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Regions and Rurality Funds: Prepare your applications

In view of the 2023 edition of the call for projects of the Regions and Rurality Fund (FRR) – section 2, the MRC des Laurentides wishes to bring to the attention of interested parties that the launch date of the call for projects scheduled for November is fast approaching. It encourages organizations, municipalities and private and social economy enterprises wishing to submit a future application to begin preparing their file now.

The amount of the envelope will be specified when the call for projects is launched at the end of November 2022, depending on the availability of funds when the budget of the MRC des Laurentides is adopted. The deadline for filing is scheduled for the end of January 2023.

Each year, the Council of Mayors of the MRC des Laurentides encourages projects that meet the priorities of intervention and the guiding principles of the Support policy for structuring projects to improve the living environments on the territory of the MRC des Laurentides. Requests for financial assistance for structuring projects must aim to improve the standard of living of the population of the MRC des Laurentides, by contributing to the social, economic and environmental health of its territory.

The following persons, companies or organizations are eligible as promoters:

- Municipal organizations
- Band councils of Aboriginal communities
- Non-financial cooperatives
- Duly constituted non-profit organizations (NPOs)
- Private or social economy businesses (with the exception of private businesses in the financial sector), wishing to carry out a structuring project that aims to improve the living environment of their community
- People wishing to start a business.

Selection of files

Promoters eligible to submit a structuring project are invited to consult the Support policy for structuring projects to improve the living environments of the territory of the MRC des Laurentides, in order to learn more about the priorities of intervention and the procedures for filing a request on the MRC website. Please ensure that you include all required documents with your submission.

Activity reports mentioning the projects accepted in previous editions are also available online.

All details concerning the call for projects can be found on the following link:
<https://mrclaurentides.qc.ca/frr/>.

Government of Canada invests nearly \$1 million in the health of dairy cows Agriculture and Agri-Food Canada

With an investment of nearly \$1 million from the Government of Canada, the Association des médecins vétérinaires praticiens du Québec will be able to develop a digital tool to anticipate and reduce the risks associated with metabolic diseases in dairy cows.

The Honourable Marie-Claude Bibeau, Minister of Agriculture and Agri-Food, made the announcement recently about this contribution from the Canadian Agricultural Strategic Priorities Program.

Metabolic diseases are a major health concern for dairy cows, especially during the post-calving period. This investment will enable the Association to develop algorithms that will help predict risks during lactation based on blood metabolites obtained before calving. The tool and the results will be made available online for dairy producers and veterinarians. By being better equipped to understand and anticipate risks, they will be able to quickly target corrective actions that improve animal health and welfare.

The tool will help producers to work more efficiently and reduce economic losses due to disease for both producers and processors. Further, it will help improve intervention capacity for veterinarians and strengthen working relationships between producers and processors.

Innovation in Canadian agriculture has led to technological improvements that help the dairy industry grow and remain competitive. The Government of Canada continues to make strategic investments in innovative solutions to encourage stakeholders to share knowledge, mitigate risks and further strengthen the agriculture sector as a key driver of economic growth.

Quick Facts

- The funding of up to \$998,456 announced recently is provided through the Canadian Agricultural Strategic Priorities Program (CASPP), which is a \$50.3-million, five-year investment to help the agricultural sector adapt and remain competitive.
- Founded in 1969, the Association des Médecins Vétérinaires Praticiens du Québec is a non-profit organization with approximately 420 members who practise in the production animal industry throughout Quebec.
- The Canadian dairy industry is a vital pillar of rural communities across Canada, and a key economic driver. There are 9,952 dairy farms in Canada supporting over 45,000 direct jobs.
- In addition to being world-renowned for their excellence, Canadian milk and dairy products are recognized for their variety and high quality. Enforcement of strict quality standards on dairy farms and in processing plants enhances this international reputation, along with a strong commitment to sound animal welfare practices.

Additional Links

Canadian Agricultural Strategic Priorities Program
Association des médecins vétérinaires praticiens du Québec

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STONE GROUND IN MORIN-HEIGHTS



What's On My Mind...

Let the music play

Susan MacDonald, Editor

Nothing touches our souls more deeply than the sound of music and, here in the Laurentians, we are privileged to have an abundance of local talent equal to that found anywhere else, including on our favourite radio stations. Throughout the year, from our local markets and dining establishments to the staged performances at events and festivals, our region resonates joyously with the sound of music. How fortunate we are and, we have the talented musicians and dedicated organizers to thank for all the great entertainment provided to us.




Waiting for the music to start, we think little of what has gone on behind the scenes leading up to this moment. The planning and coordination of dates and times between musicians and organizers can be exhausting at best, even without unforeseen disruptions such as last minute cancellations and replacements, equipment failure, power outages or inclement weather during outdoor events.

We don't think of the hours of rehearsal and travel time, equipment set up, sound checks and play list choices, functioning sound systems or, the ultimate unity necessary between musicians and sound managers for the show to unfold flawlessly. For every performance there are a multitude of fine details to be worked out before the band steps up and those first notes ring out. Finally, everything comes together; the stage is set, the band is ready and the only remaining question to be answered comes down to us; the audience.

Attending more than one local concert, I could almost feel the exultation the musicians felt as they stepped out on stage to a full and boisterous crowd, while the organizers gave a deep sigh of relief before sitting back to enjoy the show. In the final hour, this is what counts the most, where we all come together to enjoy the music, as musicians, organizers and music enthusiasts.

From harmonized choirs to the melancholic tones of the blues, choose your genre, seek out those venues that host some of the greatest music you could ever wish to hear and support your local musicians. Let the music continue to play.

Enjoy the read...



Association Historique de
Morin Heights
Historical Association

THE MORIN HEIGHTS HISTORICAL ASSOCIATION
Is proud to announce the first public screening of a
bilingual documentary film

"MUSIC: THE OFFICIAL LANGUAGE OF MORIN HEIGHTS"


A film by Dan Voyer, in
association with the
Municipality of Morin Heights,
the MRC des Pays-d'en-Haut, the Government
of Quebec, The Quebec Anglophone Heritage
Network and Basler Enterprises.

This extraordinary film explores the reasons why Morin Heights, a small town in the Laurentians, north of Montreal, became a "musical mecca". Featuring interviews with established stars such as Robert Charlebois, Yvon Deschamps and Lewis Furey and containing footage of performances by many local musicians of all genres, the film endeavours to explain the magic that has attracted so much talent over many decades. There is unique footage featuring the many studios in Morin Heights, including world famous Le Studio, and discussions with promoters Penny Rose, Ian Kelly, Shawna Dunbar and Trevor Leslie, people who brought music here, and who promote live events today, such as SuperFolk.

Saturday, December 3, 2022

Two showings at
1:30 pm and 3:30 pm
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23 CH. DE L'ORÉE-DES-BOIS, SAINT-ADOLPHE-D'HOWARD. **ASKING PRICE: \$1,099,000 - NEGOTIABLE.** Dream Home! Brand new warm Scandinavian style with generous windows & open space. Blends perfectly with surrounding nature. 5.40- acre lot. On LAKE DEPATIE, 390 feet. Landscaping to be completed. 3 bedr, 2 bathr. High quality construction (NUDURA). Structure resistant to severe weather & energy efficient. [28425730]



52 RUE BOURGET, RIGAUD. **ASKING PRICE: \$749,000.** This beautifully renovated and extended home on 17,000 sq. ft. of land with full services in quiet area. Large circular driveway & gorgeous stone walls. Interior with two fireplaces, 3 bedr, 2 bathr and finished basement. Magnificent 3-season veranda and garage. Impeccable and low maintenance inside and out. [10288692]



1790 RUE GEORGES, WENTWORTH-NORD. **ASKING PRICE: \$375,000.** Impeccable cottage on LAKE WENTWORTH (navigable). 107 ft. on the lake. Fabulous view of the lake. 35 minutes from St-Sauveur and ski hills. Easy access. Sold furnished. [22465158]
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It takes more than a **SMALL** sign to sell... It takes a **BIG HEART**



Honesty Pays Off

Lori Leonard

A senior lady from Wentworth-North stopped for gas in Morin Heights. She had a few things on her mind at the time and mistakenly left her wallet atop her car. As a rule, she does not carry much cash, but she was preparing for a small getaway, so had more than usual in her wallet.

Upon departing the gas station, the wallet fell off her car and dropped onto the road at a busy intersection in Morin Heights. A kindly, female passerby suddenly saw \$50 bills and \$20 bills “floating in the air” on the highway. She stopped her car immediately, got out and ran to catch the flying bills and also noticed that there was a wallet lying on the ground. Cars were honking impatiently as the lady tried to collect the flying bills. Suddenly, 3 young women passing by saw the incident and decided to help. The three of them bravely went out onto the road and held up their arms to stop traffic to aid the woman trying to recuperate the floating money.

The woman who found the money looked inside the wallet to see if she could find the owner’s name or, if she knew the person, so she could return the money to its rightful owner. She did not know the person so she called a friend who provided the phone number of the lady from Wentworth-North. She then called the lady who was still driving, oblivious about losing her wallet, her money and that she was driving without her license. The money was returned; all except \$50, which they thought was lost.

Lo and behold, the woman who helped catch the floating money found the final missing \$50 bill underneath the seat of her car and again called the lady from Wentworth-North. Needless to say, the woman who lost her wallet and money was absolutely thrilled. The two women who did not know each other hugged and the woman who lost the money and wallet had tears of joy in her eyes.

All is well, that ends well. Kind of restores one’s faith in humanity.... doesn’t it? Honesty really does pay off!

Thank you to these wonderful, kind ladies!



Making it Work in the Laurentians

Tips for successful grant writing

Maya Khamala

Grant writing can be a grueling and tedious process, but also has the potential to be very rewarding (literally). If you’re an artist and you want to apply for a grant but have zero clue where to start, a) you’re not alone, and b) you’re in the right place.

Before you start writing

While you may be eager to just get it done, taking the time to prep before you write can save you time and headaches.

Know thy project

First and foremost, have a clear understanding of your project. What are your main ideas? What kind of project do you want to create? Who is taking part? How much will it cost?

Put it all down on paper. Addressing the what, where, when, who, why, and how can be an invaluable exercise in clarifying your project.

