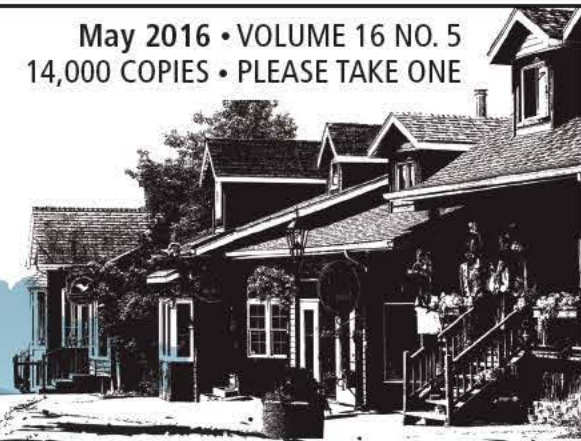


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What's On My Mind... Ignorance At Its Best

Susan MacDonald, Editor



While our origins are still up for debate, the future of mankind is clearly predictable; we, too, shall be added to the list of extinct species, down the road. The only question is, who, or what, will observe and record the occurrence. We do not need another Ice Age, or natural catastrophe, to cause our demise; we are quite capable of doing the extermination ourselves.

Over the years, we have managed to turn our homes into power-plants that continually charge every necessary (?) appliance and communication device known to man and, it seems, we are more than willing to accept, or ignore, the health risks associated with radiation, as a minimal price to pay for such essentials. Who needs personal connections anyway, when we have mastered the art of connectivity virtually?

From farm to table, brilliant research has produced "miracle" products to assist the farming industry in increasing crop yields, decreasing pest predation and extending shelf life, so the masses can be fed with ease. Who would have thought that by adding just a few, unpronounceable ingredients, we could produce milk, bacon or bread that could sit forever on the counter without spoiling? Even our pets benefit from these "wonder" preservatives and, as an added bonus, they help to keep flies out of Rover's dinner, since it is no longer recognizable by them as food. The bucolic farms of yester-year have been turned into massive food-factories, although those pretty pictures of free-roaming animals still make great marketing tools. Most milk-cows never graze on grass in open fields and never see the light of day.

The pharmaceutical companies have gone out of their way to provide us with vaccines against many diseases and, by doing so, have intentionally helped us to weaken our natural immune systems, while at the same time, strengthening those of the pathogens causing the diseases in the first place. These top-tier companies welcome us with open arms onto their never-ending wheel, knowing how grateful we are for the quick fixes. The extensive list of side effects is found in the fine print of legalese we cannot understand.

But, just to be on the safe side, let's take some precautions, and keep ourselves as sanitized and germ-free as possible: get out the chlorine bleach, air fresheners and disinfectants, and spray and scrub everything in sight. Don't bother looking for the active ingredients; they're listed, but in descriptors we cannot understand. Just be sure to keep that number for the poison control centre handy, because you never know...

Mankind. We have intelligence, language, self-awareness and opposing thumbs. Apparently, this is what differentiates us and sets us "above" the rest of life on our planet. While I am sure about the language and the appendages, I question the "intelligence" attribute, and can't help but wonder if this is just ignorance, or arrogance in disguise. Only time will tell.

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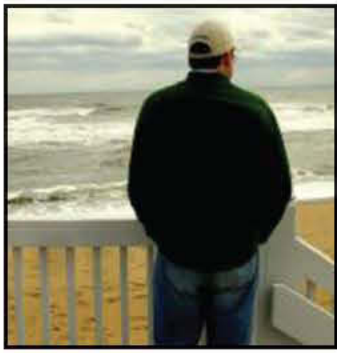
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Observations

The Times, They Are A-Changing

David MacFairlane - Main Street

I realise that many people around the world - the US, Canada, Europe, China - are horrified at the thought that Donald Trump has a good chance of becoming the next President of the USA. Well, folks it will be a choice between Democrat Hillary Clinton, a known liar, charlatan, war-monger and money-hungry handmaiden of Wall Street bankers, and the Republican outsider who speaks his mind without a teleprompter, is not beholden to anyone and is a self-made, billionaire businessman.

Now, since the mainstream media (MSM) in most of the western world is controlled by massive conglomerates that support the status quo fanatically, The Donald has been portrayed as a bombastic, uncouth buffoon, while Hillary (yes, you will get a two-fer), or Killary, as some say, has been whitewashed and elevated to saintly status. However, the reality of this comic, desperate circus leading to the November election is altogether different from the slop being fed to us by the MSM that is supposed to serve as "the truth."

Humbly, I will not attempt to editorialise my point of view on this matter, and, instead, bring to your attention the opinions of other, highly qualified political observers, whose opinions reach an enormous audience and who are well known to sophisticated, educated audiences around the world.

Patrick Buchanan, a conservative politician, broadcaster, syndicated columnist and advisor to Presidents Nixon, Ford and Reagan said this on the 29th April. "Whether the establishment likes it or not ... there is a revolution going on in America. The old order ... is on the way out ... America is crossing a great divide ... there is no going back. Trump's triumphant march to the nomination ... (is) virtually assured ... (In his) speech to the Center for National Interest, Trump declared that the major theme of his administration will be "America first" ... gutsy and brazen it was to use that phrase ... US policy will be dictated (finally) by US national interests ... Trump is repudiating the fruits of the Obama-Clinton foreign policy and the legacy of Bush Republicanism and neoconservatism ... Trump said, "(after Reagan), our foreign policy began to make less and less sense. Logic was replaced by foolishness and arrogance, which ended in one foreign disaster after another." Trump listed 15 years of Bush-Obama wars in the Middle East - civil war, fanaticism, thousands of Americans killed, trillions of dollars lost, a vacuum that ISIS filled. Is Trump wrong here? Can anyone argue that our interventions ... have been worth the price we have paid in blood and treasure and the devastation we have left (behind)? Trump said " Our goal is peace and prosperity, not war. Unlike other candidates, war ... will not be my first instinct ... we are getting out of the nation-building business ... The nation-state remains the true foundation for happiness and harmony ... No more surrenders of sovereignty on the altars of globalism." Buchanan asks, in conclusion, (are those statements by Trump) not definitions of patriotism that too many arrogant elites believe belong to yesterday?

In the eyes of Patrick Buchanan, also a former candidate for President in 1992, 1996 and 2000, The Donald is obviously neither a buffoon nor a megalomaniac.

Oops, I'm running out of space that my esteemed editor will not extend, so I will have to cut this shorter.

From Zero Hedge ... voters around the world are mad as hell. Inequality immigration and Governments' indifference are firing up (voters) in a way that's rarely been seen before. The forces shaping the disruption of global politics have been building for years and aren't about to diminish. The world's middle-classes are getting poorer ... immigration and war are compounding the anxiety ... only 19% of Americans trust their government - down from 54% after 9/11 ... Austria's right-wing Freedom Party wins first round of Presidential elections with 52%, confirming anti-establishment revulsion sweeping across not just Europe but the entire world.

From Liberty Blitzkrieg ... Iceland's 4-year-old Pirate Party wins 43% of vote after PM's resignation. A candidate for PM to be named soon. They want to fix their broken democracy. Yes, there is a US Pirate Party!

From SkyNews - London: Protesters demand resignation of PM Cameron following leak of Panama Papers. Will stop protests if he resigns. Over 57% of British do not trust him.

From Dr. Ron Paul, US politician, physician, former candidate for President in 1988, 2008 and 2012: The conflict between Government and Liberty is at a boiling point ... the demand for change is growing louder by the day ... the choice we now face is authoritarianism or promoting the cause of liberty. There is no third option. The

results of liberty are all the things we love, none of which can be provided by government. The revolution is alive and well. Participation in it is open to everyone.

From Justin Raimondo of Antiwar.com: ... If we step back from the daily news cycle, and consider the significance of the Trump phenomenon, the meaning ... is unmistakable: we haven't seen anything like this in American politics - not ever. Revolution is in the air. The oligarchy is tottering. Jacob Heilbrunn editor of The National Interest stated that Trump's speech "did not deviate from themes he has already enunciated ... Nothing like this has been heard from a Republican candidate in decades ... Trump doesn't want to modify the party's foreign policy. He's out to destroy it. What Trump is talking about is dispensing with an entire wing of the GOP that has controlled ... foreign policy (for) decades." Raimondo continues ... this is why the Republican Establishment hates Trump. He is openly telling the neocons ... that they will be kicked to the curb, if and when he takes the White House. The Trump movement is ... massive and capable of winning. That is what has the Establishment in such a panic, it is considering denying him the nomination. If that happens (it will be) a perfect storm.

Finally, from Reuters News Agency: It's not just "angry blue-collar white men" ... Trump's (recent 5-state win) included some of the richest, best-educated counties in the country ... winning over half of Republican voters making more than \$100,000/yr. Randall Miller, professor at St. Joseph's University, "It's hard to believe (Trump) is improving with (this) demographic group ... but I think people may have gotten used to Trump, he's not as outrageous as he used to be."

à Que Sera, Sera. à

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Founder: Jack Burger
Co-owners: Steve Brecher, Susan MacDonald
Advertising Sales: Steve Brecher
Publisher/Editor: Susan MacDonald
Associate Editors: Jim Warbanks, June Angus
Art Director: Elle Holland
Management Consultant: Barry Young

Contributing writers: Ilania Abileah, June Angus, Joan Beauregard, Lys Chisholm, Chris Collyer, Sheila Eskenazi, Beth Farrar, Christopher Garbrecht, Ac, Ron Golfman, Joseph Graham, Grif Hodge, Marion Hodge, Rosita Labrie, Lucie Lafleur, Lori Leonard, Lisa McLellan, Yaneka McFarland, Marcus Nerenberg, Claudette Pilon-Smith, Frans Sayers, Christina Vincelli, Dale Beauchamp, Marie France Beauchamp, David MacFairlane, Kim Nymark, Jim Warbanks and many other contributors from the Laurentian community at large.

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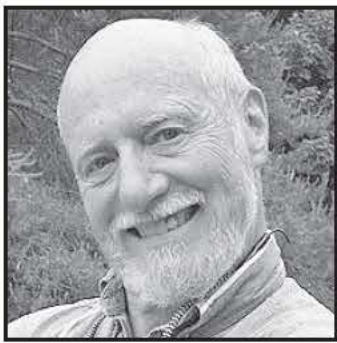
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Simply Words on Paper Doomsayers and pessimists chal- lenged by innova- tors and optimists

Jim Warbanks - Main Street

Why purveyors of doom and gloom seem to attract attention and attain credibility while the more optimistic innovators struggle for recognition is difficult for me to fathom. Despite occasional cataclysmic setbacks, our species continues to progress.

Author Paul Erlich's claim in 1968 that global famines would result from unchecked population growth did not materialize despite the world population doubling to seven billion in the interim.

Canadian astronaut Chris Hadfield, who re-awakened the awe felt about space exploration with his evocative commentaries and educational videos from space and his inspiring, breath-taking collection of photos from the International Space Station, documents that "there are still vast tracts of virtual wilderness - new frontiers, unruly and untouched" yet to be explored on our home planet.

Innovation

Innovators, like Nobel Peace Prize winner Norman Borlaug and others, who led the Green Revolution that so significantly increased crop yields, decreased malnutrition and improved health outcomes, should be the models we strive to emulate.

The demographic shift that reduced infant mortality and has increased life expectancy in developed societies above 70 years, as well as rising literacy rates and far broader access to basic education, feeds the expectation that the slowing population growth we are now experiencing will peak somewhere around the middle of this century.

The increasing demands from emerging societies may strain, but not deplete, certain scarcer natural resources because alternatives will emerge due, at least in part, to technical innovation.

Renewable resources

Even a noted doomsayer like former U.S. Vice-President Al Gore now forecasts that the use of renewable energy sources, particularly wind and solar, will soon become more economically viable than traditional sources. Certain applications and priorities, as well as emerging unforeseen challenges suggest that this will necessitate a transition period, but once the tipping point occurs, the result will become inevitable.

According to author Ronald Bailey, pollution is nearing its peak in the wealthier parts of the world. Yet activists, with David Suzuki acting as the poster boy, promote unwarranted fear.

Bailey also indicates that lab-grown meat is on the horizon to alleviate concerns about farm land use, which is already benefiting from crop productivity advances, including the evolution of GMO-treated products. This process, he states, would require up to 99 per cent less land, 96 per cent less water and 45 per cent less energy, yet produce up to 96 per cent less greenhouse gas emissions.

Ecological doom

Bailey, as cited by Mathieu Bédard in a recent published article *The Case For Impending Ecological Doom Is Thin*, believes that sustained research and development on zero-carbon forms of energy, including nuclear energy, is crucial. He favors policies that lead to economic growth, ultimately relying on human ingenuity for environmental renewal.

Elon Musk, the visionary entrepreneur who was instrumental in the development of Zip2, Paypal and now leads both Tesla Motors, the very successful electrical vehicle manufacturer and the SpaceX rocket development venture, as well as promoting Solar City alternative technologies, believes that tapping into human development potential will markedly improve the human condition here on earth. He makes a believable case for the colonization of Mars in the foreseeable future. Despite his formidable ongoing achievements, naysayers continue to emphasize delays in his projected production estimates to downplay how he has revolutionized each of these fields of endeavor.

I'm not certain how to convert those who habitually hold a pessimistic view. They persist in believing that the world is "going to hell in a hand basket." Nothing seems to sway their opinion. One approach is using learned optimism techniques, as defined by author Martin Seligman. Among the benefits of an optimistic outlook: Optimists are higher achievers, are more confident and have better overall health. They believe that bad events are more temporary than permanent and they bounce back more quickly.

