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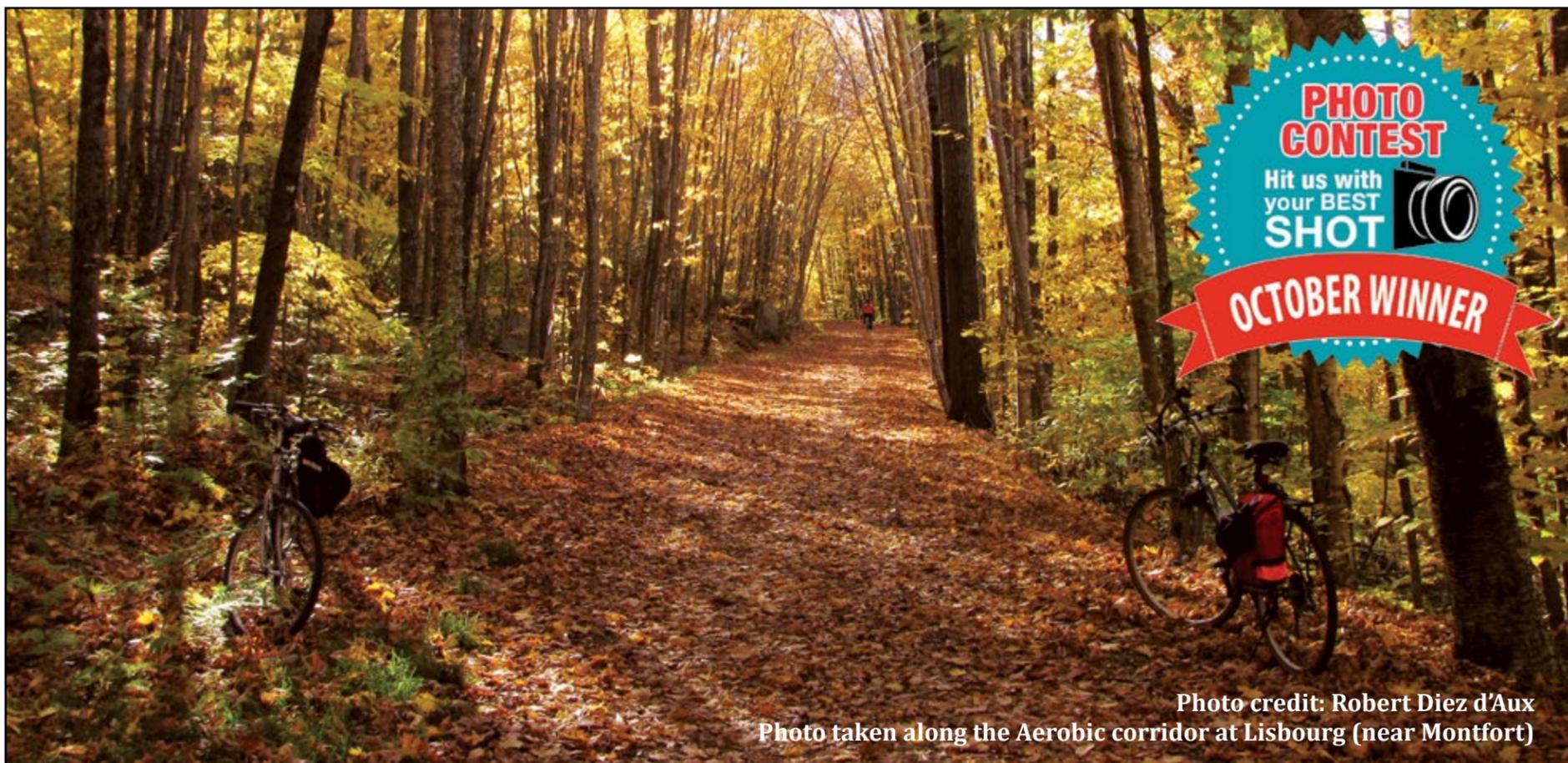


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What's On My Mind... Networking and Laurentian Resources



Susan MacDonald, Editor

As editor of the only English community newspaper, covering the entire region of the Laurentians, it is not unusual that I should hold a completely different perspective, from that of the readers, of the final content in every edition of Main Street. I see each issue come together in bits and pieces, much like a puzzle, until it has been completed. It is during that final pre-press overview when I realize how vibrant a community we are, and how fortunate we are to have so many English resources available to the Laurentian population, many of which, are published each month in Main Street. Just take a look.