In the process of answering these questions, identify the artistic discipline/industry your project belongs to and/or its intended function. Try not to distort your vision to satisfy grant criteria.

Understand the funding landscape

Compile a list of funding agencies and grants you’re eligible for.

Hot tips:

- Sign up for the newsletters of funders, professional associations, artists’ guilds, and service organizations like YES.
- Attend information and orientation sessions offered by arts councils.
- Create a calendar with pertinent grant deadlines.
- Increase your chances of receiving a grant by having several applications on-the-go at once.

Look into evaluation criteria

Having your artist profile approved by the Canada Council for the Arts and the Conseil des Arts et Lettres du Québec is the best first step in confirming your eligibility with these (and other) institutions.

Once you’ve done that, be sure to read up on the relevant evaluation criteria and funding priorities so they’re clear in your mind.

The writing

This is your chance to create a beautiful first impression, so title your project thoughtfully, appropriately, and creatively.

Throughout your application, you’ll want to make extra clear the ways in which your project meets the evaluation criteria. Plead your case, presenting your project in a way that is both thorough and easy for the jury to comprehend.

Project description

Describe your project, the concept behind it, and all components/elements/sections (as applicable!). Share the context that inspired the work to begin with and why it’s relevant to you/others. If your work references were influenced by the work of others, specify.

Although it seems less evident at first, you’ll also want to describe the ways in which your project is new or innovative. Emphasize what makes it interesting, unique, worthwhile, significant, and in line with your artistic mandate. Explain how your project fits into your existing body of work or career path.

Finally, break down how your project will be realized and the roles of any collaborators. Be sure to mention any partnerships or community support.

Take heart: your first grant application is likely to be the most challenging, but it gets much easier with practice!

Need some advice? Contact YES Employment + Entrepreneurship. Our art coaches are happy to help!

The Arts and delights OF ARGENTEUIL



50 local artists and producers

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9 a.m. to 5 p.m.

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NOVEMBER 27
10 a.m. to 4 p.m.

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Bruce Zikman - Member of the Laurentian Royal LePage Humania Team
Bruce has over 40 years experience in residential and commercial real estate brokerage, finance and construction. He holds several permits / designations, including Chartered Real Estate Broker, Agency Executive Officer, and insurance provider (Fonds d'assurance responsabilité). Fully bilingual, Bruce has been a permanent resident of the Laurentians for more than 25 years and is looking forward to providing you with the highest quality of insured real estate services.

Bruce can be reached at
(514) 386-1939 or by e-mail at bzikman@gmail.com



Laurentian Personality Robert Simard, a man of many tales

Lori Leonard – Main Street

Well-renowned, well-loved storyteller Robert Simard was born in Moncton, New Brunswick. His parents were from Arvida, Saguenay. Robert’s father was stationed in the Maritimes and was a cook on HMCS Lanark. After his parents divorced, Robert and his family moved to St. André Est. Robert has 4 brothers and 4 sisters, with him being the second eldest.

Robert recalls his mother passionately talking about his family’s ancestry/history. He is uncertain if this is where “the seed of his passion about history” was planted. What he does know is that he was fascinated during his history classes at Université de Sherbrooke. Robert dreamed about completing law school, but after completing one course, he realized history would inspire him for the rest of his life! Robert returned to school to acquire his history diploma at Université de Sherbrooke. In 1985 at 21, Robert commenced work on his Master’s Degree. He tried twice to obtain it; once while studying history of Louisiana (1850 to 1885). Then, in 2012, he returned to Université de Montréal and studied Argenteuil history with a twist on structural geography. Again, Robert had to quit before writing his thesis.

Robert was always curious and still wants to understand the 5 w’s: why, what, when, where and who. He enjoyed relating stories, whether comedic or children’s bedtime stories and, recognized people enjoyed listening. He says “Storytelling is a fantastic way to integrate history whilst relating a lively, entertaining story. I use storytelling for the special purpose of informing people about their own historic background and ancestry.”

An interesting fact about Robert is that he was extremely shy in high school. So much so that he couldn’t even talk with his sister who attended the same school.

Since 1990, Robert has enjoyed playing in his band, **Henri Band**. Not surprisingly, he is the songwriter/singer. The band has played at 600+ shows including one at the Bell center, has released 7 albums and, they are currently working on a new album.

In 1995 a friend commented to Robert “you are a storyteller.” He replied “I am a songwriter!” He says “Today, I must thank my friend for this comment as it was the catalyst for me to becoming a passionate storyteller.”

Robert has acted as Museum Historian since 2010, preparing exhibits and completing research for Argenteuil Regional Museum, Carillon. He received the Prix d’Excellence for the 26th Grand Prix de la culture des Laurentides in 2015 for work as historian. In 2021, he received the Prix Fleur de Lys from Société Saint-Jean-Baptiste as a reward for his historic/storytelling work. Robert says “My stories are easy to understand. I am able to synthesize, improvise and amuse the crowd no matter their age.”

Robert currently lives in Lachute, where he built himself a house. He works 28 hours a week at Carrefour Jeunesse-Emploi d’Argenteuil and accompanies young adults by helping them build self-confidence, autonomy and interest in their life. The rest of the week, he works on historical/storytelling projects. Robert’s specialty is principally Argenteuil history focused on population deployment within the Argenteuil territory.

Robert is also guest speaker for community organizations such as 4Korners, libraries and historical societies. He relates stories at festivals, special shows and for TV. Popular topics about Argenteuil include the history of Samuel de Champlain or the battle of Long Sault. He also recounts indigenous stories about early settlement in Argenteuil. One of his favorite characters is “Ti-Jean”.

Robert is very active in hockey, soccer and cross-fit training. He is “Dad” to 4 boys, aged 22, 18, 16 and 13 who all enjoy hockey. The family has a menagerie: a dog, 2 cats, a lovebird, 2 ducks and 5 chickens! His gang keeps Robert on his toes!

To conclude, Robert says “Each time I drive around Argenteuil, I see traces left behind by pioneer families. When I look at the valley, I imagine indigenous family members walking or hunting and wonder how the landscape was before humans modified it.”

We hope you continue storytelling for many years to come!



Remembering Christopher Beames

Christopher Robin Beames died on April 28, 2022, at the Centre d’Hebergement Yvon Brunet in La-salle. Chris was born in London, England on

March 10, 1935. During the blitz, his mother Pat and older brother, Terry, and younger brother, Graham, were evacuated to Wiltshire, where the three boys developed a love of cricket. During that time, their father, nicknamed ‘Boy’ was gone for four years, until 1945, when he returned to England with a Samurai sword that was surrendered to him by Japanese forces in Singapore.

In 1947, the entire family moved to Port Dickson in Malaysia, where Boy was posted. Here, Chris quickly learned to speak Malay. His language skills led to him undertaking his British national service in Malaysia. During that time, he was seconded to the Australian army for six months, apparently because they needed a good opening batsman for their cricket team!

Chris’ work experience in the Far East helped make him an attractive prospect for Imperial Tobacco, which had operations in British North Borneo, known today as Sabah, East Malaysia. Chris wrote a short book about this period in his life, called The Segama Story. The Segama Estate was a vast tobacco plantation where he was one of several managers.

After three years on the plantation, Chris got a job with the Borneo Company, which distributed Western goods throughout Sarawak, Sabah and Brunei. In 1966, he married a Canadian teacher of English as a second language, named Frances (Frankie) Kennedy. They had a son, Simon, in 1968. Chris landed the job of director of the Brunei branch and stayed in this role until 1977, when he, Frankie and Simon moved to Ottawa, Frankie’s hometown. After a year, Chris found work in Montreal and the family decamped to the suburb of Pointe Claire. Chris eventually found a more suitable job as the export manager for Ilco Dominion Lock, and remained in that position until his retirement in 1998. His duties included travelling the world for six months of the year, in order to visit suppliers and distributors, and drum-up more business.

On a drive through the Laurentians in 1987, Chris and Frankie were struck by the beauty of Morin Heights and stumbled upon a lot that was for sale on the banks of the Rivière Simon. Thinking this was fate calling, they bought the lot and started building a cottage later that year; it became their weekend and holiday getaway. After a couple of additions to the cottage, Chris and Frankie moved to Tana Batu (Malay for ‘rocky ground’) in 1995. The ensuing 15 years were like a second prime’ for them both: Frankie was a writer and editor for Main Street; she co-founded the library; and facilitated a writing group for seniors, called Recollections. Chris became a tireless volunteer at the Legion, where he held a number of positions over the years; he indulged in his favourite past time of photography, covering local events and contributing photos to Main Street and the municipal website, which he also managed; he thrived playing roles on stage with Theatre Morin Heights.

After Chris suffered a series of strokes in 2011, he was unable to read, drive, take photographs and do a lot of other activities that gave him pleasure. These were hard years, as they also featured Frankie’s own cognitive decline from advancing dementia. While the last three years that Chris spent in care homes were not especially enjoyable for him, we hope those who knew Chris will remember his love of family, loyalty to friends, commitment to community service, and rapier-like wit. May he be in peace and contentment somewhere, sitting in a comfortable chair by a window overlooking a river, with the New York Times crossword on his lap, and a Peterson pipe his mouth.

Birds Canada Project Feederwatch

It’s easy! All you need to do is:

- 1: Join Project FeederWatch with a donation of any amount and they will send you materials to help you identify and record the birds you see in your area.
- 2: Count your neighborhood birds periodically throughout the season (Nov 1 – April 30)
- 3: Submit your counts online at feederwatch.org or using the new Project FeederWatch mobile app.

Get ready for FeederWatch with their free webinar! Nov 15: 7:30 pm.