Pessimists

Pessimists, on the other hand, assume that failure in one aspect of life means failure in life as a whole. Seligman has developed techniques that condition people to be more optimistic. He believes that anyone can learn optimism, which will lessen the chance of depression by learning to talk themselves through personal defeat. Learnable optimism techniques have practical applications in many areas such as business, therapy and education.

Perhaps the most pertinent recommendation I can make to lighten and brighten the outlook of my more pessimistic friends and colleagues is to suggest that they read Ashlee Vance's biography of Elon Musk: *Tesla, SpaceX, and the Quest for a Fantastic Future*. He perfectly exemplifies the Royal Canadian Air Force motto: *Per Ardua ad Astra / Through adversity to the stars*.

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About Sainte-Adèle

Chris Lance - Main Street

Sainte-Adèle's Guy Goyer, General Director of the Chamber of Commerce, has survived a H1N1 flu attack. Mr. Goyer was rushed to Sacre-Coeur in Cartierville, to the intensive care unit, where an artificial coma was administered for 11 days. At present, the ever-smiling man about town is recovering, and should be back at the wheel of commerce and all the town events during the spring.

WATER, WATER - EVERYWHERE

A few readers of this column have emailed me about the drinking water in our taps. One reader wrote "...in the past few years, and I am not sure what has attributed to this, but the water that emanates from our taps is a veritable concoction of chemical corruption. Truly, it is undrinkable..." My suggestion: call the new mayor, and buy water when it is on sale, or better yet, there is still a source of fresh stream water in Sainte-Anne-des-Lacs, down from the church, on rue Fournel. Just get a big, clean plastic jug and fill-up - it is free.

OF THIS AND THAT

Lots going on in May at the Place des citoyens: on May 14 and 15, there is Salon Plein Air and activities - an event for the family that is planning a weekend outing, or summer holiday, in the Laurentians. On May 27 and 28, there is an exhibition on house projects and ideas for your home.

The tennis season (weather permitting) opens on Saturday, May 14 at both locations: center of Mont-Rolland (2 courts) and in Sainte-Adèle (3 courts). All 5 courts are clay. You can get your membership that day at the chalet de tennis in Sainte-Adèle. The courts are behind the Place des citoyens; bring your resident card, proof of age and, of course, your cheque book. The round robins should be part of this year's program, but there was a meeting of the players at one point, and I have not heard what's going on. There are leagues you might be able to join. All the spring and summer activities are in L'Actualite Adeloise (March 2016 edition) or go to www.sainte-adele.qc.ca

The Quebec government is helping to fund a new soccer and football field near our local high school. The government has committed \$2.3 million toward the project. Perhaps Sainte-Adèle will be developing future CFL & NFL football players, as they have with our champions of mogul skiing.

GARBAGE CAPITAL OF THE REGION

There is consensus from the mayors at the MRC that Sainte-Adèle could become the garbage capital of our region. With the garbage coming from all the area towns, Sainte-Adèle will soon begin to smell like the brown bags - La poubelle de Sainte-Adèle. You will be able to smell us when you arrive in town. Hopefully, the new mayor will not allow us to become the refuse center for the Laurentians.

The 21st and 22nd of May is the semi-annual garage sale in Sainte-Adèle. Did I write semi-annual garbage sale? Enjoy the thought of selling your stuff, or leaving it at the side of the road for the monthly collection.

SWAT TIME

Spring is here (at last). See you at the tennis courts. Buy some 'OFF,' the bugs are moving north for the summer. That's it for now. Looking forward to the golf season also.



A Library Addict's Choice...

Grif and Marion Hodge - Main Street

From the collection of the Jean-Marc Belzile Library in Lachute that can be borrowed at no charge by residents of Gore, Harrington, Lachute and Wentworth

ADULT FICTION

Greenwood, T. - Where I Lost Her

As you journey through this tale, you realize that the title has many layers. Tess tells her own harrowing and heartbreaking story in a simple yet lyrical style. She alone sees a young, half-dressed child in the middle of the road, who then runs into the woods. The whole town sets out to search for this girl, but to no avail. To make matters worse, Tess is doubted both by the police and her husband.

Harris, Charlaïne - Day Shift

The characters lope along with a casual swing to their voices - not unlike the books by Janet Evanovich, featuring Stephanie Plum. Day Shift is part of a series of fantasy/mystery books from Midnight, Texas. Howdy y'all!

Sears, Michael - Saving Jason

Budding writers are always advised to write about what they know best. I enjoyed this suspense thriller due to the authenticity of the main character, Jason Stafford, who is the creation of a man who spent many years on Wall Street, and, knows something about the inside world of trading. This is a guaranteed good suspense thriller as Stafford, a "hot Wall Street trader who went too far" and paid the price with a prison term, is back as a freelance fraud investigator for a bank.

YOUNG ADULT FICTION

These two stories are aimed mostly at mature teenagers as they represent a growing trend in literature to publish print text whose ultimate destination is mass media. This seems to be a rather moot point but it really makes a difference to the form and content of the story. Think simplistic rather than simple; escaping from reality rather than embracing reality, presented in a well-written story that in turn, inspires the inner strength to cope. That being stated, the following contains an intellectual challenge that is not for everyone!

Frey, James, Johnson-Shelton Nils - Sky Key (An Endgame Novel) Sky Key is Book 2 in a new action-packed series, Endgame. Book 1 was the calling and in its pages is a puzzle that can only be solved with a copy of the book and the Internet. Just in time for the release of Sky Key last fall, a young astrophysicist solved the puzzle and was rewarded 500k in gold. In Sky Key, a game that is of international scope, American Aisling believes the unthinkable: that the Endgame can be stopped.

Kenyon, Sherrilyn - Seize the Night

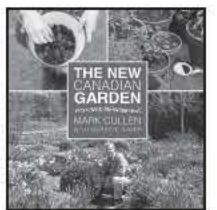
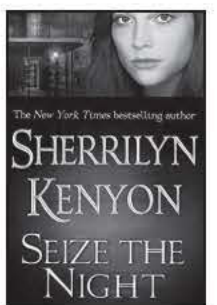
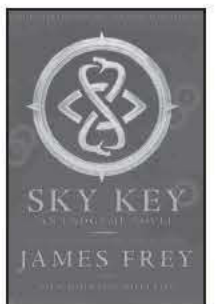
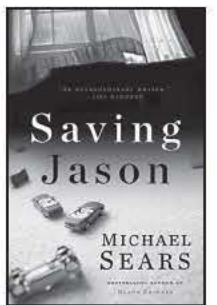
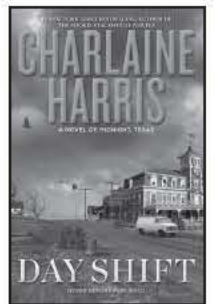
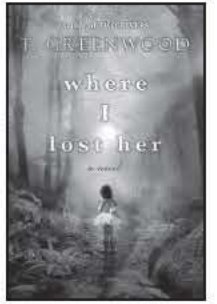
Kenyon is described as "the leading pioneer of the current paranormal craze" (www.fictiondb). In particular, vampires and other assorted un-dead types are being kept away from hapless humans. The author borrows heavily from Roman and Greek history and mythology to lend her characters the right look and attitude. She throws in some steamy sex scenes, foul deeds and sizzling tension, between some rather high-strung characters who have lived a very long time, all of which is explained to the reader in an informal, chatty style of language.

NON-FICTION

Cullen, Mark - The New Canadian Garden

Speaking of mass media, Mark Cullen's website (markcullen.com) is a must-visit for anyone with a yen for growing a bean or two or with ideas for improving the quality of life in our cities by greening them with gardens, urban forests and farms. This latest book by Cullen is organized into four sections: From Seed to Table; Gardening for Biodiversity; A Community Garden; and The Learning Garden. For those just starting out the first section is very helpful. But we also really liked the focus of the book on gardening as a social benefit.

We don't know whether the folks at the Wentworth Municipality read Mark Cullen, but we have several large garden frames at City Hall that are free for people to grow and share the bounty of the land. After glancing through this book, we have decided to buy our own copy. All of the author's royalties goes to the planting of 117,000 trees along Canada's Highway of Heroes, one tree for each of Canada's fallen soldiers.



Village Of Weir Newswire

Claudette Smith-Pilon

News from City Hall

MAD - Municipalité Ami Des Ainés

Mr Stephen Larose, mayor of Montcalm, stipulates that a municipality concerned with the needs of its seniors is a municipality that puts a hold on ageism in a global and integrated manner.

Preoccupied with the aging population, particularly in our region (65% of our residents have reached 65 yrs plus), it is with great pride that Mr Stephen Larose and Mr Yves St-Denis, elected MNA of Argenteuil, announces that the Municipality of Montcalm will take the proper steps to introduce MADA - MUNICIPALITÉ AMI DES AINÉS (English version: MUNICIPALITY -FRIEND OF SENIORS). Based on the adaptation of policies, infrastructures and municipal services available to the aging population, MADA adopts the concept of active aging from the World Health Organization (WHO). Their aim is to support the active participation of seniors for the development of communities, maintenance of their homes and social participation. The aging population is what is at stake and it is very important that our society finds itself facing a collective challenge without precedent. Major changes are required in all sectors of activities in order to adapt to the new reality. Consultation will be the order of the day so keep an open mind and participate when asked.

SPRING IS HERE WE ARE THINKING GOLF...The Masonic Laurentian Lodge # 81 in Arundel QC will be hosting its Annual Charity Golf Tournament at the Arundel Golf Club on June 25 at 12:30 pm - shot gun start. Cost is \$100 for golf, cart & dinner. Dinner only: \$30. Info: Len Wood: 819 687-3031 / Tom Barnes: 819 687-3464.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Next Victoria's Quilts Laurentian Branch workday will be on Monday, May 16.

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



THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001



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Franke Volvo of Sainte-Agathe-des-Monts undergoing major renovations.

Since the month of August 2015, the management of Franke Volvo undertook a major renovation of the Volvo dealership, located at 180, rue Principale. The aim of the project, of nearly a million dollars, is to adapt the dealership to the new Volvo international standards, VRE "Volvo Retail Experience." These standards are meant to provide the best customer experience to match the latest generation of Volvos, such as the new generation, XC90, now appearing on the world markets. Phase 1, the new exterior, was completed this winter. Currently, phase 2 is underway, inside the building. All work should be done by the end of May.



According to the President of Franke Volvo, Bernard Franke, "During this period, all departments of Franke Volvo will remain open, including parts, sales and service. We apologize for any inconvenience. The end goal is to better serve our customers. Franke Volvo is Canada's most successful Volvo dealer with 20 awards for excellence, and has a long list of successes in racing and preparation of police cars during the 80's and 90's. The Franke Family has been doing business in Sainte-Agathe-des-Monts since 1957.

New firefighters of the MRC d'Argenteuil awarded diplomas

It is with great pride that the MRC d'Argenteuil, and the National Fire Academy in Quebec, recently held a formal graduation for 56 firefighters who, in 2014 and 2015, successfully completed their courses, Firefighter I and Firefighter II. The ceremony was held at the Kevin Lowe - Pierre Pagé Arena in Lachute, where firefighters from nine local municipalities of the MRC were officially presented with their training certificates. In the presence of the Prefect of the MRC d'Argenteuil, Mr. Scott Pearce, the registrar of the National Fire Academy in Quebec (ENPQ), Benoît Laroche, presented diplomas to 139 new firefighters from the MRC d'Argenteuil.



New organic waste collection service

The MRC des Pays d'en Haut, and the municipality of Piedmont, are proud to announce the launch of the new service to collect organic waste, effective as of May 4. To ensure exemplary support of citizens and the effective dissemination of information, the municipality of Piedmont has enlisted the services of Ms. Stéphanie Legault as a management consultant for residual material. Ms. Legault, and her ambassadors, will promote awareness, inform and advise the population in relation to the management of organic matter.

Piedmont residents will receive two bins; a rolling brown bin of 240 liters and a mini-bin for the kitchen. Paper bags, an explanatory guide and a sticker, which will serve as a reminder for accepted materials, will also be supplied.



Photo: Mme. Stéphanie Legault, M. Clément Cardin and M. Joël Badertscher.

New appointment

The team of the City of Mont-Tremblant welcomes Julie Godard as Deputy Director General effective as of May 16. Hiring was endorsed by members of the Agglomeration Council at a special meeting, which took place on April 4, 2016.

Ms. Godard has degrees in law and business administration (MBA). She has over ten years of HR management experience, corporate and public organization. Since 2012, she has been the Executive Director of the Municipality of Rivière Rouge. She has also been a member of the Quebec Bar since 1991 and is a certified mediator.



Congratulations to:

Daniel Desjardins, new Director General of **Fondation Médicale des Laurentides et des Pays-d'en-Haut**, 50 Corbeil, Ste. Agathe. Daniel was Director of the Chamber of Commerce, Ste. Agathe from 2000 to 2016. The mission of the Fondation Médicale is to improve and maintain the health and well-being of the Laurentian population by acquiring modernized medical equipment for Hôpital Laurentien, 7 CLSC's, 5 CHSLD's, 3 medical centers and COOP Santé. The foundation serves 32 municipalities within the MRC des Laurentides et Pays d'en Haut and St. Donat. During the last 26 years, more than 6.5 million dollars has been invested in medical equipment. Best of luck Daniel! For info or donations, call **819 323-4565**.

Lisette Malo, who retired after working 46 years at the pharmacy at 70, rue Principale, St. Sauveur. During her tenure, there were four separate owners of this pharmacy. They took Lisette for lunch recently to bid her happy retirement. Lisette looks forward to volunteer work and knitting.

Restaurant Maestro, 339, Rue Principale, St. Sauveur, that recently celebrated their 25th anniversary. A great landmark for owner Sylvain and the employees. **450 227-2999 / restaurantmaestro.com**.