Through the monthly columns, English Links and 4-Korners, Kim Nymark shares with readers pertinent topics regarding health and social services, and where to find resources of this nature in English. Other organizations related to these services, such as Laurentian Care, can also be found on our community page.

Making it Work in the Laurentians, another regular column, provides new entrepreneurs with the tools they need to get their business up and running successfully. Further support is available locally through Fonds d'emprunt des Laurentides. Recently, at their open house, they announced proudly three new services they now provide for entrepreneurs: a private office space, the use of a conference room and a dynamic workspace, with individual work stations. Computers, telephone and Internet access, printers and fax machines are available at a minimal cost. For this first year, thanks to Fondation canadienne des femmes, the services are offered to women, for free. Info: 450 562-3553. For even more services, check with your local CLD.

This month, the Sir Wilfred Laurier School Board is encouraging the Laurentian population to take advantage of their continuing education programs at the CDC Adult Education Centres. Available courses offer excellent opportunities for continuing your education or for learning new skills that will benefit you in your future endeavors. As a past graduate myself, I can attest whole-heartedly to the benefits of these courses. For details, please peruse page 27. The Laurentian Literacy Council also provides individual attention for those seeking additional help with their studies (450 562-3719 – 505 Bethany)

Transportation across the Laurentians, and beyond, has made major progress in recent years. Whereas there once was none, we now have inter-municipal transport, through Transport Adapté et Collectif des Laurentides, providing access from rural areas to major towns and services. Continually evolving, new schedules and lines are being added, some to benefit post-secondary students heading to St. Jérôme. To peruse the full schedule, visit www.transportlaurentides.ca.

And then there is, of course, Main Street, your main source of direct communication to connect to all these English resources. The above is but a small example of the extensive resource links you will find in our pages. If you can't find what you are looking for, please give us a call and we will help to point you in the right direction.

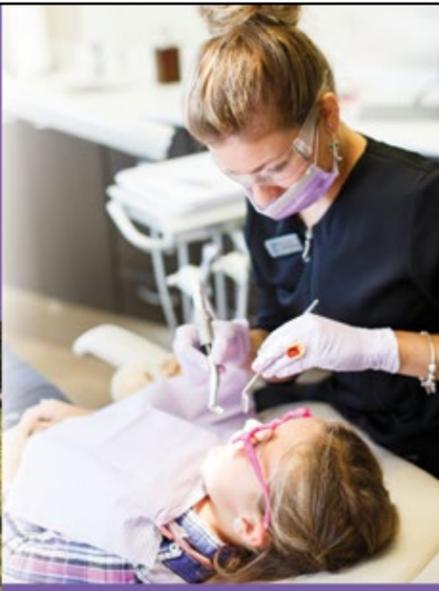
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Observations

The Crisis That (Still) Keeps On Giving

David MacFairlane - Main Street

Fukushima Update:

As if the world is not in bad enough shape already, that we need to be told - again - that this tragedy, which began in 2011, still continues to haunt us, while being ignored, deliberately, by the national and international media. Most people assume that the Chernobyl nuclear plant explosion in Ukraine, in 1986, was the worst accident. They would be wrong by magnitudes.