For more information visit <https://feederwatch.org/> or <https://www.birdscanada.org/you-can-help/project-feederwatch>

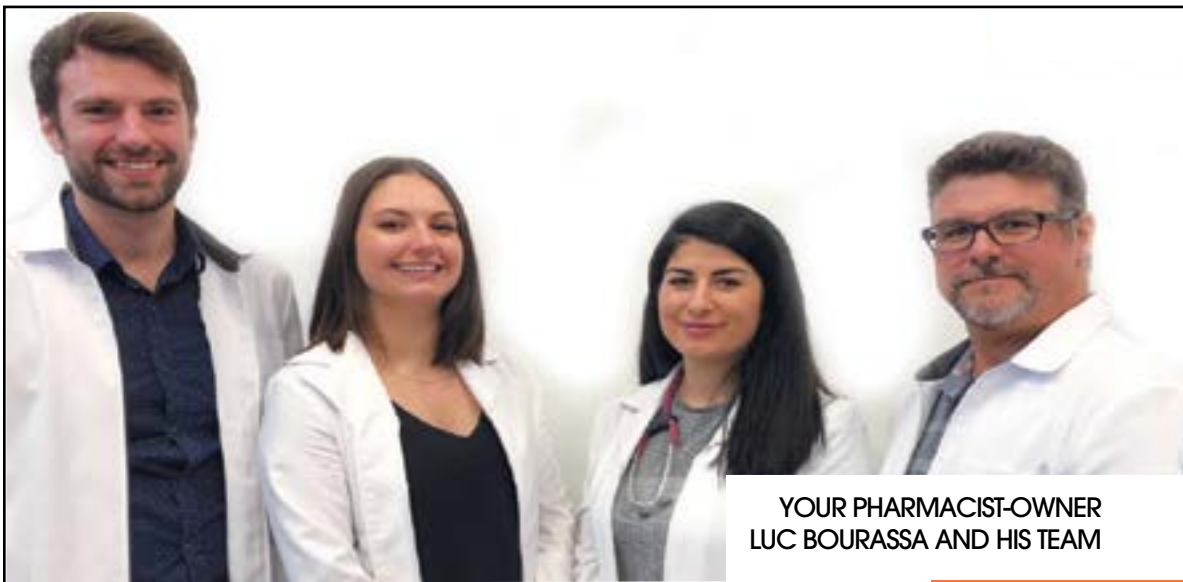


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MAIN STREET 



NEWS BITS FOR NOVEMBER

Canadian federal government provides grant for 3 new buildings in the Laurentians for women suffering from domestic violence

Lori Leonard

The Canadian Federal Government has provided an important grant to the tune of \$7 million dollars, which has been provided by the CMHC Program to build three new centers in the Laurentians for women suffering from domestic violence, which will be located in St. Jérôme, Ste. Agathe and Mont Laurier. These buildings will fill the much-needed requirements of local women and children who suffer from domestic violence. The current "Step 1" buildings are currently overflowing and cannot properly accommodate enough women and children. Also, the buildings currently available only house women who have entered the Step 1 phase, which is the first "emergency" stage when they leave their partner.

Having three new "Step 2" buildings will allow the women who have passed through the Step 1 stage to move forward in their lives. The main reason for the existence of these buildings is to offer secure lodging for the women whose lives are still in danger. In addition, these accommodations will be low-cost, affordable apartments for the women and their children. Each apartment will have its own kitchen and bathroom unlike the Step 1 building that shares its kitchen and bathroom facilities. The new apartments will also have a washer and dryer on the same floor as their apartment, unlike the Step 1 level with washers and dryers being on different floors.

These apartments will help women feel more independent in a very safe place for a year or so. This will help them to have more time to organize their lives and move forward. The women will no longer have to struggle to pay high rental prices and they and their children will feel more comfortable in their own space. Expected rents will be between \$500 and \$600 per month. There will be 3 offices at these buildings where social workers will be on-site 24 hours a day to support the women and their families. These buildings are expected to be completed in Spring 2023.

As well, the current L'Ombre-Elle location in Ste. Agathe will be renovated and overhauled to include additional apartments, a larger kitchen and other improvements.

This is wonderful news for everyone involved and the community at large.

News from the Santovas Foundation

Isabelle Frenette

Many youth struggle with life challenges that affect their mental and physical health, negatively impacting them at home, at school, in community and social settings. Santovas Foundation offers free, trauma-sensitive yoga and mindfulness programs to youth most in need, in the spaces where they live and learn.

Being "trauma-sensitive" means that, for example, Santovas facilitators are not goal-oriented, omitting the physical or aesthetic expectations that often underpin conventional yoga classes offered in studios and gyms. It also means that our program facilitators introduce various yoga forms (or "poses"), by using invitational language, providing opportunities for participants to engage in the programs at their own pace, making choices based on what feels good (or not) for themselves, for example: "You are welcome to try this; when you do this, you might feel this". In this way, our classes are experiential, leaving room for our youth participants to 'come as they are', honoring their own evolving needs. Youth are also given the space to express insights coming from their self-awareness and self-compassion.

Partnerships

Working in close, collaborative partnerships with youth protection service providers, youth mental health specialists, community workers, schools and teachers, Santovas programs are offered in the spaces where youth live and learn. We provide weekly classes throughout the calendar year.

If you would like to support our authentic and compassionate work with the youth, visit our website to donate. www.santovas.org

Follow us on social media (@santovasfondation) For more information on our programs please contact: isabelle@santovas.org



Photo: left to right: Mantas Manovas, Co-Founder and Board Director, Isabelle Frenette, Teacher and Executive Assistant, and Jacqueline Celemencki, Teacher and Executive Director.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Gourmet du Village, 539 chemin du Village, Morin Heights who recently celebrated their 40th anniversary. Gourmet du Village employs many local residents and supplies delicious dips, crudités, a variety of hot chocolates and teas, specialty serving dishes, brie bakers, cooking pans and much more. Open Weekdays: 8.30 am -4:30 pm, closed on weekends. Wishing you many more years of success. 1-800-668-2314 / gourmetduvillage.com / info@gourmetduvillage.com



François Marcil and his daughter, Annie, who are proud to announce, thanks to the generosity of many sponsors and donors, that an amount of \$135,000 will be donated to local charities. This major fundraiser helps the **Garde-Manger des Pays-d'en-Haut**, the **Maison des Jeunes St-Sauveur/Piedmont**, as well as other charities, which support nutritional security, youth and people living in precarious situations. François and Annie would like to warmly thank all the sponsors and donors. Since 2005, Mr. Marcil's two charitable projects, including the Jardin de François, have given back more than \$2 million to the community. François Marcil is a recognized philanthropist and businessman. President of Immobilier Marcil, specialized in the sale of land, he is also former President of the 17 Marcil renovation centers. In addition to the **Souper-Bénéfice François Marcil**, he created, **Le Jardin de François**, one of the most beautiful private gardens in Quebec, which he opens to the public to benefit the **Société Alzheimer Laurentides**. For info, contact Gina Frost: 450 227-4666 / gina@jardindefrancois.com or jardindefrancois.com



Welcome to:

Nathalie Desrosiers, owner of the new **Dressage des Roses** riding stable, 50 rue Tamarack, Morin-Heights. They were situated in Mirabel for 9 years and rented a barn called Rodimax. Des Roses comes from Nathalie's second name Desrosiers, which is very fitting because she loves roses and the colour pink. Nathalie's mother, Suzanne Prévost, is her right hand with the barn. Nathalie has 5 horses and a mini pony so they can offer lessons to kids from 3 years old to adults of any age. They have 3 instructors and Nathalie is a certified dressage coach specialist. Private, semi-private and group lessons available Open for lessons Monday morning, Wednesday and Thursday nights, Friday morning and Saturday and Sunday during the day. 450 226-2687 / dressagedesroses.com / teamdesroses@gmail.com



Did you know that:

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Cancer Support Group Calming down to cope with cancer

Psychotherapist Lois Wilke will offer tips and techniques for calming the nervous system to help cope with illness and chronic pain at the next meeting of the Laurentian Region Cancer

Support Group (LRCSG) set for November 19 at 1 pm. The meeting will take place at Chalet Bellevue in Morin Heights. Option also to attend via Zoom.

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









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TMH celebrates another success!

“Audiences needed a laugh, and it was wonderful to give that to them. It was a roaring success to end a milestone twentieth season.” That’s how Theatre Morin Heights Producer Natasha Visosky described the recent sold-out performances of the comedic farce **Perfect Timing**, by Kristi Kane. “We got great feedback from our enthusiastic audiences who laughed from page one right through to the end.”

The production was impressive. From the caliber of the direction to the actors’ performances to the professionalism of the stage and costume design and to the back stage management, it had all the feel of a successful Broadway comedy.

The play, directed by Noel Burton, ran for six performances from October 19 to 23 at Chalet Bellevue in Morin Heights. Noel also brilliantly played the role of Alex, a staid banker and jilted lover, against Corina Lupu’s character Cornelia Thorndike, a neurotic art critic. This dynamic duo, who have worked together on a number of TMH productions, delivered great chemistry.

Cornelia complicates her life when she falls for the attentions of Gerrard Castle, a would-be artist, played by the very talented Steve Gillam. Cornelia’s trusted friend Vivianna, played delightfully by Anita Stranzl, does her best to keep Cornelia out of trouble with limited success, all the while testing her own sanity.

Two newcomers to the TMH stage delivered endearing performances, as the young love interests in the play. Alessandra Guindon as Lulu Laroche sparked with great comedic timing in her role as a Parisian heiress. Sarah Vanhove, as Laura O’Hara, added a genuine downhome feel as an American cattle farm heiress complete with an excruciatingly funny Virginian accent.

Rounding out the cast, David Potter as a diplomat and Brian Anderson as a farmer - both characters named Joseph – played to comedic perfection and added to the overall mayhem and confusion that reigned supreme in this drawing room comedy.

Jacklyn Laflamme, a brilliant local artist, designed a set reflecting the 1930’s feel of the play, including many impressive hand-painted focal points. The gorgeous costumes, which merited several oohs and aahs from the audience, were designed by Elia di Batista.

On behalf of TMH, Natasha sends out a big thank you to the cast, crew, numerous volunteers, sponsors, the municipality of Morin Heights and, of course, to the theatre’s loyal audience. Bravo!



Classique Jackrabbit Classic returns for the 3rd ‘live’ edition Parc nationale de Mont-Tremblant Sunday, January 22, 2023

Ski Touring with optional distances of 60 km; 40 km; 30 km and 20 km

Details and registration available as of Nov 15 at: www.inscriptionenligne.ca... click on the link for jackrabbit or call Leigh at 818-425-2154 for more information.