Suzanne Legault, Director of **Centre de Zoothérapeute**, who celebrates her 10th anniversary. Suzanne would like to thank all those who have financially supported her organization, including individuals, social clubs, financial institutions, towns, school commissions, community organizations and foundations. Also, a huge thank you to all the volunteers, the Board of Directors and, of course, all the furry friends who participated. **450 240-0371, zootherapia.com**.

Did you know:

You can take an amazing group photo course called **Get to know your Camera?** Everything you always wanted to know about your camera made easy. The course will provide you with tips to spark your creativity, with excellent hands-on information. Included are fun group outings for photo shoots in the Laurentians. You'll benefit by taking excellent photos of your travels, Laurentian scenery, or candid shots of your family, friends or pets. **Despina Ionadis**, 514 779-8074, tgphoto.com.

Fondation Médical des Laurentides et des Pays d'en Haut holds a used clothing sale called **L'Ouvroir?** If you have slightly used clothing or articles you no longer want, drop them off at 50 Corbeil St., Ste. Agathe. Funds raised from the sale of these items are used to purchase new medical equipment for Hôpital Laurentien. If your items are too large, call **819 323-4565** or e-mail daniel@fondationmedicale.com to arrange for pick-up.

Boutique Lisa Rose has recently moved to 283, Rue Principale, St. Sauveur? Owner, Joel, will be pleased to show you his new boutique, which includes unique Italian imported clothing for women, lovely jewelry and accessories. **450 232-1892 / boutiquelisarose@hotmail.com**.

Landscape architect, **Richard Moore**, FCSLA will open an exciting new landscape-design firm called **Chapitre 5?** The firm will be located at his new home in Morin Heights. Richard's specialties will include landscape architectural consulting, development of high-end, residential master plans and projects, detailed design, tourism projects, etc... Richard brings with him several years of landscape architectural expertise. **514 717-1446** or chapitre5.com.

Annie Gaudet, owner of **Couleur Café**, has recently opened a second location at 900 ch. du Domaine Guindon, Ste. Agathe? The original Couleur Café, 1040 rue Principale, Ste. Agathe has been open for 10 years. They offer muffins, scones and biscotti, soups, salads and sandwiches, **819 326-0723** or couleurcafe.ca.

Pascale Tremblay, the well-known real estate agent in the Laurentians, has recently joined Sutton Humania, 204, Rue Principale, St. Sauveur? Pascale resides in St. Sauveur and is looking forward to her new mandate. Best of luck Pascale! **450 822-1858** or suttonhumania.com.

Laurentian Club Report

Louise Bloom - Of Wonderland

Sheila Eskenazi - Main Street

Well-known Morin Heights artist, Louise Bloom, presented a fascinating peek into her creative process at the Laurentian Club's April meeting. She began at the beginnings of her relationship with Alice in Wonderland, from her father's reading it to her as a toddler, explaining the images as the story.

Bloom took the audience through the path of her inspiration as she described how it is an actual physical feeling, a sense of excitement felt in her chest and back. Inspiration is "a great inhalation, a surge of energy that fills the whole being." She examines those thoughts as problems that require solutions and the images grow from there as nature, art, object, poem or sometimes a complete vision.

Alice, as a pure vision, the simple heroine voyage, multilayered with meanings, whose mushroom is a mushroom cloud, places herself in the universe. Bloom expresses her Alice through prints and paintings, recasting and reinterpreting well-know characters, giving them new meaning and powers, often working from Tenniel's original illustrations, but adding layers and imagery based on themes such as consumerism, appetite, desire and destruction.

The artist's book is one of her preferred forms, images folded together accordion-style to tell a more complete story. She also paints large canvasses in oil and is working not only on print-making, but sharing her love and knowledge with young people.

While her muse has moved on, her website displays many of the remarkable works Louise Bloom produced over the years of her engagement with Alice. You can explore it at www.LouiseBloom.com.

The next meeting of the Laurentian is the AGM Luncheon on May 16 at the Auberge du Vieux Foyer, where Theatre Morin Heights will present a staged reading of Colleen Curran's *Amelia Earhart Was Not a Spy*. For more information or to reserve, contact TheLaurentianClub@gmail.com or call 819-326-6872.



Do not miss the next two concerts at Holy Trinity Church!!

Both concerts begin at 8 pm. Doors open at 7:30 pm and tickets are \$20 with advance reservation or \$25 at the door. Contact Linda Cass-Jones at 450-562-9620 for tickets or information.

On Saturday May 21 - Ralph Denzer & The Swoon Quartet. If you appreciate talented musicians, old vintage jazz, French café songs and a night out listening to great music, then this concert is for you!! Their program ranges from the chansons of Quebec to New Orleans jazz, and features pieces of Georges Brassens & Django Reinhardt.



Thursday, June 11: Sherman & Lee return with a great docu-musical. *Lost and Found* tells the engaging tale of a duo who found each other while in their mid-fifties. Fictional or true, they bring such chemistry and vivacity to their performance as to make us live their highs and lows.



Guarding Our Laurentian Visual Footprint

Rick Moore FCSLA - Landscape Architect, Morin Heights

The Laurentian landscape has been in transition since the first settlers arrived and started clearing the natural forest to build homes and villages. Small settlements were carved out of the forest and rock, houses and roads built working with the existing landforms as much as possible. The past 40 to 50 years have seen an increased rate of development resulting in a lot of change to our visual landscape. This poses two important questions: "How much development can our Laurentian landscape take and still retain the scenic qualities so loved by residents and visitors? And, "What can individuals do to help minimize their visual footprint?"

The "Laurentians" remain a desirable and sought after destination, very much because of the character of the natural environment, the services available in the towns, and, the wide choice of real estate, all this in close proximity to the Montreal urban centre. Achieving the right balance between the scenic natural landscape of forest, rock outcrop and topography on one side, and the continuing recreational, real estate development on the other is a real challenge. This is a dilemma faced by many recreational and tourist communities throughout the world. Natural environment vs. built environment...where is the tipping point?

Visual resource management is a term used by landscape architects and other professionals, to study this reoccurring issue. In recent years we have become used to the term "environmental assessment" often used to investigate the impact of a proposed development on the ecological systems in a given area. Visual assessments are also critical when considering development proposals. The location of wind power farms, transmission corridors, and major complexes often consider their visual impact either by choice or because of public concerns. In the Laurentians, the visual footprint of all development should be carefully evaluated and opportunities to reduce the impact carefully designed as part of each project. Scenic quality is a huge part of our resource

The visual footprints of small-scale development in our towns, villages and even individual homes, must become a central part of our thinking as well. Landscape architects can play a useful role in helping to visually integrate development with the natural landscape. Careful attention to location, tree clearing, selection of building materials, colors and landscape restoration can help to reduce our visual footprints.

Each new development will impact our scenic Laurentian landscape. Large or small, it will be a visual footprint. These are not footprints in the snow that disappear with the spring thaw...these are permanent tracks that need our attention.

If you would like advice with your landscape development project, please contact me at 514 717-1446.

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THE ART OF PERSUASION: PITCHING & COLD-CALLING

Wednesday, May 18, 6:30 PM – 8:30 PM EST | Cost: \$20

Artists, like entrepreneurs, need to "sell" their ideas and their work in order to get ahead. Learn how to prepare, finesse, and develop the right tools and mindset to be effective in sales.

BUSINESS BASICS FOR STARTUPS SEMINAR SERIES

Tuesdays, May 31, June 7 & 14, 6:30 PM – 8:30 PM EST | Cost: \$50 for all three

This three-week seminar will provide you with pragmatic insights, tools and theories to help get your business started on the right foot. Everything from validating your idea, incorporating lean start-up philosophies, insights into legal issues and making revenue through sales.

ONLINE BUSINESS COACHING

Our professional business coaches can provide personal and private coaching via web camera.

Business consultations are offered free of charge (with a one-time only \$20 file activation fee). Available by appointment only. Appropriate hardware and bandwidth capabilities are required. Services are provided in English. Pre-registration required.

As a not-for-profit organization, YES (Youth Employment Services) enriches the community by providing English-language support services to help Quebecers find employment and start and grow businesses.

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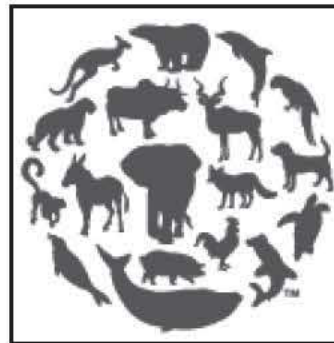


Funded by: Canada Economic Development for Quebec Regions / Développement économique Canada pour les régions du Québec

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Northern Dogs: How Spay-Neuter Saves Lives

By Ewa Demianowicz, Humane Society International/Canada



For the sixth time since 2013, HSI/Canada partnered with Chiots Nordiques, a volunteer-based organization dedicated to the humane management of stray and roaming dogs, to hold a mass sterilization clinic for dogs in a (Quebec) First Nation community. The two groups drove 16 hours north of Montreal to the Cree community of Chisasibi, where it's difficult – albeit impossible – to find veterinary resources.

Mass sterilization clinics in First Nation communities are always a great adventure. Reserves are often located in remote areas, accessible only via unpaved roads. No matter how many times you go, it's always fascinating, after hours spent driving through a forest, to find yourself suddenly face-to-face with kind and welcoming hosts.

The first thing that we notice is the number of dogs that are roaming around. Perhaps surprisingly so, these dogs are often extremely well-balanced, friendly and social animals that welcome us in the most amazing way. As soon as we arrive and start setting up the clinic (typically in the local hockey arena), we soon have a pack of dogs following us, wagging their tails, and happily taking treats and food from us.

Throughout the years, we fell in love with many canines at these clinics! Last April, the night we arrived in Chisasibi, our contact in the community informed us there was a dog who had gotten into a losing fight with a porcupine. The poor thing had about 30 quills in his face, mouth and feet. The vets with Chiots Nordiques immediately administered painkillers and got him into surgery, and now he's back on his feet and recovering rapidly.

In Chisasibi, the team was able to sterilize over 70 dogs, including their 1000th spay-neuter – an incredible milestone. Mass sterilization clinics have a huge impact on the welfare of the dogs and make such a difference for these communities. They obviously reduce the canine overpopulation, which ultimately prevent the suffering of numerous dogs. Not only do these clinics help animals in need, they also contribute to these communities by reducing the incidence of dog bite injuries and zoonotic infections. It is always so rewarding to help not only animals, but also the people that truly care about them.

When it was all over, some dogs were brought back down south for adoption! These dogs were surrendered by their owners, or not claimed at the clinic. For more information on adopting one of those friendly northerners, email cpare@hsi.org.



Photo: Courtesy of Michael Bernard, HSI/Canada.

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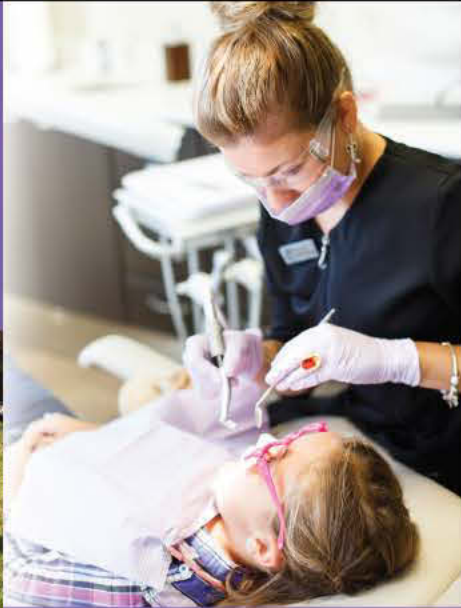
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Just listed Harrington 189,000\$



Looking for a cozy country cottage? This impeccable one and a half story cottage has 4 bedrooms and hardwood floors throughout. Large livingroom with slowburning stove. Large flat lot, with access to lake McDonald (motorized) only steps away. **MLS 26041280**

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NOTICE OF NOMINATION

The president of the Caisse Desjardins de la Vallée des Pays-d'en-Haut, Mr. Jean Beauchamp, is proud to announce the appointment of two Directors.



Young leadership on the Board of Directors
Mrs. Mélissa Jasmin

Mr. Jean Beauchamp is proud to announce the appointment of Mrs. Mélissa Jasmin, as a young leader on the Caisse's Board of Directors.

A young woman of 24 years, Mélissa Jasmin is a graduate in business administration, with a concentration in marketing, from the school of Science Management (ESG) at UQAM.

She has worked at the family business from a young age. In December 2014, the family acquired the Bonichoix of Sainte-Marguerite-Du-Lac-Masson where she manages the business together with her brother.



Supervisory Board
Mrs. Claudette Lagacé

Mrs. Claudette Lagacé previously served on the Board of Directors. She renews her experience with the Caisse and enriches our leadership team with her expertise.

Both have pledged to act with care, integrity and loyalty in the best interest of the Caisse, its members and the common good, to ensure a sound, prudent and dynamic administration of the Caisse, in respect of their fields of responsibilities and in accordance with the relevant framework, such as laws, regulations, standards, policies and the Desjardins Code of ethics and to be present and active at the meetings of the boards to which they belong.

The Caisse Desjardins de la Vallée des Pays-d'En-Haut is a financial co-op owned by its members. It has 19 Directors, 65 employees in its service for its 19 300 members who generate a business volume of over \$ 1.3 billion.

Being a Desjardins member, is to give oneself the power to act. Together, we cooperate in a more prosperous community. Together, give ourselves the power to create the future!



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



Lori's Lookout - Laurentian Personality

Christina Vincelli
Founder,
Laurentian Care

Lori Leonard - Main Street

Christina Vincelli founded Laurentian Caregiver's Association and Resource Center in May 2010. She believed there was a need for English services and respite for caregivers and families. Christina had 20 years of caregiving experience, acquired experience as an auxiliary nurse, and completed extensive training on Alzheimer's.