On 11th March 2011, a huge earthquake, followed by an immense tsunami, engulfed the Daiichi Nuclear Plant, destroying the complex and causing a series of hydrogen explosions. At the time, 3 of the 5 reactors were active and were immediately shut down. However, due to the failure of the standby generators, the cooling systems were inoperable and the reactors went into meltdown, a situation which, in itself, is hugely dangerous, unless controlled. However, the situation became so dangerous that even robots were unable to enter the area of the meltdowns. The radiation was so intense that it destroyed the electronic instruments and disabled the machines. Due to damage to the containment chambers, the cores melted through the floors and entered the ground below. Since the nuclear complex was on the shore of the Pacific Ocean, what followed was the largest release of radiation into the ocean ever recorded. Ever since, Fukushima has leaked an astounding 300 tons of radiation into the Pacific every day. Nuclear scientists have stated that since the technology to seal and decommission the complex does not exist, and must be invented, the final shut down will not take place for, perhaps, another 45 years!

In the past 5 years, Fukushima has contaminated the entire Pacific Ocean, and will continue to do so indefinitely. The entire western coastlines of North and South America have been experiencing the negative effects, through the contamination of the entire ocean food chain. Canadian and US authorities are finding excessively high levels of cesium-137, iodine-131, and strontium-90 in plankton, sockeye salmon, mackerel, halibut, sardines, tuna and eel, cod and anchovies, carp, seaweed and shark. As well, these stocks are at all time lows. As well, the coastal mammal population is also showing signs of radiation poisoning. From Alaska down, polar bears, seals and walrus are suffering hair loss and open sores, and there is an epidemic of sea lion deaths in California, where 45% of the pups are dying. Off the B.C. coast, something is causing fish to bleed from their gills, bellies and eyeballs. It has been estimated that 100 times more nuclear radiation has been released from Fukushima than from Chernobyl (which resulted in over 1 million deaths). Source: Global Research.

According to a Planet Infowars report, the California coastline is becoming a dead zone. You will notice that the rocks are unusually clean - no barnacles, kelp, sea urchins, crabs or snails, compared to 10 years ago. Even the seagull population has declined noticeably. A recent study proposed that Fukushima radiation could negatively affect human life along the entire west coast, from Mexico to Alaska for decades. Yale Professor, Charles Perrow has warned that if the cleanup of Fukushima is not handled with 100% precision, humanity would be threatened for "thousands of years." There are 6375 active rods in a common cooling pool, 100 feet off the ground, which must be cooled continuously. If not, the resulting fission would immediately threaten all life on this planet. Source: Michael Snyder and Global Research.

Are you beginning to understand why scientists and nuclear specialists in the know are so deeply concerned about what is going on at Fukushima? One must ask why this life-threatening situation is being suppressed by both the US and Canadian governments, and the entire mainstream media. Could it be that dissemination of this information has been banned, officially, in order to avoid causing panic in the populations? Environmental activist, Joe Martino, has warned, "Your days of eating Pacific Ocean fish are over." Amen.

Moving on to other regions, the political situation in the US is a pitiful dog's breakfast, and a disgrace to the nation. With the country torn in half so badly, whatever the outcome, the other side will be furious and screaming for blood. Furthermore, the US is bankrupt and drowning in debts and deficits to infinity, and its government and banks are corrupt and utterly venal. According to Catherine Austin Fitts, former banker and US Housing Commissioner, the Department of Defence has "lost" over \$9.3 trillion (with a T), in 2015 alone. Where did it go? "This is a phenomenal amount of money," she said, "(It) has disappeared from the Federal Government ... we are talking about transactions that violate the Constitution and the laws related to financial management." She continues, "I think (they've) got a game going on and the Federal Reserve is accommodating all sorts of securities fraud ... then the money is pulled out (overseas)". Well, is that a stinking kettle of fish! There's much more, but it suffices to illustrate how corrupt the political/banking and military/industrial systems have become.

In the EU, apart from the drama surrounding the survival of Deutsche Bank, the

refugee crisis is disrupting the entire European society. Anti-immigrant, anti-globalist and euro-sceptic political parties are now the favourites in upcoming elections in many EU countries. Public opinion has hardened, and the economic situation looks bleak indeed. Right-wing populism is an awful thing, but people are demanding changes in the system that has hurt them. The EU future is not friendly.