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COMMUNITY UPCOMING events

SPECIAL YOGA CLASSES

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



HAPPY HOUR INVITATION

Nov 17: 5 pm - 7 pm
Salle du Centre Louis-Renaud
270, Rte du Canton

The Town of Brownsburg-Chatham has begun steps to obtain Village-relais certification, in order to be recognized as a place to stop that is safe, pleasant and offers a variety of services and attractions that meet the needs of visitors. On November 17, merchants and citizens are invited to a 5 à 7 which will allow them to give their opinions and suggestions on the actions to establish.



MUSIC CIRCLE

Morin Heights Legion, Branch #171, 127 rue Watchorn
Sun, Nov 20: 2:30 – 6 pm

Calling all musicians for a music circle, a venue where we can play, listen & celebrate life. Music menu would be folk, blues, pop, bluegrass and country. 3rd Sunday of the month starting November 20: 2:30 pm to 6 pm. For more information and to confirm your attendance (mandatory) please call 514 942-2284.



Cantivo Choir Christmas Concert

Arundel United Church, 17 rue du Village
Sun, Dec 4: 2 pm (rain date: Dec 11: 2 pm)

Led by the gifted conductor Patricia Abbott, Cantivo Choir is renowned for its resonant and emotional “a cappella” music, which deeply moves and delights audiences. This professionally trained choir will come from Montreal to treat us to an afternoon of Christmas music. Sponsored by Arts Arundel, there is no admission fee, however donations are appreciated for future musical events. For more information, please contact janet.thomas700@gmail.com



SUPERFOLK - Presents BLACK UMFOLOSI in concert

Chalet Bellevue, 27, rue Bellevue,
Morin-Heights, Qc
Wed, Dec 7: doors open at 7 pm
Tickets \$30 - purchase online
www.morinheights.com



Christmas Market at the Farm

Ferme Bettina & Pascal, 115, Rte. Crystal Falls (Rte. 327), Arundel

Dec 10 & 11: 11 am – 4 pm

This market showcases the work of more than 30 crafters and artisanal food producers. Live concerts by local musicians will ensure the day is a festive outing.



Joyful Noise Christmas Concert

United Church, 831, chemin du Village,
Morin-Heights

Wed, Dec 14: 7pm

Get into the Holiday Season!

Donations for the Church are welcome



**ROYAL CANADIAN
LEGION**
**LA LÉGION
ROYALE CANADIENNE**



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

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634, Lafleur (450-562-2952)

Open Thurs – Sat: 4 pm – 9 pm

BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)

Open Wed – Fri: 3 pm to closing

MORIN-HEIGHTS BRANCH 171

Open Wed – Sat: 3 pm – 6pm

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

ARUNDEL – BRANCH 192

79 Rue du Village, Arundel (819-687-9143)

Open - TBA

Sat, Oct 22: 6 pm – Oktoberfest

Pretzel & dip, potato and apple mash, sausage & ham, vegy, sauerkraut, dessert & coffee. Doors open at 3 pm. Donation \$20... reservations available at the bar or arundellelion@gmail.com. Fundraiser...

Mayor Pierre Richard resigns

The Mayor of the Municipality of the Township of Harrington, Mr. Pierre Richard, submitted his resignation on October 24.

In office since November 2021, the mayor, Mr. Richard, resigns from his position due to health reasons that prevent him from fully realizing his role as Chief Magistrate of the Municipality of Harrington. An official notice confirming the vacancy of the position of mayor will take place at the next meeting of the Board on November 14, 2022.

Visibly moved and deeply touched, it was with great emotion that Mr. Richard made the announcement, during a work meeting, of his resignation due to his state of health.

Mr. Richard wishes to convey his warm thanks to his entire team of advisors as well as to all municipal employees. “I would like to thank each of the members of the board for their great collaboration and their support. It is a political team of very high quality that I leave with sadness and emotion.” Mr. Richard also wishes to emphasize “the great competence of the management team in place and all municipal employees who devote themselves daily to the well-being of the Municipality of Harrington.”

Pending the holding of a by-election to fill the position of mayor, municipal Councilor, Mr. Richard Francoeur, will act as acting mayor. The date of the by-election is not yet known and will be announced soon in accordance with the procedures set out in the Act respecting elections and referendums in the municipalities.



CISSS welcomes nursing staff from Africa

As part of the Skills Recognition Project nurses recruited internationally put forward by the Government of Quebec, the Integrated Health and Social Services Center (CISSS) of the Laurentians will welcome 40 nurses from Algeria, Cameroon, Morocco and Tunisia, in February and March 2023.

These new arrivals will be divided into two cohorts of 20 people each in the territories of Antoine-Labelle and Thérèse-De Blainville. In order to perfect their knowledge, candidates will follow training leading to an Attestation of Collegial Studies (AEC). They will then be equipped to work as beneficiary attendant(s) during their studies and, as nurses once their AEC and their examination of the Order of Nurses have been successful attained.

A great partnership project

This project obviously requires the collaboration of several key players. The CISSS of the Laurentians therefore works closely with the Lionel-Groulx CEGEPs in Sainte-Thérèse and Saint-Jérôme/Centre college of Mont-Laurier, the Ministry of Immigration, Francisation and Integration as well as with the community organizations Zone emploi d’Antoine-Labelle and ABL Immigration Basses-Laurentides.

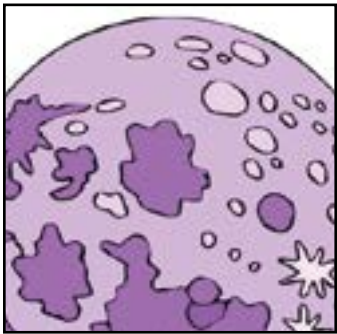
Housing – a major challenge

The support of the population is also necessary to promote the success of this project as access to housing representing a major challenge. A call is therefore made to anyone with a home available; a bedroom with access to common areas, a basement, a house or a four-season rental cottage. A bank of people willing to offer housing has also been created. If you are interested in joining this bank, you are requested to communicate by e-mail:

City of Mont-Laurier: info@zemploi.com

Lower Laurentians: info@abl-immigration.org

For the President and CEO of the CISSS des Laurentides, Ms. Rosemonde Landry, the arrival of these worker(s) is an asset to the organization. “It is with enthusiasm that we take part in this project. In the current context of labor shortages, we are counting on the collaboration of our teams and our partners to welcome these future members of our staff.”



Zach Factor

Bomb girls of Quebec

Lys Chisholm & Marcus Nerenberg - Main Street

Not long into World War II, British munitions plants were strategic targets of Nazi bombings. Canada became the next choice to provide Allied forces with a steady supply- from bullets to bombs to aircraft. The Canadian Government created their own enterprises or entered business contracts with many companies, among them, Noorduyn Aviation and DIL – the Defense Industries Limited, which operated one of its plants in Brownsburg, producing millions of bullets and mortar shells. Today, its descendent, Orica Canada Inc., turns out explosives for industry.

During the 1930s, factory jobs were for men. Women were homemakers, worked as secretaries, bookkeepers, in the needle trade, or as domestics. As the war progressed, more men were called up to active duty leaving huge vacancies. The war industry needed millions of workers to take their place, and they turned to women. "These were women who hadn't even worn pants before in their lives," said historian Penny Colman- author of the book *'Rosie the Riveter'*. "We're talking about doing hot and dirty and dangerous work."

As in the First World War, women signed on to patriotically “support the boys” and fill those vacancies, often at much lower pay. They were converted from operating sewing machines to loading bombs, from vacuuming to making machine guns, standing at kitchen sinks to standing at assembly lines for cartridge cases. At the onset of the war it is estimated that a small percentage of factories had female employees. By war's end, 90% of women between the ages of 19 and 40 were working full time, making up most of the workforce.

In 1940, Annie Schwartz of Montreal, age 26, the head bookkeeper at Reitman's clothing chain, resigned her position and joined the war effort. Trading in dresses for coveralls she became a Canadian version of Rosie the Riveter at the Noorduyn Aviation Ltd. in Montreal. There, she constructed Harvard trainers in which Commonwealth pilots honed their skills before they graduated to the iconic 'Spitfires' and 'Hurricanes' that defended England during the darkest days of WW II.

In 1943, Patricia Timmons of Quebec City, age 22, went from insurance company bookkeeper to heading a team of chemists at The Canadian Armament and Research Development Establishment (CARDE). CARDE was formed as a joint Canadian-British operation to study artillery and ballistics, to harness the intellectual resources of Canada, as well as placing developing British technology outside of German reach during World War II. CARDE research included supersonic flight and a variety of rocket and missile projects. Patricia's lab was testing these carcinogenic propellants.

In 1944, Berthe Douth of Brownsburg, age 20, was part of the DIL assembly line installing fuses in mortar shells. Six days a week she 'brown-bagged' it to work, with frequent overtime as the demands for munitions grew dramatically. The only consolation were the teams of females surrounding each other that happened to wear identical gold-plate bracelets, uniquely engraved with their name, to better identify their charred remains in event of a major plant accident.

DIL prided itself in its 1944 report on its improved safety conditions, yet in the first 18 months of the war, more factory workers died in accidents and explosions across North America than servicemen died fighting at the front.

Respiratory protection was unheard of and, women inhaled a variety of chemicals daily. Illness could cost you your job. The emotional stress of having news of a deceased military family member left them no time to grieve. Planes had to be made, propellants produced and bombs delivered. Across Canada, almost a million of these heroic women, working grueling schedules, enabled the Allied forces to endure and eventually win the war against Hitler's insane lust for world domination.

Within months after the V-J Day celebrations, women went back to sewing, cleaning, cooking at home and having lots of babies- most believing this was their post-war role in society. Annie would become a Nerenberg, Patricia would become a Chisholm, Berthe would become an Aubin. Yet that taste of economic independence would become a massive catalyst to propel the entire women's movement forward. All their daughters and granddaughters would have full-time careers.

This year, when you put on your poppy for Remembrance Day, please salute our mothers and grandmother's who committed themselves to us when the future looked bleak and, who were willing to sacrifice themselves while supporting precious freedoms that we all share and cherish today.



