalgamme.com)

**Sat, May 9: 8 pm -** Raoul Sosa - Great Russian piano works. \$31.50.

**Tues, May 19: 8 pm -** Fiestango Trio featuring Janie Caron (piano), Amélie Lamon-tagne (violin) and Genevieve Bigonnesse (double bass). The trio plays music by Astor Piazzolla and others. \$30.



Fiestango Trio

**Sat, May 30: 8 pm -** Elizabeth Blouin-Brathwaite (trio) - a singer influenced by Whitney Houston, Stevie Wonder, Marvin Gaye and funky rock. \$36.50

**Sat, June 6: 8 pm -** Robin & Rachel Pan. These two young musicians will play music by Bach, Beethoven & Mozart. Robin Pan, now seventeen, continues to compete in Quebec and Canada. In this concert, he will perform with his eleven-year-old sister, Rachel, who has won prizes at the Ottawa Kivanis Festival. Both are students of conductor, Michel Brousseau.

## ST. JÉRÔME

### Laurentian Museum of Contemporary Art

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

**Until May 31 -** The museum presents the exhibition, "De la parole aux actes" (Actions Must Match Words). Curator, Anne-Marie St-Jean Aubre presents a dialogue of several North American artists dealing with Indian women. In June, the museum presents its summer exhibition of two Laurentian artists, Claude Vermette & Mariette Rousseau-Vermette. The exhibit will move to Baie St. Paul in November.

## ST. PLACIDE

### St. Placide Church

Park Adelaide Paquette - 81, 2e Avenue

**Sat, May 9: 8 pm -** "Un Pierre Lapointe / Un Piano." This celebrated singer/pianist opens the new season with an extraordinary repertoire. The ambiance and acoustics of the church promises a spectacular performance

## LACHUTE

### Studio d'Argenteuil

The Studio d'Argenteuil is proud to announce the participation of ten sculptors from the "Printemps de la sculpture" exhibition and sale held in Lachute (April 17-19) in an exhibition and art sale at the Montreal Botanical Gardens on **May 22 & 23**. Included, are Laurentian artists, Lise-Anne Bernatchez and Maud Palmaerts.

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



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# Discover Sainte-Adèle



## MESSAGE FROM THE MAYOR • HISTORY



Réjean Charbonneau, mayor

### A Word from the mayor

Welcome to Sainte-Adèle! A city that offers services and infrastructure conducive to the flourishing of all generations, as well as natural and socio-cultural attractions which provide an outstanding quality of life for its citizens. We are proud to say that Sainte-Adèle is a city for families, at all stages of life!



### Sainte-Adèle, Then And Now...

(Extract from the cultural policy of the City of Sainte-Adèle) - By Carole Maille

Sainte-Adèle was founded on July 1, 1855, by Augustin-Norbert Morin, and the first elections for mayor were held a few days later. Professor and Dean of the Faculty of Law of the University of Laval, Augustin-Norbert Morin was a Minister, as well as a Joint-Minister of United-Canada, and became a judge in 1855. The municipality of Sainte-Adèle is named after Adèle Raymond, Morin's wife.

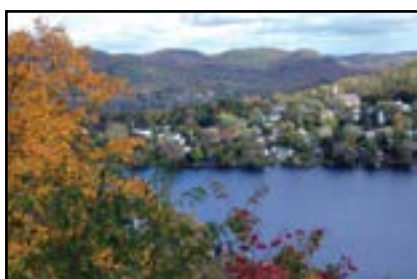


Augustin-Norbert Morin & wife Adèle Raymond

Recognized as a renowned resort area for many decades, our city admirably completes the Laurentians' recreation and tourism trade, with its many festivals, activities and gathering events, such as the Grand Déjeuner en Blanc, les Soirées Nostalgie, la Nuit des toiles, le Marché public, le Festival de la chanson des Laurentides, la Tournée des chefs, l'Oktoberfest, la Fête de l'Halloween, la Magie de Noël and les Plaisirs d'hiver.



Besides its impressive calendar of activities, are its natural attractions, including the beautiful Lac Rond, a jewel in the heart of the city, a network of hiking, snowshoeing and cross-country ski trails, Doncaster park, tennis and golf courses and ski resorts.



Sainte-Adèle also has a large number of cultural infrastructures that radiate in its region and beyond. They include the Place des Citoyens, a true architectural gem, opened in 2013, with two multi-purpose rooms, and offering varied cultural programs (concerts, conferences, youth shows, exhibitions, theatre, etc.), a summer theatre, the famous Pine movie theatre, a theatre (A.N. Morin) which also offers a variety of shows, an outdoor amphitheatre with more than 4,000 seats that hosts les Soirées Nostalgie, la bibliothèque Claude-Henri-Grignon that houses Le Centre international de poésie des Laurentides, and a guided circuit of twelve murals, created by professional artists. With such facilities, we can now say that Sainte-Adèle has become a major cultural center of La MRC des Pays d'en Haut.



We invite you to Sainte-Adèle and welcome you with open arms throughout the year, the seasons and its events!



Réjean Charbonneau

The arrival of Dr. Wilfrid Grignon in 1878, promoted the development of Sainte-Adèle. A workaholic, he encouraged agriculture, tourism, industry and the first train in 1891. In 1906, Jean-Baptiste Rolland built a pulp and paper mill in the vicinity of la Rivière du Nord. The development of homes and buildings around the mills led to the creation of the village of Mont-Rolland in 1918.



Dr. Wilfrid Grignon

World War I changed Sainte-Adèle's direction for development. Several inns and hotels, such as the Alpine Inn (1916) and the Chalet Cochand (1916) appeared, which helped to develop skiing and golf. Over the years, the Mont-Gabriel (1935), the Chantecler (1938) and the Sainte-Adèle Lodge (1940) completed the luxury accommodations.

A milestone in the history of Sainte-Adèle is the impact that the writer, Claude-Henri Grignon, had with his novel, "Un homme et son péché," published in 1933, and which enjoyed unprecedented success on the radio and on television. Mr. Claude-Henri Grignon also participated in the development of Sainte-Adèle through his involvement as mayor from 1941 to 1950.

After its dismantling in 1991, the railroad line became the Linear Park of the P'tit train du Nord, which crosses 13 kilometres through Sainte-Adèle. This same train is spoken of in the song, "Train du Nord du Curé Labelle," sung by Félix Leclerc: "... Dans le train pour Sainte-Adèle ...". So many artists, communicators and writers have chosen Sainte-Adèle to display their works and to live happy lives. The arts have always been present in Sainte-Adèle, which, no doubt, belong to our national history and our collective imagination.

With a population of 12,627 residents, Sainte-Adèle today is a modern and vibrant city in which to live peacefully, and close to nature.



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# Enjoy Ste. Adèle's Attractions!

Ilania Abileah - Main Street

Ste. Adèle is famous for its summer-theatre. This summer the Theatre Ste. Adèle will feature *Coco Chatel*, a comedy by the American playwright Carl Ritchie (in French), as of June 13. The Salle Augustin Norbert Morin features six concerts in 2015.

Ste. Adèle is also well-known for its important community and cultural centre, la Place des citoyens, which presents a program with over 50 scheduled activities each year with classical concerts, expositions, youth performances, theatre, and much more! Ste. Adèle features some of the best eateries in the Laurentians including Adèle Bistro (across from the beach on Lac Rond), À l'Express Gourmand (a popular spot), Bistro Lounge Garçons (right beside the cinema), Chez Milo (with its lovely terrace), Recto-Verso (a gastronomic experience), Boulangerie La Farandole (real French Pastry and light meals), Silvio Bistro A Vino (a favourite Italian food place), Restaurant Le Spago (with its terrace across from the cinema), to name but a few.

A particular attraction of Ste. Adèle is a walking tour of an outdoor gallery of twelve murals painted on buildings by well-known Quebec artists.

A unique major summer event is the "Nuit des toiles"... A street event not to be missed! Traffic is closed for two days, from Cinéma Pine at rue Valiquette to the top of the hill. The street thrives with people wandering around watching

artists painting directly on the asphalt. There is something for everyone to enjoy including a section where children can paint too! The event will take place Friday & Saturday, June 19-20. Mark your calendars for this wonderful event in the streets of Ste. Adèle. For more information about what is going on in Ste. Adèle, visit [www.ville.sainte-adele.qc.ca](http://www.ville.sainte-adele.qc.ca).



## Lori's Lookout – Laurentian Personalities "Looking through a Prism"

Ann Foster - Painter, Poet, Sculptor

Lori Leonard - Main Street

Ann Foster is a native of Mont St-Hilaire, Québec. In 2003, Ann moved into a quaint, remote, green cabin, located in a forest in St-Adolphe d'Howard. From her window, one can hear a babbling brook and the caws of crows. From a visual perspective, industrious beavers are busy building their lodge, while a resident great blue heron is sighted landing in the water, just off shore. These surroundings are integral to Ann's inspiration. Scattered throughout the cabin are numerous self-portraits of Vincent Van Gogh. Bright aqua and cobalt blue glass items are colorfully displayed against white walls, in a cabin full of light.



Interpretation is in the eyes of the beholder

Ann delights in being a "child of nature." She comes from a large, close-knit family with 6 siblings, and continues to be best friends with Gail, whom she has known for more than 50 years. She has lived in several provinces across Canada, including Quebec, Ontario and B.C. Ann values travel and has journeyed to Mexico, United Arab Emirates, Turkey, Oman and the West Indies. The influence of water, forest and mountains energizes her work.

Before raising her children, Angela, Veronica and Kim, Ann was a primary school teacher, and taught English as a second language to adults. She also taught intellectually-challenged adults in a closed workshop.

Ann's art has centered on the use of saturated color to express works of unusual imagery, energetic patterns of human relationships and the inter-dependence of life cycles throughout nature. She alternates from painting to poetry, ever-changing and evolving, just as her canvas and verse do. She uses recurrent themes in her work, such as "the cycle of women," "the fish and the bird," "the journey" and "the horse and the dove." Her media include oils, acrylics, pastels, water colors, wax resist, printer's inks, mixed media on silk and collage on canvas and paper. Her colors are deep and rich, and at other times, soft and pastel-like. Some of her artwork is abstract, while others are symbolic. However, one thing is certain, her artwork and poetry are unique.