China and Russia are in the cross-hairs of the White House. Both countries remain resolutely defiant in the face of threats of war and sanctions. But the US Empire is dying; it is broke, its armed forces, for the most part, inadequately trained to face a resolute, strong opponent, its weapons systems out-dated, its flag officer corps riddled with conflicts of interest, and looking, mostly, to fat pensions on retirement. Russia and China, with mutual defence treaties, would be formidable opponents in an open conflict, excluding the mutual use of nuclear weapons. So, despite all the American threats of war, they are bluffing, I suspect.

The Middle East remains a slow-burning fuse, connected to a (Russian) bomb. Russia is being vilified by the US for assisting the legitimate Syrian Government to regain control of the country, away from US-backed rebels and terrorists, although the US claims to be also fighting terrorism, at the same time. Hypocrisy of this magnitude is truly awesome! Russia has warned the US not to intervene militarily at the risk of starting WW3. We tremble at the thought of it.

Brazil is a cess-pool of corruption and political chicanery. Its government has collapsed since the ouster of President Dilma Rousseff, a labour activist, who made many enemies among the elites and politically privileged. A coup d'etat, engineered by the CIA, destroyed the government and economy, and ushered in docile politicians, favourable to US interests.

Well, dear readers, in brief, that just about sums it up, and it isn't a pretty picture, but why put lipstick on a pig?

The future is rushing at us, and if you're not prepared, you will be carried away on its tumbling tide.

"If you don't read the papers, you're uninformed. If you do read the papers, you're misinformed"
Mark Twain (Samuel Langhorne Clemens) 1835-1910.
American writer, entrepreneur, publisher and lecturer.




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Simply Words on Paper Praise for the United Nations from an Unlikely Source

Jim Warbanks - Main Street

The United Nations tends to be dismissed by many as very biased, a refuge of representatives from countries with questionable records in international dealings.

Israel's former president, Shimon Peres, one of Israel's founding fathers, a bold statesman and one of its most respected leaders, passed away on September 28.

In a rather surprising, but unfailingly optimistic speech, on September 22, Prime Minister Benjamin Netanyahu of Israel characterized as a disgrace that the General Assembly passed 20 resolutions against the State of Israel last year and a grand total of three resolutions against all the other countries on the planet. He also called the UN Human Rights Council a joke for condemning Israel more than all the countries of the world combined.

Change

He then predicted that "everything will change and a lot sooner than you think. The change will happen in this hall, because back home, your governments are rapidly changing their attitudes towards Israel. And sooner or later, that's going to change the way you vote on Israel at the UN." More and more nations in Asia, in Africa, in Latin America see Israel as a potent partner in fighting the terrorism of today, a partner in developing the technology of tomorrow. Israel has diplomatic relations with over 160 countries.

He explained that in a thirsty world, Israel recycles 90% of its wastewater; the next country on the list, about 20%. Regarding cyber security, Israel, with 0.1% of the world's population, has attracted 20% of the global private investment in cyber security. He then offered Israel's help "if hackers are targeting your banks, your planes, your power grids and just about everything else."

Netanyahu declared that changes in attitude are taking place in Africa, China, India, Russia and Japan, but also more surprisingly, in the Arab world. "For the first time in my lifetime, many other states in the region recognize that Israel is not their enemy. They recognize that Israel is their ally. Our common enemies are Iran and ISIS. Our common goals are security, prosperity and peace," he insisted. "I predict that a decade from now an Israeli prime minister will stand right here, where I am standing, and actually applaud the UN. But I want to ask you; why do we have to wait a decade?"

Lawsuit

He conceded that Palestinian President Abbas has threatened a lawsuit against Britain over the 1917 Balfour Declaration, which led to the establishment of the State of Israel. He derisively declared that, "the Palestinians may just as well sue Iran for the Cyrus Declaration, which enabled the Jews to rebuild our Temple in Jerusalem 2,500 years ago."

In sharp contrast, he declared, "Israel is ready, I am ready to negotiate all final status issues, but one thing I will never negotiate; our right to the one and only Jewish state." Noting the applause that followed this pledge, he could not restrain himself: "Wow, sustained applause for the Prime Minister of Israel in the General Assembly? The change may be coming sooner than I thought."