WWII at home: Young women solder fuse boxes for munitions, 1943, Quebec, Quebec. Photo Credit: National Film Board and Library and Archives Canada



Memorabilia of WWII Homefront working girls Annie Schwartz (Noorduyn Aircraft Montreal) and Berthe Douth (DIL Brownsburg), circa 1941-45. Photo credit: ran.beau@sympatico.ca

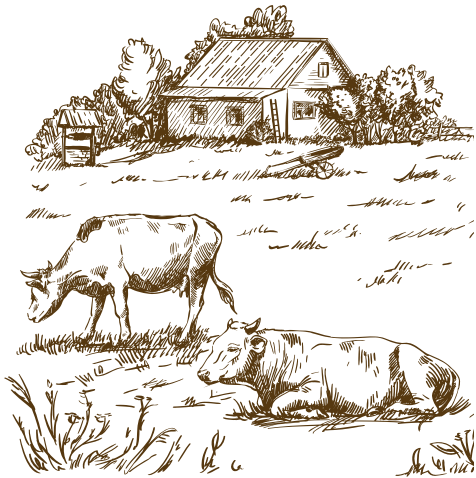


The Story Behind Keeping the Past

Joseph Graham - Main Street joseph@ballyhoo.ca

Heritage conservation is only sort of possible because much of our heritage is dependent upon our use of it. When I was young, I moved to the Eastern Townships, to a community that consisted of farms, one beside another. Over the years, most of the farms had been acquired by city folk, but they bought them to be in a farming milieu and spent money to keep the farm seeming like the one the farmer they bought from would have recognized. We fell in love with the farming heritage and participated as much as possible, working to keep my uncle's farm feeling like a real farm.

In the spring of 1978, we returned to the Laurentians, me in Arthur Hutchins's truck with a large amount of hay and grain, fencing wire, a cow, a calf, a dog, a cat, and three hundred chickens. The cow was the prize. A pure-bred Jersey called Maple Cliff Dawn Horizon. Her first freshening, having a calf and milk, had taken so long that we called her Maybe. I will never forget the expression on my brother's face as I watched from the cab of Mr. Hutchins's old truck, pulling up to my mother's long-abandoned stable.



The three hundred chickens were not the only cause of the long face. Mr. Hutchins's truck had broken down trying to climb the unfamiliar, long hills of the Autoroute – we were very late. If Mr. Hutchins wasn't old by my standards today, his truck was. He was one of those farmer-Townshippers that I enjoyed living among. He supplied us with woodchips, a whole truckful every three or four months – ideal bedding for the beef cows on my uncle's farm. We invited him in for supper if he arrived late in the day with his woodchips, and he seemed to enjoy himself. Arthur ate well, smiled a bit and never talked, except in short, one- or two-word answers to questions once he was sure they were addressed to him. I could not tell you if he was more comfortable in English or in French. He was more comfortable in silence.

When he went back to his rig, we inevitably found a two-dollar bill – remember those? – under his plate. The reddish-pink bill featuring a younger queen on one side and Inuit hunters on the other, commemorated Canada's presence in Resolute Bay and the far north, where they transferred Inuit to stake a territorial claim during the Cold War. A young Inuk described them as human flagpoles. The government could not transplant their community heritage in which their lives had been founded for millennia, and the experiment was a disaster for the flagpoles. Arthur's two-dollar bill contained a message for us, too. We could take a cow and calf, chickens and fencing, but we could not take the farming heritage – it had to be where we were going to be useful. The calf would teach us that. Mature cows can be docile, but growing calves test fences endlessly, and where the calf goes, the cow will follow.

Our menagerie summered at Mom's stable while we moved into a little log cabin I had built in my teens. Our plan was to build a new house with our own four hands, slaughter and sell the chickens, aside from the 6 laying hens, and then move the hens, the cow and the calf into the log cabin before winter, just after we moved ourselves out of it. We worked on the new building through the summer, taking only two days off. It was returning from one of those days off that we discovered the calf problem.

When we left the Townships we acknowledged that we would not be able to milk the cow twice a day. We would have no electricity or refrigeration in the log cabin or in the stable, no sanitary way of keeping the milk. I went to the Stukely auction and bought a little bull calf, a Holstein, black and white patched, that would be the lucky beneficiary of good Jersey milk. I roughed-out an enclosure with an electrified barb wire fence and visited the stable's new occupants once or twice a day. I didn't make it over there before leaving for the second day off.

Coming home, as we drove down through the pine forest above Rolland Deslauriers' house, to our surprise he was on the road, signaling us to stop. If Arthur Hutchins wasn't really that old, Rolland Deslauriers was. Behind him was his log farmhouse and the red pine forest that he had planted in a field, he had once told me, in 1949, the year I was born. Rolland and his wife Rollande were the last family to have farmed along our range road. All the farms, fields and most of the buildings were long gone, the fields grown into trees, but the lines on Rolland's face still showed his farming heritage. They expressed his life, but not his speech. When he talked, there was no twinkle, no creases of laughter, just clear words that I was left to interpret. The calf and cow, he said, had broken through my fence, but assured me they were back now. He slowly described how he had spotted them coming down the road, followed by half the neighbourhood, the current owners of the old farms, running, calling and yelling “Here!” “Heel!” “Home...!” His stone-carved face expressed nothing else until a tear formed in his eye and ran down over the lines, as his whole inner being convulsed in laughter, visible only through that lone tear. We had made his day.

Thanking him and following the road onward to our cabin, we sat in silence, both realizing that our dream of keeping a cow had just ended. We were like the Inuk on Hutchin's two-dollar bill. Without the social heritage, this was not a home for Maple Cliff Dawn Horizon.

We knew what to do with the calf.



Garden Talk

Ladybugs VS Asian Lady Beetles in the garden

June Angus - Main Street

Our native lady beetles, affectionately called ladybugs, have a generally good reputation. While there are several hundred varieties in North America, the most distinctive kind have the familiar red bodies with black spots. They are considered a sign of good luck, and are often featured in children's books and cartoons, as well as on school lunchboxes, backpacks and kids' T-shirts. In fact, as a child, a ladybug was the only insect that I willingly picked up and let crawl around on my hand.



Our native ladybugs are not just cute, but also work wonders in the garden as a natural form of pest control. They feast on aphids, spider mites, mealy bugs and scale that can destroy many plants. They are quite docile and don't damage plants, spread disease or harm humans. They also don't bite, smell bad or gather in large numbers. When winter comes, they tend to seek shelter outdoors. In other words, they are generally benign.

Unfortunately, the similar-looking Asian lady beetles are a completely different story. While they resemble ladybugs when it comes to color, ranging from bright red to slightly orange, they have a distinctive marking that makes it easy to spot the difference. On the black section just behind the head you'll notice a white M-shaped marking - that's a sure sign you're dealing with an Asian lady beetle and not a regular ladybug.

While Asian lady beetles are also great for garden pest control, they have become a problematic nuisance. These Asian natives can bite or pinch and act aggressively when disturbed, even leaving behind a foul-smelling yellowish secretion that can stain walls and furniture. They swarm in large groups when looking for shelter and are generally annoying to pets and people.

In particular this fall, hordes swarmed around our homes looking for a warm dry place to overwinter. Our pleasant October weather gave more of these beetles extra time to hunt for an ideal spot to escape the coming cold. Fortunately, some years when a cold snap hits early and unexpectedly, many of these insects are caught off guard and die off, leaving fewer survivors to try to move into your house. That was not the case this year.

How did these Asian imports get here? Some scientists believe they arrived on goods imported by ship from Japan to the port of New Orleans in the early 1900s. There they thrived, multiplied and spread in Louisiana's year-round warm climate.

However, a more likely explanation for today's mass invasion dates back to a period from the 1960s to the 1990s when various North American departments of agriculture deliberately released the Asian lady beetle as a natural control mechanism for agricultural pests in the hope of reducing the use of pesticides in hardwood forests, roses and on specific crops, like cotton apples, pecans, peaches, alfalfa, and corn.

While the original intent was good, this insect's ability to thrive means the Asian variety now outnumbers our native ladybugs, thus creating a whole new unintended pest problem that spans North America.

So what can you do about this invasion? The genie is out of the bottle and it's unlikely that Asian lady beetles will disappear anytime soon. To reduce their nuisance factor in your life, try to keep them out of the house by sealing small exterior cracks, crevices, gaps and holes. Also fix, replace or install window and door screens. This will also help keep out other unwanted pests and insects.

Our recent Asian lady beetle plague has died down for now. However, it's guaranteed that these beetles will re-appear next spring. Try to embrace the fact they'll spend the summer working in the garden protecting your plants from other pests. Then take whatever precautions you need to minimize their nuisance factor in your life next fall.



Word Play

The Mind, Part II: conscious self-care

Louise Bloom - louisebloom@me.com

In last month's issue of Main Street I approached the subject of consciousness and its definition, acknowledging its ever presence, the human 'aware' state. I posed the question that remains unanswered to this day, despite the continual updates in neuroscience and biological research. Is our consciousness solely a biological brain process, or does it include, without explanation, evidence of non-physical realities that cannot be biologically explained? Many of us, as dualists, hold both views.

No matter the viewpoint, the world of self-care could extend itself to include care of the mind or mental/emotional construct as we experience it individually.

What we call the self, the soul, the mind, are all words that add up to consciousness. Our mental/emotional construct, whether it is physically driven or ethereal, requires, like our bodies, focused attention and care; mindful and protective actions that prevent the consciousness from overload.

We might look at another habit of our mind. It holds our experiences, juggles all our perceptions, sometimes overlapping impressions with unreliable information remembered from the past. As well, the mind constantly scoots forward to the future as in planning for the next moment, day, dinner or, encounter. Thus, we are constantly involved with moving perceptions as the mind slides on this continuum making connections through time.

What is most certain is that the mind is an active, moving entity, slippery and acrobatic, extraordinarily skilled at avoiding discomfort, full of funky rationalizations and, dramatically equipped at maintaining our very precious sense of self. It seems, initially, that these actions are primarily in place to protect us. However, they are challenged to stay in line with truth or compassion, often inflated with a righteous idea that we are the one that is correct, superior. It is difficult to get the mind to slow down and admit to fudging over situations, sometimes unwilling to take responsibility for our own actions.