When asked how Ann would like to be remembered most, she replied, "She painted and loved words." When asked about her legacy, she responded that, without a doubt, she is leaving her children as a legacy to this world.

Although serious about her artwork and poetry, in conversation, Ann always enjoys a good laugh, seeing the comedic side of life. She is currently working on integrating her poetry and painting in book form.

Art studio - 450 226-6838.

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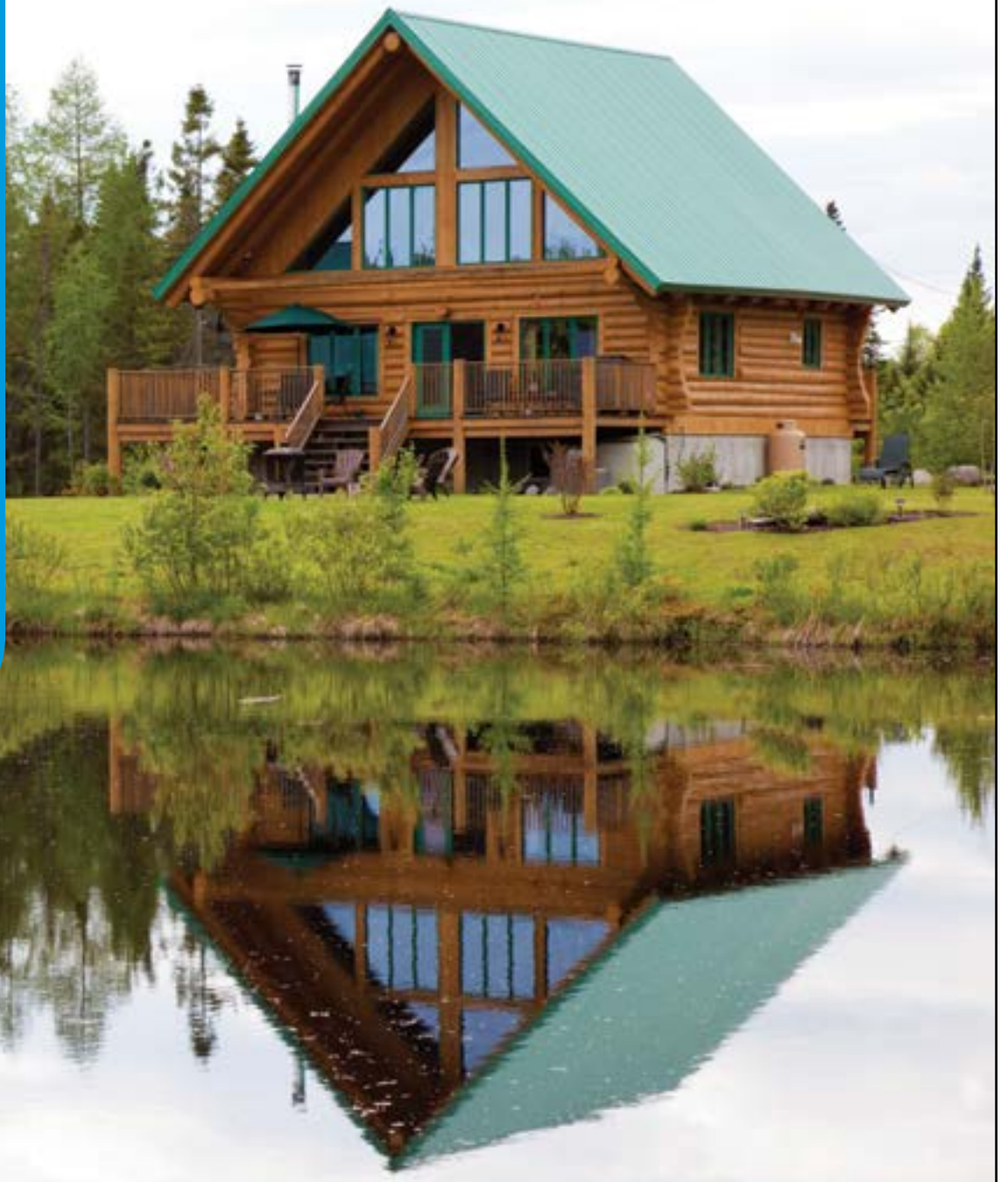
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	1	7					
	3					6	
				9	8		
1		6	9	8	2	5	
		4		7		9	
2					3		1

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



Answers for the April edition sudoku



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

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## INVOICE PRICING

HYUNDAI

UNTIL MAY 31 ONLY



Limited model shown




GLS model shown

ELANTRA

**2016 ELANTRA L**  
\$70 BI-WEEKLY  
OR **\$35** WEEKLY  
60-MONTH LEASE\*  
FOR 260 WEEKS  
WITH  
**\$0** DOWN PAYMENT

HWY: 6.4L/100 KM\*

TUCSON

**2015 TUCSON GL**  
\$118 BI-WEEKLY  
OR **\$59** WEEKLY  
60-MONTH LEASE\*  
FOR 260 WEEKS  
WITH  
**\$0** DOWN PAYMENT

HWY: 8.5L/100 KM\*

ACCENT

**2015 ACCENT L 5-DOOR**  
\$58 BI-WEEKLY  
OR **\$29** WEEKLY  
60-MONTH LEASE\*  
FOR 260 WEEKS  
\$995 DOWN PAYMENT  
OR GET **0%** PURCHASE FINANCING\*

HWY: 6.3L/100 KM\*

**+ 0% PURCHASE OR LEASE FINANCING\***

On select models

**5 YEAR WARRANTY** 5-year/100,000 km Comprehensive Limited Warranty • 5-year/100,000 km Powertrain Warranty • 5-year/100,000 km Emission Warranty

\*The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. The customer prices are those reflected on the dealer invoice from Hyundai Auto Canada Corp. The dealer invoice price includes a holdback amount for which the dealer is subsequently reimbursed by Hyundai Auto Canada Corp. • Price for vehicles shown: 2015 Accent L 5-door GLS, automatic is \$21,259 / 2016 Elantra Limited is \$26,999 / 2015 Tucson Limited is \$25,834. Taxes and air conditioner charges of \$115 (\$15 and \$100 respectively) and delivery and destination charges of \$1,595-\$1,395-\$1,760 included. Registration, insurance, a maximum RDPRM charge of \$76 and all applicable taxes are excluded. Delivery and destination charge includes freight, P.O.E., dealer admin fees and a full tank of gas. \* Lease offer available O.A.C. from Hyundai Financial Services based on the following new vehicle: 2015 Accent L 5-door, manual / 2016 Elantra L, manual / 2015 Tucson GL, 100 bi-weekly payments of \$38-\$70-\$138 for 60-month walk-away lease. \$995/\$0-\$0 down payment and first monthly payment required. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. Lease based on 20,000 km per year, 12¢ per excess kilometre. Lease offer includes delivery and destination of \$1,595/\$1,395/\$1,760 and fees of \$115 (11% tax of \$100). Registration, insurance, RDPRM, license fees, taxes, charges and all applicable taxes are excluded. Delivery and destination charge includes freight, P.O.E., dealer admin fees and a full tank of gas. † Finance offers available O.A.C. from Hyundai Financial Services based on the following new vehicle: 2015 Accent L 5-door, manual, from \$14,579 / 2015 Tucson GL from \$22,400 with an annual finance rate of 9% for 72/60 months. Bi-weekly payments are \$93/\$99 for 32/260 weeks. No down payment required. Cost of borrowing (including a maximum RDPRM charge of \$76) is \$76, for a total obligation of \$14,649/\$23,477. Taxes and air conditioner charges of \$115 (\$15 and \$100 respectively) for models with air conditioner and delivery and destination charges of \$1,595/\$1,395 included. Registration, insurance, a maximum RDPRM charge of \$76 and all applicable taxes are excluded for all purchase financing offers and payable at delivery. See your Hyundai dealer for details. ‡ Fuel consumption for the 2015 Accent L 5-door manual (HWY 6.3L/100KM, CITY 8.3L/100KM) / 2016 Elantra L, manual (HWY 6.4L/100KM, CITY 8.8L/100KM) / 2015 Tucson GL (HWY 8.5L/100KM, CITY 11.4L/100KM) based on manufacturer testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. • †† Offer available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited. ††† Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.



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

### Branch 171 Filiale Morin Heights

May 23: Legion Golf Tournament & Steak Supper  
 May 29: 6 pm - TGIF Smoked Meat Night  
 June 6: Flea Market (Rain date June 7)  
 June 19: 6 pm - TGIF  
 June 27: Canada Day BBQ  
**For information on any event call 450 226-2213 (after noon)**

### Branch 70 Filiale Lachute

May 29: 6 pm - Smoked Meat Dinner \$10  
 June 26: 6 pm - Smoked Meat Dinner \$10  
 Tues: 1 pm - Euchre  
 Alternating Thursdays: cribbage & shuffleboard  
 Sat afternoon: 1:30 pm - Darts  
**For information call: 450 562-2952 after 2 pm!**

### Branch 71 Filiale Brownsburg

May 28: 7 pm - Card Party  
 Aug 1: Golf Tournament - call to reserve your tee off.  
 Upcoming BBQ will be announced - check Legion for details or call Sheila or Trevor.  
 Bar open Weds, Thurs & Fri: 3 pm - closing.  
 Looking to welcome new members - come and visit!  
 New members are always welcome.  
 Please drop by on open nights if you are interested.  
 Membership cards are available at a cost of \$45.  
**For information on upcoming events please call Sheila or Trevor Holmes 450 562-8728.**

### Branch 192 Filiale Rouge River

May flowers are showing  
 May 15: 6 pm - TGIF  
 May 16: 2 pm - General Meeting  
 June 7: 10 am - Flag Day - United Church Service followed by Pancake Breakfast at Mason Hall  
 Tues: 7:30 pm - cribbage / Wed: 1 pm - cards / Darts at 3:30 pm on TGIF night  
 Details/info: 819-687-3148 / 819-687-9143 / email mmcsp40@gmail.com  
**For further details call 819 687-3148 / 819 687-9143 or email mmcsp40@gmail.com**

