

# MAIN STREET

November 2023 • VOLUME 23 NO. 11  
14,000 COPIES • PLEASE TAKE ONE

THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

ARUNDEL • BROWNSBURG • GORE • HARRINGTON • HAWKESBURY • HUBERDEAU • LACHUTE • MILLE ISLES • MONT-TREMBLANT • MORIN HEIGHTS • PIEDMONT • PRÉVOST • STE ADÈLE • STE AGATHE • STE ANNE DES LACS • ST ADOLPHE-D'HOWARD • ST. ANDRÉ D'ARGENTEUIL • ST SAUVEUR • VAL DAVID • VAL MORIN • WENTWORTH



**Auberge Val Carroll**  
AUBERGEVALCARROLL.COM

SUIVEZ-NOUS  
FOLLOW US

**FUNERAL SERVICES**



See ad on page 12

**LES SENTIERS**  
ÉCOLOGIE NATURELLE • SERVICES FUNÉRAIRES

TOLL-FREE: 1-844-565-6464  
lessentiers.ca



See p.14 for listings

**bonjour**  
Agence Immobilière

Tranquillité  
Intégrité  
CHAIRMAN'S

**Lyndsay Wood**  
Real Estate Broker

FREE seller & buyer consultations  
Over 15 years experience

514.774.8019  
lyndsaywood.com  
lyndsay.wood@remax-quebec.com

2 OFFICES TO SERVE YOU • ST-SAUVEUR & LACHUTE

**Philippa Murray**  
COURTIER IMMOBILIER - REAL ESTATE BROKER



**Proprio Direct**  
REAL ESTATE AGENCY

**C) 450.530.5787**  
O) 1.800.465.8040  
philippa@philippamurray.com  
www.philippamurray.com

585 boul. des Laurentides, Piedmont 450-227-8800

**EPICERIE**  
Caterer - Butcher • TRAITEUR • Italian grocery store

**La Cena**  
Homemade focaccia • Sandwich • Ready to eat  
Butcher's shop • Privately imported wine • Delicious desserts  
• And Tailor-made catering menu

**OPEN WEDNESDAY TO SATURDAY FROM 9 TO 6**



**Le SAINT-SAU**  
PUB GOURMAND

236 Rue Principale, Saint-Sauveur, J0R 1R0  
450-227-0218

See Ad on page 3

**Rachelle Béry**

 Rachelle-Béry Saint-Sauveur

Organic and natural

377, rue Principale,  
Saint-Sauveur  
450 227-3343

**LAURENTIAN LAKESIDE COTTAGES**  
Private, family-friendly vacation rentals available year-round.



[www.laurentianlakesidecottages.com](http://www.laurentianlakesidecottages.com)




See Ad on p.4

- Accommodation
- Reception & Wedding (small private chapel)
- Gourmet dinner
- Private estate
- Personalised brunch every Sunday
- In the heart of the Harrington Valleys
- Packages

**Val Carroll**  
AUBERGE

50, chemin du Val-Carroll, Harrington QC  
819 242-7041  
aubergevalcarroll.com  



**4korners**  
Laurentian community network  
Réseau communautaire des Laurentides



info@4korners.org • www.4korners.org  
1.888.974.3940

See Ad on p.5

**gourmet village**  
du

FROM OUR VILLAGE SINCE 1982  
DE NOTRE VILLAGE DEPUIS 1982

**MINI FACTORY SALE**  
**MINI VENTE D'ENTREPÔT**

Nov. 17-18th 20-23rd  
Nov. 17-18 20-23 Nov.

[www.gourmetduvillage.com](http://www.gourmetduvillage.com) pour plus de détails/for more details







# IMPROVING COMMUNITIES HEALTH

## in the Laurentians

Through McGill's Dialogue program, we're dedicated to increasing the access to health and social services to English-speaking residents in the Laurentians.

### This program offers :

- A bursary program for University students in healthcare
- English training for healthcare professionals in the region
- A Health caravan in rural sectors

To learn more, please contact us at [www.4korners.org](http://www.4korners.org) | 450-974-3940



# 4korners

Réseau communautaire anglais des Laurentides | Laurentian's English Community Network

Dialogue McGill



Health Canada

Santé Canada



# 4korners

## The Dialogue McGill x 4Korners Bursary Program

# Congratulations to 2023's winner, Claude-Alie Wagnac!

### Jude Hussain

4Korners, in collaboration with the McGill bursary program sponsored by Health Canada, supports students studying in English health and social sciences. The objective of this program is to increase the number of bilingual healthcare professionals to serve English speakers across Quebec. This year, 4Korners is extremely proud to offer a \$10 000 scholarship bursary to a young Laurentian student: 23-year-old Claude-Alie Wagnac of Boisbriand. Claude-Alie applied to the Dialogue McGill x 4Korners Bursary Program back in May of this past year. She was a full-time student at the University of Sherbrooke where she achieved a BA in occupational therapy, and she planned on continuing her studies through medical school to become a doctor specializing in pediatric medicine.



"Getting the phone call felt surreal. I kept getting a call from someone I didn't know, but it turned out to be someone from 4Korners. Since I had applied a few months ago, I thought it was bad news. But after they told me I won, I couldn't believe I got it! When I applied, I was trying to put myself out there. The fact that it worked, and I took the chance to apply, I feel very grateful," says Claude-Alie.

In the Laurentians, access to health and social services is an issue with extra challenges for the English-speaking community. "In the current state of the health system with yet another reform to come, we need to work collectively to facilitate access to the healthcare services. Research shows that there is a negative impact on the health of linguistic minorities," says Hugo Bissonnet, Executive Director at 4Korners. The program incentivizes future health care professionals to practice their specialties in the region that they are originally from. It is designed to respond to regional and local priorities for access to health and social services in English, of which the Laurentian region remains a large case.

Claude-Alie stood out to 4Korners due to her interest and willingness to work in English, and ambitions to take on English-speaking patients when she completes her studies in medicine. Through volunteering and work placements, she has already had the opportunity to work with English-speaking patients, and she understands the general need for more English health services.

"Having some experience in a hospital setting already, I've learned that there are always patients who don't speak French. I think it's important to have someone speak in English if a patient can't speak French, especially for hospital patients with dire needs. Even though I mainly speak French in my day-to-day life with my parents and friends, I don't think language should be an obstacle in the relationships with my patients. I think it's important to be able to communicate without barriers to our patients," explains Claude-Alie.

4Korners is very proud to support the health-care journey of an engaged and intelligent student such as Claude-Alie by providing her with financial support to concentrate on her studies. 4Korners will continue to support the community's health of the Laurentian region through another bursary program in March 2024, by providing English training for Laurentian healthcare professionals, and through the annual 'Health Caravan' event.

Follow us for more info at [4korners.org](http://4korners.org) | [info@4korners.org](mailto:info@4korners.org) | 450-974-3940.

## Winter Feeding Tips for Birds

Feeding birds in winter provides hours of delight and entertainment while helping our feathered friends survive the cold winter months. Following a few guidelines will help ensure the birds visiting your feeders will stay happy and healthy.

- Place a selection of different types of feeders to attract as many species as possible
- Place feeders in a safe place near trees or bushes where birds can hide from predators.
- To prevent bird strikes on windows, place feeders within 3 feet or outside of 10 feet of all windows
- Choose a variety of quality seeds with a high fat content
- Only feed enough seeds that birds will consume within a day
- Remove old seeds, dirt and droppings and clean feeders before refilling
- Sterilize feeders a few times a year to prevent the spread of disease



## Curtain call for "Have a Heart"

After many months of preparation, Theatre Morin Heights sends out a big thank you to its cast, crew and many loyal and enthusiastic patrons for helping to make their recent production of "Have a Heart" by David Sherman a resounding success! Bravo to actors Alessandra Piazza Guindon, Steve Gillam, Jacklyn Laflamme and Noel Burton. For the latest on what's coming next, visit [theatremorinheights.ca](http://theatremorinheights.ca).





Du bon vivant

La Pizza!

SPECIAL \$9.99

IN A GROCERY STORES NEAR YOU!

Homemade Italian Sausage

Homemade Vegetarian

All Dressed Supreme

POWERED BY SHAWBRIDGE

\*\*PRICES MAY VARY DEPENDING ON THE MARKET.

What's On My Mind...

Transitioning seasons

Susan MacDonald, Editor

November finds us mid-way between the season that was and the one that will be and while some may say there's nothing to do, others would certainly disagree. Well that little rhyme was unintentional, but hopefully will add a touch of humor to an otherwise dull and dreary month.

November certainly is a transitional month, taking us from the colourful days of autumn into what we can only pray will be an easy winter. It marks the closing of cottage and tourist season, the 'changing of the guard' in our closets, the end to gardening and farmers' markets, the search for last year's shovels and snow blowers and, heralds in the shorter days of daylight saving time.

In our stores, liquidation racks of Halloween paraphernalia stand at the head of aisles now filled with everything Christmas on their shelves, another show of November transition. I'm not a parent, but I can only imagine how challenging shopping with children must be at this time of the year, oh the temptations!

Meanwhile, crafts people across the Laurentians are preparing for the upcoming holiday markets and fairs, loaded with homemade gifts and treasures for the festive season. This is their prime opportunity to sell and share their gifts with you and, after months of precious time and hard work, I wish them great success. There are many upcoming events you can attend; you'll find them listed on pages 8 and 9.


With the shorter days, I now find myself less energetic and yawning by what used to be my usual dinner time. I wonder if the law of nature, which slows everything down at this time of the year, does indeed make more sense than turning on the lights. After a long and active summer and fall, it only makes sense to take some time now to slow down and catch up on some well-needed rest before the holidays and winter activities begin.


My thoughts will likely change in a few weeks but right now, after a busy day, a cozy fire, a glass of wine and a good movie sound just about right.

Enjoy the read...

November

New member to the Clinique Dentaire team!






Offer yourself a healthy smile for the holidays! Call us to fix an appointment with **Dr. Mitchell Pinto**

(450) 229-8333

173 rue Morin, Sainte-Adèle

info@dentistesteadele.com | dentistesteadele.com



STATION 210  
CAFÉ ATELIERS  
BOUTIQUE


Exceptional local & imported products for kitchen, dining, living spaces and backyard

Quality clothing & accessories

Inspired gifts for children, campers, cyclists, gardeners, foragers and cooks

Gourmet food shop

Your DESTINATION for an original selection of OBJECTS that celebrate the VALUE OF BEAUTY, the GENIUS OF DESIGN and the JOY of bringing both to your EVERYDAY LIFE.