Christina spent five to seven days a week trying to get her non-profit organization off the ground. She was pleased when the founder of Main Street, Jack Burger, and friends, Sheila Eskenazi, Joseph Graham and Philippe Vézina, from CRASLA, believed in her idea and supported her in many ways. Christina stated "without the encouragement of these four individuals, there would be no Laurentian Care today."

The stumbling blocks Christina faced were language and cultural differences. She fought for Anglophones to maintain their rights to English healthcare services, and she worked behind the scenes to educate the community about English caregiving/health services. Christina watched as, gradually, English healthcare and home services began to flourish, from St. Jérôme to MRC Antoine-Labelle. Laurentian Care also provides health services to Francophone families.

There are five members on the Board of Directors, with President, George Georgieff, at the helm, and 15 caregivers (including two registered nurses). Laurentian Care is affiliated with CLSC's, Coop SORE, FADOQ, L'Entraide and Royal Canadian Legions in Morin Heights and Arundel. Partners include AMI-Québec and Concordia University to provide support for mental illness. Dr. Serge Gauthier's team at McGill University Memory Clinic also provides ongoing integral assistance in the area of dementia.

The services that Laurentian Care provides to our community are homecare assistance, residence care, accompaniment, supervision and mobility stimulation, dementia care, respite for caregivers (1/2 day, full day and 24 hour care), a community respite day center and contact information for health/social services. Thanks to anonymous donations, Laurentian Care is able to provide valuable therapeutic workshops, theatre presentations (on healthcare) and educational lectures.





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NOTICE

OF ANNUAL GENERAL MEETING **2015-2016**

SADC
DES LAURENTIDES

Date Thursday June 9 2016, at 8 a.m.

Location Théâtre du Marais, 1121, 10^e Avenue, Val-Morin

A continental breakfast will be served at 8 a.m.

Three positions are up for election: two regular and one for the Youth Representative for the Laurentides RCM. Any member wishing to stand for election must submit their candidature by May 27 2016, at 4 p.m., to the SADC's office located at 1332, Ste-Adèle Blvd, Suite 230, Sainte-Adèle, J8B 2N5.

The present notice was issued by the Board of Directors.

450 229-3001 | 1 888 229-3001 | sadclarentides.org

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Out & About

Ilania Abileah - Main Street



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

MONT LAURIER

Espace Théâtre

543, Rue du Pont / 819 623-1221, ext. 1
Music

MONT TREMBLANT

Premiere Scene

Eglise du Village, 1829 chemin du Village / 819 425-8614, ext. 2500

STE-AGATHE

Théâtre Le Patriote

258, Rue Saint-Venant / 819 326-3655 /
<http://theatrepatriote.com>

Fri, May 20: 8 pm - Le Trois Accords
"Joie d'être gai." This group is back
with a new album and show. \$32.

Fri, May 27: 8 pm - Sept jours en mai
- Seven musicians share the stage: Mi-
chael Rivard, Luc De Larochelière, Eric
Goulet, Mara Tremblay, Gilles Bélanger
and the "Mountain Daisies." \$42.

Sat, June 3: 8 pm - La tournée des
idoles - A show featuring: Gilles Girard,
Michèle Richard, Claude Valade, Jean
Nichol, Patsy Gallant and Chatelaine. \$63.
Fri, June 10: 8 pm - Vincent C - Stand
up magic! Vincent C presents his own
style of illusions. \$35.

**La Boîte à Chansons: Doors open at
6:30 pm / seats are first come...**

Sat, May 14: 8 pm

- Boom Desjardins
will sing material
from his 9th
album, "Avec le
temps." \$35.

Fri, June 17: 8 pm
- Chantiers; Emile
Proulx-Cloutier
(see Val Morin).



Boom Desjardins



Emile Proulx-Cloutier

VAL DAVID

Val David Exhibition Centre

2495, rue de l'Eglise. 819 322-7474 /
www.culture.val-david.qc.ca

Open Wed - Sun: 11 am - 5 pm
Until May 22 - Marie-Éve Martel.
May 28 - June 19: An educational
program

VAL MORIN

Théâtre du Marais

1201, 10è Ave. 819 322-1414 / www.theatredumarais.com

Sat, May 14: 8 pm - AYRAD - this
group of six musicians were recipients of
a Juno award for the Best Album of World
Music in 2015, They perform Andalusian
music, Berber, Reggae and Latin. \$25.

Fri, May 27: 8 pm - Chantiers - Emile
Proulx-Cloutier. Two song-creating ses-
sions. Eighty minutes with no intermis-
sion. Val Morin - May 27 & Ste. Agathe
- June 17. \$25.

Fri, June 3: 8 pm - Ryan Kennedy
will sing pieces from his album and
more. His invited guest is Jeffrey Piton.
\$27.50

12 main.street@xplornet.ca

MORIN HEIGHTS

Morin Heights Library

823, Village Rd.
ARTS Morin Heights themed exhibi-
tion, "FOOD," will continue until June.
Info: 450 226-3832 / info@artsmorin-heights.com.

MICKEY'S CAFÉ

832, chemin du Village / 450 644-0064
/ info@mickeyscafe.ca

Paintings by Andrée Gauthier Schmel-
kel are on display. Andrée's paintings
are done in smooth layers of oil with
subtle transparency, featuring linear
shapes and symbols.

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Brancheculturelle.worldpress.com

Église St-Louis-de-France

354, rue Principale / 450 562-6421
/ 450 495-8022 / brancheculturelle.worldpress.com

Sat, May 28: 7:30 pm - Spring Concert
by Ensemble Hémiole. Advance tickets
\$15 / at the door \$20. Children 12 yrs.
and under - free. Tickets available at
the municipal library and Town Hall.

PRÉVOST

Diffusion Amal'Gamme

Salle Saint François Xavier, 994 rue
Principale. 450 436-3037 / www.dif-fusionsamalgamme.com

Sat, May 14: 8 pm - Julie Lamontagne,
jazz pianist, keyboardist and composer
returns as a trio with Richard Irwin
(drums) and Dave Watts (double bass).
\$31.50.

Sat, May 28: 8 pm - Philippe
Prud'homme, returns to play "Depth
and Virosity." \$26.50

Sat, June 11: 8 pm - The Raoul Cyr
Jazz Ensemble - Raoul Cyr, trombonist
and teacher, formed a multi-generational
ensemble to play jazz of the last 100
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The Raoul Cyr Jazz Ensemble

ST. JÉRÔME

Laurentian Museum of Contemporary Art

101, place du Curé Labelle
450 432-7171 / www.museelaurentides.ca

Open: Tue - Sun: noon to 5 pm
Sun, May 22 - Aug 14: Yann Pocreau:
"Sur les lieux." This artist delves into
the added narratives suggested by the
presence of light when staged within
specific sites.



Yann Pocreau

Dance from the Royal Opera House

Sun, May 22: 12:55 pm - Frankenstein -
direct screening from the Royal Ballet in
London. Liam Scarlett created an adapta-
tion of Frankenstein in which Franken-
stein is someone deprived of a family
and who is never taught how to behave.

fass

FASS is Celebrating its 25th Anniversary in St. Sauveur

Ilania Abileah - Main Street

The multi-talented
Artistic Director of
the Festival des Arts
de Saint Sauveur,
Guillaume Côté,
has prepared a 25th
anniversary pro-
gram of the "best
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has to offer," com-
bined with excellent
music!



Photo: Misty Copeland -
photo credit: Lisa Wall

Wed, Aug 3: 8 pm

Big Top: Martha Wainwright - Pre-
Opening Concert! Last year her brother
charmed the audience. They both have
a strong connection to St. Sauveur,
where their late mother and singer,
Kate McGarrigle, grew up. The concert
will include a dialogue between song
and dance.

Thurs, Aug 4: 8 pm - Big Top: Soledad
Barrio & Noche Flamenca. This group
perpetuates the tradition of authentic Fla-
menco. Dancers, singers, guitarists and
percussionists will set the stage on fire.

Fri, Aug 5: 8 pm - Big Top: Arias Com-
pany. Bryan Arias, dancer/choreogra-
pher presents a new creation, "A rather
lovely thing," to music by Chopin, Nico
Muhly and Max Richter.

Sat, Aug 6: 8 pm - Big Top: L-E-V
Company. Israeli dancer and choreog-
rapher, Sharon Eyal, danced for years
with the Bathsheba Dance Company.
She went solo under the name L-E-V in
2013, with her collaborator, Gai Behar.
They present OCD Love, danced by six
dancers to the techno soundtrack of DJ
Ori Lichtik.

Sun, Aug 7: 8 pm - Big Top: L'orchestre
Métropolitain and Yannick Nézet-Séguin.
An evening celebrating anniversaries:
FASS 25th and Orchestre Métropolitain's
35th. Maestro Yannick Nézet-Sé-
guin, who charmed us all last year, is
back with a Czech-inspired program of
works by Smetana and Dvorák, includ-
ing Symphony No. 8. An evening not to
be missed!

Wed, Aug 10: 8 pm - Big Top: Guil-
laume Côté with dancers of the Na-
tional Ballet of Canada. The program
includes two of Guillaume Côté's
creations based on Ravel's Bolero and
the songs of Leonard Cohen; a "pas de
deux" by Gomes for Côté and his part-
ner, Heather Ogden, plus, a solo from
Sleeping Beauty. A must-see!

Thurs, Aug 11: 8 pm - Big Top: Louise
Lecavalier. This dancer/choreogra-
pher is back with her partner, Frédéric
Tavernini, to perform "So Blue," an
intense journey that "leaves no one
unscathed."

Fri, Aug 12 & Sat, Aug 13 - the 4th edi-
tion of "A Night with the Stars." Danc-
ers from the American Ballet Theatre,
The National Ballet of Canada, the
Royal Ballet and other international
artists, will perform classical, neo-clas-
sical and contemporary pieces.

**Note: Full program and
ticket information now
available at www.fass.ca.**

**Due date for next edition: May 20 -
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News From the Lachute 4-H Club

Lachute 4-H Club had 4 teams participating in the provincial 4-H square dancing competition on Saturday, April 9, in Ormstown Qc., along with 14 other teams. Our pee wee team came first in the pee wee division, with head couple Jane Heatlie & Dylan Vaudrey winning "Best up and coming couple." In the junior division, our junior plaid team

came 1st, and junior green team came 2nd, with head couple Stacey Godin & Harrison Neill winning "Best up and coming couple" in the junior category. Congratulations to Ormstown's senior team who won the senior division, and to Vankleek Hill for their 2nd place win. Lachute's senior team head couple, Jenna Hammond and Devan Dixon-Smith, won "best up and coming couple" for the senior category. Everyone had a great time!



Photo courtesy of Lynn McOuat.

Former Student Returns as Member of Parliament

On April 26, the students of the secondary 5 class at Ste. Agathe Academy welcomed Mr. David Graham, newly elected Member of Parliament for the riding of Laurentides-Labelle. This was a very special occasion as it is not often that a local school welcomes the return of a former student who is also a Member of the Federal Parliament.



The students had an opportunity to discuss numerous topics with Mr. Graham, including his views on assisted dying, legalization of marijuana, the Canadian direction on immigration, international relations, and our participation in the United Nations. His open responses to the questions were appreciated by the students.

Mr. Graham introduced another level of discussion when he asked the students how many of them planned on returning to the region after their studies in Montreal. The students shared their opinions on the difficulties of living in the region and finding suitable employment, the lack of post-secondary education and inadequate public transit. Mr. Graham was candid with his responses to the concerns raised by the students, and explained that the development of opportunities within the province was primarily a Provincial responsibility; however, he did suggest that the Federal Government could assist in the sectors of transportation and economic development.

The final session of the period turned to Mr. Graham's time as a student at Ste. Agathe Academy and to his decision to run as a candidate in this riding. The questions were answered with humour, honesty and with a definite appreciation for the intelligence and the opinions of young adolescents. David entertained the group with his very candid and personal account of his life and his decision to enter politics.

Emergency measures on the rouge river

The Public Works Department is on alert following a landslide, which recently occurred on the banks of the Rouge River.

The Mayor of Grenville-sur-la-Rouge quickly intervened to declare an emergency situation and order emergency work to be done to stabilize the banks and rebuild the portion of the washed out road. "We cannot afford to have this road closed given its importance for the business and employment at the Véo water plant and for the school buses and emergency vehicles," said mayor John Saywell.

Marc Montpetit, director of the Public Works department pointed out that the strong current each spring never fails to cause surprises. "The river banks are always very sensitive to erosion and other ecological turbulence. It would be best to find a long term solution, but the rules of the Department of the Environment governing work in the river banks are almost prohibitive for a small municipality like ours."

Grenville-sur-la-Rouge is responsible for approximately 25% of Argenteuil's major roads. In 2015, it spent \$1.4M, or 35% of its operating budget on roads, and invested \$1.2M, or 83% of its infrastructure budget on roads.

Grenville-sur-la-Rouge undertakes cleaning up of its abandoned buildings

The Municipality of Grenville-sur-la-Rouge has recently begun the process of cleaning up a number of abandoned buildings on its territory. A formal notice was sent out to 18 property owners, who are requested to contact the municipality or the lawyers to make an arrangement on a reasonable timeframe for making their property compliant with the bylaws.

According to the director of the urban planning department, staff has been responding to complaints from citizens over the last five or six years. A dozen permits to demolish obsolete buildings have been delivered over the last ten years and the municipality would like to accelerate the process for the remaining abandoned buildings.

The mayor stated that an official notice was sent to ensure that each owner was reached.