## 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> 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.

## RELIGIOUS SERVICES

### MORIN HEIGHTS UNITED CHURCH

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

### HILLSIDE CHAPEL

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

### SAINT EUGENE CHURCH

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

### CHABAD OF SAUVEUR

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

### HOUSE OF ISRAEL CONGREGATION

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

### MARGARET RODGER

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

### DALESVILLE BAPTIST CHURCH

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

### BROOKDALE UNITED CHURCH, BOILEAU

Info: 819 687-2752

### TRINITY ANGLICAN CHURCH - MORIN HEIGHTS

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

### MILLE ISLES PRESBYTERIAN CHURCH

Mille Isles Rd.  
**May 31: 11 am** - Church service

### ST. ANDREWS EAST PRESBYTERIAN CHURCH

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

### ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH

94 Ave. St. Denis, St. Sauveur 450 227-2180  
**Sundays: 9:30** - Worship services.

### UNITED CHURCHES OF CANADA

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

### KNOX-WESLEY CHURCH

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

### LACHUTE UNITED CHURCH

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

### HARRINGTON UNITED CHURCH

**May 10: 1 pm** - Church service

### ST. ANDREWS CHURCH, AVOCA

**May 24: 11 am** - Combined service to celebrate 140th anniversary

### ANGLICAN CHURCHES

#### ALONG THE OTTAWA RIVER

Holy Trinity, Calumet, St. Matthew's, Grenville  
**Sundays 9:15 am** - Holy Eucharist: alternating locations.

#### Holy Trinity, Hawkesbury

Holy Eucharist at 11 am every Sunday with Rev. Douglas Richards (613 632-2329).  
 Call parish office at 613 632-9910 for more info.

### HOLY TRINITY ANGLICAN CHURCH

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

### LACHUTE BAPTIST CHURCH

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

### ANGLICAN PARISH OF ARUNDEL & WEIR

Grace Church  
**May & June: 10 am** - Sunday services  
 Please note that as of **Sunday, July 5**, services will be held at 11 am every week, followed by coffee & fellowship.  
 Everyone is welcome.

### CHRISTIAN FELLOWSHIP

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

### SHAWBRIDGE UNITED CHURCH

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

### ARUNDEL UNITED CHURCH

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

### THE CATHOLIC CHURCHES

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

### LOST RIVER PRESBYTERIAN CHURCH

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

### VICTORY HARVEST CHURCH

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

### PARISHES OF THE LOWER LAURENTIANS

Everyone welcome and we look forward to seeing you and your family.

#### ST. AIDAN'S WENTWORTH

86, Louisa Rd - Louisa  
**May 17: 10 am** - Holy Communion  
**June 7: 10 am** - Holy Communion  
**June 21: 10 am** - Morning Prayer  
 Services with gospel/bluegrass music

#### ST. PAUL'S - DUNANY

1127 Dunany Rd, Dunany  
**May 17: 9:30 am** - Family service  
**June 21: 10 am** - Family service

#### HOLY TRINITY - LAKEFIELD

4, Cambria Rd, Gore  
**May 24: 10 am** - Holy Communion  
**June 14: 10 am** - Morning Prayer  
**June 28: 10 am** - Holy Communion  
 Bilingual services with gospel/bluegrass music

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

#### CHRIST CHURCH - MILLE ISLES

1258, Mille Isles Rd - Mille Isles  
**May 10: 10 am** - Morning Prayer  
**June 14: 10 am** - Holy Communion  
**June 28: 10 am** - Morning Prayer

### ST. SIMEON'S ANGLICAN CHURCH

445, Principale, Lachute  
 with Rev. Paul Tidman: 450 562-2917  
**May 10: 9:30 am** - Church service  
**May 17: 9:30 am** - Communion  
**May 24: 10 am** - Communion  
**May 31: 10 am** - Communion  
**June 7: 8:30 am & 10 am** - Communion  
 Everyone welcome!  
 Refreshments follow most services

### Laurentian Region Cancer Support Group

Groupe de Soutien du Cancer de la Région des Laurentides



Next meeting for cancer patients, families and caregivers is

**SATURDAY AFTERNOON**

**May 16, 2015 - 1 pm**

**Group Discussion**

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

Upcoming meeting: **June 20**

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](mailto:cancer.laurentia@yahoo.ca)  
 PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

### Laurentian Club of Canada: AGM and luncheon

Come celebrate The Laurentian Club of Canada's 20th anniversary at our 2015 Annual General Meeting and luncheon. This year's festivities will be held on Monday, May 25: 11 am and will feature music by Richard Hartley.

La Gourmandine, 104 St. Vincent, Sainte-Agathe-des Monts.

Cost: \$30 for members / \$40 for non-members

RSVP by May 18 by phone: 819 326-6872

or email: [TheLaurentianClub@gmail.com](mailto:TheLaurentianClub@gmail.com)

[laurentianclub.ca](http://laurentianclub.ca)

To learn more, visit our web site  
**[www.laurentianclub.ca](http://www.laurentianclub.ca)**

or contact us at

[TheLaurentianClub@gmail.com](mailto:TheLaurentianClub@gmail.com)

or 819-326-6872.



**LAURENTIAN CLUB OF CANADA**

**COMMUNITY NEWS**

**AMI-QUEBEC PROGRAMS  
ACROSS QUEBEC**

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

**SOUPE POPULAIRE**

(205 rue Principale, St. Sauveur)  
Lunch schedule: **Mon, Tues & Thurs:**  
**11:30 am - 12:45 pm.**  
Everyone is welcome!

We are seeking volunteers to help prepare meals. Info: 450-227-2423, ext. 26.

**SOUPE POPULAIRE 20th Anniversary  
SEEKING FORMER VOLUNTEERS,  
DIRECTORS AND EMPLOYEES!!**

We have some coordinates but others have changed – please share this information and our contact coordinates: 450 227-2423 ext 26 or 28. Thank you!

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

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

**BAZAAR MPDA LACHUTE**

Bazar MPDA Lachute  
(177 Rue Bethany, Lachute).  
Used clothing, shoes, books and more for the whole family. Open **Tues - Fri:**  
**10 am - 3:30 pm.**

Mouvement Personne d'Abord de Lachute is a non-profit organization for people with intellectual disabilities. The Movement offers activities and friendly meetings 2 times a week for its members. Everyone welcome! Info: 450 562-5846.

**BADMINTON – WHO'S UP NEXT?**

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

**WILLKOMMEN**

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

**JOYFUL NOISE CHOIR**

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

**ASSOCIATION ALPHA LAURENTIDES**

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

**COMMUNITY EVENTS**

**THE LOST RIVER COMMUNITY CENTRE**

**May 10: 9 am - noon** - Monthly Breakfast  
Donations to benefit breast cancer research  
**May 20: 2 pm** - Annual General Meeting. Volunteerism is very rewarding. If you are interested in joining the board, please contact Joan Field: 819 687-8159  
**June 21: 9 am – noon.**  
Father's Day Breakfast  
Basket draw donations will go to Prostate cancer research. Everyone welcome.  
**June 27: 8 am – 2 pm** – Flea Market. Bake sale and canteen on site. Everyone is welcome to buy, sell or visit. To book a vendor table (\$10 or 2 for \$15), please contact Barrie Smith: 819 687-9498  
Norma Davis: 819 687-2255

**LOST RIVER GOLDEN AGE**

2811 Rte. 327 Nord  
**May 12: 11 am** - General meeting & lunch  
Annual membership (2015-2016) \$12 if paid before June 9 or \$15 afterwards  
**Tues, June 9: 4:30 pm** - Closing dinner & annual meeting  
The Centre is looking for a donation of a wheelchair, please call Deedy: 819 242-8939

**HARRINGTON GOLDEN AGE CLUB**

(259 Harrington Rd)  
**Wed, May 20: 11 am** - Annual General Meeting  
Everyone welcome (Lunch - \$5)  
**June 7: 5:30 pm** - Cook's Night Out  
1st & 3rd Sunday of each month:  
**1:30 pm** - Bingo  
Annual donation of \$12 to become a "Friend of the Golden Age," with discounts to most events. Open to everyone.  
Info: Deedy: 819 242-8939

**HARRINGTON VALLEY  
COMMUNITY CENTRE**

**Sun, May 10: 9 am - 11:30 am** - Mother's Day Brunch  
Adults: \$10 /children 6 - 12: \$5 / under 6 yrs. - free  
Harrington Community Centre is looking for a portable dishwasher.  
To donate, please call Deedy: 819 242-8939

**GRAD FUNDRAISER**

Arundel Elementary School  
12, Rue du Village, Arundel  
**Sat, May 23: 9 am - 1 pm**  
Bake sale, hot dogs and treasures.  
To reserve a table (\$25) call Jennifer: 819 687-9986 / 819 421-0405

**MARGARET RODGER MEMORIAL  
PRESBYTERIAN CHURCH**

463, rue Principale, Lachute  
**May 9: 10 am - 1 pm**: Spring Bake Sale  
Home-baking, used-books & plants  
**June 20: 9 am - 3 pm**: Garage Sale

**LACHUTE UNITED CHURCH**

Hamford Chapel, 232 Hamford Street,  
**May 16: Garage Sale**  
**July 2: Strawberry Social**  
**Aug 7: Annual UAPC Bar BQ**

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

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

**LRHS – CLAS REUNION OF '75**

**June 20: Dinner / June 21: Breakfast**  
Forty years ago, a group of cool students graduated from Laurentian Regional High School in Lachute.  
The magic of Facebook has facilitated the search for post grads and more than 85 people have joined our group through social media. Now, we must trust the good old local paper and parents to help spread the word about this reunion.  
Mark your calendars!  
For more information contact Daniel Roch: 514 951-4490 or drienviro@gmail.com.

**DINNER / DANCE FUNDRAISER**

Grenville Community Centre  
**Sat, May 23**  
BBQ chicken & great music by Rick Witham & his Crystal Creek Band.  
Tickets: \$20.