« À NE PAS MANQUER »

LA PRESSE

BOUTIQUE OF THE YEAR 2023

CCIA ARGENTEUIL

OPEN ALL YEAR AND A MUST DURING GIFT-GIVING SEASONS

WEDNESDAY TO SATURDAY  
10 A.M. – 5 P.M.

SUNDAY  
10 A.M. – 4 P.M.

LOCATED IN THE OLD FIRE STATION IN SAINT-ANDRÉ-D'ARGENTEUIL

210 RTE DU LONG-SAULT (9 MINUTES FROM LACHUTE)

INFO@STATION210.CO  
514.814.3685

MAIN STREET

November 2023

main.street@xplornet.ca 3











# Arundel News

Janet Thomas

**ARUNDEL SPEAKERS SERIES PRESENTS: “Nuestra Pura Vida - Our Costa Rica” By David Lank, Cm, Frsa**  
Arundel United Church 17 (rue du Village)  
**Fri, Nov 10: 7: pm.**  
Free admission  
Applauded author/illustrator, our Harrington neighbour, David Lank, will describe the rich biodiversity of this incredible place. You will be introduced to the remarkable wildlife, vegetation and people of this fascinating country. If you like to travel and you love a good story, meet him at the United Church in Arundel **on November 10.**

**ARUNDEL LIBRARY NEEDS VOLUNTEERSs**  
Arundel’s charming little municipal library is looking for volunteers for occasional help with customer service, book filing, and other related tasks. Tasks and requirement include:

- Being available 3 to 6 hours per month, weekdays or Saturday mornings
- Welcoming visitors at the counter
- Checking out books and returns using a simple computerized system
- Reshelving books and other related tasks as needed
- Spoken and written English skills required, spoken French an asset.

Please consider joining a vibrant team to keep our library open. For more information and to apply, contact Frances Jones, Library Manager, 819-681-3390 ext 5607 or [biblio@arundel.ca](mailto:biblio@arundel.ca)

**GRACE CHURCH CHRISTMAS LUNCH AND BAKE SALE**  
Church Road, Arundel  
**Sat, Nov 18: 12 pm – 1:30 pm**  
Come for lunch and leave with yummy Christmas baking. Come early as this a very popular event. A hearty vegetable soup and dessert is offered for lunch for only \$8. No need to reserve. Just come!

**HOLIDAY WREATH MAKING WORKSHOP at LAURENTIAN HOUSE**  
21 chemin Pine Ridge, Arundel \*Side Entrance\*  
**Sat, Nov 18: 2 pm - 4 pm**  
**Sun, Nov 19: 2 pm - 4 pm**  
**Sun, Nov 26: 2 pm - 4 pm**  
Just in time for the holidays, Laurentian House is hosting its 2nd Annual Holiday Wreath Making Workshop. This is a fun, festive workshop to begin the holiday season. The two-hour guided workshop includes all greenery, tools + supplies, and a holiday cocktail. Bring a friend or come by yourself, embrace your creativity and go home with a beautiful handmade wreath for the holidays.  
\$45/person  
Please note this workshop is in English.  
Details and pre-registration through our website: [LaurentianHouse.com](http://LaurentianHouse.com).  
Private group workshops are available upon request.

**LAURENTIAN HOUSE**  
An experience away from the traditional world. The private 240 acre property in Arundel is a place of inspiration + creative culture. Available for private dinners, events, weddings, meetings and workshops, the best of Quebec is celebrated at Laurentian House. A private property with a mountain for exploration in winter by snowshoe or crosscountry ski, Laurentian House is a hidden wonderland of the Laurentians.

**CANTIVO CHOIR CHRISTMAS CONCERT**  
Arundel United Church (17 rue du Village)  
**Sat, Dec 2: 4 pm**  
Free Admission/ Donations Appreciated  
Join us for an enchanting afternoon of Christmas music. 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. The choirists are voice-trained and experienced. 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](mailto:janet.thomas700@gmail.com)

**CUT YOUR OWN CHRISTMAS TREE” EVENT**  
Les Serres Arundel (Rue du Village)  
**Sat, Dec 2: 10 am – 3 pm**  
Back by popular demand! Select and cut your own perfect Christmas tree and take it home for Christmas. You and your children will enjoy the Tractor Ride around the farm. Before leaving, you can spend some time warming up around the bonfire, roasting marshmallows and sipping hot chocolate. This is the perfect way to spend a crisp December day.

**ARUNDEL CHRISTMAS MARKET**  
Bettina and Pascal’s Farm (115 Crystal Falls Road, Rte. 327)  
**Sat and Sun: Dec 9 & 16: 11am - 4pm**  
Need a Christmas gift or something tasty for the holidays? You will find it at the Arundel Christmas Market. Beautiful, hand-made treasures along with delicious homemade goodies are yours for the taking. Sixteen vendors will convene each day inside the greenhouse at Bettina and Pascal’s farm on the road to Mont Tremblant. Enjoy the live music while you select something special.



Published by  
**Les Éditions Main Street Inc. P.O. Box 874,  
Lachute J8H 4G5**  
**450-533-0222**  
**email: [main.street@xplornet.ca](mailto:main.street@xplornet.ca)**  
**[www.themainstreet.org](http://www.themainstreet.org)**

**TheMainStreetNews**  
6 **[main.street@xplornet.ca](mailto:main.street@xplornet.ca)**

## News from Saint-André

# First of all, hello!

Karen Feiertag

It’s official: Saint-André-d’Argenteuil is now on the Main Street masthead – and map. If in the vast, sparsely populated greater Laurentian region it is geography that makes this little-known village in Argenteuil obscure to so many, it’s geography too that binds us.

Saint-André lies along the southern edge of the “Lower Laurentians” that runs north-west from Montreal beyond the Lake of Two Mountains. To those who live to our north, I say follow the river. The North River begins its not-at-all-as-the-crow-flies 100+km journey above Saint-Agathe, name-drops its way south through Val David, Val Morin and Saint-Adèle, veers from Saint-Sauveur for a visit to Piedmont and Prévost and splits St-Jérôme in two before jutting south-west to Lachute. From there, a short meander south brings it to the formidable Ottawa River and, where these rivers meet, to us.

Life in a given forest, mountain or valley encountered along this trajectory could seem to have little in common with a life lived here amongst these low-lying agricultural lands and dock-spotted shores. But we are always more connected than we think and have more in common than we know. Earlier this spring, whether from its shores or on TV, we all watched pieces of each other’s house timber and patio sets careen by atop the 365 m3 per second wave that was this river. We were in each other’s thoughts. And shall remain so.

For the new distribution point of the newspaper here in Saint-André, an appreciative community of Anglophones, Francophones, polyglots and sundry human beings give thanks to Main Street.

Happily, what we’re up to here in Saint-André, Carillon and the surrounding area and what this region has to offer you and other visitors will be new subject matter in the coming editions. We send a very warm welcome, not only to those of you in the Laurentian region that the paper serves, but also to those of you further afield in the larger Main Street readership. We hope to see you all very soon.



## Cancer Support Group Cancer Group Nov 18: How to ask for help

Pascale Prinsen Geeligs, Counsellor with L’Antr’Aidant will be on hand at the next meeting of the Laurentian Region Cancer Support Group November 18, 1 pm at Chalet Bellevue, Morin-Heights to present useful tools and tips to anyone on the caregiver journey. L’Antr’Aidant is a community organization supporting caregivers in the region and they have recently expanded their information and services available in English.

Participants are welcome to attend in person or 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](mailto:cancer.laurentia@yahoo.ca).



• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

**NEXT EDITION: DECEMBER 8<sup>TH</sup>**

**IF YOU WISH TO PLACE  
AN AD CONTACT :**

**Susan MacDonald**  
**450-533-0222**

Legal Deposit  
Bibliothèque  
nationale du Québec  
2014



ISSN 1718-0457

MAIN STREET

**Founder:** Jack Burger  
**Advertising Sales:** Susan MacDonald,  
**Publisher/Editor:** Susan MacDonald  
**Associate Editor:** June Angus  
**Art Director:** Laurie Roch  
  
**Contributing writers:** June Angus, Louise Bloom,  
Lys Chisholm, Chris Collyer, Ron Golfman, Joseph Graham,  
Lori Leonard, Marcus Nerenberg, Janet Thomas, Florian  
Gaudreau, April Sirois and many other contributors from  
the Laurentian community at large.  
**14,000 copies distributed throughout  
the Laurentians**

© 2013 Les Éditions Main Street Inc. -  
Reproduction in part or in whole without written permission is prohibited

November 2023





# NEWS BITS FOR NOVEMBER

## Argenteuil-La Petite-Nation MP Stéphane Lauzon named parliamentary secretary to the Minister of Citizen Services

On September 16, the Prime Minister of Canada announced the appointments of parliamentary secretaries. It is with honor and humility that the Member of Parliament for Argenteuil-La Petite-Nation, Stéphane Lauzon, was assigned the functions of parliamentary secretary to the Minister of Citizen Services, Terry Beech.

“I accept this new challenge with great enthusiasm. It’s a large department and I am happy to support Minister Terry Beech in improving the services offered by the federal government to Canadian citizens. I look forward to getting to work modernizing government services so that Canadians and newcomers receive services when and where they need them”. Stéphane Lauzon, Member of Parliament for Argenteuil-La Petite-Nation and Parliamentary Secretary to the Minister of Citizen Services.

The new Department of Citizen Services will focus on everything that directly affects Canadians. This includes, among other things, passports, but also applications for dental care benefits and employment insurance.

## A new approach to hospital discharge

The Integrated Health and Social Services Center (CISSS) of the Laurentians is proud to have implemented a new approach, effective since March 2022, for people hospitalized who require rehabilitation services and whose state of health allows them to return home.

This new way of doing things offers an alternative to hospitalization by allowing users to receive their rehabilitation services at home. Users meeting the eligibility criteria benefit from an average of four to six weeks of rehabilitation therapy.

The main objective is to allow patients to achieve a level of autonomy sufficient in their movements so that they can then continue their rehabilitation, if necessary, by going to the service centers provided for this purpose. This practice reduces hospital stays while improving patients’ quality of life. Notably, this has the advantage of breaking social isolation through the presence of loved ones who may be more easily involved at home. But, above all, returning home promotes the resumption of lifestyle habits more quickly, and in the comfort of the person's home.