As well, the mind or consciousness in this particular social climate is further challenged and easily disabled by the constant input offered by the world of screens. In the world of television advertising for example, I feel the large and fanciful efforts to make me an informed buyer scalds my mind with blinding flashes of promise that are forceful and hard to resist. 'Things' so deliciously presented, build my identity, blanking out all my concerns, as my imagination blends with 'feel good' products that reinforce my idea of being a 'somebody'.

The difficult question is how can we care for the mind and fortify our mental/emotional well-being? How can we start to relieve our mental/emotional difficulties? Practicing self-care can only be done when you come to the realization that it is needed and deserved.

As a start, slow down and spend some alone time that is dedicated to your well-being. Rather than increasing loneliness, solitude can cleanse the effects of consciousness 'overload'.

Acknowledging and acting on the need for self-care can increase self-esteem.

Predictable, repetitive routines are calming and help reduce anxiety. The resulting stability can be beneficial for someone who is looking for a boost in his / her mental/emotional well-being.

Physical movement (exercise) is imperative. It releases stuck energy in the joints, increases cleansing through improved breathing and, is generally imperative in shifting moods.

How you cope with your mental health struggles can help or hurt your internal state. Alcohol and drug use are quick fixes that only encourage more alcohol and drug use.

Remember to nurture those relationships that offer love and support.

Most helpful, most important is to remember the impermanence of all things, all thoughts, all states. "This too shall pass", is ancient wisdom that is a comfort that we can rely on when we are seeking conscious self-care.

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

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Obituaries

GORDON, John Linden, "Jack"

Jack passed away peacefully surrounded by his family at Bluewater Health Palliative Care on Saturday, October 8, 2022 at the age of 86. Beloved husband of Jean for 60 years. Dearly loved and devoted father to Deborah Gordon (Sarnia, Ont), Patricia and son-in-law Neil McRae (Thunder Bay, Ont) and Kenneth and daughter-in-law Magalie (Roy) Gordon, (Lachute, Qc). Loving grandfather to his adored grandchildren Jules Gordon, Lily-Fée Gordon and Amanda (Ryan) Jasevicius. Cherished brother-in-law to Patricia McOuat and Bill Buckland. Uncle to Bruce (Debbie) Buckland and Kim (Dave) Buckland and Great Uncle to Riley Buckland and Quinn Buckland. Always remembered as "Jackie" to his many beloved aunts and uncles, not to mention his revered



Gordon, Bain and McFaul cousins and East Settlement neighbours. Pre-deceased by his parents Marion (Bain) and Leslie Gordon and sister, Grace Buckland.

In keeping with Jack's wishes, a private family graveside service will be held in Lachute, Quebec.

WYKE, Nancy 1963 – 2022

It is with great sadness that we announce the passing of Nancy Wyke, wife of Tim Archibald and, mother of Sean and Amanda Archibald, and sister of William Wyke. Nancy had been battling cancer for several years and on October 9, 2022, her long fight ended. Nancy is now reunited with her parents and brother in heaven. Nancy will be greatly missed.



In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



How to get ahead of cold, flu and COVID-19

(NC) Every year we remember the familiar onset of cold and flu season, and now there's the added factor of the COVID-19 virus.

The usual steps to prevent getting sick apply for most of us:

- Wash your hands often, and always before eating, drinking, or touching your face.
- Use technology like HEPA air filters and face masks indoors.
- Support your overall health with a balanced diet, good sleep habits, and exercise.
- Stay up-to-date on all vaccinations, including for flu and COVID-19.

While these tips will go a long way in preventing illness for most of us, there are many for whom COVID-19 remains dangerous. In fact, about two per cent of the global population may remain vulnerable to COVID-19 because of an inadequate response to vaccination.

For those people, most of whom have compromised immune systems due to health conditions or medical treatments such as chemotherapy, radiation or dialysis, COVID-19 is a real concern. In fact, they make up 40 per cent of those hospitalized with breakthrough infections after vaccination.

Fortunately, there are prevention and treatment options available in addition to vaccines, such as monoclonal antibodies. While many vaccines start an immune response using a weakened pathogen or particle, monoclonal antibodies mimic the body's natural antibodies to neutralize a virus.

You can learn more about how you can prevent or treat COVID-19, whether you're immune-compromised or not, by speaking with your healthcare provider and by visiting Canada.ca.




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What can we expect for the rest of 2022?

“If you make the mistake of looking back too much, you aren’t focused enough on the road ahead of you.”.... Brad Paisley

We can often make comparison between the path for market returns and a family road trip: the journey may have both expected and unexpected pit stops along the way, but the end destination will likely be positive. At the beginning of the year, we expected the start of a rate tightening cycle by global central banks. What we hadn’t expected was above-average interest rate increases, the invasion of Ukraine and its impact on energy and food prices, and supply chain disruptions caused by the zero-COVID policy in China.

As investors, it’s easy to focus on the past, given the volatility across nearly all asset classes. The S&P/TSX ended the quarter with a YTD price return of -13.1%. The S&P 500 and MSCI EAFE also struggled, with returns of -24.8% YTD and -28.9% YTD. However, it’s important to keep focusing on the road ahead, as that’s what will likely lead us to our desired destination.

The slowing economy

There’s little doubt that we’re seeing a slowdown in economic growth around the world. The United States has already experienced two consecutive quarters of negative Gross Domestic Product (GDP). However, given the positive underlying data, such as employment and consumption, we’re likely to experience only a shallow recession in the U.S. in the first half of 2023. In addition, we could see a more severe recession in Europe as a result of the looming energy crisis caused by Russia’s cut of gas supplies to the rest of the continent.

Inflation

Although the U.S. Federal Reserve and Bank of Canada are likely nearing the end of their respective tightening cycles, it’s unlikely that they can achieve the soft landing they desire. Certain aspects of inflation are outside of their immediate control and a recession-led reduction in demand may be required to achieve their goal of price stability. Our expectation is that the Consumer Price Index (CPI) will trend between 4%–5% by year end and 3%–4% by the summer of 2023.

Equities

Despite multiple challenges including supply chain disruptions, higher wages, and higher inflation, corporate earnings have remained resilient. The global economy is slowing, and the impacts of higher interest rates have yet to be absorbed, which provides a challenging backdrop for earnings moving forward. We believe we’re likely to see flat to slightly negative earnings in the early part of 2023. Earnings are likely to recover in the second half of next year, but there’ll be more uncertainty before that. On a positive note, when earnings growth is negative on a monthly basis year-over-year, the S&P 500 is positive one year forward most of the time, with an average return of 10.7%.

Fixed income

As we get closer to the end of the rate tightening, there’s more clarity to how high interest rates will get, which means that much of the downside risk to investing in bonds is in the rearview mirror. It’s helpful to remember that interest rates or yields move in the opposite direction to price. If we believe that the economy is slowing but a recession isn’t imminent, there may be pockets of opportunity in fixed income. New investments in bonds are now providing yield levels not seen in quite some time.

What lies ahead?

There’s no denying that market volatility is likely to continue through the rest of the year, but history has shown that trying to time the peaks and valleys of the equity markets is near impossible. Like the family road trip, it’s best to remain focused on our destination and not let pit stops derail us from getting there.

As always, if you have questions about the markets or your investments, I’m here to talk.

Christopher Collyer, BA, CFP
Investment Advisor, Manulife Securities Incorporated
Financial Security Advisor, Manulife Securities Insurance Inc.
200 – 9800 Cavendish Boulevard
Saint-Laurent, Quebec H4M 2V9

If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell 514-949-9058 or by email at Christopher.Collyer@Manulifesecurities.ca

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My Eye on the Real Estate Market



Lucyne Farand

U.S. Federal Reserve (Fed) Chairman Jérôme Powell delivered a strong message, hiking rates by 75 basis points and the Fed is likely to push through more interest rate hikes in the coming months, determined to crush the highest inflation seen in four decades.

This message will disappoint investors who were hoping for a sign that the Fed may be preparing, in the near term, to slow the pace of interest rate hikes if inflation shows it is running out of steam.

The Canadian Central Bank raised its base lending interest rate by 50 basis points and, we know that the housing market is inversely correlated to mortgage rates. Thus we rapidly swung from a Sellers' market to a Buyers' market. In fact, the TD Bank has forecasted a 25% contraction of the average price of a house in Canada going into the first half of 2023.

In my opinion that is too pessimistic. I expect the prices to stabilize but the volume of transactions could fall significantly.

In September the average house price in Ontario (\$836,300) declined by 5.7% year to year. Meanwhile, in Quebec, average house prices (\$442,465) increased by 3.3%.

Real Estate is still quite affordable in Quebec and the fixed mortgage rates in the range of 5% (but rising) for 5 years remains attractive.

Sellers, be patient. Buyers, now is the time to purchase your next home!



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Real Wine for Real People Fun grape facts

April Sirois – Sommelier - ISG

Grapes, in my mind, are the most versatile of foods. They can be eaten alone, right off the vine or, served with cheese to make a perfect snack. They can be dried and stored for long periods of time and then eaten like that or, baked into anything from butter tarts to rice pudding, jams and cookies. They can be enjoyed as a simple juice or as juice fermented into wine as the gods meant it to be. Even the grape seed extract is used for medicinal purposes. But, the simple grape still has a few surprises for us. Did you know that grapes are actually considered berries? The word "berry" actually meant "grape" in Old English. Today, a grape is still defined as a type of berry in botanical terms. This means that each fruit comes from a single flower.

Wine is not made from the type of grape that you see in your local grocery store. Table grapes, or those you eat raw, are distinctly different. They have a thin skin and, over the years, farmers have produced them to be seedless or, have very small seeds. Wine grapes, on the other hand, are smaller, have thicker skins and lots of seeds.

Most researchers believe grapes to be at least 65 million years old. Some of today's grape varieties are direct descendants of these ancient grapes. The oldest known cultivation of grapes by people occurred about 8,000 years ago in Georgia. From there, grape cultivation spread throughout Europe and the Romans began to call different varieties of grapes by different names.

There are more than 8,000 different grape varieties. These include wine grapes and table grapes, most of which originated in Europe and the Americas. Approximately 29,292 square miles of the Earth's surface are devoted to growing grapes.