**BENEFIT BUFFET DINNER**

To benefit the St. Eugene community  
École Hôtelière des Laurentides, 150 Lesage, Ste. Adèle, **Wed, May 13: 6 pm**  
Tickets \$45 (tax & service included)  
Info: 450 226-2844 / 1 866 552-0552  
More info: 148 ch. Watchorn Morin Heights

**MORIN HEIGHTS HISTORICAL  
ASSOCIATION**

Upcoming News & Events St. Eugène Hall  
**Sat, May 23: 1 pm** - Annual General Meeting  
2 pm: Guest Speaker  
Mr. Rod Macleod, former president of the Quebec Anglophone Heritage Network will give an audio-visual presentation about "100 Objects," artifacts from the various historical associations in our province. Admission is free. If you are interested in local history and would like to become a volunteer or a member, please visit our web site at morinheightshistory.org

**MORIN HEIGHTS ENVIRONMENT &  
FAMILY DAY**

Morin Heights Elementary School  
**Sat, May 23: 9 am - 4 pm**  
Rain or Shine  
Tables for rent \$30  
We have limited tables, so please call 450 226-2017 ext.6217 to reserve.

**JOYFUL NOISE CHOIR  
& MORIN HEIGHTS ELEMENTARY  
SCHOOL CHOIR**

Spring Concert  
United Church, 831, rue du Village,  
Morin Heights  
Sunday, May 31: 3 pm  
Everyone is invited!  
Donations to the church welcome.

**THEATRE MORIN HEIGHTS –  
AUDITIONS**

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

**BLUES ON TUES  
MORIN HEIGHTS LEGION**

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

**Yolande Sylvain M.Ps.**  
Master's in Psychology

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**514.667.2464 YSylvain@aol.com**

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**CHOEUR TREMBLANT  
OPEN HOUSE:**

Village Church play-house in old Mont-Tremblant Village (lac Mercier)  
**Sun, June 7: 10 am - 3 pm**  
Learn "O Fortuna" from Carl Orff's "Carmina Burana," then sing it with the choir at the Relais pour la Vie launch **Fri, June 12.**  
info@choeurtremblant.com or 819-687-8111

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

**Laurentian CARE**  
Your care is our Primary Goal

1-855-522-7372 • www.laurentiancare.org

**PAI**  
Programme d'aide et d'intervention  
Violence conjugale et familiale

**PAIX: To fend off violence!**  
819-326-1400 / 1-800-267-3919  
www.organismepaix.ca

**4 Korner's**  
Family Resource Center  
A Cornerstone of the Community

**LACHUTE: 508 PRINCIPALE  
SAINTE-AGATHE: 50 CORBEIL**  
819 324.4000 (ex: 4330)  
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

# Walk Run Roll for Youth

## Tuesday, April 21 in Merritt B.C.

The Cross Canada Relay began at Mile "0" in Victoria B.C. Four-year-old Sophie was the first to carry the relay baton and her carefully crafted signature is the first one of the thousands that will grace the book. Since then, Steve O'Brien has self-propelled himself to Duncan, Nanaimo, Vancouver, New Westminster, Coquitlam, Abbotsford, Hope and a two-day, 120 km. stretch to Merritt. He has walked, ran, biked, adapted-biked, in-line skated, scootered and wheel chaired. Our intrepid adventurer has had a couple of close but his indomitable determination prevails.



Photo credit: Brigitte Boulay  
Steve O'Brien and Sophie at Mile 0 Victoria BC

Today, Steve is walking 20 kilometers towards Kamloops. On Monday, he visited five schools in Merritt where he passed on the message to persevere and to follow one's dreams. The kids also ran, in relay fashion with the green baton, and then signed the book, which will record the names of all relay participants across Canada. Walk Run Roll For Youth is successfully underway.



# The English Link

## English-speaking seniors' survey presentation

By Kim Nymark - Main Street

On April 8, 2015, the Quebec Community Groups Network (QCGN) presented the results of their research entitled Building Research Capacity for Quebec's English-speaking Seniors at a Lunch and Learn, hosted by 4 Korner's Family Resource Center. An overwhelming 835 respondents completed the survey, in eight regions, from August to November 2013. Darlene Gargul was the Senior Researcher for the Laurentian region and she achieved the highest participation rate in all of Quebec.

Quebec's English-speaking seniors share many of the same needs and priorities as their French-speaking counterparts; however, they also have needs and priorities that are unique within the broader senior population. The objective of this project was to enhance the evidence-based and decision-making practices of the many groups and people that shape the experiences of Quebec's English-speaking seniors. A big part of this mandate was building research capacity and fostering networking opportunities among seniors, researchers and community members, to promote greater awareness and understanding of the situation. The project set out to build the most up-to-date and detailed portrait of English-speaking seniors in Quebec.

The 2011 Canadian census figures tell us that there are 1,058,250 English-speaking people living in Quebec and 268,696 of them are 55 years or over. More than one quarter (or 11,529 seniors) of the Laurentian English-speaking population is over 55 years old. Not only are they geographically dispersed but, also, there are significant differences among the seniors in terms of their numbers and demographic weights in their own communities.

### Some of the Findings

There are more English-speaking women than men in the senior group, and senior women display lower levels of bilingualism. There is a high level of income disparity among Quebec's English-speaking population: high levels of low-income (less than \$20k) and high levels of high-income (\$50k and over). There are 138,000 English-speaking seniors (age 65 and over) and almost half are immigrants. They are almost five times more likely than their Francophone counterparts to have been born in a province outside of Quebec and tend to live longer. The Laurentian English-speaking seniors have the highest health status of all the regions, and are one of the most satisfied with their living arrangements. Also, they are the respondents who volunteer the most of all the regions.

The greatest challenge to the quality of life of English-speaking seniors is access to health services in their language, and is the primary reason for relocating outside of Quebec. Respondents' top three challenges when seeking information from Quebec's public institutions and agencies are: forms are not available in English; they would prefer to talk to somebody rather than read or use a computer; they cannot find information in English. Respondents feel that the biggest issue to be addressed is improved access to health and social services. These are just a few of the findings.

The survey results are presented in a 66-page Power Point document, a very interesting read that can be found on-line at: <http://www.qcgn-seniors.org>.

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

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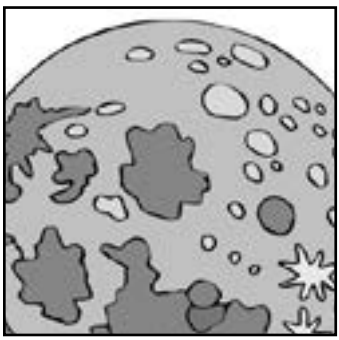
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## Zach Factor Honoring the rhythms of the earth: Shemitah 2014-15

Lys Chisholm & Marcus Nerenberg - Main Street

Yaakov Kiel, an Israeli agriculturist and businessman, asks "Can you imagine going to a food manufacturer and telling him that he has to lay off his workers, close his plant, cut off his suppliers and forfeit his customers for one year?... Then ask this person to cover the rent on his premises, pay off his loans, maintain his equipment and feed his family and still expect him to bounce back into business at the end of that year?" Kiel, a member of the board of directors of the National Center for Shemitah Observing Farmers in Israel, explains that this is precisely what the Torah commands farmers to do. Around the world, just as religious tradition honors a seventh day, called the day of rest, or the Sabbath, according to Biblical Law, in Leviticus 25: 1-7, there is also a Sabbath year, every seventh year, called Shemitah, which falls in this year, from September 2014 to September 2015.

The concept is that for six years, farmers sow their fields and prune their vineyards and gather their crops, but in the seventh year, the land is to be given a rest, a Sabbath; the term Shemitah means, literally, to release. According to this ancient religious law, the land is to be released to nature to grow what it wants. The farmer is invited to share whatever the land produces with the servants and hired workers. Even wild animals are welcome to take what they need. The farmers are supposed to use this time to focus on their families, their personal needs and home repairs and, particularly, on their spiritual growth.

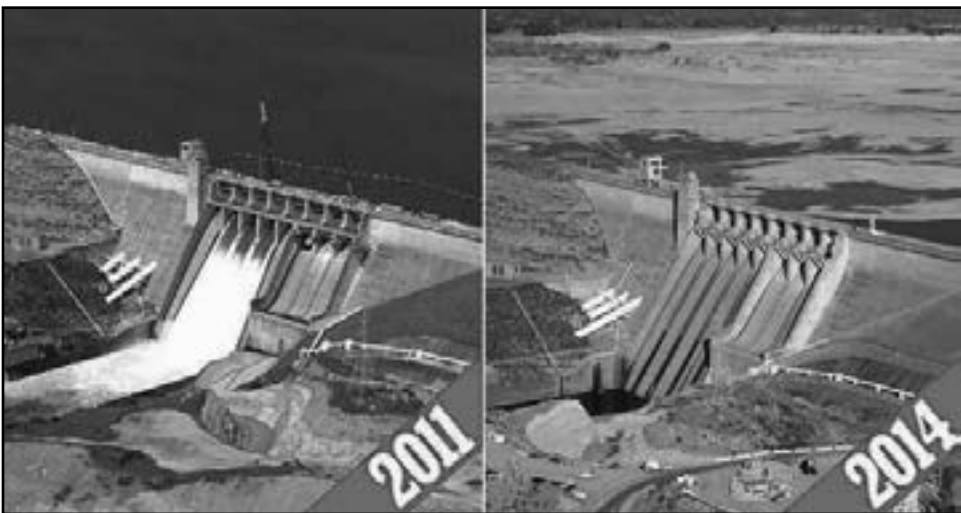
Although small operating farmers have naturally embraced the concept of crop rotation to keep soils from degrading, sadly, today's industrial farming practices across the US and Canada are monocropping; they produce corn and soy and use heavy fertilizers in the same fields year after year. Corn, in today's market, translates into quick money in ethanol and animal feed. This practice eventually depletes the earth so severely that it loses top soil and takes years to recover precious minerals and nutrients. Shemitah is a wise practice that allows the land to rest completely, free from human interference.