The success of this new way of proceeding results from the close collaboration between the different teams of the CISSS des Laurentides and the involvement of the users’ family network. This approach is being developed and is now in place in the following sectors: Lac-des- Deux-Montages, Thérèse-De Blainville, Saint-Jérôme, Argenteuil, Pays-d’en-Haut, Lachute and the southern sector of the MRC des Laurentides.

“Our goal is to provide the most useful and beneficial service possible to each individual. Congratulations to the teams who initiated this new approach in the Laurentians,” declared Ms. Rosemonde Landry, President and CEO of the CISSS des Laurentides.

The store is located at 382 Rue Principale, Saint-Sauveur and open Tuesday and Thursday from 9 am to 3 pm and the first Saturday of each month from 9 am to noon.

**Centre intégré  
de santé  
et de services sociaux**

**Québec**



# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Welcome to:

**AM Déjeuner Diner**, owned by **Karna and Kumar**, located at 131 chemin du Lac Millette, St. Sauveur. Karna also owns two similar restos in Rosemère and Terrebonne. The St. Sauveur location opened in July 2023. Their specialty is breakfast, which includes yummy French toast, homemade crêpes, their own unique version of Eggs Benedict, homemade crêtons, farmer’s sausages and home cooked potatoes with marinated red onions. Let’s not forget their applewood-smoked bacon!



They also offer a wonderful array of lunches including shrimps with sweet chili sauce, BBQ maple chicken, salmon with curry coulée and chicken alfredo parmesan. There are delicious desserts including delectable crêpes with chocolate sauce, chocolate brownies with walnuts and an amazing carrot cake with cream cheese glaze.

To top it all off, whether it’s breakfast or lunch, they offer specialty coffees and teas. The interior setting features comfy azure blue chairs, a special flowering tree, plants and high-end dinnerware to add to your meal enjoyment. You can even pick up some of their special AM Hot Sauce or AM Maple Syrup on your way out. 450 227-3777 / AMdejeunerdiner.com / Facebook: AM Dejeuner Diner.com

**Mélanie Simard** and **Renaud Letellier**, owners of the new **Jolifeu Bakery**, 1000 chemin Avila, St. Sauveur. Renaud is a self-taught artisanal baker who bakes many wonderful breads and viennoiserie delights. He has worked in restaurants for 15 years and has always been passionate about baking bread. Renaud uses only local organic flour and all his bread and other baked goods are made by-hand and are mostly sourdough based. Included in the line-up of goodies are a variety of artisanal sourdough breads, croissants and chocolatinés. They also offer different types of tasty focaccia each week. One of their specialty focaccias includes leeks, cream and nori seaweed. They also offer their unique “square croissants” stuffed with seasonal fruits, cream and garnishes and also a variety of delectable Danish.



Wishing both of you the best of luck with this new venture!

Open Wednesday, Thursday and Friday from 10 am - 4:30 pm and Saturday from 9 am - 4:30 pm. 450 744-3396 / Facebook: jolifeu.boulangerie

### Congratulations to:

**Josephine Piazza** and **Suzie Prénovost**, who are taking on an exciting new challenge as **Life Celebrants** who will provide special, customized celebrations of life at traditional funerals, on milestone birthdays or anniversaries, for lifetime achievements and pre-death planning. Their services may be conducted at home, at a hospital, at a reception hall or funeral home. They will work alongside families, clergy, funeral salon personnel, etc.

This service is extremely beneficial to family members who prefer someone else to read a eulogy for them. Josephine and Suzie will work with families to ensure that the service for a deceased person or the person to be honored before they pass will be completed in a compassionate, respectful manner. Each service will be customised to suit the family’s needs (whether the service be conservative, sprinkled with a tad of humor, or in a more extroverted way for a person who lived life this way).

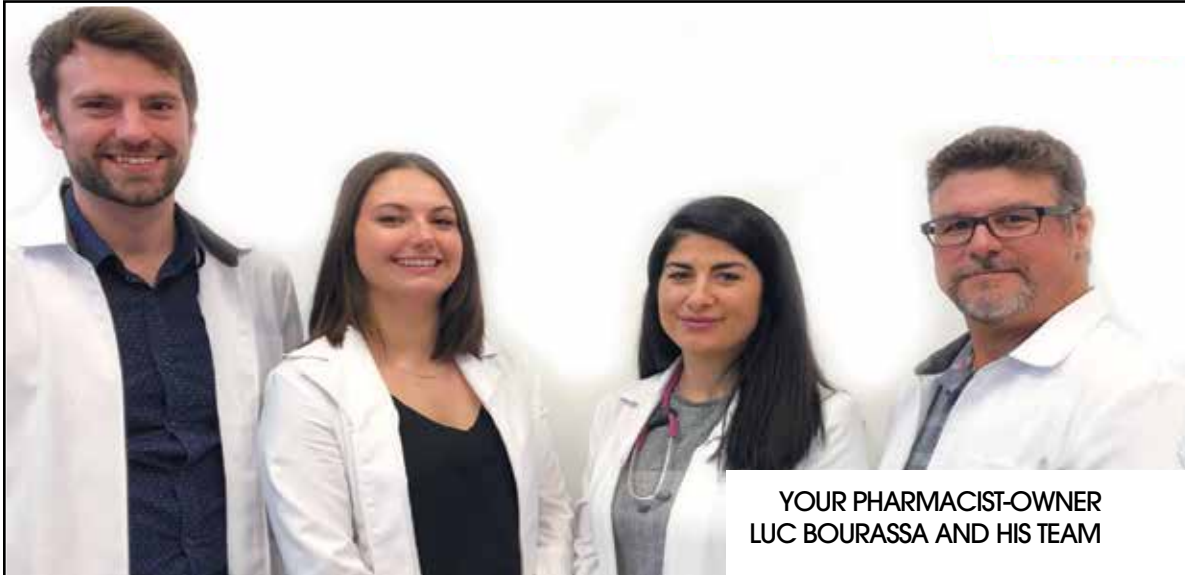
Grieving is personal and mourning and celebrating both have their own special place. Josephine and Suzie will provide the best pathways for each family according to their specific needs in English, French or Italian (or a combination). Additional services are listed on Suzie’s website at [suzieprenovost.com](http://suzieprenovost.com)

Josephine and Suzie will provide a rich experience of accompaniment through the grieving process, provide peer support group animation, conferences and workshops on grief, yoga for grief and regeneration.

Josephine Piazza, 514 349-0775, [jojopiazza22@gmail.com](mailto:jojopiazza22@gmail.com)  
Suzie Prénovost, 450 602-8020, [suzieprenovost@gmail.com](mailto:suzieprenovost@gmail.com)

This unique service will also be available through Lori’s Links 450 224-7472, [leonard.lori@outlook.com](mailto:leonard.lori@outlook.com)

Wishing both of you much success!



YOUR PHARMACIST-OWNER  
LUC BOURASSA AND HIS TEAM

**A TEAM ATTENTIVE  
TO YOUR NEEDS**

Nursing care, blood test  
and vaccination on site  
by appointment

**Open Hours:**  
Monday to Friday: 9 am - 8 pm  
Saturday: 9 am - 6 pm  
Sunday: 10 am - 5 pm



Bourassa, Halley and Leduc  
Pharmacist-owners  
affiliated with


**uniprix**

222-G, chemin du Lac-Millette,  
Saint-Sauveur | 450 227-8451



CHAUFFEZ  
VERT

MITSUBISHI  
ELECTRIC



GOVERNMENT  
REIMBURSEMENT  
STILL AVAILABLE

BUY 2 UNITS RECEIVE \$2500

BUY 3 UNITS RECEIVE \$5000

ULTRA LOW TEMPERATURE  
CENTRAL UNIT RECEIVE \$5000

Come see us in store  
for more information!


Do business with a team of professionals

LORTIE RÉFRIGÉRATION INC.

202, rue Cameron, Hawkesbury, Ontario K6A 2X8

Tél. : 613-632-8742 • 1-800-336-0361 • Fax: 613-632-2074

CHRISTMAS MARKETS AND CRAFT FAIRS



CRAFT FAIR IN ST-ADOLPHE-D'HOWARD

Mont Avalanche

Sat & Sun, Nov 11 & 12: 10 am – 4 pm. Free Entry

819 327-2626 | stadolphedhoward.qc.ca

CHRISTMAS MARKET IN PRÉVOST

Sat, Nov 18 & Sun, Nov 19: 10 am – 5 pm

Info: 450 224-8888, extn. 6229 | ville.prevost.qc.ca

GIFT FAIR IN SAINTE-ANNE-DES-LACS

Sat, Nov 18: 10 am – 5 pm / Sun, Nov 19: 10 am – 4 pm

Info: 514 602-2991 | villebdf.ca

MONT-TREMBLANT HOLIDAY MARKET

Fri, Nov 24: 4 pm – 8 pm / Sat, Nov 25: 10 am – 5 pm / Sun 10 am -3 pm

Info: 819 425-8614 | villedemont-tremblant.qc.ca

FESTIVE MARKET AT BROWNSBURG-CHATHAM

Brownsburg-Chatham campsite

Sat, Dec 2: 1 pm – 9 pm

Info: 450 533-6687 | brownsburgchatham.ca

CRAFT FAIR IN VAL DAVID

Place des citoyens

Sat, Dec 2: 9:30 am – 5 pm / Sun, Dec 3: 9:30 am – 4 pm

Info: 450 229-2644 | sainte-adele.net

SAINTE-AGATHE-DES-MONTS CHRISTMAS MARKET

Sat, Dec 2 & Sun, Dec 3: 10 am – 5 pm

Info: 819 326-4595 | ville.sainte-agathe-des-monts.qc.ca

CHRISTMAS FAIR – FLAVOURS AND CULTURE OF ARGENTEUIL

Fri, Dec 8 – Sun, Dec 10

Info: 450 562-2474, extn. 2311 | argenteuil.qc.ca

CHRISTMAS BAZAAR

Morin-Heights Elementary School

Sat, Dec 9: 9:30 am – 3:30 pm

Info: Free admission / facebook.com

CHRISTMAS STOCKS

CHRISTMAS STOCKS

CHRISTMAS STOCKS

4korners

The Essential yet Overlooked Role  
of our Communities' Caregivers

4Korners supporting  
caregivers on National  
Caregivers Week.

Jude Hussain

Francine Boyer doesn't get paid for her full-time role as caregiver for her 30-year-old autistic daughter, Lena. In fact, Francine doesn't get any special support for taking care of Lena, who was diagnosed at the age of two with autism.