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Branch 171

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The Royal Canadian Legion Branch 171, Morin Heights, Quebec is celebrating their 70th anniversary June 1946 - June 2016

On Saturday, June 18, 2016

Plan to attend the official ceremonies and dinner/dance in honour of the 70th anniversary of the founding of RCL Branch 171

127 Watchorn Road, Morin Heights, QC.

Tickets for the dinner/dance are on sale at the Legion - \$25 per person.

Contact us for information at [450-226-2213](tel:450-226-2213) after 1 p.m. daily or drop by the Branch to purchase tickets.

Please note that reserved tickets must be picked up and paid for by June 10.

RCL Branch 171 - a not for profit organization, helping military veterans, and those in need in our community.

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Garden Talk Compost Time

June Angus - Main Street

As you prepare garden beds for planting this spring, dig into the riches developing in your composter. This humus-like material full of nutrients and micro-organisms can be used as top dressing, or

worked into earth, to lighten up and replenish your soil naturally. It can also be brewed into a "tea" for fertilizing plants as you water hanging baskets, container gardens, flower beds or a veggie patch.

You know your compost is ready to use when it's a dark, moist, crumbly mixture with an earthy smell. While most of the work to create this gold for the garden happens automatically in your composter, there are a few things you should do to keep the composting process running smoothly. And if you find your compost treasure has turned into a soupy mess, smells bad, or is just lying in a lump with no decomposition action, there are steps you can take to fix things up.

Almost all organic kitchen scraps and yard waste can be composted, including fruit and vegetable peelings, corn cobs and husks, egg shells, tea leaves, coffee grounds, peanut shells, fresh lawn clippings and other garden scraps, such as wet leaves (but no weeds). These items comprise the "green" material for your composter and should be combined with an equal amount of "brown" materials such as wood chips, wood ash, dry leaves or dry lawn clippings. All materials should be chopped up small to speed up decomposition.

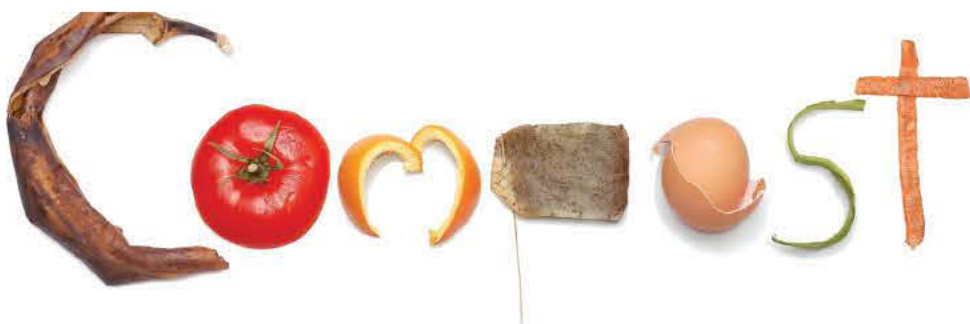
Things to leave out of the composter include meat, dairy products, food that contains oils or sauces and cat litter. These things will rot rather than decompose, attracting unwanted insects and unpleasant odours.

For best results layer the green and brown materials. Throwing in a few handfuls of garden earth also helps kick start the growth of the micro-organisms that work your garden soil. Keep a garden fork or spade handy to turn and mix materials as new things are added; this ensures proper aeration.

If your composter is attracting flies, bury the food scraps in the pile, or cover them with more brown materials. When unpleasant odours occur there may be too many kitchen scraps or fresh lawn clippings in your mix. Try turning the materials in the compost pile more frequently, about every two to three days. You can also add a thicker layer of soil or garden lime to help remedy the problem.

Some compost can be wet and soggy after the winter thaw. To improve this situation, leave the lid off your composter during a few dry, warm days, but it is probably best to cover it at night to keep animals out of the composter. Or you can add only brown materials and thoroughly mix them into the compost for a week or two.

The benefits of compost as a rich, chemical-free, low cost (or free) fertilizer for your garden are well known. Composting is also good for the environment because kitchen scraps and yard waste don't end up in your garbage and landfills. Instead, they become a valuable resource for your garden.



Morin Heights selected as finalist Air Miles detour

Five Canadian cities were selected because music holds an important place for them. The city that accumulates the most votes (one Air Mile equals one vote) will host a concert by world-renowned singer Meghan Trainor next August! Every citizen will be invited to this music celebration.

Each Air Mile you accumulate between May 1 & May 31 will be a vote for Morin-Heights.

Support Team Morin Heights! To register: detour.airmiles.ca



PRINTEMPS DE LA SCULPTURE
3rd Edition
June 4th & 5th 2016

ANNUAL EXHIBITION OF SCULPTURE

Saturday 10:00 am to 5:00 pm
Sunday 10:00 am to 4:00 pm

Free Admission

Place des citoyens
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**ROYAL CANADIAN
LEGION**
**LA LÉGIION
ROYALE CANADIENNE**

Branch 171 Filiale Morin Heights

Sat, May 14: 5 pm - Honours & Awards
Sat, May 21: Legion Golf Tournament & Steak Supper
Wed, June 1: 7 pm - 10 pm - The Terry Gillespie Band
June 4 - First Flea Market (rain date Sun, June 5)
Fri, June 10: 6 pm - TGIF Smoked Meat Dinner
Sat, June 18 - 70th Morin Heights Legion
Anniversary Celebrations
1st & 3rd Monday of the month:
1:30 pm - Military Whist
Wed: 7 pm - Darts
1st Wed of the month: 7 pm - to 10 pm -
Music shows (BBQ during the summer months
from 5 pm - 7 pm weather permitting)
For information on any event call
450 226-2213 (after noon)

Branch 70 Filiale Lachute

Fri, May 27: Smoked Meat Supper. Donation \$12.
Fri, June 24: Smoked Meat Supper. Donation \$12
Sun, June 26: Canada Day BBQ
* Please check with the legion for times *
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

1st Tues of each month - Soup luncheon
4th Thurs of each month - Military Whist
Bar open Wed - Sat: 3 pm - closing
Everyone welcome.
For information on upcoming events or hall rentals
please call Sheila or Trevor Holmes
450 562-8728.

Branch 192 Filiale Rouge River

Sat, May 14: Golf Tournament.
Info: Paul Pepin: 819-687-8971
Sat, May 21: Opening of the terrace
Sat, May 28: 4 pm - BBQ - season opening
Sat, June 4: 9:30 am - Flag Day - Christ Roi Church, Weir
June 5: TGIF - BBQ
Weds: 1 pm - Bridge
Tuesdays: 7:30 pm - cribbage
Mon, Tues, Wed & Sat - yoga classes
Info: Marlene: 819-687-8665
For further details call 819 687-3148 /
819 687-9143 or email mmcp40@gmail.com

RELIGIOUS SERVICES

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

HILLSIDE CHAPEL
755, du Village, Morin Heights
Rev. Terry Sheahan
Summer Sundays: 6:30 pm
If you like country gospel and to sing old hymns,
come and enjoy our Sunday evening services.
We encourage you to bring along your
instruments and join us for a one-hour hymn-sing.
Everyone welcome!
* SPECIAL SERVICE: On May 29, we will be
hosting a Gospel Sing 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.

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chabadsauveur.com

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514 918-9080 • rabbi@ste-agathe.net
Services every Sabbath,
weekend, holidays

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

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Please call to confirm service schedule

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH - MORIN HEIGHTS
757, Village, Morin Heights (450-226-3845)
Sundays 11 am: Worship service
Please join us - everyone is welcome
We are a member of the Laurentian
Regional Ministry.
Parking available on Hillside along the cemetery wall.

MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.
Please call to confirm service schedule
Everyone welcome

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

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe
The Ven. Ralph Leavitt: 819 326-2146
Sunday service: 9 am
Fellowship in the church
hall afterwards
Christians of all denominations welcome.
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for handicapped*

UNITED CHURCHES OF CANADA
450 562-6161 or 514 347-6250

KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Sundays: 9:15 am - Weekly Sunday Worship
and Sunday School

ST. MUNGO'S CHURCH, CUSHING
LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
Last Sunday of each month: 1 pm

ST ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates

**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.

LACHUTE BAPTIST CHURCH
45 Ave. Argenteuil - 450 562 8352
Pastor Rénald Leroux
Worship Service - 10:30 am

**ANGLICAN PARISH OF
ARUNDEL & WEIR**
Grace Church
Services are held at 11 am every week,
followed by refreshments served in the Parish Hall.
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

LOST RIVER PRESBYTERIAN CHURCH
5152 Lost River Rd (Lost River)
Rev. Douglas Robinson
Services will be held at 9 am every Sunday
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

**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 15: 11 am - Holy Communion
June 5: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
May 22: 9:30 am - Family and Golf
June 5: 4 pm - Holy Communion
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
May 22: 11 am - Holy Communion
June 12: 11 am - Morning Prayer
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
June 12: 11 am - Holy Communion

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Venerable Ralph Leavitt and
Rev. Nicholas Pang, associate priest
All services are at 9:15 am
May 15 - Communion
May 22 - Communion
May 29 - Morning Prayer
June 5 - Communion
June 12 - Family Service
Refreshments follow most services

ÉGLISE LAC MAROIS UNION CHURCH
802, Ch. Sainte Anne-des-Lacs (SADL)

EGLISE SAINTE ANNE DES LACS
1, chemin Fournel, SADL
All are welcome / Bienvenue à tous.

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Laurentian Club Notice

Our last activity for the LCC 2015-16 season is the
AGM and luncheon in May.

There will be a brief meeting followed by lunch and a dramatic
reading of Colleen Curran's play, "Amelia Earheart Was Not
a Spy" performed by Théâtre Morin Heights.

Monday, May 16: 11 am
Auberge du Vieux Foyer
3167 1e Rang Doncaster
Val David, QC
Tickets: members \$25 / guests \$35

For further information and to make reservations, please visit
our website thelaurentianclub@gmail.com.
Looking forward to seeing you there,

www.laurentianclub.ca

LAURENTIAN CLUB OF CANADA



Laurentian Region Cancer Support Group



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

Meeting for cancer patients,
families and caregivers:

SATURDAY AFTERNOON
May 21, 2016 - 1 pm

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

General Exchange / Discussion

Next meeting: June 18

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
or mail PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

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.

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 - Thurs: 10 am - 3:30 pm. Fri: 10 am - 2 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 Collège
Mondays: 9:15 am / Fridays: 10:15 am
FUN AND FITNESS – no experience necessary, everyone welcome.
Info: Betty Raymond: 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.

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

LOST RIVER COMMUNITY CENTRE
2811 RTE. 327

Fri, May 20: Spring Fling Pasta Night. Spaghetti Supper and cash bar. Doors open at 4:30 pm; dinner 6 pm - 8:30 pm. Adults: \$12 / children under 12 yrs. \$6 / under 5 yrs. free.
Reservations: Ruth 819-687-3733
Sun, June 19: 9 am - noon -
Father's Day Breakfast
Basket draw to benefit Prostate Cancer research
Sat, June 25: 9 am - 3 pm - Flea Market
Bake sale and canteen on site.
To book a table (\$10 each or 2 for \$15) please email barriermismit@gmail.com
Indoor and outdoor tables available.
Everyone is welcome to sell, buy or visit.
Like LRCC on Facebook at LRCC-Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
May 26, June 30 - Bible Study: Info: Linda Myer: 819 242-4856
Sun, May 15 & 29: 1 pm - 4 pm - BINGO
Tues, May 14: 5:30 pm - Closing Dinner
**We are looking for volunteers for our community kitchen project.
Cooks and drivers needed for 3 hours once a month on Thursday afternoons.
Info: Deedy: 819-242-8939

SCOUTS MORIN HEIGHTS

Morin Heights Elementary School / St. Eugene's Church
Wed evenings: 6:45 pm - 8:15 pm - meetings. Come join us!
Info: ScoutsMorinHeights@live.com

HOLY TRINITY CONCERT SERIES

4, Cambria (Gore)
All concerts begin at 8 pm
May 21: Ralph Denzer (trumpet) & the Swoon Quartet (Latin / Jazz group)
June 11: Sherman & Lee
July 16: FrelieCelte: Bilingual Celtic fold pair with Annie Moisan and Michel Collard.
Sept 3: CR5 (Country Roads 5) - Bluegrass band playing a mix of contemporary and old-time bluegrass and classic country.
Tickets: presale \$20 (under 16 - \$15) / at the door \$25 (under 16 - \$20)
Info: Linda Cass-Jones: 450 562-9620 / Jim Kyle: 514-347-1788 / Hugh Mitchel: 450 562-9249

MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugène Church,
148 chemin Watchorn, MS

May 28: 1 pm - AGM / 2 pm: Exhibition: "Our Archives on View" by Eileen Meillon.

We shall be present at the following events during the summer and would enjoy discussing local history and the functions of the MHHA

May 14: Fair / Environment Day at Morin Heights Elementary School
June 4: Morin Heights Legion Flea Market
July 1: Canada Day Celebrations at Ski Morin Heights

LAROCHELLE PRE-SCHOOL

For information on all events call 450 821 2566 / email prematernellelarochellepreschool@yahoo.ca
website: http://www.prematernelle-larochellepreschool.ca
Facebook: www.facebook.com/Pre-maternelle-La-Rochelle-Preschool
REGISTRATION – ONGOING.