Although yeast is an important ingredient in modern winemaking, grapes actually have yeast organisms growing naturally on their skins. The amount and type of yeast varies with the type of grape and its growing conditions. The riper the grape, the more yeast is produced. This may account for why ancient people began to use this type of fruit to make wine.

Too many grapes on a vine is not good and may detract from the quality of the fruit. Depending on the variety, each cluster of grapes may have between 15 and 300 individual berries.

The most widely grown grape variety in the world is the Kyoho, a table grape grown in China. The grapes are similar to Concord grapes and generally served peeled. The most popular wine grape worldwide is Cabernet Sauvignon.

Seeds are important for grape reproduction, so one might ask how there can be seedless grapes. The answer lies in cloning; taking a cutting of a vine, dipping it in a rooting hormone and allowing it to root and grow into a new plant.

One serving of grapes contains 27% of you daily vitamin C. Grapes are also high in vitamin K and they contain no fat or cholesterol.

It requires about 100 pounds of grapes to make five gallons or about 25 bottles of wine. That equates to more than three and a half pounds of grapes per bottle.

The small, humble grape is much more interesting that it seems at first glance. No wonder it was chosen by our ancestors as the fruit to use in wine making.

~ “Where there is no wine there is no love” – Euripides.

I’m Just Saying Human odometer

Ron Golfman - Main Street

Having just celebrated a birthday for the 68th time this past September, one of my most enjoyable, due to the fact that I had eluded the grim reaper. I had friends and family make me feel special and cared for on my big day, every pause for reflection (that's what we geezers do) kindled a nostalgic look at what comes with a litany of scenarios.

Way back when I was a young pup living in the Woodstock era, we used to say, 'never trust anyone over 30' and, if we made it to 50, that would be something. Now, I find myself older than many who, when I speak of Expo 67 or attending the first Montreal Expos ball game at Jarry Park with my dad, look at me as if looking into a fishless aquarium. My stories and recollections might as well be akin to speaking to a grandpa; then it occurs to me that I am one.

Of course, there are happy and sad reminders of decades gone by. Getting my fishing license now is one-third the cost. MacDonald's offers me coffee for a buck, though once upon a time that dollar was made out of paper. I am not sure if it is my aging appearance or some technical gizmo on my bonus card at Provigo, but now I am eligible for senior discounts on Wednesdays. Admittedly, the foot traffic of people moving and shopping at a snail's pace feels like I am wasting time I will never recoup.

My neighbor had a dog named Rusty and some boyhood friends with red hair would be called Rusty. Today, if someone called me Rusty, I would think my Bucket list is rusty too. One of my best friends injured his ankle recently. In the old days the doctor would suggest staying off it and taking some Bayer aspirin periodically. At this moment in time, he has to wear a foot brace, which looks more like a Denver boot, once reserved for parking ticket neglect as opposed to a sprain.

I still prefer reading paperbacks, often scorned by youngsters who suggest a Kindle, given the awkward labor in carrying a book when high tech replaces phones, books, watches and more. I'm working on it, not yet grasping the excitement in wearing a gear, which counts how many steps I take daily, as if an odometer.

I cherish my memories, filled with friends, family, and classics. A few weeks ago, I was having a pop with some younger lads who kindly bought me a Sambuca shooter. As the young bar person poured excessively, I held my hand up and said 'when', to which she replied, 'when what?' I reckon, and I'm Just Saying, there is always something to be learned and grateful for. See you next time!

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October 2022

MAIN STREET 

June Angus recognized for community commitment

Lori Leonard

June Angus was nominated by the Table de Concertation Régionale des Aînés des Laurentides as being an outstanding community volunteer for the Laurentian region. On November 4, June was presented with a special award at Centre récréatif, 17 500-rue du Val-D’Espoir, Mirabel, Québec. June was chosen for this very special award due to her outstanding community work in the following areas:

Laurentian Region Cancer Support Group - President: June has various presenters who help inform people with cancer about excellent ways to cope with their illness. June manages this support group and organizes all the meetings and speakers. This organization supports people who are afflicted with cancer and their extended families.

Even throughout the pandemic June found diverse ways to communicate with members of this group so they would feel supported. June has been President of this group since 2007. From 1997 to 2007, June organized a team from the region to participate in Walk/Run for the Cure to raise funds for breast cancer research.

June is a founding member of the Laurentian English Services Advisory Network (LESAN) for the Pays d’en Haut region. Members participate at various round tables and committees in their respective municipality. LESAN committees work together with the CISSS to support the Anglophone communities of Québec to ensure the best possible access to English health and social services.

June is also a member of the Laurentian Business Women’s Networking Group (LBWNG), which promotes and supports English businesswomen and entrepreneurs in the Laurentians.

She is a member of the Board of Directors and actively participates in all activities for Theatre Morin Heights, which provides English community theatre throughout the region. June enjoys singing and is a member of the Joyful Noise Choir in Morin Heights. She also writes for and, has her own gardening column in our Main Street newspaper.

When her children were school age, June was an active member on the governing board for Morin Heights Elementary School. June was also a Board Member for the Laurentian Club, a club dedicated to Anglophone seniors in the community.

June pours positive energy into her community and is a source of inspiration for others. She is always willing to lend a helping hand or an ear to listen and provides sound advice. June is genuine, generous of self and brings kindness, sincerity and support to all that she touches. Congratulations to June who is so deserving of this award. Thank you for all that you do for our community.



Photo:L-R: Isabelle Lampron (President of Table de Concertation Régionale des Aînés-e-s des Laurentides), June Angus (Honoree), Don Stewart (June’s husband), Stephanie Helmer (4Korners Executive Director), Chloée Alary (4Korners - NPI Program Manager / Vice-President of TCRAL

Mont-Tremblant receives special mention

With great pride and enthusiasm, the City of Mont-Tremblant received the Jury’s Choice award at the annual symposium of the organization ‘Rues Principales’, which was held at the end of October. The Rues Principales awards aim to highlight the dynamism of communities in terms of strengthening the urban and rural fabric by creating unique civic and business hubs as well as unifying prosperous and attractive living environments.

By awarding Mont-Tremblant its Coup de cœur, the jury wanted to highlight the innovative dimension and the significant public participation through a series of structuring initiatives that generate economic growth that have had many concrete repercussions in the city center , in the Village and at the Tremblant Resort. Among these projects initiated by the Municipal Council, let us note the street terraces, the support for the emergence of the new humor festival, Joyeux Mont-Tremblant, the Doublez-Celebrate local purchase campaign, the contribution to the local delivery project with the EVA application and, the establishment of a recovery assistance program.

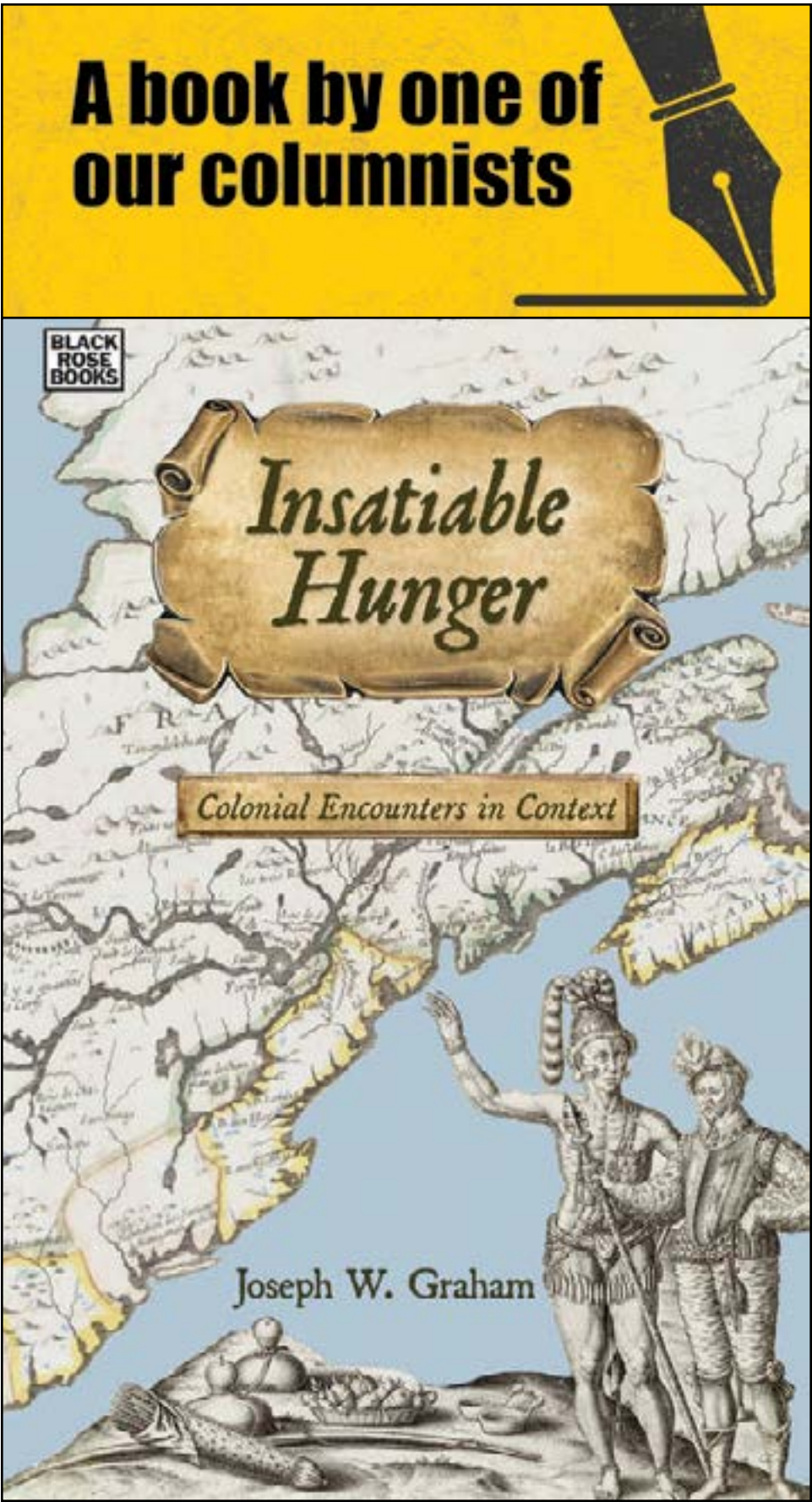
The City would like to thank its partners for their vision and their involvement in carrying out these projects: the Economic Development Corporation (CDE) of the MRC des Laurentides, the Greater Mont-Tremblant Chamber of Commerce, Tourisme Mont-Tremblant, the Tremblant Resort Association, Labelle MNA Chantale Jeannotte and, Caisse Desjardins de Mont-Tremblant.