"It's 24/7, no days off, and I would say I get only about 20 hours of my own personal time per week," says Francine.

Francine's predicament is like thousands of such caregivers. When most people hear the word 'caregiver,' they may picture a professional social worker or a health care worker. What many may not know is that often caregivers are individuals who look after family members or loved ones while not receiving any sort of financial support and sometimes little to no services.

National Caregivers Week, from November 6 to November 12, is all about recognizing, understanding, and supporting caregivers across our communities. 4Korners continues to support a growing number of Laurentian caregivers – supporting 103 individual caregivers last fiscal year with a wide variety of resources. Furthermore, the organization recently added new services for youth living with autism and their caregivers through Autism and Art Laurentians.

Francine's daughter, Lena, lives a very active and busy lifestyle. She has competed in the Special Olympics, and enjoys such sports and activities as mountain climbing, swimming, and snowshoeing. All these extracurricular activities are facilitated and made possible through the hard work of her caring mother.

"As a caregiver, I am in charge of her well-being and I always make sure she understands the safety aspect of the events she does," says Francine. "Lena's intellectual capacity is that of about a seven-year-old, so it's necessary for me to be there during her activities to serve as her translator."

Francine's story is a great example of the realities that thousands of caregivers in Quebec go through every day. Caregivers must sacrifice their own free time while simultaneously dealing with their own personal lives, take on a demanding physical level of work, and function at a highly emotional level while empathizing with their loved ones.

On National Caregivers Week, we should all honor the caregivers of our communities. The silent work they do gives life to the people that they support through the labour of their own lives. It is the hope of community organizations and caregivers from all over Quebec that National Caregivers Week can open a larger dialogue regarding the wide need of more public health and social services for caregivers.

My Favourite  
Winter Potage

Ingredients:

1 tsp. olive oil

1 tsp. butter

½ cup sliced celery

½ cup leek (thinly sliced)

½ cup chopped carrot

½ cup chopped potato

½ cup chopped broccoli

¼ cup chopped sweet pepper

1 tsp. minced garlic

4 cups chicken broth

Salt and pepper to taste

Parsley or minced chives for garnish

Directions


1: Heat oil and butter in pot over medium-high heat. Add leek and celery and sauté until tender. Stir in garlic and cook 1 minute. Add remaining vegetables and chicken broth. Reduce heat, cover and simmer until vegetables are soft.

2: Using an emulsifier, purée vegetables until soup is velvety smooth, adding more liquid if necessary.

3. Pour into bowls, garnish and serve with hot fresh bread

8 main.street@xplornet.ca

November 2023

MAIN STREET 



# COMMUNITY UPCOMING events

## ARUNDEL SPEAKERS SERIES PRESENTS:

<NUESTRA PURA VIDA> <OUR COSTA RICA> BY  
DAVID LANK, CM, FRSA

Arundel United Church (17 rue du Village)

Fri, Nov 10: 7 pm - Free admission

## FUNDRAISER FOR THE LACHUTE RESIDENCE

### Art Exhibit and Sale

Lachute Curling Club, 60 rue Harriet, Lachute

Nov 14 – 25 / Vernissage: Nov 25: 3 pm - 5 pm.

Any purchase is eligible for a tax receipt.

Your donation will fund activities such as bingo, music, games, visits, parties and more to help our seniors feel at home, build community, and reduce isolation. All proceeds from the art exhibition will go toward these activities.

## CHRISTMAS LUNCH AND BAKE SALE

Grace Church (Church Road, Arundel)

Sat, Nov 18: 12 pm - 1:30 pm

Reservations not required. \$10 lunch

## HOLIDAY WREATH MAKING WORKSHOP at LAURENTIAN HOUSE

21 chemin Pine Ridge \*Side Entrance (Arundel)

Sat, Nov 18: 2 pm - 4 pm / Sun, Nov 19 & 26: 2 pm – 4pm

\$45 per person includes all materials. Details and pre-registration through our website: LaurentianHouse.com.

## CHILDREN'S CONCERT FOR ALL AGES

Trinity Anglican Church (12 rue Prefontaine O., Sainte-Agathe-des-Monts)

Sun, Nov 19: 3 pm: Eine Kleine Kindermusik:

selections from Mozart's The Magic Flute & German Art Music. Free admission (suggested donation \$20-\$30 per family)



## MOVIE SCREENING – LA GRANDE HISTOIRE DU P'TIT TRAIN DU NORD

Cinema Laurier

Thurs, Nov 23: 6:30 pm

Info / tickets: 819-623-3485 / facebook.com

## CANTIVO CHOIR CHRISTMAS CONCERT

Arundel United Church (17 rue du Village)

Sat, Dec 2: 4 pm

Free Admission / Donations Appreciated

Reservations: Janet Thomas at

janet.thomas700@gmail.com.

## CALL FOR VENDORS: ARUNDEL CHRISTMAS MARKET

115 Crystal Falls Road (Rte 327), Arundel.

Dec 9 & Dec 16: 11 am – 4 pm

If you are an artisan with quality handcrafted goods to sell, please join us. For more information and to participate, please contact Bettina Bolzar at bettinabolzar@hotmail.com / 514-775-8879.



## UPCOMING CHURCH SERVICES

### ST. SIMEON'S ANGLICAN CHURCH

445, rue Principale, Lachute

Sunday morning services at 10 am

### GRACE ANGLICAN CHURCH

7 Chemin Church, Arundel, QC

Sun, Dec 24: 4:30 pm – Traditional Christmas Eve Service with Carols

Sunday services: 11 am

### TRINITY ANGLICAN CHURCH

12 rue Préfontaine O., Ste-Agathe-des-Monts

Sun, Dec 24: 10am – Family Service

Sun, Dec 24: 8 pm – Traditional Christmas Eve Service with carols

Sunday services: 10 am



**ROYAL CANADIAN  
LEGION**

**LA LÉGION  
ROYALE CANADIENNE**

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

## BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)

Wed: 3 pm – 7 pm

Thurs: 3 pm - closing

Fri: 3 pm – 7 pm

## LACHUTE – BRANCH #70

634, Lafleur (450-562-2952)

Open Thurs –

Sat: 4 pm – 9 pm

## MORIN-HEIGHTS BRANCH 171

Open Wed – Sat: 3 pm – 6pm

Darts every Thursday at 3 pm

Sat, Dec 2: 6 pm – Traditional

Québec dinner

Fri, Dec 8: 5 pm – 7 pm: TGIF

Smoked Meat

Hall rental / Location de salle:

legion171@cgocable.ca

Info: 450-226-2213

Email/Courriel legion171@

cgocable.ca

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

Facebook: legion171

Music shows Facebook:

morinheights live

## ARUNDEL – BRANCH 192

79 Rue du Village, Arundel

(819-687-9143)

Open daily from 3pm



## On With the Show Local legends

Florian Gaudreau

Since I've retired, I have met some very dedicated and talented musicians. Some are more serious than others, me, I'm pretty lax. I know very little about music and, I rarely practice. I do play with other

musicians at least twice a week and, during the summer, it's three times, so I get a lot of airplay, so to speak. I play by feeling the music; I listen to the tonality and mood then interpret the flow of the song. It's magical when I get it right, that's the juice that spurs me on. It's like riding a wave of music and sharing that experience with the other musicians, going to where ever the music takes us. It's called "jamming," making it up as we go.

The songs we play during these sessions are created just through playing around, at least that's my theory. Looks can only get you so far; in my case my music needs to go to another level so after 54 years of playing harp (harmonica), I must learn more about how music ticks. I've pretty well established my style of playing, so that's not an issue anymore. After all these years, why on earth would I suddenly want to learn music? That inspiration comes from the all the different musicians I play with. If it weren't for them, there would be no music.

On the other side of the page, there are musicians that dedicate their time and energy to the craft. I'm not referring to musicians who are committed to earning a living through music like professional musicians, music teachers or sound engineers. I'm talking about semi-professional musicians who play for the thrill of

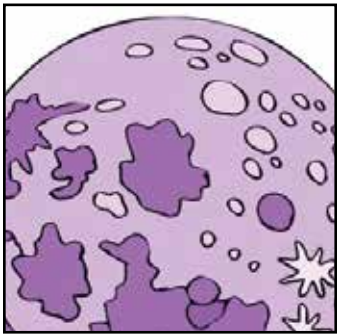
it, those of us who have a full-time job and play for the sake of playing.

It takes commitment to practice a song, not only to learn how to play it on an instrument, but learning the lyrics as well. I'm grateful to hear music that comes about at these musical events. I don't get a chance to talk to these talented musicians often other than when we play together.

I have some great stories of a few of these musicians that I've followed over the years yet knew very little about their personal lives. In the following few articles I'll be highlighting the people behind the scenes.







## Zach Factor

# The Great Dream

Lys Chisholm & Marcus Nerenberg

In 1948, World War II had been over for three years, but the world was still a terrifying place. The “Iron Curtain” divided us into two camps. In the east, the “Soviet Union” with its Communist doctrine exercised control over part of Europe and most of Asia and the “western democracies” held sway over much of the rest of the globe. A British political and geographical fiasco had turned the Middle East into a conflict zone, which, seventy-five years later is still a military and humanitarian disaster. It seems that the only ones satisfied with our present situation is the “military industrial complex”, which has grown impossibly rich at the expense of everyone on this beautiful planet.

In 1821, the small Central American country of Costa Rica gained its independence from Spain. For the next one-hundred-and-twenty-seven years it endured numerous civil wars as each city with its own militia fought with its neighbours over territorial control. Costa Rica fought its first and only foreign war in 1856, against American William Walker and his army in Nicaragua. However, the country has had to put down more than a hundred revolts, rebellions and attempted coups since then.

After a year of unrest a civil war broke out in March of 1948. Six weeks of bloody fighting settled little. The National Army confronted the “Liberation Army” under the popular José “Pepe” Figueres who was appointed the leader of the Transitional Government. He had to decide which army to select. On December 1, in a radical move, he abolished the Army and handed over the keys to the Ministry of the Army to the Minister of Education. The constitution of 1948 disbanded the standing army. Nations that took part in or supported the Cold War were surprised by the decision to get rid of the military.

In 1955 the Costa Rican exiles in Nicaragua, supported by dictator Anastasio Somoza, launched an attack on Costa Rica. The National Guard and ordinary citizens fought off the incursion. The constitution provides for an army in the interest of national defense, but only under civilian control and, with no involvement in national affairs. So far it has been unnecessary.