Shemitah has a second meaning: collapse. Rabbi and author, Jonathan Cahn, predicts some kind of economic calamity and/or war in the Middle East. The Shemitah, he claims, is meant to be a blessing but, as Israel turned away from God (secularism), it became "a sign of judgment on a nation...". In *The Mystery of the Shemitah*, Cahn correlates how this biblical Sabbath year pattern manifests in modern history by events, such as the rise of America to superpower status, World Wars I and II, the return of the Jewish people to their ancient homeland, and the Six-Day War. He also noted a pattern in September 2001 and 2008 marked by the greatest crashes in Wall Street history.

That God will impose a Shemitah upon any nation other than Israel has no scriptural source. Yet, an imposed variety of Shemitah will occur this year for many, as California faces extreme shortages in its water supply. Farmers are following their land in the face of a second year of extreme drought. California agriculture is a \$46 billion industry, and the Central Valley alone produces near half of North America's vegetables, fruits and nuts, especially water-demanding almonds.

Shemitah follows the natural rhythms of the earth, paralleling the cyclical rhythms first identified by German physicist, Professor W. O. Schumann, and subsequently named the Schumann Resonances. Taking time away from grooming and growing on the land enables humanity to develop spiritually and provides time to perceive the beauty of Creation. It is a harmonic system that allows us to shift attention to our relationship to the Earth. Today's society is in great need of this wisdom, not just to care for the land itself, but to preserve it for future generations.

Apart from clearing out a few rocks, branches and feeding the hedges, this is the first time we are honoring Shemitah and leaving the garden to the squirrels, the red currant bush to the chickadees, the grape vines to wrap around the veranda as they please. As Marcus rides the Steve O'Brien Cross Canada Youth Relay train until December, all will be gently released here at home. This permits more time for yoga, weaving, long walks, and favorite books and, especially, visits with our toddler granddaughter. Rather than an imposition, the practice of Shemitah is a precious gift in an otherwise hectic summer.



**June 12**



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

**People should arrive at 10:30. Golf starts at 11:50**



## The Story Behind The Ukrainians of Val David

Joseph Graham - Main Street  
joseph@ballyhoo.ca

Time and memory have swept away a lot of the details, but we know young Joseph Vosovitch, born in Kamenece-Ksaverooka, Podolsk, Russia, was thirteen when he took charge of his eight-year-old brother and left home. Family information and general research suggests that the town was present-day Kamenets Podolsk, Ukraine, a region with a large Polish and even Ottoman influence in its history. How they crossed Europe in 1910 and how they found themselves passage on a ship heading to Halifax is a whole story of its own, but after that long adventure, young Joseph stepped off the ship only to be told that his baby brother was quarantined on-board and would be refused entry.

Joseph never saw his brother again.

How Joseph maintained himself over the next few years is also lost, but when the war began, he volunteered, lying about his age. He signed up as Josif Vozovitch but they called him Joe Voss, and he marched off with a unit of the Canadian Expeditionary Force, back to Europe to fight the Germans.

Shot through the jaw in the trenches during German gas attacks, most likely in the second battle of Ypres on April 24, 1915, he was sent to recuperate at a hospital in Nottingham, England. His jaw was rebuilt around a metal plate and he was shipped back to Canada.

Landing on his feet, he found work in construction in Westmount and within a few years he met Mary Eudokia Semegen who had come from Russia to visit her brother in New York just before the onset of the war. Trapped because of the war and the revolution that followed in Russia, she never returned home. They married in June 1918, and soon had two fine sons, James and Albert. That was when Joseph's lungs began to give him trouble. He was recommended to take the rest cure for tuberculosis at the Laurentian Sanatorium in Sainte Agathe and Mary Eudokia followed, opening a boarding house at the corner of Demontigny and St. Joseph streets in Sainte Agathe to sustain herself and her young family.

When Joseph was finally released, he and Mary Eudokia determined that work in the fresh air would be more suited to their new situation and to Joseph's weakened respiratory system. Some exploring put them together with the Yarushevsky family in Val David. They struck a deal with Andrey and Maria to acquire a parcel of land where they could build a nursery, strengthening the small Ukrainian community.

In the meantime, Andrey and Maria had purchased the Leesinsky share of the farm that ran from the river up to and past the current location of Route 117. Vasily and Dora Leesinsky kept some of the land and managed to make a living for their family through loaning money to entrepreneurs whom they judged worthy but the banks had refused. Their skill in this form of risk-taking helped spawn or supported some important landmarks in our area, including La Sapinière. They contributed four children, George, Olga, Cecile and Willy, to the thriving Ukrainian community.

The little cohort of children had to get to school in Sainte Agathe every morning, so the parents put their resources together and revamped an old railroad caboose with sleds or wheels, depending on the season. Keeping a small woodstove going, Baba Maria hooked up a team of horses and brought the children up the old Route 11, along the river, past the huge Préfontaine mill and up the hill through Sainte Agathe to the English school and the caring hands of their teachers.

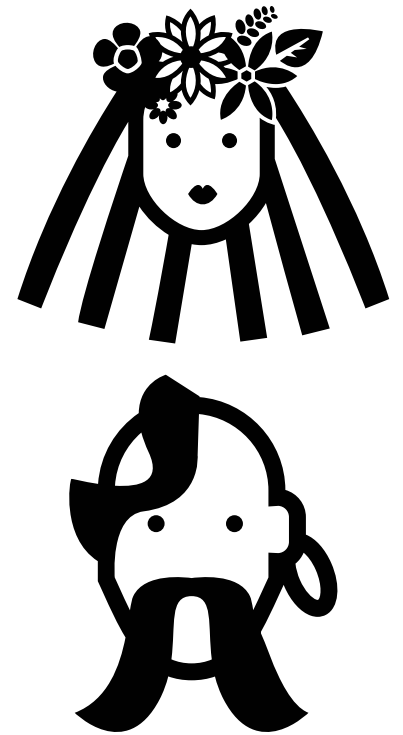
Andrey and Maria felt that their boys had to perfect their French. The public system could not offer them an education in French, so they sent George and Alexei off to a French boarding school in Pointe-aux-Trembles where they completed grades 10 and 11. In 1940, both George Yarushevsky and George Leesinsky enlisted in the war effort. Both were just 18 years old, and both went into aviation. The eldest of their families, they would be the only ones to serve. George Leesinsky became an airplane mechanic, a valued skill that kept him this side of the Atlantic down in Halifax, but George Yarushevsky, along with his unit, were given injections to protect them from disease in Europe. At full attention on parade, his body went into anaphylactic shock and he hit the granite face-first. After three days in a coma, he was told he wasn't heading to the Front and was assigned to British Columbia as a technical airman, spending the war years stringing communications wires between Washington State and Alaska. It was during this period that he formalized the family name as Yarrow. Joseph Voss's son James signed up as well and served in the Black Watch, the prestigious volunteer regiment that dates back to the days of the militias. His younger son, Albert, became a flight instructor and flew in the squadron headed by Hartland Molson. By the time the younger Yarushevsky, Alexei, reached eighteen, a new law obliged at least one son to stay on the farm to assure its survival. Willie Leesinsky too young to serve.

After the war, the two Georges moved back to the Laurentians, George Leesinsky with his Nova Scotian wife, Patricia Young, and George Yarushevsky, now formally George Yarrow, with Laura Engel, whom he met through the Ukrainian community in Montreal. James Voss married Lina Yarrow, George's eldest sister, and the third generation of Val David Ukrainians joined the children of other, newer immigrants, the Badenducks, the Andrens, the Kazimerskis and many others, at the Sainte Agathe school.

While they were off at school, the second generation continued to build the Ukrainian community in Val David.

... to be continued

Thanks to Peter Leesinsky, Jay Voss, Brigitte Voss and Greg Yarrow.



# Obituaries

## EARLE, Bob

Bob Earle, of Arundel, died peacefully on Saturday, March 28, 2015.

"Mr. Hospitality" of Gray Rocks, as he was professionally and affectionately known, was 78 yrs. old. As Reservations Manager and manager of many departments at the famed ski resort, Gray Rocks, Bob was funny, kind and popular with staff and guests. He could ski, golf and tip that Scotch with the best of them and he will be missed.

He is survived by his wife of almost 32 years, Johanna Earle. Bob is also survived by his sister, Mary, brother, Gord, and his legacy is insured by his 3 daughters, Wendy (Andre), Jill (Robin), Joey, his 6 grandsons and 2 great grandsons.

There will be a celebration of his life at a later date.

**FORRESTER, Beatrice (nee Gamble)** At the Lachute Residence, on April 17, 2015, at the age of 89. Beloved wife of the late Everett Forrester. Loving mother of Edna (late John Young), Evelyn (Raymond Caza), Helen (Raymond Travers), Mildred (Donald Chisholm) and David (Ruth MacIntyre). Loving grandmother of 15 grandchildren, and 18 great-grandchildren. Pre-deceased by her brother, Arthur. She also leaves behind her nieces and nephews, and many friends.

A funeral service was held on Wednesday April 22 in Ormstown Qc. at the Ormstown Village Church.

**MacKIMMIE, Dr. Suzanne (nee: Sevenster)** Dr. Suzanne MacKimmie, born Nov. 11, 1925 in Bois Colombes, France, passed away on March 30, 2015. Pre-deceased by her husband, the late Dr. John MacKimmie. She will be forever remembered by her son, Jim Moncrieff (Donna Crooks), grandchildren, Megan, Andrew and Jeff, and great-granddaughter Melody.

A memorial service will be held on Saturday, June 6, 2015 at 2 pm in St. Simeon's Anglican Church, 445 rue Principale, Lachute, Qc.



## RICHER, Clarisse (Boyer)

1923 - 2015  
Died on April 14, 2015. Wife of the late Ulysse Boyer. She leaves to mourn, her children, Antoinette (Claude Frappier), Guy, Nicole (Norman McArthur) and Denise (Paul Charron), her grandchildren and her sister, Marie Jeanne Laporte. Pre-deceased by her son, Maurice. Funeral service was held on April 25, 2015 in the chapel of the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.



## IN MEMORIAM Frank (Stoney) Jackson

October 1936 - May 2014

Gone is the face we loved so dear  
Silent is the voice we loved to hear  
Too far away for sight or speech  
But not too far for thoughts to reach  
Sweet to remember him once here  
Who though absent is just as near

Lovingly remembered and sadly missed,  
Marcella and Family



## IN MEMORIAM Burger, Jack (1954 - 2012)

A single star shines down upon the tiny valley we called home, and peace fills my heart.  
And when the air is still, our wind chimes gently resonate and I know you are always near.