Saddened by the brainwashing of Palestinian children against Israel, leading to the development of a culture of hate, he outlined a clear contrast: "We educate our children for peace. In fact, my government recently launched a pilot program to make the study of Arabic mandatory for Jewish children, so that we can better understand each other, so that we can live together, side-by-side, in peace."

Challenge

Netanyahu then challenged President Abbas, "instead of railing against Israel at the United Nations in New York, I invite you to speak to the Israeli people at the Knesset in Jerusalem. And I would gladly come to speak to the Palestinian parliament in Ramallah."

Recalling the boundless optimism of Shimon Peres, he concluded, "hope is stronger than hate, freedom mightier than fear. We can do this."

Canada's Prime Minister, Justin Trudeau, in addressing the 71st Session of the General Assembly of the United Nations on September 20, promised to again make Canada an active participant in global affairs and at the United Nations.

If Prime Minister Benjamin Netanyahu and Prime Minister Justin Trudeau are justified in their optimism, we can all dream of the future that we can build together, a future of breathtaking progress, a future of security, prosperity and peace, a future of hope for all humanity.

ERRATUM

In the September Simply Words column, intended to highlight the increasing presence of women in political office, I omitted to cite the example closest to home. Avril Phaedra Douglas "Kim" Campbell, who served as the 19th Prime Minister of Canada, from June 25, 1993 to November 4, 1993. Campbell was the first, and to date, only female prime minister of Canada.

Jim Warbanks

Coming up On Facebook this month

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Tues, Oct 11: 7 pm - 8:30 pm (Mont Tremblant)
Thurs, Sept 15: 1:30 pm - 3 pm (Ste-Agathe)
Thurs, Oct 20: 1:30 pm - 3 pm (Ste-Agathe)

Coffee Meeting for the Bereaved
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About Sainte-Adèle

Chris Lance - Main Street

October is an ever-changing, colourful and cooler-weather month: from red to orange to yellow foliage, to rain and cold winds. Every imaginable variant is evident with every darker morning. The kids are back to school, fending off warm clothes, homework, and fussing about in athletic-looking sneakers, with their ungloved thumbs pounding away on their smart phones, aimlessly standing or

walking about mesmerized, bookless, and trying to look cool before the onset of winter's wrath.

Of course, millennial Moms and Dads sit in cafés, in groceries stores and sidewalks, tapping away on their own phones, SMSing their complaints about the kids and no money – welcome to the evolving world of apps and the Internet, as it slowly eats away the minutes of every day: too bad Sundays couldn't be a no-phone day, and a family day, or at least, no phones while eating breakfast, lunch or dinner together, here in Sainte-Adèle.



New in Sainte-Adèle:

Casse-Croute Le Burger Shop, opposite Place des citoyens, is opened for breakfast and lunch: hot dogs and burgers with french fries. The pricing looks good – but there is lots of competition from other restaurants for your poutine dollars.

La Bete du Nord, at the top of the Morin Street hill, has a special 5 à 7 Thursday to Tuesday on Tap beer, tapas and oysters. They are open from 4pm to closing, and on Sundays there is 25% off steaks.

The resto-cinema package, at Spago and Cinema Pine, is always a fun evening – table d'hôte and a film for two people at \$49. It makes for a great break: dinner and film before or after your meal. The Metropolitan Opera HD at the Pine Theatre Saturdays is worth checking out – phone The Pine to check the offerings. (They also have Internet at www.cinepine.com)

There are benefit-shows at Salle Augustin-Norbert-Morin to help students with financial difficulties. There are shows running from October 2016 through to October 2017. Tickets can be had at 450 240 6220 #0 or www.salleanm.com.

New rule in town:

Keep a leash on that pitbull here in Sainte-Adèle: any dog that looks or sounds dangerous can be picked-up and assessed at the SPCM, the group responsible to capture dogs. Your mutt can end up muzzled for good.