Because Costa Rica has spent almost nothing on its military for seventy-five years there is greater spending on education. Every citizen can get a free university education. All children go to school and the country’s literacy rate is 98.04 percent. It ranks as a leader in health care in Central America. Hospital and clinic construction is enviable and are constantly being upgraded with the latest equipment. They even pay their doctors and nurses a decent wage and don’t work them into a state of exhaustion.

It doesn’t go unnoticed that environmentally sensitive areas are protected. In a tropical forest there is great biodiversity, which is the pride of Costa Rica. Large tracts of forest are protected in national parks. In recent years the endangered sea turtles are assisted in their efforts to lay their eggs on protected beaches and, sanctuaries have sprung up to house baby turtles until they are old enough to have a better chance when they are released out to sea.

Costa Rica encourages foreign investment. Many private citizens from North America and Europe are enticed to buy land and build homes both on the spectacular coasts and the lush verdant interior. Industrial investors and those in the hospitality business are welcomed by the government. Infrastructure, roads and support utilities, are a source of many skilled jobs. In general the native population is welcoming of the newcomers and tourists.

The country exports optical, electronic, technical, and medical apparatus. Fruit, nuts, melons, and coffee can be found in stores across Canada. One thing you will not see leaving Costa Rica are Costa Ricans. They like it in their lush, green, warm, tropical wonderland. They do have earthquakes, volcanoes, rain, and harsh sun. But next month they will not be under a blanket of snow and there isn’t a snow tire in the country.

When a country stops buying guns and paying its citizens to kill or be killed, a wonderful peace settles over the land. The stress of being ‘weaponized’ evaporates. The most common expression in Costa Rica is “Pura Vida”: simple life. Maybe a radical dream is what we need right now because the insanity that we are invested in will not get us to the Promised Land.



Facing a Pacific sunset, Lys walks along the quiet Playa Grande beach in Costa Rica. In a week filled with Zen moments like this we discovered a country with no army. Photo Credit: Zach Factor



## The Story Behind

# French Canada

Joseph Graham joseph@ballyhoo.ca

I was invited to give a talk in Toronto on November first – in French. Sharing the invitation at the Bibliothèque Sainte-Lucie’s 40th anniversary celebration, most everyone asked again – in French? Yes, I answered, *Étienne Brûlé is as important there as Samuel de Champlain is*. I was surprised that people did not know who Étienne Brûlé was. He was the first young man that Champlain exchanged with an Indigenous community, taking one of theirs as surety, but also as an Indigenous way of building bridges. The Indigenous man, Savignon, the son of a Huron-Wendat chief, was not impressed with France, and was glad to get home, but Brûlé stayed on in Huronia and today is considered the first *Canadien* to live in present-day Ontario.

Yes, there is a French Canada.

The Franco-Ontarian community is alive and well. My host is La Société d’histoire de Toronto. My granddaughter, a student in Edmonton since Kindergarten, now in grade four, is in the French public school system there, also to the surprise of some of the people I exchanged with at the library. She is moving to Moncton, where she will transfer into the world of Acadiens and attend French public school. Strangely, though, many Quebecers do not want to be, or feel like they are not a part of French Canada. How did that happen?

One simple answer is that for a very long time, the Quebec Liberal Party did not celebrate its pride in being French Canadian, but instead tried to show that they were just as *nationaliste* as everyone else. They wasted their Canadian asset trying to fit in, effectively neglecting their French-Canadian identity in Quebec. Now they are a spent force. There are other reasons, though. Many of the early French immigrants thought that their religious rights here would be protected by King Henri’s edict protecting Protestantism, passed before the king authorized the creation of Quebec. Genetic studies show that a lot of French Canadians actually trace back to Geneva, the refuge of Jean Calvin, religious leader of the French Protestants. The colony created at Quebec City in 1608 was set up to be a place where French Protestants would be able to practice their religion openly. That was Champlain’s original mandate from Pierre Dugua deMons, an intimate of the king, but the king was assassinated.

Cardinal Richelieu, the First Minister for his successor, decided the edict would not apply in New France.

For a long part of the 17th Century, many French immigrants thought they were protected by Henri’s edict, but Richelieu having suspended it here nullified Quebec’s reason for existing. Many of these new immigrants fled to New Amsterdam and others became traders, the original Canadiens. The ones that were, or chose to become, Catholics farmed closer to the very small Quebec colony.

That created a dichotomy. On one side, there were the Catholics, and on the other, the traders. Champlain chose the Catholic power and Brûlé became a trader. My contention is, that dichotomy still exists – Canadiens and Quebecois are two different things. Strangely, though, while there are a lot of Canadiens in Quebec, there are few Quebecois in the rest of Canada, and today’s secular Catholics want only Quebecois here.

This is tragic for all of us. We are all intimately linked, but the current government sees English-speaking Quebecers as a threat to the French language as though they are the Indigenous founding people and everyone else, but particularly the English, are unwelcome colonizers.

We are seeing the consequences of it with rules brought down that are clearly intended to weaken the English higher education centres. In Toronto, I will be speaking about what became the contrasting views of the original mandate that created Quebec as a safe port, a refuge, for French Protestants. There is an implication in the title of the talk that while Champlain did not respect that original mandate, it could be argued that Brûlé did. It is hard to prove that Brûlé made a conscious effort on behalf of the French Protestants, but he clearly did not support the Catholic direction. In spite of the very important role of religion in those days, for Brûlé, the differences between the two, Protestant and Catholic, probably would compare with the differences we see today between Apple and Microsoft. Both were just tools. He simply accommodated himself to the life he experienced in the Iroquoian world. Back then, though, the Catholics, like Apple, were proprietary while the Protestants were willing to tolerate a much stronger non-religious participation in their lives. These Protestants were allied with both England and Holland, two other areas that were not Catholic. Without these allies, French Protestants never would have reached the point of setting up safe ports of Christian religious freedom. England backed King Henri IV who created Quebec. After, the French Protestant (Huguenot) influence in England did its best to try to restore religious freedom in the colony. It was a French Protestant general who guided the capture of New France in the Seven Years’ War.

To best understand the differences, the Catholic Church supplied all of the services that society depended upon, healthcare, education, registration of births, deaths and marriages, and of course the Sacraments. The Protestant movement was a serious challenge to this very profitable monopoly. This is what set off the Wars of Religion that killed half the population of Germany and destroyed the Indigenous American cultures – it was never about God. It was about power – in Spain, in France – basically everywhere in Christendom.

Today, while the religious institutions are much more in the background, we still have the same powerful differences in mentality. People leave their churches and become secular, but they are Secular Catholics, Secular Protestants or Secular Other. We, the secular non-Catholics in Quebec, are the heirs to the role played by the Huguenots, keeping the Catholic descendants civil, keeping French Canada alive. Our allies today are the French Canadians still thriving across Canada.





# Garden Talk

## Reflections on “Nana’s jungle”

June Angus - Main Street

Over the years, I’ve become a bit of plant rescuer and propagator. This summer was no exception as our screened porch turned into a nursery for my houseplants. There was so much going on that one of my grandsons referred to the collection as “Nana’s Jungle.”

This year’s mild fall allowed the plants to stay there behind protective plastic windows until almost the end of October. As I moved them indoors recently, I realized most of these plants started out as gifts from friends or were rescues – and it was time to reflect on the stories behind some of these plants.

Take the aloes for example. I have dozens of them now and I have already given many away! This started a few years ago when a friendly vendor from our local Farmers’ Market asked if I could salvage a very old aloe that he’d inherited. It was in pretty bad shape and I wasn’t sure anything could be done. I brought it home and divided the monster into separate pieces at the root ball. I potted the individual plants and waited. Many thrived and then started producing their own offspring/shoots en masse. From this experience I learned even a sad succulent can be rescued. And if you only have one aloe plant, it will likely give you many more with time. So when the babies appear, simply pull them gently from the pot and replant. This will prevent overcrowding for the mother plant.

A number of years ago, a neighbour gave me one of her Cape Primrose plants (also known as Streptocarpus). The plant has thrived and been divided numerous times. In fact, I ended up with quite a few offspring this year. A Cape Primrose produces gorgeous purple, trumpet-shaped blooms – sometimes as many as 7 or more at a time. In the summer, they grow well outdoors in pots on a shady gallery or veranda, where they only get indirect light and are protected from the elements. I have gifted many of the offspring including one back to the original owner. But while visiting a friend recently that lives more than an hour away, I was astonished to see a huge specimen full of blooms growing indoors in an east-facing window. Apparently she got the plant from me?! It was long overdue to be divided so I left her with some instructions and expect to find several new plants the next time I visit.

More than 20 years ago I received two tiny Jade plants purchased from the Morin Heights Elementary School Christmas Bazaar. Over the years, they seemed to thrive well on neglect and a little bit of watering. Unfortunately, they became leggy and floppy. I finally got the courage this spring to chop off some branches and tried rooting some cuttings. The result is that the main plants are now stronger, healthier and producing new branches. Ten of the cuttings actually rooted in my porch nursery and are ready for transplanting.

I was gifted a Ficus bonsai about 15 years ago. To keep its bonsai shape it needs to be pruned periodically. I took two cuttings from this summer’s pruning exercise and planted the woody stems in small cups of soil. Low and behold I now have two new mini Ficus trees ready to transplant into larger containers. I don’t intend to train these plants into bonsai trees but I look forward to seeing how they will develop on their own.

As November locks the door on outdoor gardening for the season, I will have plenty of houseplant projects to keep my green thumb active for a while. Before we know it, it’ll be time to start sowing seeds for next year’s outdoor garden!



## Flowers and Food

# Gardening...a healthy hobby

Susan MacDonald

Gardening can be done on any size scale and can be enjoyed by anyone of any age so, it is no wonder it has become such a popular hobby that continues to ‘grow.’

Aside from the obvious benefits of homegrown food or flowers, gardening also provides many health benefits such as healthy exercise, encouraging outdoor activity in nature and sunshine, stress relief, improved diets and social engagement. If you would like to try your hand at turning the soil but feel the work load may be more than you were looking for, joining or volunteering at a community garden may be the perfect solution for you.

This winter, seek out local community garden organizers or experts near you to help get you started next spring.



# Word Play

## Beyond meaning

Louise Bloom - [louisebloom@me.com](mailto:louisebloom@me.com)

As someone who has a keen interest in the spoken and written word, I am often alerted to a word’s personality. I am inspired by the flavor of my relationships with words, feelings of camaraderie, a kind of intimate support that is as alive as a friendship. Deepening my perspective through books and writing has helped me to sharpen my awareness as well, in the realm of communication.