M.H.E.S. SECOND ANNUAL SPRING FAIR

Morin Heights Elementary School
Sat, May 14: 9 am - 4 pm
In conjunction with the annual Town of Morin Heights Environmental / Family Day. There will be a vendor and a garage section.
Table rental: \$30 (10' x 10')
Info: Tanya: 450 226-2017, ext. 6217

UNITED CHURCHES OF CANADA EVENTS

232 Hamford St, Lachute
May 21: 8 am - noon
Yard Sale - plants, books, bake table, odds & ends.
Fundraiser for Lachute United Church
Grenville Community Centre
June 29: 6:30 pm - 8:30 pm - Strawberry Social
Entertainment provided by the 4-H Club dancers.
Adults: \$7 / children \$2.50 / under 6yrs. free

LAURENTIAN LITERACY COUNCIL EVENTS

505 Bethany, Lachute (Rm 302)
450 562-3719
June 11: 6 pm - Fundraiser - Famous Steak Supper
Dunany Golf Club (2053, Dunany Rd)
Dinner / Raffle / Silent Auction
Tickets: \$35 - sold in advance

GARAGE SALE St. Simeon's Church

455, rue Principale, Lachute
June 4: 8 am - 2 pm
Welcome to all / Bienvenue à tous

15th TOUR DU LAC ST-JOSEPH FUNDRAISER

Park Adolphe-Jodin
May 15: 9 am – Registration \$8
Hot dogs & Italian sausages / live entertainment on site from 11 am – 3 pm
Chemin Tour du Lac & Chemin du Village will be closed between 9:30 am and 4 pm
Proceed to benefit the Canadian Cancer Society
Info: 514 519-3252 /letourdulac@gmail.com

GARAGE SALE FUNDRAISER FOR CATS

In front of Lebeau Vitre d'Auto (313, Bethany, Lachute)
May 21 & May 22
If you have items to donate, please drop them off at the location on Saturday morning or call for info: 450 562-3781 ext. 307
Proceeds to benefit the CSRM program for cats.

SPRING CONCERT

Ensemble Vocal
L'Église St-Louis-de-France, Brownsburg-Chatham
Sat, May 28: 7:30 pm
Songs from Brel, Lavoie, Fauré, Vigneault, Webber

HAM & SALAD SUPPER

Grenville Community Centre
June 4: 5 pm - 7 pm
Adults: \$12 / children \$5 / under 5 - free!
Desserts included
Hosted by the Grenville Women's Institute.
Everyone welcome!

MEDITATION HOUR

St. Francis of the Birds Church
94, St. Denis - St. Sauveur
Wednesdays starting
June 15: 7 pm - 8:15 pm
Followed by coffee and fellowship
Everyone welcome
Info: Peter: 450 227-3244

CULTURAL EXCURSION TO OTTAWA

Trip to the Canadian War Museum
On **June 15**, the Municipality of Morin-Heights invites you to an outing in Ottawa. There will be a visit to the museum, lunch at the Byward Market (not-included) and a guided tour.
Deluxe coach, snacks included.
Info and registrations online now open
www.morinheights.com
Cost: Residents: \$20 per person / non-residents: \$40.

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

Your care is our Primary Goal

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579 A, bureau 4, Principale, Lachute, Qc, J8H 1Y3

SEEKING MISSIONARIES VOLUNTEERS FOR THE LAURENTIAN REGION

51st Finals of the Quebec Games Montreal
July 17 - July 25
To assist with young athletes
Info: Dang Thanh Bui: 450 229-2200
sports@loisirslaurentides.com



Healthy Channels Shoulder Pain and Acupuncture

Christopher Garbrecht, Ac. – Main Street

If you, or someone you know, has shoulder pain, you're not alone. In my clinic, shoulder pain is the second most common physical ailment that I treat after lower back pain. We ask a lot from our shoulders. These joints have the largest range of motion, and yet they must be strong and stable enough to allow us to move heavy objects.

In order to have more insight into shoulder pain, it is important to understand a bit about the anatomy of the shoulder. The shoulder joint consists of the humerus (arm bone), the scapula (shoulder blade), and the clavicle (collar bone), which articulates with both the scapula and the manubrium (the top of the sternum, in the center of the chest). If that wasn't enough, there are 19 muscles that can affect the shoulder. It is this grand diversity of joints and muscles, which makes the shoulder joint so strong, but can also make the cause of shoulder pain more difficult to identify and treat.

Rotator cuff injuries are very common, and acupuncture is very good at treating these. Four muscles, and their tendons, make up the rotator cuff. They initiate all the movements of the shoulder and they stabilize the joint. These muscles often develop micro tears, or worse, resulting in inflammation, pain, and/or weakness. A frozen shoulder falls into this category and has very little range of motion and can be quite painful.

In my experience, shoulder pain is easier and quicker to treat when it is a more recent injury, as in the first three months after the pain started. It can be treated later as well, but will usually require more treatments for a full recovery. That is why it is always best to treat your injuries sooner rather than later. It saves you time and money.

The goal with acupuncture is to reduce the pain and increase the mobility of the joint. At least, some relief and improvement can often be seen and felt during the first treatment, but a few treatments will most likely be necessary before the shoulder is back to top shape.

There are many good shoulder exercises you can do, but this is one of the simplest and yet one of the most effective. It's called the pendulum. Bend forward at the waist and let your arm hang down. You can place your other hand on a table or counter to help your balance. Sway your body a little so that your arm swings in small circles. Start with 2 sets of 10 revolutions and work up to 2 sets of 20. Go in both directions. You can also add a light weight – a can of soup works great.

Hope this helps, and enjoy the spring!

If you have any questions about acupuncture, or would like to schedule an appointment in Morin-Heights or Val-David, you can call me at: 819-219-0048. You can also visit my website at: acupuncturevaldavid.com.



Fit Tip #104 To Juice or To Smoothie?

Lisa Mclellan – Main Street

What should I do, Juice or Smoothie? Both are loaded with nutrients, give you an energy boost, and taste fabulous. But they're not the same thing. The difference lies in the machines used to make them.

Juicing is the process of extracting the juice (the liquid content) from fruits, vegetables and herbs. This process requires a juicer. The best quality machine is one that extracts slowly, by pressing, and preserving the greatest amount of nutrients, while removing all fibre. Juices are vitamin and mineral infusions, which are absorbed directly into the blood stream with maximum efficiency and minimum effort. They are particularly good for people who have damaged digestive systems, who have difficulty in digesting vegetables, or, are ill in any other way. Drinking only juices deprives your body of essential dietary fibre and delivers massive doses of rapidly absorbed sugars into your bloodstream. You can drink a freshly-made, mostly vegetable juice daily, but you can't live on juices alone. They do not provide all of the essential components the body needs for health.

A smoothie is a drink made from combining whole fruits and vegetables in a blender – preferably blended at high speed - for best nutrient-dense results. Contrary to juices, smoothies retain all of their fibres. Blending shreds plant fibres to ease their digestion. Insoluble dietary fibre is essential for proper digestive function. Fibre cleanses the colon, binds to toxins in the intestinal tract, and "sweeps" them away through the process of elimination. Soluble fibre slows the absorption of sugar and allows the body to better regulate blood sugar levels vital for the prevention of Diabetes Type 2. Smoothies are versatile, and a great way to START introducing more raw foods into your diets. You can do greens, other veggies, fruits, nuts, seeds and superfoods, protein supplements, herbs, spices ... anything that you can dream up, you can add to a smoothie! Keeping your smoothies on the simpler side (2-6 ingredients) will be much better for your digestion. Smoothies will make you feel fuller and more satisfied than juices. They can replace a meal.

Our bodies need the vitamins, minerals and enzymes that raw foods contain. If we don't get enough of these in our diets, our reserves become low, leaving us more susceptible to illness, disease and premature aging. Both juices and smoothies have their place and purpose. Neither one is better than the other. We all need plenty of fresh vegetables and fruits, whether we eat, juice, or blend them. They are nutrient-dense powerhouses.

So, go ahead, juice and blend - but don't overdo the fruit! Too much sugar equals weight gain. Fruits are good for cleansing, while veggies, especially greens, are good for building. When you make your own drinks, you know what's going into them: no refined sugars, no colourings and no additives. Just pure, wholesome fruit and veggies, making you healthy, and clean from the inside out!

There is something to be said for doing "food resets." That is, going back to the basic tenets of healthful eating (mainly eating whole, minimally processed, largely plant-based foods) to re-acustom the taste buds to more subtle flavors. That, however, should not be confused with a cleanse.

Hawkesbury
76 Main St W,
613-632-8133

Blainville
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Lachute
89, av de la
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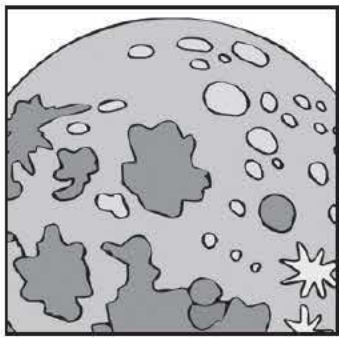
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Zach Factor Free Energy

Lys Chisholm & Marcus Nerenberg -
Main Street

Imagine a world, where we have a device, stored in a medium-sized container at the end of the road, that powers all our electrical needs; the washer, dryer, computer, heating, and it charges our electric cars, as well as about 20 other homes. There are no wires, poles or electrical grid to crash and burn with every solar maximum. There is no pollution, nothing to burn and contaminate the air. And, best of all, there is no cost - except for a small collective HOA fee to ensure its maintenance. Imagine now that this form of free energy already exists. It is called Zero Point energy, an anti-gravity machine.

Free energy is not a new concept. At the beginning of the twentieth century, an eccentric engineer, named Nikola Tesla, actually developed a device that aimed to provide free electricity to everyone. When his test system was being built, his financial backer, J.P. Morgan, withdrew his funding and Tesla's lab suffered a devastating and questionable fire. Morgan, at the time, had a monopoly on the copper wire market, essential for power lines. Electricity that is transmitted through, or drawn from, the air did not need a physical transmission grid. Greed overcame social responsibility and Tesla's ideas were ignored for over a century.

Research on Free Energy presents two conflicting stories. Those who believe that the Tesla generator works put forward arguments that the established energy giants, such as Mobil and BP, who deal in oil, gas, coal and nuclear production, collude to protect their multi-trillion dollar positions. Scientists, and other interested parties, have claimed that the present-day energy industry spares no expense to suppress ideas that will take profits out of their coffers. How can we meter and make money from free energy?

On the other hand, there are those who specialize in debunking progressive inventors. Debunkers say that there is a lack of definitive proof or demonstration of what the inventor claims. To debunkers, there are countless rogue scientists and engineers who will go to great lengths and personal expense to perpetrate a hoax. The fact that our world is rife with egotistical nut-bars needs no additional research, whether one follows global politics or looks into one's own backyard. Yet, private inventors work tirelessly in the field of anti-gravity, or zero-point generators. The real progress in this field has already been made by the military in jealously-guarded secrecy.

The "proof" that unconventional energy generators and propulsion systems exist leads us through another existential mine field. We look to the sky and find the UFO phenomenon - another divisive area. Astronauts, like Edgar Mitchell, who walked on the moon, have stated publicly that alien craft do exist and that he has seen evidence. Retired Sgt. Clifford Stone, US Army Extra-terrestrial Retrieval Team, went public with statements that reveal he has, over his military career, cleaned up several flying saucer crash sites, which included non-terrestrial humanoid bodies. There are also over 4000 incidents of landing events that have left physical evidence and 3500 recorded pilot sightings of UFOs. Both the French and Mexican governments have released all their UFO reports and photos.

Other-worldly craft employ propulsion systems that are literally light-years ahead of anything we are using here on earth. They have been observed and photographed thousands of times, silently manoeuvring in ways that are impossible for any craft that we humans have produced. The best flying machines that our society has publicly claimed to possess are thundering through the sky, nosily burning thousands of tons of fossil fuel.

For decades, the American military has been developing aircraft in complete secrecy. The legendary Area-51, in the remote dessert of Nevada, is run by the CIA. For more than 50 years this facility did not exist officially, and only in 2005 did the US government finally admit that they had a top-secret base there. Aircraft tested at Area 51 were kept secret for years and, to date, the public is given scant information through the tiniest crack in the door. The most concealed aspect of Area 51 is the alleged repository of alien space craft and bodily remains which is the focus of the most advanced research on Earth.

If alien craft really exist, (ask Hillary Clinton), they use technology that we have the capability to back-engineer or discover for ourselves. Either way, it does not defy physics, it just redefines physics as we have done numerous times in the past, both distant and recent, as each new discovery shifts our world paradigm from imagination to reality.

Initiation to Medicinal Wild Plants Ferme Rouge Vallée

663, Chemin de la Rivière Rouge
Sat, June 11: 10 am - 3 pm

On June 11, Ferme Rouge Vallée (Harrington) will be hosting a conference and workshop on the benefits of our indigenous, wild, natural plants and herbs. The day will include a discovery-guided tour in the forest and on the farm. Invited guest will be Anny Schneider, therapeutic-herbalist and author of several books on the topic of herbalism. Participants are encouraged to dress appropriately for the weather of the day and bring with them a camera, notebook and pen, tape, water and a healthy lunch.

For full details please call Sylvie Houle: 819 687-2577



The Story Behind Ron Cooke, Arundel

Joseph Graham - Main Street
joseph@ballyhoo.ca

Arundel, June 25, 1963, school had finished for the summer and a few of the older kids went off for a swim.

They'd done the same thing earlier in the month. The cold water or the mosquitoes, that was the choice. Ron Cooke dove in, but the water had changed. He disappeared, didn't come back up. Bob Staniforth ran into the water and pulled him to the shore. Something was very wrong. His head seemed loose.



Someone got Edward Miller over with his station wagon and they lay Ron in the back and drove straight down to the Montreal Neurological.

Ron Cooke had just completed grade 9. When he was younger it was like he had been born as an adult. He loved to go out hunting with his grandfather, Herb Cooke, and his dad, Doug. At nine, he brought down a deer with a clean shot and took a moose at 11. He was always thoughtful and generous, quick to give away what he had, in response to the smallest provocation. He was popular, a friend, a guy you could count on. But he was carrying some hidden burden. He began to experience depression, lost his motivation and stayed out of school, which became a serious worry to his family. As a result, he was old for grade 9, going on 16.