To find out about all the initiatives we invite you to visit the Business microsite of the City of Mont-Tremblant at affaires.villedemont-tremblant.qc.ca.



For any questions, please contact the Economic Development Department at 819 425-8614 or dem@villedemont-tremblant.qc.ca.

Photo: Mme Pascale Lapointe-Manseau, jury member of du des prix Rues principales, M. Louis-Martin Levac, Director of Economic Development Department of the City of Mont-Tremblant, and Mr. Paul Arsenault, also a member of the jury.



"...This is an important work. It struggles for truth and accuracy in unfolding the story of Canada. I am not a fan of Canada. Canada is the name of the empire that Britain gave our homelands to, but this is clear in the book. What is not clear is what do we do about it. Reconciliation begins with truth and in this case, it is really our homeland, and nothing can be decided without us. We must become the authors of a new story and I think the writer is taking us in that direction, bravely, doggedly and with grim determination."

--Lee Maracle is an award-winning poet, novelist, and teacher. She is currently a teacher and Mentor for Indigenous Students at the University of Toronto and a cultural instructor at the Traditional Cultural Director for the Indigenous Theatre School.

- <https://www.ballyhoo.ca/insatiablehunger.html>

Concert de Noël



With December coming up fast, the Chœur Tremblant has a plan to help get you into the Holiday spirit. Its Christmas concert is planned for Sunday, December 4 at 4 pm at the Saint-Jovite church.

The Chœur Tremblant is our local choir and its members are from Mont-Tremblant and region and the Upper Laurentians. There will be close to forty choristers on stage, directed by musical and artistic director Louis Babin. The voices will be accompanied by a string quintet, a trumpeter and pianist, Céline Laverdure.

Tickets, at \$25 (regular) or \$50 for VIP (to support the choir and have access to seats at the front of the church), will be available from choir members (cash or cheque) and at Hamster L’Apostrophe Plus (cash only) at 1090 rue de Saint-Jovite, Mont-Tremblant

The Chœur Tremblant, supported by the City of Mont-Tremblant and by its partners, is a mixed-voice choral group founded in 1994, which was named a “cultural treasure of the Laurentians” in 2016.

Visit Louis Babin’s website at www.louisbabin.com or contact the Chœur Tremblant by email at info@choeurtremblant.com or by phone: 873 279-2848.



**MRC
D'ARGENTEUIL**
Authentique. Avec vous.

The council of the MRC d'Argenteuil has adopted the draft Management Plan of Residual Materials (PGMR) 2023-2030 at its regular meeting of October 12 and now launches its public consultation notice.

A PGMR is a tool that aims to develop and implement concrete means to promote achievement of the objectives of the Québec Residual Materials Management Policy, its plan of action and, its strategy for the recovery of organic matter. These objectives are mainly aimed at reducing the quantity of landfilled materials and to increase the recycling and recovery of recyclable materials, organic materials and construction, renovation and demolition residues.

Waste management on a territory generates economic, environmental and social costs, hence the importance of a rigorous and consistent framework. This is the primary role of a PGMR.

Take part in the change

The population of Argenteuil, as well as the people representing the industrial sectors, businesses and institutions (ICI) and construction, renovation and demolition (CRD), as well as all other actors who works in GMR, are invited to comment on the PGMR project, either in taking part in a public consultation meeting or by sending their briefs or comments (see addresses below).

The public consultation meetings will provide the information needed to understand the PGMR project and will allow those present to be heard on the subject. Meetings will take place:

Thursday, December 8, 2022 at 2 pm

Virtual mode (connection link provided a few days before the event) Details for registration at www.argenteuil.qc.ca/pgmr

Thursday, December 8, 2022 at 7 pm

At the MRC d'Argenteuil, Lucien-Durocher room, 430 Grace Street, Lachute

The committee can receive comments from October 20, 2022 to December 19 2022, 4:30 pm, at the following coordinates:

- By mail: 430 Grace Street, Lachute, Quebec, J8H 1M6
- By email: pgmr@argenteuil.qc.ca

A copy of the draft PGMR 2023-2030 and a public notice accompanied by a summary are available on the MRC d'Argenteuil website, at www.argenteuil.qc.ca/pgmr in the section Documentation, as well as at the centenary building of the MRC located at 430, rue Grace, in Lachute, during regular opening hours. The documents can also be consulted on site at the office of each of the municipalities, by appointment.

Subsequently, a commission, made up of two elected officials, Mr. Howard Sauvé, president, member of the PGMR review committee, deputy prefect of the MRC d'Argenteuil and mayor of the Municipality of Mille-Isles and, Mr. Kévin Maurice, commissioner, member of the PGMR review committee and mayor of the Town of Brownsburg-Chatham, will receive all comments, suggestions and questions from all the people interested in the file and will report to the council of the MRC.

About the PGMR review process

Under the Environment Quality Act (LQE), MRCs must plan the management of residual materials throughout their territory through the development and implementation of a PGMR, with a periodic review every seven years.

To carry out the process, the MRC d'Argenteuil has set up a working committee, which includes elected officials, environmental professionals from the MRC and municipalities, local authorities, a representative of the Régie intermunicipale Argenteuil Deux-Montagnes as well as members of a consulting firm, as coaches.

The steps in the review process include updating the profile and diagnosis, development of the action plan, public

consultation, compliance analysis by RECYC- QUÉBEC and the finalization of the PGMR, by final adoption, by regulation.

The MRC is in the 3rd generation of its PGMR: its first PGMR came into force in April 2004; its second, the PGMR 2016-2020, in November 2016 and the adoption of its third is scheduled for November 2023.

The public, businesses and organizations are invited to visit www.argenteuil.qc.ca/pgmr for more information on the PGMR 2023-2030.



Launch of the regional suicide prevention plan

The Integrated Health and Social Services Center (CISSS) of Laurentides has launched its Regional Suicide Prevention Plan. This plan aims to harmonize the practices within the CISSS and optimize linkages between the CISSS des Laurentides and partners of the territory in order to reduce the number of suicide attempts and deaths in the Laurentians.

The suicide rate is higher in the Laurentians than in the province as a whole. There are, in average, 93 deaths by suicide that occur annually as well as an average of 20 hospitalizations per month that are related to a suicide attempt.

The Regional Suicide Prevention Plan is a project that brings together and mobilizes prevention of suicide stakeholders of the Laurentians. Many CISSS professionals and several partners in the territory actively participate. It puts forward good practices and is based on the consultation of experts in suicide prevention. It is also based on the involvement of many resource partner users. The latter are trained and contribute voluntarily to the improvement of the user experience and to the quality of care and services within the CISSS des Laurentides.

The Regional Plan will be rolled out gradually across the territory over the coming months. This plan carries hope. It will allow us to join forces to do more, do better and, even do things differently.

"People at risk of suicide, their loved ones and people bereaved by suicide must stay at the heart of our priorities and this must be reflected in each of our actions. The Regional Suicide Prevention Plan will promote the harmonization of practices and even more effective collaboration between the territorial actors. Together, we will offer a better response to the needs of people at risk of suicide, their loved ones and the bereaved. Thus, we can reduce the number of attempts and deaths by suicide in the Laurentians", underlines Ms. Rosemonde Landry, president and director general of the CISSS des Laurentides.

To consult the Regional Plan as well as the various tools on the subject, visit the website: santelaurentides.gouv.qc.ca in the Suicide Prevention section.



Notre-Dame-de-Pontmain Library wins prestigious award

The Réseau BIBLIO des Laurentides is proud to announce that the library of the Municipality of Notre-Dame-de-Pontmain has won the prestigious Gérard-Desrosiers award: Development of public libraries (5,000 inhabitants or less) at the Public Libraries Gala held in the auditorium of the Grande Bibliothèque, in Montreal.

The very first Public Libraries Gala, an initiative of the Association of Public Libraries of Quebec (ABPQ) and the BIBLIO Network of Quebec, was held on October 18 as part of Public Libraries Week.

Among the prizes awarded during this evening, Notre-Dame-de-Pontmain, a municipality located in the MRC of Antoine-Labelle in the administrative region of the Laurentians, was awarded the Gérard-Desrosiers Prize: Development of public libraries (5000 inhabitants or less).

The Notre-Dame-de-Pontmain library, recently expanded and refurbished, now promotes a sense of belonging and involvement in the community by being inviting and versatile thanks to the originality and enthusiasm of the municipality. It is more than ever at the heart of the cultural, educational and leisure activities of this municipality of less than 800 inhabitants.

The re-development work allowed for the addition of an entertainment room and particular attention was paid to the furniture and materials used. The coffee corner and the use of wood in the spaces make the library a warm and inviting place.

"The Municipality of Notre-Dame-de-Pontmain can be proud of its library. The proof is there that regardless of the number of their inhabitants, municipalities can offer their citizens a unique and high quality library. This library should make many Quebec municipalities green with envy," says Fannie Sauvé, library support director for the Réseau BIBLIO des Laurentides.

Note that the libraries of La Minerve (Eureka prize) and Kiamika (Complicité prize) were finalists in the category of 5,000 inhabitants or less. For more information on the Public Libraries Gala and the Gérard-Desrosiers Prize: [www.http://prixdesbibliotheques.ca/](http://prixdesbibliotheques.ca/)

THE LAURENTIANS BIBLIO NETWORK

The Réseau BIBLIO des Laurentides (RBL) is a non-profit organization set up by the Ministry of Culture and Communications of Quebec. For 40 years now, the RBL has supported the development, operation and enhancement of libraries in its region. Its members benefit from significant economies of scale in addition to professional and technical expertise to provide citizens with high quality service at an affordable price.

The Réseau BIBLIO des Laurentides in figures: 60 municipalities | 50,000 subscribers | 1,000,000 loans