I thought to share with you the way that words provide me with inspiration, enriched by an obsession with reading. In sharing, I hope to expand an awareness of language as an artful tool that underlines the many possibilities of communication.

As a friend of words, I am often alerted to a word’s personality. I have been *tracing* this subject, and following the *trajectory* of my interest in writing, as it has developed over the years. I have chosen the words, *trace*, and *trajectory* to analyze and demonstrate the more subtle aspects of words themselves.

The word *trace* has many meanings and suggestions beyond the meaning itself. A trace of something could be a scent in the wind, a remaining taste, a sense of an experience, as the trace is what remains. It is that which invites and welcomes memory. A trace, as a mere whisper, is an essence that elicits a feeling.

When this word becomes *tracing*, as a verb, it moves forward seeking along a path, to rediscover, perhaps to reinstitute something remembered. Tracing implies adventure as it moves forward in search of information or a solution, detective like - kind of like Dick Tracey, world famous detective. I believe that his name was no accident.

Exploring words that derive from *trace*, I came across *tracery*, an architectural device by which windows are divided into sections of various proportions, creating an open sculptured structure (sometimes round) that adds a decorative delicacy to a heavy building.

The energetic nature of the word *trace* is light in weight, floating upon air, moving easily, presenting as an open sound, a single stroke.

The word *trajectory*, both in meaning and beyond is otherwise. It is a word that seems definitive and specific, almost scientific. It is the traveled line, and it seems to me to have been created before we encountered it, the path it suggests. Of course, I am sharing my perception. Each of us may have a different sense of things (and why language often fails its intention). *Trajectory* is rigid and hard-edged in nature. The word seems sharp, metallic, and definite. This is by no means a judgment against this word, rather, it is an acknowledgement that words and their persona do their job, express their truth.

A word, whether descriptive, or connective, creates relationships that dance, or hold still, breathe, or hold the breath. These characteristics, these behaviors, are present in language, and most certainly for us, in our mother tongue.

The structure of a word, how it forms in the mouth, how it sounds to us, how we breathe around it, influences the reception of the word, the way we might relate to its impact.

It is important to remember that humans add nuance to words through pronunciation, emphasis (as emphatic), voice tone, etc., creating communication that is colored by emotional content. These aspects are the costumes that enhance the theater of human exchange.

At times, a particular word may awaken a memory. And here we return to the function of a *trace*, like a wisp of a vision, once lost, now retrieved.

Words are the connective tissue between humans. Words beckon, stretch, contract, and sometimes create a parenthesis around moments of silence. Beyond meaning, may we choose our words kindly.

Louise Bloom is a Visual Artist interested in the power of narrative through image or written word, to transform consciousness and awaken us to the source of well-being.

# MHES joint venture garden a success!

The joint venture garden project, between Morin Heights Elementary School and volunteers from the SHE Tournenvert gardening society, ended well on October 19 with a glorious sunny afternoon for the final garden closing. MHES students were rewarded for their efforts with a great inter-generational experience and an impressive crop of pumpkins. Kelly Fahey, MHES teacher and the school’s coordinator for this project, thanks all of the students, teachers, municipal supporters and other volunteers for their help and support throughout the growing season. Special thanks go to SHE Tournenvert volunteers Norman, Marci, Carol and Micheline (president). Plans are in the works to continue this project in 2024.





# Tamaracouta Scout Camp

## If a camp dies in the forest... does anybody hear?

Rick Moffat

A lone lifeguard chair rotting on Lake Tamaracouta's western shore surveys a silent sandy beach. A Haida totem, paint cracked, faded and flaking, stares south at decay and neglect. Facing north, a towering fireplace chimney is all that remains of a collapsed great hall. Canada's oldest Scout camp is in serious trouble and facing imminent danger.



It has been 5 years since Scouts Canada announced a "temporary closure" at the environmental crown jewel (founded in 1912) of a national real estate empire. Shrinking membership sentenced the Scouts to spiraling financial crisis. Canada's most destructive forest fire year ever, and by far, raises the risk of the pristine Tamaracouta reserve going up in smoke before the national office signs off on a sale or lease deal it is actively, but secretly seeking.

Mille-Isles residents and conservationists are increasingly frustrated. The 900-acre property would make an ideal regional park. A network of trails link to what could become a massive Laurentian eco-corridor. Park status would protect the source of the Bonneybrook Watershed, a fragile home for dozens of species of mammals, reptiles, amphibians and hundreds of species of resident and migratory birds.

"I'm afraid of limbo," confesses Lake Tamaracouta Association president Lyne Lanthier. She and neighbours (a handful of cottage and home owners dotting the lake's eastern tip) have increasingly discovered smoldering embers left by trespassing squatters who easily sidestep the camp's old main gate to party.

Main Street has learned Mille-Isles Mayor Howard Sauve' co-signed a letter with the lake association expressing concern about the menace of irreparable damage to the wilderness.

"The audacity of some of these people is incredible. There are public safety issues that need to be addressed and we have made the Scouts aware of that," says Mayor Sauve', admitting he had "high hopes" for partnership with Scouts Canada.

"What's upsetting is this land was given to the Scouts of Quebec on the understanding that it would serve our youth," reminds Lanthier. "That can't happen if there is irredeemable damage to the environment."

Sources within Scouts Canada tell Main Street their promised response to "take action" has so far been limited to installing one new chain on a fence easily bypassed.

Scouts Canada "strategic assets" manager Christopher Blais has declined comment. Scouts Canada CEO Liam Burns has "no new information to share" according to spokesperson Anissa Stambouli. They admit, "discussions continue and decisions have not yet been made" on several purchase or lease bids through the real estate giant Colliers International.

"The public deserves public access," says Gore mayor Scott Pearce, head of MRC Argenteuil and president of the Federation of Canadian Municipalities.

"It would be detrimental to let Tamaracouta fall into private hands."

"The Scouts have been increasingly hard to get a hold of, but we've had good collaboration in the past," reminds Lanthier. "We would like to have a partner at the table."

Environmental lawyer Karine Péloffy has been exploring camp history and may have uncovered a legal key to unlocking a long-term solution that would keep "developers" out.

"The sound of laughter echoing down the lake was pleasant. It's the silence that's ominous. Why can't the Scouts engage and work cooperatively?"

Next Issue: Main Street examines how the glory days of Camp Tamaracouta and ex-campers willing to live up to their "Scouts Honour" could save the reserve.



## The other side of getting old

### Good News

Florian Gaudreau



Getting old isn't always about bad news; there is some good news along the way. When I just turned 65 a few years back, I sold my old car to someone in the city. The next day I had to take the bus, located near Ste Jovite or Mont Tremblant, which is what it is now called, back home. I didn't realize that day happened to be my birthday. When asked if I was 65, I started to jump up & down with excitement saying, "I just turn 65 and I get a discount"! The two young women behind the wicket started to join me in the excitement. It was like my private birthday party at 6:30 in the morning!

The one thing I love about getting older is the senior's discount. It's not as wonderful as getting something for nothing, but a small reduction still beats nothing at all. If you don't ask you usually don't get, so keep that in mind. Since I tinker with things a lot, I love any discount I can get from building supply stores like Reno Depot who offers a 10% discount every first Tuesday of the month. Home Depot also offers a 10% discount depending on the location - it's up to the manager and how well you suck up.

I love clothes so the Bay's senior's discount also caught my attention; 15% discount on the first Tuesday of the month. Truth is I browse through clothing stores but rarely find what appeals to me at a reasonable price. My "go to place" is Value Village and they offer a 30% discount every Tuesday at participating locations. I like their return policy; no questions asked, the size 'estimates' are sometimes mislabelled.

Salvation Army Stores also offer a 10% discount at select locations, listed on the Canadian Seniors Directory. Another good source is Carleton University. Looks like the first Tuesday of the month is the time to shop.

# FUNERAL SERVICES

## Cremation, burial, funeral services of all kinds.

Full services in ENGLISH  
Based in Prévost, we cover the entire Laurentian territory.

### MAGNUS POIRIER

### 100 YEARS

5 GENERATIONS

Laval Cemetery

Masters and Companions

MAP ASSISTANCE

Al Ymane

LES SENTIERS

2480, boul. du Curé-Labelle, Prévost  
Toll-free: 1-844-565-6464 | lessentiers.ca



# Opening of the first Maison du Partage in the Laurentians

By Lori Leonard

The Agora de l'Économie Circulaire opened its first Maison du Partage/head office in Ste. Anne des Lacs on September 13. The AEC is a non-profit organization affiliated with the Canadian federal government.

The AEC will develop more Maisons du Partage/Sharing Homes in Québec and abroad, with its goal to provide mutual aid, exchanges and local, national and international solidarity. Maison du Partage is able to operate thanks to donations of time, money, and community property. Their mission is to recover new and used goods; to recycle goods and to redistribute them free to those in need and the general population.

The goal is to create a great World Human Forum of solidarity. They encourage the exchange of information to the sustainable, harmonious development of communities. "People are invited to come share their ideas or their favorite projects for an even better world" explains Marie-Eve Ouellette, VP & Head of ACS Communications.

"Considering the economic, social and environmental challenges facing the the planet, it is fundamental to bring together the citizens of the world with their shared values, to revive the importance of coming together to build a responsible, social, circular and solidarity-based impact economy! As a host community, the Maison du Partage is a promising and concrete solution to ensure the well-being of current and future generations," explained Michel Leclerc, President of the organization.

All donors, ambassadors and volunteers are welcome. Fundraising events will be held to cover management costs. "To give is to receive, and to give is to be as happy as to receive," says Keven Forget, Treasurer. The public can pick up goods free and make a voluntary donation. Open Tuesday through Friday 10 am – 3 pm.

Maison du Partage, 632-A ch. Ste. Anne des Lacs, Ste. Anne des Lacs  
438 938-4802, oaec.ca



# The CISSS des Laurentides welcomes Louis!

The Integrated Health and Social Services Center (CISSS) of the Laurentians is proud to announce the arrival of a new resource to its teams: Louis, a year-old French bulldog.

The establishment is showing audacity by resorting to social intervention assisted by an animal within two mental health services. The aim is to offer comfort to those who need it, to facilitate the approach of those involved with customers, and even to increase the motivation of users to invest in their therapy.