Lovingly remembered and deeply missed  
Sue, Greg and Joel



## 4 Korner LESAN Regional Meeting Quickly Approaching

By Kim Nymark - Main Street

LESAN: Informing, linking and supporting the English-speaking community of the Laurentians.

LESAN (Laurentian English Services Advisory Network) is a network of English-speaking people and their organizations and associations that has as its mission to improve access to services and, in particular, health and social services for the English-speaking population of the Laurentian region. It enables the English-speaking community to establish common goals and be in a position to speak with one voice to promote improved services in English.

LESAN is the umbrella group for all the English Committees which are scattered throughout the Laurentians. There are five groups of partners:

- English Communities Committee (ECC) in the MRC des Laurentides;
- LESAN des Pays-d'en-Haut in the MRC des Pays-d'en-Haut;
- LESANA in the MRC d'Argenteuil;
- Health Center Partnership Committee in Kanestake;
- LESAN Deux-Montagnes in the MRC Deux-Montagnes.

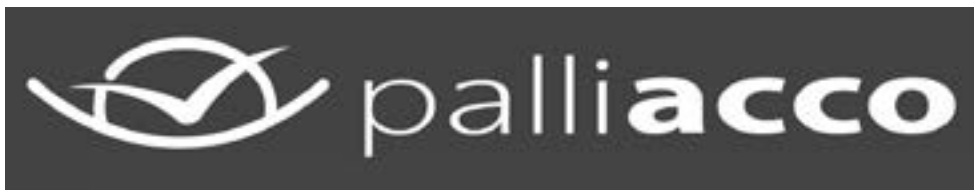
Once a year, 4 Korner Family Resource Center brings these 5 groups together to network and share with each other. This year's meeting will focus on both internal and external communication. We are proud to present a LESAN Communication Plan that has been established in order to create a unified message to be disseminated to the English-speaking community.

The Regional LESAN Meeting will take place at the Kevin Lowe & Pierre Pagé Arena, 80 Hamford Avenue, Lachute on May 28th, 2015. If you want to get involved in this movement and participate in your local LESAN committee, please contact us at 1-888-874-3940 or by email at [info@4kornerscenter.org](mailto:info@4kornerscenter.org). Your input is welcomed.

## Traversée Foundation

The Traversée Foundation is working to establish an eight-bed palliative care hospice to complement the work of the Laurentian Hospital and Palliaco. It will serve the population in the Laurentides and Pays d'en Haut MRCs. President Chantal Roussel launched a major fundraising campaign on April 30 in Sainte Agathe. English spokesperson Joseph Graham stated that the treatment of our elders and our most vulnerable members expresses our values as a society.

To help, go to <http://goo.gl/q0tCGP> or contact Joseph Graham at [joseph@ballyhoo.ca](mailto:joseph@ballyhoo.ca) or by phone at 819 326 6872.



## Upcoming activities offered by Palliaco

Palliaco offers support and respite services to people with cancer, patients at end of life, caregivers and the bereaved, living in all municipalities within the territory of the MRC des Laurentides: Available 24 /7

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

Mont-Tremblant: 2280 Labelle Street / Ste. Agathe: 99, rue Saint-Vincent, local 2

**Training for Caregivers** - Two days of training for caregivers to support palliative care at home.

- May 20: Mont-Tremblant,
- May 27: 9:30 am - 3:30 pm - Ste. Agathe

**Comforting Tea** - For people living with cancer or in remission

- May 8: 10 am - 11:30 am - Mont -Tremblant
- May 25: 10 am - 11:30 am - Ste. Agathe

**Coffee hour for the bereaved** - for the bereaved. Come share your experiences.

- Tues, May 12: 7 pm - 8:30 pm - Mont-Tremblant
- Wed, May 20: 1:30 pm - 3 pm - Ste-Agathe

**Stress Reduction** - resourcing and tension release for cancer patients / caregivers

- Thurs, May 14 & 21: 1:30 pm - 3 pm - Sainte Agathe

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

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

There is little doubt that volatile markets have led investors to question equity investments. It can be easy to forget about the benefits of investing in equities these days, when newspaper headlines continue to remind us that the global economy is less robust than it could be. It's important to remember that diversification is one of

the cornerstones of investing.

If you are looking to grow your savings over the long term, equity investing remains an important consideration.

With equities, you buy a company, not an economy. When you invest in equities, you are buying shares of a particular company, and not the economy as a whole. And although economic downturns tend to depress equity markets, a number of companies are in better shape, from a financial perspective, than today's headlines may lead you to believe.

Many quality companies enjoy solid management, have competitive advantages in their industries, have a history of paying dividends and currently report strong cash positions - all potential signs of excellent financial health.

The combination of well-run companies, at attractive prices, could indicate that equities continue to represent an excellent solution to consider for long-term growth.

History has shown that, over time, the stock market has provided attractive long-term growth potential. The concern is that periods of growth can be interrupted by periods of weaker performance.

The good news is that periods of weak performance tend to be followed by periods of strong growth. While no one can predict when today's volatile markets will return to a period of more consistent growth, it is important that you stay invested. Otherwise, you may miss out on upswings when markets do recover.

Consider blue-chip equities for long-term growth. If you consider yourself to be a conservative investor, there are a number of ways to increase your exposure to equities without taking on undue risk. The first step is to work with an advisor to achieve appropriate diversification. Your advisor can help determine the most appropriate allocation to equities - a mix that aligns with your risk tolerance and makes sense for your portfolio.

An actively-managed mutual fund investing in equities is one way to gain this exposure within your portfolio. A broad range of equity mutual funds are available, many of them providing access to portfolio managers with track records for delivering out-performance and managing risk.

One type of equity mutual fund you can invest in focuses on large, blue-chip, dividend-paying companies. These companies can prove to be less volatile, either due to the sectors of the economy in which they do business, or the strong competitive positions they hold, relative to their peers. In addition, they can potentially provide investors with an ongoing income stream, as well as the opportunity for capital growth.

Even in turbulent markets, well-managed companies continue to grow. To illustrate the long-term growth potential of a stable, well-managed multinational company that an equity mutual fund portfolio manager may seek to invest in, let's take a look at a company whose products are found in households across the globe: the Johnson & Johnson Family of Companies. This company is mentioned for illustration purposes only, and is not a suggestion to buy. According to Bloomberg, a US\$10,000 investment in Johnson & Johnson's stock 25 years ago would have appreciated to roughly US\$111,029 by July 31, 2012. If we add the dividend payments of \$46,985 (does not account for taxes or any fees) received over the

same period, the total value of the investment would equal around US\$158,014. This past performance is no guarantee of future results. But, as our example of Johnson & Johnson illustrates, dividend payments provide a source of regular income and can also contribute significantly to the return of an investment over time. Fortunately, there are numerous other blue-chip companies that pay dividends and have proven to be excellent investments over the long term. The fact that these companies often diversify their businesses geographically can also be highly advantageous, since not every economy grows the same way at the same time. By spreading their businesses across the globe, these companies have the potential to improve their ability to generate profits over time.

Remember, time and diversification are the keys. While it is impossible to predict how any individual company will perform in the future, a diversified portfolio of blue-chip stocks can help mitigate the risks of any single investment that is under performing. And, for many, the most convenient way to invest in a portfolio of stocks is through an equity mutual fund, or an equity exchange-traded fund.

Mutual funds provide equity investors with some important advantages. They tend to be managed by experienced investment professionals who, as a result, are often in a better position than individual investors, when it comes to identifying large, multinational companies that are well positioned for future growth. Mutual fund managers have resources and access to research to get a better perspective on a company's future earnings potential. Mutual fund managers may also diversify across multiple companies in different sectors of the economy, which can help to reduce the portfolio's volatility and help to produce more consistent returns over time.

If you would like to discuss this with me, I can be reached at 514-788-4883 or my cell at 514-949-9058

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

### A Wonderful Evening For More Than 600 Guests!

The Fondation Tremblant's annual fundraiser, held at the Fairmont Tremblant on April 4, was a resounding success again this year. Close to 625 guests attended the reception/auction, enjoying delicious food and beverages from the various food stations. It was a wonderful networking opportunity for everyone present. Proceeds from the event will go to benefit young people, including underprivileged children, living in the MRC des Laurentides.



#### CLOSE TO \$142,000 RAISED

The Fondation Tremblant would like to thank all its generous donors, including the Tremblant 24h Foundation for its magnificent gift of \$195,350 announced during the auction, and the thirty volunteers without whom this important event could not have taken place.

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## I'm Just Saying "What was the question again"?

Ron Golfman - Main Street

Social awareness is a dangerous game if one remembers being told that either "knowledge is power" or "the more you know, the more you hurt." With that in mind, imagine all the facts revolving around the most recent student protests. We can't call it the Maple Syrup Spring this time, because not only has the past winter slowed the process of collecting the sap, but also a large number of the students are acting like "saps" given that many, when interviewed, couldn't explain why they were there. It's not surprising that this thinking, or lack of it, resembles why and how kids get into gangs and into trouble.

The real conversation, like most, is a double-edged sword. I know that here, in Quebec, we have one of the lowest tuition costs in North America, prompting some to say that students don't know how fortunate they are to be living and studying here. On one hand, this is true, but there's more to living and studying in Quebec than meets the eye.

Students may have cheaper rents than say, Vancouver, Toronto, or even Calgary, but they, like the rest of us, are subjected to the highest taxation for anything and everything in North America as well.

The cost of food, clothing, books and such are exorbitant, Gone are the days when K-D was 24 cents a box, now replaced by a \$2.50 tomato. Due to our harsh winters, clothes and boots are more like an investment than a necessity, and add 15% please to the sale price. I suppose one could get away with a thinner, cheaper parka, but it won't keep a student warm in an apartment that is heated by ever-soaring Hydro costs, from a utility whose profit margin is in the gazillions.

I watched as the student executive imploded recently, almost simultaneously with the pull-out of financing by large unions; the same unions, which backed the Maple Spring not so long ago. Has anyone bothered to ask why?