His elder sister, Judy, heard that Ron had been driven off to the Neuro. It seemed surreal. No other news. The road from Arundel to Montreal is not short. A station wagon is not an ambulance. They got him there as quickly and carefully as possible. Ron came out of it a quadriplegic, with ten percent use of his arms, and would spend his life in a wheelchair.

Somehow, after his convalescence at St. Mary's, he came home full of the spirit and energy he would need to rise to this new challenge. With his arm, rigged to a metal hand, he could perform simple tasks. He could dial the phone and slowly taught himself to do more.

Ross Sykes, his cousin living in Montreal, coaxed Ron into his line of work. Ross was an insurance broker. Ron's sister, Judy Staniforth, described how Ross literally provided him with a lifeline, encouraging Ron through the process and acting as his mentor. Ron could work on the phone, from home. He had a good memory and when he wanted to learn something, he did.

He got his broker's licence at eighteen. They let him do the four exams orally. He had a human touch, listening and finding the best for his clients. He solved people's problems. Many never knew he was bound to a wheelchair. He developed into a charming, considerate man whose voice carried, whether over the phone, on the radio or in person.

He was in his late twenties when he met Doreen Pedicelli. Older than Ron, with three boys in their teens and a daughter of seven, Doreen helped him in his office at the Cooke home. As she got to know him, she felt her life change. Her own siblings thought she was crazy. Nicest guy in the world, but he's in a wheelchair; but Doug, Ron's father, observed how happy Ron was when Doreen was around.

When they married, they moved to their own house on the Cooke's farm. Doreen drove, which helped Ron to become more mobile, and she also engaged Charlene Craig and Patricia White to help him in the office. Patricia became his right-hand gal until she retired.

As the business grew, Arundel became Ron's passion. A fifth generation Cooke of Arundel, he began taking an active interest in the town's affairs. When the English school was threatened, he got involved and it was turned into a much-needed French immersion school. He promoted the conservation of the train station, sat on the municipal council, was involved in the Arundel Citizen's Home, the Stephen Jake Beaven seniors' residence and even encouraged the vision of a health cooperative.

Even though Ron claimed to have never really liked insurance, he liked people, and his main legacy may be Dubé, Cooke, Pedicelli Insurance. In 1988, Doreen's son, Mark Pedicelli, joined the firm and in 1998, they took on a new partner, Jonathan Dubé. After a period of rapid expansion, Ron retired in 2000. Having seen Ron row successfully against the currents of an industry and cultivate the human face of insurance, Mark recently bought out his partner and has vowed to return to the philosophy that characterized Ron's style.

Ron had a way of reaching out to people. Georgina Downie, his sister-in-law, gives us an example. Exuberant after a day skiing, she shared her experience. Suddenly self-conscious and disturbed that he could not participate in such activities, she asked him if he missed skiing. He paused, thoughtfully, then quietly asked her, with his loving calm, if she missed Sumo wrestling.

Ron lived in his mind, sitting in the centre of its vastness, never possessing it, but sharing it as though it was a part of the commons.

A celebration of Ron Cooke's life will take place at 1 pm, May 21, at the Arundel Cemetery on Rue du Village, and will continue from 2 pm to 5 pm at the Arundel Golf and Country Club, 60 chemin du Golf.

All who knew him are encouraged to come and share their memories of him.

Obituaries

COME CELEBRATE a life well lived
Funeral and Memorial Service
for
Row Cooke
May 21, 2016
1:00 Burial (Arundel Cemetery)
2:00-4:00 Sharing of Memories
(Arundel Golf Club; 60 chemin du Golf)

CELEBRATION OF LIFE
MONTGOMERY, Hebert Charles
Who passed away January 19, 2016, at the age of 64, was the son of Laurence Ward and Myrtle Copeland. Please join us for a celebration of his life in a service to be held on Saturday, April 16, 2016 at 11 am, at Mille Isles Christ Church. Reception will follow service with good conversation and fond memories.

WESLEY, James Williams
(1930-2016)

Passed away peacefully, after a short illness, at the CISSS des Laurentides Saint-Jérôme, at the age of 86. Beloved husband of the late Theresa May Gaylor. Pre-deceased by his son Ricky and his daughter Cindy. Loving father of Randy (Ann) and Jerry (Jennifer) and fond step-father of Tess (Patrick). Grandfather and great-grandfather. Remembered by Shirley and Brenda, his good friends Glen and David, extended family members and friends. As per his wishes, there will be no visitation. A graveside service will take place at the Bolton Center Community Cemetery, Eastern Townships, on Sunday May 15, 2016 at 1 pm with reception to follow. At the family's request, donations can be made in his memory to the Heart and Stroke Foundation. Rest in peace: Dad, Wesley Mohawk, Beaver.



GLASS, Jean (née Aulenbach)
1926 - 2016
Holy Trinity Church
12 rue Prefontaine Ouest
Ste. Agathe des Monts, Quebec J8C 1C3
May 14, 2016: 11 am
Refreshments to follow.

GORDON, George A.
(1934 - 2016)

At the Ottawa Hospital - Civic Campus, on April 23, 2016 at the age of 82. Long-time member of Argenteuil Lodge 67 and Lachute Chapter 56 O.E.S. Beloved husband of Freda McDonald. Loving father of Terry (Colleen Russell). Cherished grandfather of Christopher, Elizabeth, Elliot, Heather and Sarah. He also leaves behind his cousin Brian White and his wife Donna. Pre-deceased by his brother-in-law and sisters-in-law, Norma (late George), Betty (Yves), Bruce (Evelyn) and Flora (Don). He leaves, Kathleen (Murray), Angus (Beverley), Brenda (Reg), Malcolm (Linda), Linda (late Bill), his nephews and nieces, and many friends. A service was held on Sunday, May 1, at 4:30 pm in the chapel of Mozart Desforges Inc. Funeral Complex.



MADDEN, Philippe

Tragically, in Brownsburg-Chatham, Qc., on Saturday, April 2, 2016 at the age of seventy-six. Beloved husband of Beverley Toohey. Dear father of Elizabeth (Denis), Kevin (Josee), Leonard (Charlyne), Stephen (Donna) and the late Louise. Loving grandfather of Tom, Christopher, Erika, Shawny, Samuel, Felicia, Nicolas, Stephanie, Ariel, and great-grandfather of Hayley, Brooke and Kingston. Also survived by his brothers, sisters, nephews, nieces, cousins and friends. A Memorial Service was held on Saturday, April 23, 2016 at 11 am at the Margaret Rodger Memorial Presbyterian Church, 463 rue Principale, Lachute, Qc. In lieu of flowers, donations to Parkinson Quebec, 471-550 Sherbrooke St., West, West Tower, Montreal, Qc. H3A 1B9 would be appreciated by the family. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.



In Loving Memory
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

MADDEN, Philippe

The family of the late Philippe Madden, who passed away on April 2, 2016, wishes to express their thanks to family and friends for their visits, memorial donations, flowers, attendance at the funeral and food that was sent to our home. Please accept this as a personal Thank You.

Sincerely,
Bev and Family

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Upcoming Activities

Personal Sessions to Relieve Stress
Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe. Call for an appointment.

Comforting Tea
For cancer patients or those in remission
Fri, May 27: 10 am - 11:30 am (Ste-Agathe)

Coffee Meeting for the Bereaved
May 18: 1:30 pm - 3 pm (Ste-Agathe)

Group Meeting for Those in Mourning
Learning about and progressing through the 10 steps of grieving
Started Feb 1 (Mont Tremblant)
Started Mar 14 (Ste Agathe)
Call for information.

Regenerating Yoga - for close family, caregivers and the bereaved
May 16: 4 pm - 5 pm (Mont Tremblant)
Until Apr 27: Wednesdays, 10 am - 11 am (Ste-Agathe)

Support Training for Palliative Care
May 25: 9 am - 3:30 pm (Mont Tremblant)
This training is intended for all those wishing to acquire skills, knowledge and attitudes for support in palliative care of a relative or friend. Open to all.



New Health Passport Now Available

By Kim Nymark

Several years ago, a community organization serving the English-speaking community of the Chaudière-Appalaches Region in Quebec, decided to invest resources it had received from Health Canada into a pocket-reference guide that could be used on visits to the doctor or an emergency room. They felt that carrying a pocket guide containing personal health information, and some basic vocabulary, necessary for these visits, easily available for use, could improve the outcome of these visits to French-speaking health care professionals, and, ultimately, benefit the quality of care received by the individual. The pocket-reference guide was a huge success! This model has recently been adapted for the Laurentians, and is now available for you. Please contact 4 Korner's Family Resource Center at 1-888-974-3940 or info@4kornerscenter.org to find out how and where you can pick up your copy.

The CHSSN (Community Health and Social Services Network) decided that an electronic version of this passport would be a great complementary tool. Once again, this project would not have been possible without the financial support from Health Canada, and their Official Languages Support Program. The Health Passport App was designed to help you, and your family, keep track of essential health information. It also, like the printed guide, puts helpful words and phrases in French at your fingertips when you go to the clinic, or during an emergency. You can download this App by visiting our website at: www.4kornerscenter.org. It is displayed, for your convenience, on the home page.



Saint-Sauveur Honours Volunteers

On April 10, the Ville de Saint-Sauveur held its traditional brunch in honour of community volunteers at the Manoir Saint-Sauveur. The event was organized by the Service de la vie communautaire and was sincerely appreciated by the 250 invited guests.

Le Choeur des jeunes de Saint-Sauveur welcomed the guests upon their arrival and Denis Landry, a professional photographer and president of the Club photo des Pays-d'en-Haut, generously offered his photography services for the occasion.

Speeches honouring the volunteers and highlighting the value of their time and energy in support of their communities were presented by Ginette Gilbert, directress of the Service de la vie communautaire and Mayor Jacques Gariépy.

The evening's host was Tommy Belangér, of Productions Hugues Pomerleau inc.

Participate in the walk-a-thon for alzheimers

Baron Park, Lachute
Sunday, May 29

Registration 9 am / depart 10 am

Honorary President - M. Yves St-Denis

Special guest - Sandrine Lascombes

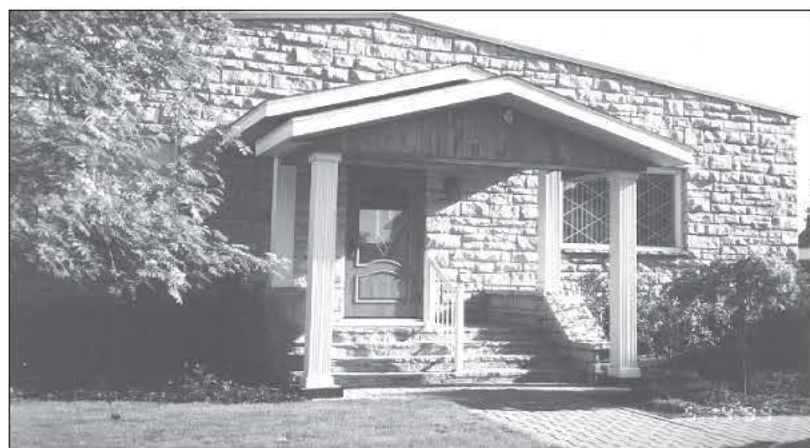
Individuals: \$15; families: \$30 (2 adults, 2 children);

elite: \$15 plus \$200 donations.

Full details at www.marchepourlalzheimer.ca



J.P. MacKimmie Funeral Home

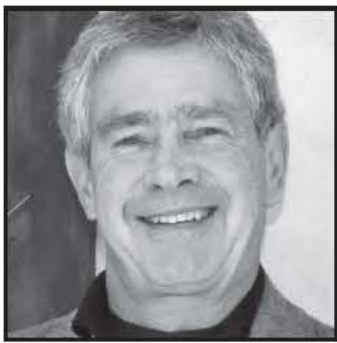


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RISK INVESTING AND FEES

Understand the role that risk plays in your portfolio and the new laws for fee transparency

It's essential to understand risk, in order to plan for your financial future, because risk and returns are intertwined – you can't have one without the other. In general, taking on more risk can provide the opportunity for both greater rewards and greater losses. It's important to note, too, that investment risks go beyond market ups and downs.

Some risks of 'low-risk' investments

'Low-risk' doesn't mean 'risk-free.' Here are two examples of the risks associated with low-risk investments. The first is inflation; if your returns don't keep up with it, the purchasing power of your savings could be reduced, even if you don't make any withdrawals. The second is the risk of longevity – the possibility that you could outlive your money, if your investment growth does not keep up with what you spend.

Some risks of 'high-risk' investments

And how about high-risk investments? Here are two examples of the risks associated with them. One is market risk – the chance that you will lose some, or all, of your money, if the market value drops substantially. Investments outside Canada may also be subject to currency risk. For example, if you invest \$100 CDN in a U.S. dollar denominated investment, and the U.S. dollar declines by 10% against the Canadian dollar, your investment will be worth \$90, even though the U.S. investment value would not have changed.

Speak with your advisor

Risk affects people differently, so it's very important to discuss your personal feelings about risk with your advisor. Together, you can build a portfolio designed to achieve your goals within your comfort zone.

Here are three strategies to help you manage risk, while alleviating the effects of market fluctuations:

Dollar-cost averaging: investing a small amount regularly lets you buy at different price points and average out the cost of your investments.

Diversification: investing in different asset types (for example, stocks and bonds), industries and countries, can help reduce the impact of underperformance in any given category.