Louis and his companion are already working and are going to meet users of the Center rehabilitation programs in the Laurentians and support the ESPOIR program (ESPOIR monitoring team proximity offering reintegration intervention), which ensures a presence with people in homeless situations or at risk of being homeless, directly in their living environments.

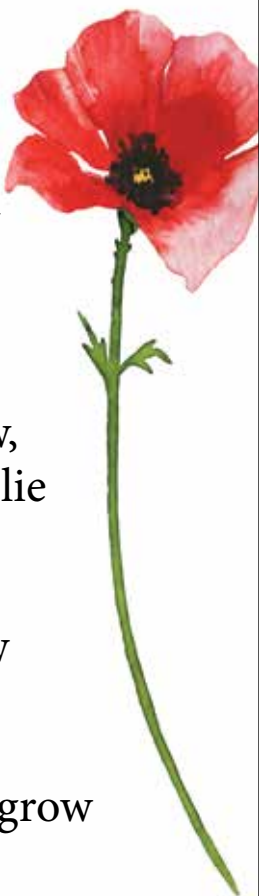
Mrs. Rosemonde Landry, President and CEO of the CISSS des Laurentides, is delighted with this news: "The CISSS des Laurentides teams are passionate. They do not hesitate to meet the population of the Laurentians in order to offer the best care and possible services. I am very proud of it. Welcome Louis!"

The addition of this new resource is possible thanks to the support of the Fondation de l'Hôpital régional de Saint-Jérôme: "The Foundation is very happy to support this innovative project! There are more and more applications for mental health programs. The needs and challenges continue to grow. It's very important for the Foundation to engage in this type of service, it is part of our mission. We are very proud to collaborate with Louis and we welcome him!"underlines Raphaëlle Prévost, general director at the Saint-Jérôme Regional Hospital Foundation.



## 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.





**BUYING  
COLLECTABLES**

Coins, comics, war medals, old paper money, sterling silver cutlery & tea sets, watches, gold, jewelry, stamps, records, judaica. Olympic & military items

**43 YEARS OF TRUST**

Call Ron:  
**514 996-6798**

Fully vaccinated



**M**  
CONSTRUCTION  
*McVeigh*

Craig McVeigh

Bur. : 450.226.7448 | Fax : 450.226.7485  
Cell. : 450.712.6593 | craig@cmcveigh.com

**Healthy teeth  
and gums for a  
healthy life!**

Call us today!



Soins Dentaires Prévost

**450.335.2990**

www.dentisteprevost.com

**SUPPORT  
LOCAL  
FARMERS**

**ENTREPÔTS  
MORIN-HEIGHTS**

Indoor Storage Space Rental

24 hours/ 7 days **(450) 226-1313**

• Individual alarms  
• 50 square feet and up

543 du Village, Morin-Heights  
Office at 591 du Village

**Shop  
Local**

**Support your community  
during this difficult time**



Over  
15 years  
experience



Lyndsay Wood  
Real Estate Broker



bonjour  
Agence immobilière

Tranquillité Intégrité CHARMANT

FREE MARKET EVALUATION

514.774.8019  
lyndsaywood.com  
lyndsay.wood@remax-quebec.com

2 OFFICES TO SERVE YOU  
ST-SAUVEUR & LACHUTE

NEW!



BROWNSBURG @ \$379,999!  
2021 construction home with balance of the GRC guarantee until 2026. Main floor with 2 bdrms and open concept. Full basement ready to finish. Flat backyard with no rear neighbours. Close to Rte 50 and Lachute. Available for occupancy March 2024. Priced to sell! Centris 25265176

NEW!



MORIN HEIGHTS @ \$379,000  
Cozy home 22,256 sf lot with 3 bdrms and 1.5 bthrms with detached garage within walking distance to village amenities. Stone fireplace, wood floors, beautiful backyard. Available for immediate occupancy. Centris 24567852

NEW!



PRIVATE WATERFRONT WITH 3+ ACRES! Large, comfortable home featuring 5 bdrms, 2.5 bthrms, full basement, garage and shed situated between artificial lake and pond. 1.15 hrs. from Montreal or Ottawa and 30 mins to Lachute and all services. Immediate occupancy. Centris 10108797

NEW!



24 ACRES @ \$199,000 24-acre wooded lot with over 1,000 feet of frontage on Rte 329. Ideal location for off-grid project, as a family estate or sub-division. Frontage on 2 roads. Located between Morin-Heights and Lachute, 10 mins from ski hills and outdoor activities, 1 hr from Montreal. Centris 28832211



Please note: rates for classified ads are \$25 for 1-25 words and \$50 for 25 - 50 words. Kindly email ads to main.street@xplornet.ca. Payments must be by cheque and mailed to Main Street, CP 874, Lachute QC J8H 4G5. Payment is due prior to publication

SEEKING EXCELLENT  
HANDYMEN FOR  
LORI'S LINKS TEAM.  
Please call 450 224 7472 for info.

BUYING COLLECTABLES  
Coins, comics, war medals, old paper money, sterling silver cutlery & tea sets, watches, cufflinks, jewelry, Judaica, vases, figurines. Olympic items & Estate liquidations 43 years of trust !  
Call Ron: 514 996-6798. Fully vaccinated

ADVERTISING POSSIBILITY  
QCNA offers a one-order, one-bill service to advertisers. Call us for details on reaching English Quebec, and through classified ads French Quebec and every other Canadian province & territory.  
Info: 819-893-6330

## Real Wine for Real People

# How to tell if it's a good wine

April Sirois – Sommelier - ISG

The three main components to tasting wine are, Appearance, Nose and Palate. Then, at some point, you have to answer the important question. Is this wine any good? Once you get past the wine's color, the aromas, flavors and structural components, it is time to gauge the wine's quality. Knowing that, it's a different question than “do I like this wine?” You may love your Wednesday night “Châteaux Cardboard” for various reasons, but this four-step quality checklist, will show you the difference between if you like a wine or if it's a good wine.

### Balance

This is arguably the most important element for a quality wine. The trick to detecting and judging balance is to understand what balance in wine is, fruit with tannin, alcohol with sugar or acid with fruit. If all those things are harmonious, meaning one component isn't overpowering another, then you have a balanced wine.

### Length

This describes the time a wine's flavor stays on your tongue. Notice if the flavors of the wine linger for several seconds or if they disappear right after swallowing. Are those flavors enjoyable or are they harsh? A wine's length and finish should leave you coming back for another sip. When a wine has a long, intriguing and satisfying finish, it has length.

### Intensity and Expressiveness

Intensity is detectable on the nose and the palate. When the flavors practically taste three dimensional, if a wine is easily identifiable from first sniff or taste, it can be said to be expressive of that particular grape or region. When you sip Chablis and detect green fruits and minerality coming through, then the wine has intensity and expressiveness.

### Complexity

Some wines can be considered simple if they only display one or two characteristics. An entry-level Pinot Grigio wine may have high acid, citrus fruits and a hint of floral notes. This would be considered a simple wine. This does not indicate that it isn't well made or enjoyable; it's just the style of some Pinot Grigio.

To be considered complex, a wine should have various aromas and flavors that are primarily from the grape. Also with secondary flavors and aromas that come from oak and other fermentation techniques. There should be notable acidity and/or tannins on the wine that give the structural composition some interesting personality. So, when a wine has aromas and flavors in combination with acidity or gripping tannins and, is full bodied on the palate, it will be a complex wine.

After you have determined if a wine possesses these four important qualities, you can determine overall quality. If none of these qualities are present that could be a sign of a poorly made wine, as all wines should be able to display at least one quality characteristic. If just one quality exists think of that wine as acceptable, but nothing too special. If you can taste a wine with two given quality characteristics, you probably have a good wine. And, when a wine receives a check mark in every box, then you are fortunate enough to be sipping an outstanding wine.

~Cheers

Drinking good wine with good food in good company is one of life's most civilized pleasures.” – Michael Broadbent

## I'm Just Saying

# Our field of dreams

Ron Golfman - Main Street

Every day we are met with difficulties and tales of sadness, filled with 'us versus them' in senseless division on the road to destruction. Be it false rationales such as political division or the false narrative of language, the motivation is not positive, nor honest, but rather solely repressive. We are constantly bearing witness to the horror of war in the Middle East, with no desire for peace. The underscoring theme illustrates that there is no real desire to coexist, except...

I, we, have been blessed to live up north in a community wherein the people seem to long for friendship and are not afraid to take a chance on themselves and those who seem different. I am speaking of the Morin Heights Mixed Softball League, which takes place from May through October under blue skies and warm weather.

I cite this occurrence, which has been taking place for decades. It may seem trivial in the big picture, but it is not, for it takes us into a positive experience and gives us hope.

The dynamics pay tribute to coexistence. The league is inclusive in that it is coed and compatible. The age frame is between 18 [due to insurance coverage] and ability to play without injury. We have players who, in their 70's, enjoy the game and youthful socialization.

Players bring their children, their pets and guest spectators, much to the delight of a summer evening and the freedom to mingle. We have a playoff structure, as all of the eight teams make the playoffs, keeping both competition and interest in the league. There is something special to meet and play with people once per week, those who we may not see in the course of our lives if this doesn't occur.

The composition ranges from French to English, Arabic and Jewish, male and female, and so much more. There exists no division, thus creating a model of unity and respect.

The League is as diverse as can be. Teams come from Legion 171, Comfort's bar, Carruthers Landscapers, McVie based in Tremblant, Batshaw Youth Centre, SBTB, a mixture of people from the region, I.G.A., and the local Firemen. We truly span the Laurentians and beyond, a compilation of people who enrich the fabric which is the heart of MHMSBL.

Post-game, many will meet at Comfort's, who also provide hot dogs and other snacks, making sure people have a bite along with a beer to ensure safety. We hold a Canoe Day every summer, which is not just a round robin of mixing the teams, but a way to bring families together under the sun and blue sky. A BBQ, soft drinks and salads are offered for all to share.