New municipal appointments:

Sainte-Adèle has a new fire chief; Stephan Turcotte. He joins Eric Généreux, the new director at the Service de l'urbanisme et l'environnement, here at city hall.

If you are looking for things to do before the ski season gets going, check out Laculture.ca, it covers the MRC des Pays-d'en-Haut or, for those that have the patience, on your phone or computer: you can thumb ville.sainte-adele.qc.ca/achatenligneplacedescitoyens and enjoy all the shows in the center of Sainte-Adèle.

Bundle up (it's not a new Internet app) winter is coming. Start looking for your gloves, hats, coats and scarves – turn up the heat and settle in to a good book and hot drink in front of a roaring fire. Thanks for dialing in.

See you in November.



Village Of Weir Newswire

Claudette Smith-Pilon

FALL IN ALL ITS GLORY

NEWS FROM CITY HALL

The 1st Friday Luncheon Date – a Huge Success

Thanks to Action Bénévole for their support
The attendance was over 60 people and everyone was very appreciative of the offerings.

The menu chosen, and prepared by dear Karen Ponzo was delicious.

Excellent cook. Thanks to all the volunteers!

Everyone is looking forward to the next lunch date, which will be on **Friday, October 28, 2016**

THE POPPY CAMPAIGN

The Poppy campaign comes but once a year and this year it starts on Friday, October 28, and runs until November 11, 2016. This campaign is in support of all veterans and their families. Volunteers are needed to sell, to promote the Legion mission to help and support veterans and their families, and also help in the community they live in. If you have any free time during your busy schedules we would be very happy if you could come out and meet the amazing people who supports us. PLEASE SEND ME AN E-MAIL OR CALL AND I WOULD BE VERY HAPPY TO PLACE YOU ON OUR CALENDAR.



VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our Laurentian branch is working full force for this autumn season making our quilts for cancer patients. Next Victoria's Quilts Laurentian Branch work day will be on Friday, October 21 2016.

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



A Library Addict's Choice...

Grif and Marion Hodge - Main Street

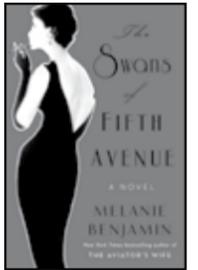
From the collection of the Jean-Marc Belzile Library in Lachute that can be borrowed at no charge by residents of Gore, Harrington, Lachute and Wentworth

We did a quick survey of Halloween themed titles and found that for your little ones there is a wide selection of "read-out-louds," as well as easy chapter books for the burgeoning, young independent reader. Nothing pleases teens as much as dark places and scary characters and they can find a generous helping of both on the shelves. For anyone interested in learning more about the history of Halloween there is also non-fiction available such as *Celebrate Halloween*.

ADULT FICTION

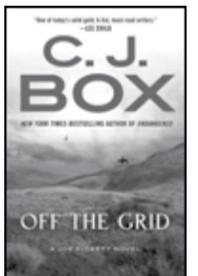
Benjamin, Melanie - *The Swans of Fifth Avenue*

The Swans of Fifth Avenue is much more than a rehash of an old literary scandal. In spite of so much talent and wealth, it would seem that a desperate need of genuine acceptance and love may explain the unlikely and intimate friendship between socialite Babe Paley and Truman Capote, whose smash hit of *In Cold Blood*, ensured him of entrance into the most exclusive circles of the rich and powerful. Melanie Benjamin, author of the widely acclaimed novel, *The Aviator's Wife*, created a fictionalized account of Truman Capote's inclusion into a very exclusive circle of famous upper-crust socialites who found him amusing and shared their lives with him. But, in the end, he betrayed them by publishing a short story that thinly disguised the sordid secrets they shared with him.



Box C. J. - *Off the Grid*

In the genre of crime fiction, Joe Picket satisfies readers who like their bad guys to commit their evil doings under the wide-open skies of Wyoming. There is a whole series of Joe Picket adventures that have him tackling all sorts of crime in the wilderness, supported by the redoubtable Nate Romanowski, Joe's librarian wife, Marybeth, and their three daughters.