In another vein, and "I'm just saying", student strikers who block the entrances to schools, go into classes to disrupt and intimidate, trash the very institutions they say they are trying to protect, is just plain stupid. Furthermore, blocking traffic of the very public they hope to garner support from, is moronic. I heard one of these protesters denounce the police for disrupting their aggressive actions, but the police are really only mirroring what the radical element is perpetrating on its own student body.

Coming from a place where protesting police and firemen put stickers on their cars, wear camouflage pants (paint-ball anyone?), cowboy boots and Stetsons, we've clearly lost the ability to be taken seriously. Personally, I don't like austerity measures because they are drastic, not well thought out, and hurt the weakest in our society. It is more reasonable to apply moderated scales of reduction. On the other hand, the past few governments' methodology of spending now and bleeding later is tantamount to bankrupting future generations.

Whatever happened to sitting down to negotiate in good faith, looking at the big picture, and participating in some old-fashioned bartering? The old days of, to quote Marie Antoinette, "let them eat cake," don't work, and while it is time to tighten our belts, let's not fasten them so tight that we suffocate. Also, it wouldn't hurt for both sides to stop for a minute and consider the real issues of want and need.

## News from Holy Trinity Church - Lakefield

### Summer Concert

Holy Trinity Church launches the 2015 season on Saturday May 23 with David Sherman and Nancy Lee, accompanied by Andrew Cowan (guitar), Stephen Barry (bass) and John McColgan (drums) for an intimate evening of music. Sherman & Lee's music is a captivating and bluesy blend of folk, roots, country and pop that combines the sweet vocals of Lee and the edgy vocals and soul-touching lyrics of Sherman, creating an original sound that lingers long after the last note.

### Sing-A-Long

For 10 weeks, on Wednesdays from April 8 to June 10, Alain Vadeboncoeur, Choir Director at CAMMAC, will be conducting a sing-along at Holy Trinity Church from 6:30 pm to 8 pm. It is for the pleasure of singing and for the joyful experience of singing with other people; the target audience is the young at heart from 8 to 88 years of age! No musical experience is required and the styles of music will vary. Songs will be in both English and French. There is a suggested contribution of \$2 per evening. For more information, contact Geneviève Grenier at the MRC d'Argenteuil at 450.562.2474, ext 2311.

### Classical Music in the Evening

There is a Classical Musical evening from 7:30 pm - 8:30 pm on every Sunday, when there is a morning service in the church. In May, this will be on May 24. As an exception, there will also be a Classical Musical evening on May 17. Come and enjoy this conversation-free period of reflection, listening to beautiful classical music in a church with astounding acoustics. Stay for the whole hour or just a few minutes, as you wish.

### Religious Reflection

At the Trinity Community Centre (during Lent), the Parish of the Lower Laurentians held a weekly series of evenings to study other Christian and non-Christian religions and practices, to the delight of all who attended. We were visited by Père Cyrille from the Romanian Orthodox Church, studied Passover practices and Islam, and examined the differences between the Anglican practices and those of the Anabaptist churches (Mennonites, Amish and Hutterites.)

### Building Improvements

In the summer this year, we will continue our building improvement program. In 2013, half of the church windows were restored, with generous assistance from the MRC and the donors to our Endowment & Development Fund. We will complete the restoration this year by totally renovating the windows on the north side of the church, with financial help from the Municipality of Gore (for which we are very grateful!) We will also repair the upper bell pulley, which has fallen into disrepair.

## Making it Work in the Laurentians Business Skills for Creative Souls



Jamie-Lynn Robinson - Main Street

Do you have an artistic talent or creative practice that you would like to turn into a business? Creating a successful business is about more than just having artistic talent; you also need business skills. Luckily, YES (a Quebec non-profit that provides job search and entrepreneurship support) has recently published Business Skills for Creative Souls: the Essential Artist's Handbook that helps artists of all disciplines to learn basic skills. To celebrate the launch of this exciting resource, I spoke with local artist-entrepreneur Heather Utah, founder of Les Agro Nomades, to get her perspective on making it work as an artist in the Laurentians. Here are some essential tips gleaned from the book and from Heather's experiences that will help you get started.

First, networking is essential for artists. Building relationships with other artists can help you to discover upcoming shows and opportunities. This past March, Heather participated in the YES Art Expo, an annual event showcasing Quebec artists, where she was able to meet with other artists from all across Quebec and build her professional network. She notes that relationships like these are essential. Art can be an isolating practice and having a community of support makes all the difference. Beyond this, networking is an important way to promote your work and an invaluable part of your marketing strategy.

Many artists struggle to market themselves and their work. Although you may not have formal marketing skills, "...you have unlimited access to the most powerful tool in a business person's arsenal: creativity," notes the handbook. You can use that skill to build a meaningful and authentic brand. Heather used her background in textiles and design to create beautiful packaging and branding for her product line of arts and crafts objects.

Diversification has been key to Heather's success as an artist in the Laurentians. She sells her beautiful handmade items along with herbal beauty and health products made from plants grown in her garden. She maintains other projects as well. She is a founder of the Marché Fermier, and works seasonally as a kayak and ski instructor. A native of Morin-Heights, she returned to the Laurentians after pursuing an arts degree at Concordia University. Her artistic work is a part of her practical approach to building her livelihood in the Laurentians, and it allows her the freedom to pursue the lifestyle that drew her back to the region. For many artists, a diverse approach to income (which may include full or part-time employment) is essential, especially in the start-up phase.

Taking the leap to turn your artistic practice into a business can be scary. Networking to learn from other artists and to build up your contacts, along with creative marketing and diversification, can help you to succeed. You can get great tips on everything from job searching for artists to promotion and financing options from the YES Artists Program and new Business Skills for Creative Souls Handbook. YES' services are available in person and online. Visit [www.yesmontreal.ca](http://www.yesmontreal.ca) to learn more.

You can connect with Heather and learn more about her business at [www.homesteadnomads.com](http://www.homesteadnomads.com). Do you have tips or questions about succeeding as an artist? Connect with YES on facebook or contact us at [info@yesmontreal.ca](mailto:info@yesmontreal.ca) or by phone 514-878-9788 or 1-888-614-9788.

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# Val Carroll Welcome, Bienvenue, Willkommen

Susan MacDonald - Main Street



It was a silent winter at Auberge Val Carroll, but with the arrival of the new season, once again, the Auberge is springing back to life. When the doors re-open this weekend, alongside our renowned hosts, Wayne and Josef, will be the new members of the hospitality team, Chef Jens Ruoff, and his wife and sommelier partner, Marie-Ève Laplante.

Chef Jens, originally from the region of Baden-Wurttemberg, Germany, commenced his culinary training in the kitchens of Hôtel Steigenberger, in Konstanz, and then moved on to perfect his skills at one of Germany's finest dining establishments, the Restaurant Calla, in Hamburg. For the next few years, he travelled across Europe, learning new techniques and gaining valuable experience, until finally, he found himself in the vineyards of France. While in France, he met his future bride, Marie-Ève.

Born in Montreal, Marie-Ève finished her studies in Fine Arts and headed off to France at 19 years of age. She found herself, quite by chance, in the vineyard of Roussillon, where she developed an interest in wines. Back home, she worked at the Bistro Détour, under the surveillance of sommelier, Jean-Francois Allard. Further inspired by the allure of fine wines, she enrolled in the l'Institute de Tourisme et d'Hôtellerie de Montreal and completed a three-month internship at the Domaine du Mas de Libian, in the Côtes-du-Rhône. This led to a two-year stay in Paris, where she became the "wine shop" sommelier at the famous La Robe et le Palais dining establishment. Marie-Ève's specialty is natural wines.

Marie-Ève and Jens returned to Montreal in 2012, with complimentary talents in gourmet dining, fine wines and hospitality, a shared passion for a country lifestyle and a dream of bringing it all together. It is no surprise that, along with their 8-month-old daughter, they found themselves at the gates of Auberge Val Carroll, where they were warmly welcomed by their like-minded hosts.

A new season and a new chapter is emerging at Auberge Val Carroll, and guests and diners can eagerly look forward to new additions to the menu and a program of future events, while still enjoying the friendly hospitality they have been so familiar with. Some things never change; the warmth of home still permeates throughout the auberge, and the breathtaking view from its windows remains one of the most spectacular scenic vistas to be found anywhere in the Laurentians.



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## From Dance for Joy to Classical Ballet to Contemporary Dance

**Ilania Abileah – Main Street**

In anticipation of the Festival des Arts de Saint-Sauveur (FASS), and to mark the International Dance Day (April 29), here is a short discussion about dance. Since the dawn of civilization, people rejoiced and danced during religious rituals. Myriam took her cymbal and went out dancing with the other women to extol the name of God, who guided them through the Nile (Exodus C 15 v 21). King David frolicked and danced as the ark was brought to Jerusalem. (Samuel II, C 6 v 16) Dance is a universal form of art.

During the Renaissance they danced in courts. In the 17th century, a dance academy opened in Paris. In the early 19th century, classical ballets, such as "Giselle" and "La Sylphide", used flowing, precise movements, and dancing on the tips of the toes, "Pointe", high extensions, turn-out (outward rotation of the legs from the hips), leaps, and turns.

In the early 20th century, Russian choreographer, Sergei Diaghilev, moved beyond the confines of classical ballet. In New York, George Balanchine changed ballet even further, creating Neo-Classical ballet. His innovations also included moving away from a definite story line, concentrating on movement to express the music and human emotion.