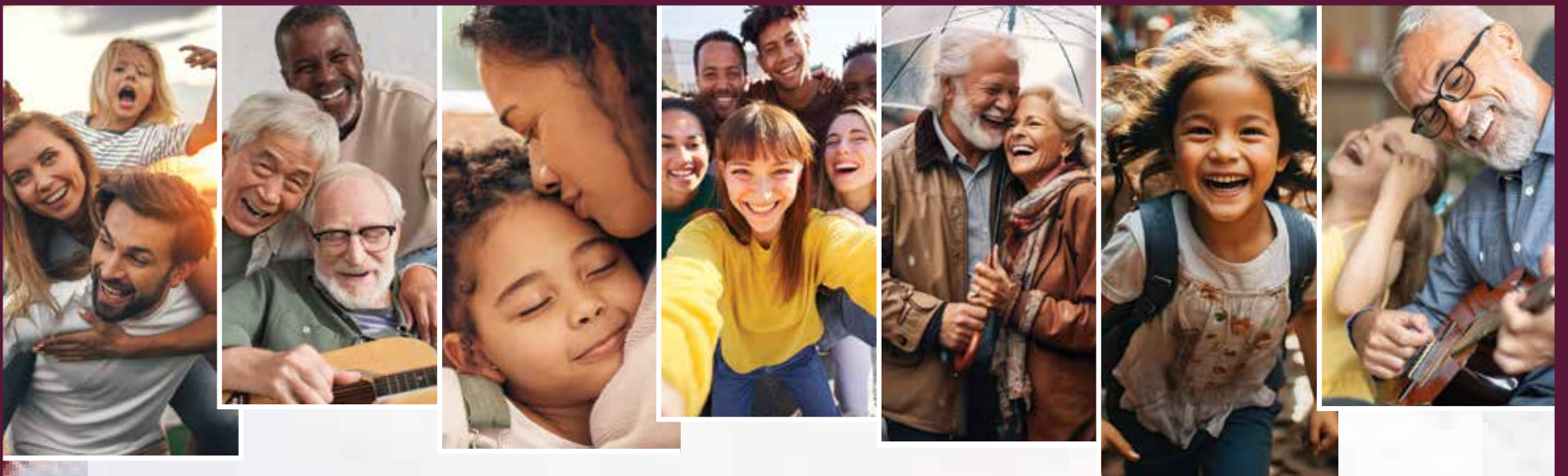
It would be an endless list to thank all the planning and hard work done voluntarily, but I believe that the success and enjoyment is thanks enough. My point is, and I'm just saying, our recipe is an example of how people can share and enjoy each other's commonality and community. This is an easy template, and it suggests that we can do more of these as a whole. Got to love the people and the privilege of living in the Laurentians. Have a safe and healthy winter.

14 main.street@xplornet.ca

November 2023

MAIN STREET 





# STRENGTHENING COMMUNITY VITALITY in the Laurentians

Established in 2005, 4Korners is a community-based organization dedicated to supporting the well-being of English-speaking residents of the Laurentian. Our goal is to offer inclusive and empowering services that meet the diverse needs of our communities regardless of age or background.

Our programs span a broad spectrum, from educational workshops and cultural events to social support initiatives and health services. We take pride in embracing diversity, ensuring every community member feels valued and included.

## **WE ARE HIRING!**

Join us to enrich the lives of communities  
in the Laurentian region.



# 4korners

Health & Wellness  
Santé & bien-être

Youth  
Jeunesse

Kids & Families  
Enfants & familles

Seniors & Wellness  
Bien-être des aînés.es

Arts & Culture  
Arts et culture

Contact us for more info: [www.4korners.org](http://www.4korners.org) | 450-974-3940

Funded by the Government of Canada

Canada 





# SUPPORT LOCAL BUSINESS

## REAL ESTATE

**Lyndsay Wood:** 514-774-8019 / [www.lyndsay-wood.com](http://www.lyndsay-wood.com) / [lyndsay\\_m\\_wood@hotmail.com](mailto:lyndsay_m_wood@hotmail.com)

**Pippa Murray:** 450-530-8040 / [philippa@philippamurray.com](mailto:philippa@philippamurray.com) / [www.philippamurray.com](http://www.philippamurray.com)

**Julie Ann Hess:** 819-421-0344 / [jhess@richhess.com](mailto:jhess@richhess.com) / [www.julieannhess.com](http://www.julieannhess.com)

**Lucyne Farand:** Royal Lepage (Red Diamond award and Executive Circle Award winner) Maximize the value of your home when you sell! 29 years experience! 514 952-6316 / [lfarand@royallepage.ca](mailto:lfarand@royallepage.ca), [lucynefarand.com](http://lucynefarand.com)

**Laurentian Lakeside Cottages:** [www.laurentiancottages.com](http://www.laurentiancottages.com)

## RESTAURANTS & FOOD

**Rachelle Béry Saint-Sauveur**  
377, rue Principale, Saint-Sauveur / 450-227-3343  
Natural & organic food / Supplements & natural care  
Open: Everyday 9 am - 7 pm

**Saint-Sau Pub Gourmand**  
236 Rue Principale, St-Sauveur  
450-227-0218

**Chez Giardino** 514-775-7936  
Event Catering & Weekly Menu  
[chezgiardino@gmail.com](mailto:chezgiardino@gmail.com) | [www.chezgiardino.ca](http://www.chezgiardino.ca)

## PROFESSIONALS

**Lori's Links**  
450-224-7472 Making Life Better in the Laurentians.  
One call does it all - home services  
450 224-7472, [leonard.lori@outlook.com](mailto:leonard.lori@outlook.com),  
[www.lorislinks.com](http://www.lorislinks.com)

**YES Employment + Entrepreneurship**  
Services offered: YES Employment + Entrepreneurship provides English-language support services to help Quebecers find employment, and start and grow businesses. YES offers FREE career development and job hunting assistance to individuals 18-40 years old. Open: Mon - Fri: 9 am - 5 pm. Evening workshops are held between 6:30 pm and 8:30 pm. All of our workshops and services are offered online: <https://yesmontreal.ca/>

## HEALTH & WELLNESS

**Soins Dentaires Prévost**  
450-335-2990 / [www.dentisteprevost.com](http://www.dentisteprevost.com)

**Clinique Dentaire Sainte-Adèle**  
173, rue Morin, Sainte-Adèle 450-229-8333  
[info@dentistesteadele.com](mailto:info@dentistesteadele.com) / [dentistesteadele.com](http://dentistesteadele.com)

## Uniprix Saint-Sauveur

222-G, chemin du Lac-Milette, St-Sauveur  
450-227-8451

## Audition Laurentides

Hearing Aids, hearing tests  
Saint-Jérôme, Sainte-Adèle,  
Sainte-Agathe-des-Monts  
1-877-969-2075 [www.monaudition.ca](http://www.monaudition.ca)

## FUNERAL

**Les Sentiers:** 1-844-565-6464 / [lessentiers.ca](http://lessentiers.ca)

**Granite Nadon:** 514-262-6220 / 450-597-0521 / [info@granitenadon.com](mailto:info@granitenadon.com) / [www.granitenadon.com/en](http://www.granitenadon.com/en)

## AUTOMOBILES

## Automod

2252 Ch. Jean Adam, St-Sauveur  
(450) 744-0122 / [automod.qc.ca](http://automod.qc.ca)  
Services: windshield repair and replacement,  
sale and installation of car accessories, tires and  
mechanical repair

## ARTS & CULTURE

## Theatre Morin Heights

[www.theatremorinheights.ca](http://www.theatremorinheights.ca)  
579-765-3999 / [theatremorinheights@gmail.com](mailto:theatremorinheights@gmail.com)

## Centre d'art Argenteuil

585 rue Principale, Lachute, Qc., J8H 1Y8  
Open Wednesday to Sunday: 11am to 5 pm  
Follow us on [Centredartargenteuil.com](http://Centredartargenteuil.com), Instagram,  
Facebook

## Laurentian Ski Museum

The heritage of skiing in the Laurentians  
Open: Wed.-Sun: 11am-5pm  
[www.skimuseum.com](http://www.skimuseum.com)  
450 744-1723 | 1 877-744-1723

## HOME

## Lortie Refrigeration Inc.

202 Cameron Street, Hawkesbury (Ontario)  
613-632-8742  
Installation/repairs - heating and air conditioning  
Open: Mon - Thurs: 7:30 am - 4:30 pm / Fri: 7:30  
am - 4 pm Closed: 12 pm - 1 pm

## Location Daniel Boivin

270 Rue Principale, Saint-Sauveur,  
450-227-0079 / <http://www.locationdanielboivin.com>  
Services: Tool, equipment and truck rental, STIHL  
tool sales, propane filling  
Open: Mon - Fri: 7 am - 5 pm

**Location Madden:** 573 Lafleur, Lachute / 450-  
562-9142. Tools and equipment rentals

**Construction Stewart:** 591, ch du Village,  
Morin-Heights / 450-226-1313

## Matériaux Robert Boyer

Everything you need for your home  
450 224-2068, [robertboyer@matrboyer.com](mailto:robertboyer@matrboyer.com),  
[matrboyer.com](http://matrboyer.com)

## RESOURCES

**Palliacco:** [www.palliacco.org](http://www.palliacco.org)

Offers accompaniment, respite and support to  
people with cancer and, their caregivers

**4 Korner:** 450-974-3940 / 1-888-974-3940 /  
[www.4korners.org](http://www.4korners.org).

Community resources and programs

**Laurentian Region Cancer Support Group:**  
450-226-3641 / [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca)

## La Traversée

5100 Montée Ryan, Mont Tremblant  
819 421-2585 / [info@fondationlatraversee.com](mailto:info@fondationlatraversee.com)  
Services: palliative care for people at their end-of-life

## Laurentian Literacy Centre

505 Bethany, # 302 Lachute / 450-562-3919  
[www.laurentianliteracy.ca](http://www.laurentianliteracy.ca)  
Services: private tutoring

## EDUCATION

## CDC Lachute Adult Education Centre

57, rue Harriet, Lachute  
450-562-3721 / [bilingualtraining.ca](http://bilingualtraining.ca)

## BOUTIQUES

## STATION 210 - CAFÉ ATELIERS BOUTIQUE

Products for HOME, HEALTH, LEISURE & PANTRY  
210 Route du Long-Sault, Saint-André-d'Argenteuil,  
(514) 814-3685 / <http://station210.co/>  
[info@station210.co](mailto:info@station210.co)

\* New distribution point to pick up your monthly  
Main Street

## LIVE MUSIC

**DAVID LEASK - Singer/Guitarist -**  
30 years experience

House Concerts, Hootenannies & Holiday Parties  
(647) 897 6893 / [david@davidleask.com](mailto:david@davidleask.com)  
[www.meetmeinthemusic.com](http://www.meetmeinthemusic.com)

## SUPPORT YOUR LOCAL ANIMAL SHELTERS & RESCUES

*Don't Shop*  
**ADOPT**

We are not a gift or a toy but a friend for life

And all our other valued local establishments