JUNIOR FICTION

Oppel, Kenneth - *The Nest*

She was very blurry, not at all human looking. There were huge dark eyes, and a kind of mane made of light, and when she spoke, I couldn't see a mouth moving, but I felt her words, like a breeze against my face, and I understood her completely.



This little novel delves into the deepest emotional wells of a young boy who becomes convinced that angels have come to save his sick baby brother. Steve wants to save his brother - but at what cost? And, who are these creatures that he discovers have plans of their own for the baby?

We recommend other work from this young Canadian author: the *Silverwing trilogy* and *Half-Brother*, winner of the Canadian Library Association's Book of the Year for Children Award and the Young Adult Book Award. Oppel is one of those storytellers who can attract a readership of all ages.

Arundel News



MARCHE D'ETE 2017: CALL FOR VENDORS

Next summer, Arundel will open a new Marche d'Ete every Saturday from 9 am - 1 pm. The market welcomes producers (breads, vegetables, meats, fruit, preserves, etc.) and artisans. If you would like to participate or learn more please contact Janet Thomas at janet.thomas@opera.ncf.ca

UPCOMING EVENTS

THE LECTURE SERIES takes place at the Arundel Municipal Council Office. Admission is free and there is a "meet the speakers" and refreshments following the discussions.

Fri, Oct 14: 7 pm - Gavin and Kathy Graham will talk about their experience of growing up in Arundel as children of the Arundel school principal, Melvin Graham, who was also the originator of the Arundel Nature Centre.

Fri, Oct 28: 7 pm - Louise Abbott, an award-winning filmmaker and photographer, will show two films: *A Journey to Remember* (a Cree family's last trip to their traditional hunting and trapping grounds) and *Nanaaluk: a Forgotten Story* (a historical Inuit settlement on an island in the middle of Cree territory).

Fri, Nov 5: 7 pm - Claudette Pilon will talk about the Legion and its involvement with Arundel.

DINNERS & BAZAARS

Sat, Oct 15: 5:30 - 7 pm: Grace Anglican Church Casserole Dinner. Donation \$13 / per person / 5 yrs - 11 yrs: \$5 & under 5 yrs free.

Sat, Nov 5: noon - 1:30 pm: Arundel United Church Christmas lunch & bazaar. Handicrafts, baked goods and light lunch. Donation \$6.

Sat, Nov 12: 2 pm - 4 pm: Arundel Legion Bazaar. Baked goods, gift sale, nearly-new table & Tea Room.

Read Main Street online and on your mobile device at: www.themainstreet.org

Read us and like us on facebook at: [TheMainStreetNews](https://www.facebook.com/TheMainStreetNews)



QCNA Joins Coalition to Support Print Newspapers

The Quebec Community Newspapers Association (QCNA) has joined a coalition of newspaper publishers in Québec to raise public awareness of the importance of maintaining healthy local print news media, while calling on the Québec government to assist in the long-term survival of print news media in Québec.

The Coalition pour la pérennité de la presse d'information au Québec stated in a press release on September 28, 2016 that it is asking the Government of Québec to rapidly set up a five-year temporary financial assistance plan for the province's newspapers, that includes a refundable tax credit covering 40 percent of the cost of news production, 50 percent of investments in digital, an increase in the government budget for advertising placements and the abolition of the sales taxes (GST and TVQ) on newspapers sold.

"Newspapers are fundamentally good for a community and a democracy," said Richard Tardif, QCNA's Executive Director.

"Newspapers are also a community service, and are community institutions that many of us believe in, and while the newspaper business is a difficult one right now, the timing is right, and it's logical for us, as experienced newspaper people, to be at the table with the Québec government, given the ongoing revision of its cultural policy."

The Coalition comprises the daily Le Devoir, Groupe Capitales Médias, Hebdomas Québec, TC Transcontinental, and now the Quebec Community Newspapers Association, bringing the total number of coalition newspapers to 178, serving 6.5 million Québécois, or more than 80 percent of the population every week.