Today, dance groups perform classical, traditional and contemporary choreographies, incorporating elements of the classical ballet, yet allowing a greater range of movement of the upper body, floor work and turn-in of legs. Contemporary dance is expressive and combines modern, jazz, lyrical and ballet. The pioneers of contemporary dance include Isadora Duncan, the creator of free and natural movements, and Martha Graham, who concentrated on the expression of passion, rage, ecstasy and human emotions (her dance group visited St. Sauveur in the summer of 2014). I can't wait to see the dance groups and musicians the new 2015 FASS Artistic Director, Guillaume Côté, will present to us this summer. This Festival of the Arts of St. Sauveur will be held July 30 to August 8. The program is now posted on their website [www.fass.ca](http://www.fass.ca)



## Healthy Channels

# Addiction and acupuncture

**Christopher Garbrecht, Ac. – Main Street**

In my clinic, I always start each follow-up treatment with a short interview about the evolution of the patient's initial complaint, as well as the person's general health. Quite often, after talking about the principal reason for seeking acupuncture, I would be told, somewhat hesitantly, something like: "You know, after the acupuncture treatment, I slept like a baby." Or, "My digestion was great this week; do you think it was because of the acupuncture?" All this, despite the fact that I might have treated the patient's shoulder or back. Of course, I take all the credit and reply that acupuncture treats everything. Actually, I point out that I always treat each patient globally, and that approach may be a reason for the improvement in another aspect of the person's health, but there may also be other factors which were an influence as well.

Recently, I had a patient come to see me for a second appointment who was so happy that I just had to write about it. We sat down together to talk about the first treatment. The patient informed me that the treatment had had no effect on her pain. Of course, I never enjoy hearing that my treatment has had no positive result, but then she asked, "Do you think that acupuncture could have helped my addiction to drinking? Because, ever since the acupuncture treatment, instead of drinking too much wine, I've been satisfied with one bottle or less of beer!" She was so thrilled that we continued her treatment, focusing principally on her addiction, instead of her pain, and she has had no problem sticking to one beer or less. She feels so much better, both emotionally and physically. She never thought she would be able to reduce her consumption of alcohol.

Acupuncture is well known as a great treatment for all kinds of addictions. Most famously, it is a great therapy for people wanting to quit smoking. As anyone who has ever smoked can tell you, cigarettes are extremely difficult to quit. The withdrawal symptoms are nearly as severe and difficult to pass through as heroin. So, if acupuncture can help with such an arduous addiction as smoking, it can assuredly treat other addictions just as well.

In Quebec, acupuncture is taught only at the College de Rosemont, in Montreal. At this school, there is an internship with Le Centre de réadaptation en dépendance de Montréal – CRDM, formally called the Centre Dollard-Cormier, which helps treat all different kinds of addictions. My own interest in Japanese-style acupuncture led me to use a treatment to detoxify the system (often through the liver and kidneys), as well as to stimulate the adrenal glands in order to help deal with the internal stress created by the withdrawal symptoms. It can help with addictions of all kinds: drugs, medication, food, alcohol, cigarettes, etc. For the best chance of success with addictions of any kind, the person must first acknowledge the addiction and voluntarily want to quit. Without this desire and drive, the battle against any addiction is very difficult.

If you have any questions about acupuncture or would like to schedule an appointment in Val-David or St. Jovite, you can call me at: 819-322-3081. You can also check out my new website at [acupuncturevaldavid.com](http://acupuncturevaldavid.com).

## The Long Horse Ride

# Where there's a will...

**Susan MacDonald**

Imagine someone arriving at your doorstep requesting over-night shelter for herself - and her horse! Imagine further, if you can, that this is appeal is made on a daily basis by sixty-six year old Megan Lewis (and her horse, Lady), on their North American trek from the eastern shores of Newfoundland to the southern tip of Chicago. Meet Megan, whose Canadian horseback odyssey began last year.



From her home off the shores of Wales, Megan travelled to Newfoundland's eastern coast in 2014, purchased the little mare, Lady, and hit the road. After a tour of "The Rock," the adventurous pair crossed over to the mainland via the ferry, landed on the banks of Nova Scotia and for the next several months, followed a course that eventually led them to the bridge crossing the St. Lawrence River near Trois Rivières. Wrapping up the first leg of the journey, Lady was settled in on a farm near Ottawa for the winter and a very tired Megan headed home.

In April 2015, Megan and Lady picked up where they had left off and recently crossed through the Laurentians stopping at several local stables along the way. One of their last nights in Quebec was spent at a family farm in Wentworth at the welcoming home of Colleen and John. The next morning she was back on the road, stopping in at the Clark farm on her way to Grenville. By now, she will be well into Ontario and continuing her long ride to Chicago.

Megan has travelled many miles on horseback including a trip from the eastern tip of the Great Wall to Badaling in China, an astounding 8,000 kms and 4-year journey from China to London between the 2008 and 2012 Olympic games and an epic ride across Eurasia, the only person on record known to have made the entire crossing on horseback. Her main aim of these amazing rides is to raise awareness and funds to help disadvantaged children in developing countries, in particular, the slums of Nairobi and Korogocho in Kenya, Africa. The charity she rides for is CHALLENGEAID ([www.challengeaid.org](http://www.challengeaid.org)), a registered charity established in 2005, formally known as Schoolchildren For Children. One difference that sets this organization apart from the others is that all administrative costs are covered by separate sponsorship. Every dollar donated goes directly to the programs such as the "Schools of Hope," which provides a safe haven where children may study in the evenings. The group also focuses on self-sustainability initiatives that will benefit these communities on a long-term basis. An amazing lady on an incredible journey - best of luck to Megan and Lady on their historical expedition!

To follow Megan's entire journey visit her blog at [thelonghorseride.blogspot.com](http://thelonghorseride.blogspot.com).



## Garden Talk Heavenly Hydrangeas

June Angus - Main Street

Many varieties of hydrangeas grow well in our climate, dotting the landscape with spectacular frothy-headed

blossoms from July through early September. While white is the most popular colour for these deciduous shrubs, some have tinges of lime-green or various shades of pink.

When purchasing a new plant, always make sure it is suitable for your growing zone - 5 if you live closer to the Ottawa River valley, or 4 if you are up in the Laurentian hills. Most varieties of hydrangeas do best with morning sun and some afternoon shade.

Always allow plenty of room for hydrangeas to grow. They spread and individual plants can become very large. While they look great as stand-alone specimens, they also make a wonderful hedge.

Hydrangeas are fairly easy to grow; they do best in good humic soil that drains well. Top dress and mix in fresh compost every year. Hydrangea roots prefer soil that stays moist but never allow it to become soggy because root rot can develop. If conditions are too dry, the foliage will droop dramatically and extra watering may be required.

While there are many varieties of hydrangeas, they are generally divided into two broad categories: those that produce buds on the current year's new growth and those that grow flowers on old wood or last year's growth. White Annabelles (arborescens) and Peegee/Limelight (paniculata) are popular examples of those that grow flowers on new wood every year. Meanwhile, Mopheads and Lacecaps (macrophylla) set their buds in the fall on the old wood to prepare for blooming next season.

If the flowers grow on old wood, you can trim faded blooms up till late summer. Never prune after that in case you accidentally trim off next year's buds. Varieties that flower on new shoots produced in the spring can be trimmed back in the fall. Pull or cut out any dead canes that remain in the spring.

Hydrangea hybrids, such as the Endless Summer collections, produce blooms in shades of pink on both old wood and new growth a couple of times during the season, allowing them to bloom much longer than other hydrangeas.

If hydrangeas don't bloom for a season, they may not be getting enough sun, or an early frost or long cold spell could have killed the buds, or the shrub was pruned at the wrong time. Our extremely cold winter this year may have been hard on hydrangeas that flower on old wood - time will tell.

Some pink hydrangeas are sensitive to the pH level of the soil. Blue flowers on Lacecaps or Mopheads indicate acidic soil. If you prefer the flowers to stay pink, raise your pH by applying lime. It won't change the blossom colour overnight, but the following year, you will have pink flowers. If your flowers are pink and you want them to become blue, add aluminum sulfate. The colour of white hydrangeas isn't affected by pH, so don't try to change their colours.

Hydrangeas are a particular favourite of mine because not many other flowering shrubs thrive so well in partial shade during our short growing season.



## Laurentian Club Report Giving disabled skiers the freedom of the slopes

Sheila Eskenazi - Main Street

The last regular meeting of the season provided members of the Laurentian Club with a new appreciation of the ideas, people and equipment behind the Canadian Association for Disabled Skiing (CADS) presented as a tribute to the late Henry Wohler, the inspirational guiding light of the local chapter and founder of the Richard Lemieux Foundation.

Beryl Puddifer introduced the audience to Mr. Wohler's history and accomplishments, including many awards for his dedication to helping disabled skiers get on and down the slopes. She spoke of how he inspired her and many others to get involved, and how he always acknowledged the help provided by members of the community.

Ken Hall told how he became involved, when Henry Wohler showed up at the ski hill with a very young Richard Lemieux and the adapted equipment that Wohler had constructed for him. Hall, with a background in both engineering and skiing, was able to make on-the-spot improvements to the equipment.

Then Vicki Barrett, a certified instructor for disabled skiers, showed a short video of a champion skier, strapped into his sitski, descending with impressive speed and skill to show what is possible when a person has the drive to work at it.

She passed the mic to Jean-Louis Notelteers, who stepped forward to take over the presidency of the Richard Lemieux Foundation upon Wohler's recent death. He described how he looked for a way for his paraplegic wife to ski again, discovered CADS, and worked his own way up to certified instructor. Vicki ended the presentation by showing a variety of adapted equipment used to help people with a range of disabilities to live their dreams on the ski slopes.

The obvious passion and commitment of the four presenters inspired Laurentian Club members who rated this particular presentation as one of the best.



Colin Andrews and Vicki Barrett sitski  
Photo credit: Joe Graham

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## Activities – a little out of the ordinary

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### May 23: Sagabone Spring Celebration

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Join Aboriginal nations and celebrate the arrival of spring on this day that coincides with the "birth of baby beavers." Workshops, celebratory meal, great pipe ceremony, a visit with a herd of bison and more are all on the scheule. [www.kanatha-aki.com](http://www.kanatha-aki.com)

### May 9 - Star-gazing at Domain Saint-Bernard

Pavillon Velan: 819 425-3588 | [info@domainsaintbernard.org](mailto:info@domainsaintbernard.org)

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**BROWNSBURG:** Home of 2 bedrooms with private backyard and detached garage. Semi-finished basement with family room and play room. Front balcony & galerie in backyard. Renos: french drain, roof, basement, recent windows. Kitchen w/ wood cabinets & patio door to backyard. Freshly painted. Excellent acquisition for a young family/couple. **1349005** **MLS 25102615**

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