Keeping pace with life's changes: meeting regularly with your advisor and adjusting your portfolio as you move into different life stages can help keep your investments aligned to your time horizon and tolerance for risk.

Talk to your advisor if you have questions about fluctuations in the value of your investments. It's important that you remain comfortable with your portfolio, and that comfort can come from a better understanding of the changing risks.

FEE TRANSPARENCY

The investment world is changing rapidly as a result of CRM2 (client relationship model). Over the past 2-3 years, advisors have had to educate clients about various charges and fees involved in mutual funds, stock commission charges, and other on-going embedded, and on-going, fees that would deplete the gains, or enhance any losses, in a given investment.

The final phase will take effect in July 2016. This phase will present the introduction of annual Charges and Compensation Report, along with the reporting of your annual performance.

What does this mean to you as an investor? You will know exactly how much you are paying for your investments. Fee transparency is no longer just an option...it's the law. My suggestion to you is to talk to your advisor when you receive these new documents so that you fully understand the costs for advice and direction. You might want to explore the options available to you, in terms of value, for what you pay to your advisor. An investor with \$150,000 to invest, outside an RRSP, will probably be better off working on a fee-based account.

If you want to discuss this with me, please call me at 514-788-4883. My mobile is 514-949-9058 or email me at Christopher.collyer@manulifesecurities.ca

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



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I'm Just Saying A Day in the Life

Ron Golfman - Main Street

A few weeks ago, I went for a pint with my friend Tommy and ended up talking to a few people who were kind enough to say that they read my monthly article regularly, primarily because they felt I said, publicly,

what they thought and experienced. After a moment of vanity and self-aggrandizing, I made a mental note to pay closer attention to the little things that spark thoughts and emotions in one's day, and translate them into this month's submission.

Driving back from St. Jérôme, a town, I admit, is not my favorite, I was cut off by two adults on bicycles who, literally, came out of nowhere, and almost collided with me. As I raised one hand to display my favorite digit, simultaneously, the newsmen on my radio was explaining that the police were pushing to have the right to ticket cyclists who were riding while drunk, putting themselves, and others, in peril. Interestingly enough, a cyclists' advocacy group was fighting this notion, because sanctioning them would affect all those who used their bikes as their main mode of transportation. What logic?

Only days later, I awoke and looked in the mirror only to discover that half my face was paralyzed. Fortunately, I was aware that it was not a stroke, as I realized that I was, indeed, looking in the mirror, which meant that it was not one of the usual "stroke" symptoms, leaving me to wonder what was going on instead. Admittedly, frightened, I called Tommy to drive me to Dr. Spunt's clinic, where the doc saw me right away (great guy, comforting doctor) and sent us off to the Ste. Agathe hospital, with the knowledge that Bell's Palsy, a virus, was likely my problem.

After 8 hours, the diagnosis was confirmed but, given that I come from a small town, where news, accurate or not, travels fast, I was getting messages saying I had experienced a stroke, had scurvy, to name a few ailments. Upon leaving the hospital, I asked the doctor if I was okay to drive, to which she replied, "c'mon, this event is upsetting; you're really asking if you can now go for a few beers," which was not only heartening, but she also gave me the green light, suggesting I had earned it. Tommy and I stopped at the local watering hole to quell the rumors (akin to Mark Twain's famous "rumors of my death are greatly exaggerated"), where several kind friends were waiting, not only to encourage me, but to offer up all the sardonic humor they could muster, given my condition. I am grateful for both.

So, I'm just saying, to all those readers who share the common thread with me, pay a little more attention to the little things, as they provide humor, and remind us to appreciate others in our lives, while keeping things in perspective.

Specail birthday wishes Danny & Terry

I would like to wish my son, Danny, a most happy birthday, celebrated on May 12, from his mother, Janet, and all his brothers, sisters and friends. Also, loving birthday wishes to his brother, Terry, on his birthday, May 11, from the entire family.



The English Link Beware of Fraud (part two)

By Kim Nymark - Main Street

With fraud becoming more and more predominant today, I decided to dedicate a series of three articles to

fraud. Last month, I addressed the "grandparent scam," this month I will cover Internet fraud, and next month, identity theft.

Whether it involves money, a miracle product or service, or even love, the same old approaches used by fraudsters are still around today, but have been adapted to the world of cyberspace. Today, scams may come from anywhere in the world, by email, or through websites, or often both. Fraudsters capitalize on people's lack of understanding and vulnerability, using various means to get their hands on your personal data.

They may:

- Encourage you to install a malicious application, or download malware, that could damage your computer and steal your personal information;
- Use a Bluetooth connection, enabled on most mobile devices and notebook computers, to gain access to personal information;
- Send you unsolicited emails, or instant messages, to get sensitive information from you;
- Create websites that mimic legitimate ones, such as banking websites and commercial websites, or even social media, again to collect your personal information;
- Inform you by email that you have won a prize, or received an unexpected inheritance, but that fees must be paid in order to collect.
- Appeal to your compassion to get money under various pretences. They may also try to obtain intimate photographs that can then be used to blackmail you.



Making it Work in the Laurentians

Resiliency: The Key to Weathering Any Job Search

By: Andrew Taylor

Weeks have gone by since you applied for that ideal position and there's still no response. The same goes for the dozen other job applications you have on the go. Now, the last thing you feel like doing is applying to more companies. Sounds familiar?

Any long-term job search comes along with obstacles, and overcoming them takes resiliency. Luckily, resiliency - the ability to bounce back when faced with difficult events - is a life skill that can continually be developed. Here are some resiliency-building "workouts" to help you stay on track until that well-earned job offer comes your way.

Maintain a Balanced Perspective

When your entire world is focused on your job search, it's easy for a rejected application, or interview, to feel devastating. So it's important that you watch any negative self-talk and reframe your thinking. After all, it's easier to bounce back from a setback when you focus on positives.

Think of five reasons to feel good about your situation. Perhaps you're meeting new people? Spending more time with family? Focus on positive feedback from past employers too. It's a reminder that your lack of job hunt momentum is not a reflection on your professional abilities.

Also, if you didn't get an offer following your latest interview, reflect on the areas where you excelled; your spot-on responses can be used again next time.

Manage What You Can

Another difficult emotion to deal with during any job search is the feeling of not being in control over your current situation. Remember, there are always aspects of your life that you can manage, so take control of what you are able to, and let go of the rest.

One thing you can control is the use of your time. For many, having goals provides purpose. So create a timetable, including actionable items to complete. It's not healthy to dedicate every moment to one task, so make time for unrelated activities too. Try volunteering; it's a great reason to leave the house and can offer a sense of purpose when you need a boost, not to mention that it looks great on your résumé as well.

Find a Support Network

The job search process can be emotional and it's normal to feel overwhelmed at times, but you don't have to face it alone. By sharing concerns with family, friends or others in your network, you'll be in a better position to tackle setbacks. There are plenty of groups to turn to for help too. Many universities have career placement services, and the non-profit organization, YES, offers a series of Focus Groups throughout the year, where job seekers can share experiences in a peer-to-peer environment.

With some resiliency training, you'll see that each obstacle on the road to employment is part of the journey, not the end of it. Now, take a deep breath, dust yourself off and keep on going strong.

Looking for career direction? YES offers a variety of workshops and career counselling services for job searchers. Find out more by visiting us at www.yesmontreal.ca.

BE CAREFUL AND SKEPTICAL! There are ways to protect yourself:

- Use strong passwords that contain upper and lowercase letters, numbers and special characters, and that are at least eight characters long. Don't use your pet's name or child's date of birth... these can easily be decrypted;
- Protect your computer with a firewall, antivirus and malware software, and spyware blocker. These products must be kept up to date;
- Be suspicious of free software or applications. Always read the licences and confidentiality policies before installing them, in order to avoid giving virtually unlimited access to your personal information;
- Protect your information. Encrypt sensitive documents and back up all your important data regularly. Remember to lock your devices when you are not using them;
- Protect your Wi-Fi network at home. Public Wi-Fi networks are also vulnerable. Avoid making financial transactions or purchases on these public networks;
- Look for the padlock symbol on websites or the https:// at the start of web addresses (the 's' stands for secure). This will help you to ensure that the website is encrypted when you must provide personal or financial information and passwords;
- Finally, always think twice before you click on a link, or open a file, from an unknown origin. Never reply to emails that ask you to verify your information or to confirm your user ID or password.

If you find dubious content on the Internet, if you suspect cybercrime or commercial fraud, or if you believe that you have been a victim of fraud, file a complaint with the police agency that serves your community and notify the Canadian Anti-Fraud Centre at 1-888-495-8501 or at www.antifraudcentre-centreantifraude.ca. This website offers a lot of invaluable information. You can also notify authorities of a fraud, anonymously and confidentially, by contacting 'Échec au crime' at 1-800-711-1800 or at www.echecaucrime.com. The website is in French but has an 'Online Reporting' option where you can fill out the necessary forms in English.

kim@4kornerscenter.org for the English Communities Committee of the CISSS des Laurentides (des Sommets region) and 4 Korners Family Resource Center: 1-888-974-3940 or 819-324-4000 ext. 4330.

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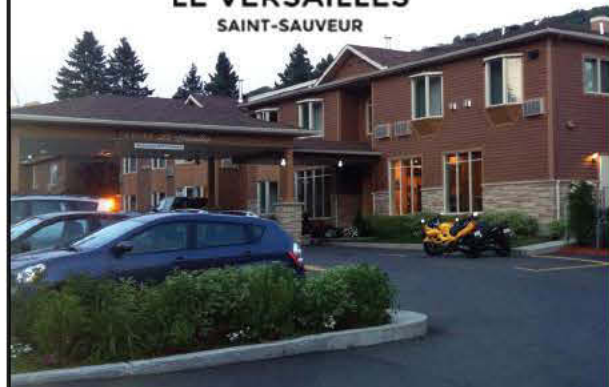
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NEW!
LAKE DAWSON @ 2690005: Spacious and furnished open concept home with 4 bedrooms on Lake Dawson! 2 bathrooms and attached garage. Balcony facing the lake, large flat lot and paved driveway. Easy access to Mtl at less than 1 hour and only 10 minutes from the ski hill, 18 min. from St-Sauveur. Ideal as principale residence or a cottage for a large family all year round! **MLS 11356249**

NEW!
LAKE CROOKS @ 2250005: Beautiful country home on Lake Crooks only 15 minutes from Lachute. 2 bedrooms with possibility of a 3rd, wood stove, 4 seasons, very nicely landscaped lot to take full advantage of the lake life! Large dock, sandy waterfront, easy access even in winter, close to golf. Come and discover this little piece of paradise! **MLS 20416341**

ACCESS TO 2 LAKES, GORE @1390005: Country home with access to Lake Barron and Lake Bird. 2 bedrooms with the possibility of 2 more in the basement. Private lot. Large living room with wood fireplace, open concept with kitchen and dining room. Patio door to balcony off of dining room. 10 min. to ski hills, less than 1 hr from Mtl. **MLS 18081355**

DUPLEX IN LACHUTE: Duplex with 2 X 41/2 on a quiet street, nicely renovated. Fenced-in backyard, wood, ceramic & floating floors. Bathrooms redone, wood kitchen cabinets. Spacious. Close to all services. Parking space for 4 cars, shed, hydro/heat-ing at the expense of the tenants. **MLS 20870575**

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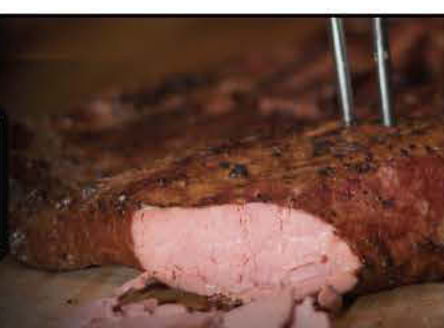
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ANNUAL GENERAL MEETING 2016

The president of the Caisse Desjardins de la Vallée des Pays-d'En-Haut, Mr. Jean Beauchamp, was proud to present at the 4th Annual General Meeting of the Caisse Desjardins de la Vallée des Pays-d'En-Haut, the portrait of a co-op that serves its members and the community.

A CO-OP THAT STANDS OUT IN MANY WAYS

Members have invested for several years in a fund for community development assistance allowing the Caisse to support developmental projects that contribute to the wellbeing of the population.

Education at the heart of our mission

Education is at the heart of the Caisse's mission, we are proud to contribute to the Desjardins Foundation. In 2015, our Foundation has distributed over \$ 1.6 million in scholarships and support for various initiatives promoting educational success of our youth. Our fund has awarded more than \$ 8,400 in scholarships to youth graduating secondary 5 in our region. These are all practical ways to help the next generation.

"Desjardins Member Benefits"

In 2014, Desjardins has put forward exclusive benefits for its members: the "Desjardins Member Benefits". These are privileges reserved for you as a member of Desjardins; discounts or rebates offered on many products and services, as well as exclusive discounts at many merchants.

These results encourage us to continue our efforts

In 2015, our fund has recorded operating surpluses of \$ 3,098,000. These results reflect the commitment of members to our financial services co-op. They also reflect the sound management of the fund business. This performance encourages us to continue our efforts to offer services and solutions that best meet your needs.

With a business management volume of \$ 1.33 billion, up 5.1% from 2014, the Caisse is well positioned in its market. Through its membership of the Desjardins Group and its subsidiaries, the Caisse is able to offer its members a full range of financial products and services that meet their ever-growing needs.

The assets of your Caisse was \$ 628.1 million, down 0.8% compared to 2014 while the liabilities were \$ 579.8 million, posting a 1% reduction. The borrowing decreased by 14.1% and now total \$ 167.7 million.

These results are closely linked to the confidence you have shown us, and we are grateful. It is through this loyalty from our 19,200 members that we can all enjoy the benefits of the co-op and continue our development.



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