Strengthening Argenteuil Strengthens Canada

Gore mayor, Scott Pearce, recently met with other municipal leaders from across Canada, uniting behind a plan to ensure that federal infrastructure investments benefit all communities, including Gore and Argenteuil.

Mayor Pearce was re-elected as Vice-Chair of the Rural Forum, where he defends the interests of all small rural municipalities across Canada. As a board and committee member for the Federation of Canadian Municipalities (FCM), Mayor Pearce champions local issues and solutions to help shape the national policy agenda of the municipal sector. At its September 13-16 meeting in Oakville, Ontario, the FCM board united behind a plan to ensure that all municipalities benefit from the \$48 billion Phase 2 federal infrastructure fund.

Municipalities are calling on the federal government to empower local decision-makers to drive forward the most strategic investments in transit and green infrastructure. They are also urging strong action to tackle the housing crisis, and to bolster rural Canada with an enhanced the Small Communities fund.

Municipal leaders acknowledged the vital importance of the federal government's decision to grow its contribution to 50 per cent of costs. Sharing their Phase 1 experiences across the country, they agreed that a successful Phase 2 will require an ongoing 50 per cent federal share, with provinces partnering with no less than their traditional one-third share. They also agreed that Phase 2 should streamline investments in green and transit infrastructure as stable, predictable allocations for municipalities.

TCRAL - Partners Unite to Combat Elder Abuse

The members of the Committee for the Prevention of Elder Abuse of the Laurentian MRC are proud to announce the finalization of an agreement of collaboration designed to combat elder abuse.

Since the reality of abuse is often subtle and complex, having a multi-sector agreement is of significant importance and the signatory organizations pledge to use their combined efforts to bring necessary support to victims and to those at risk of abuse. The agreement essentially provides more effective delivery of services and specialized care for those working with the aged, by assuring a better collaboration between social organizations. The agreement also clarifies the roles and responsibilities of each partner organization called in to intervene with the elder abuse situation.

The signatories of the agreement are:

Appui Laurentides pour les proches aidants, Centre d'action bénévole Laurentides, Centre d'aide aux victimes d'actes criminels des Laurentides, Comité des usagers (CIS-SS) des Laurentides, Coopérative de solidarité Chiffon Magique, Intervention socio/communautaire OMH et OBNL d'habitation, Laurentian Caregivers Association & Resource Center, Prévoyance envers les Aînés des Laurentides, Réseau FADOQ - Région des Laurentides, Résidences privées d'hébergement, Service de police de la Ville de Mont-Tremblant, Société Alzheimer des Laurentides

Existing resources

Since 2010, the public can call a help and reference hotline, Aide Abus Aînés that is free, confidential, anonymous and accessible throughout Quebec from 8 am to 8 pm every day of the week. Residents of the Laurentian MRC and Pays-d'En-Haut can also call Prévoyance envers les aînés des Laurentides during office hours. Call 1 844 551-6032 / email: prevoyance.aines.laurentides@gmail.com

Submitted by Laurentian Care and translated by Joanna Nash and Janet Thomas

Mont Blanc Celebrates 60 Years!

The 2016 / 2017 season marks the 60th anniversary of Mont Blanc. In preparation for the upcoming season, this summer, \$1.3 million were invested in renovations that included a complete exterior makeover of the main chalet, the installation of a new "learning" park with a new magic carpet, new grooming machines, plus the modernization of the snowmaking system. The Mont Blanc ski resort offers 41 trails, 7 lifts and a full range of slope-side accommodations.

Congratulations to:

Hélène Benoit, owner of **Fenestration des Sommets**, who opened a new branch at 234 rue Principale est, Ste. Agathe des Monts, on September 12. Hélène's daughter, Valérie Castonguay, will gladly show you their wide selection of glass doors and windows. They also have an excellent repair service for windows and doors, and repair screen doors on site. 819 321-3737. The original store is at 515 des Laurentides (Rte.117), Piedmont, 450 227-4567.



Congratulations to **Élaine Béique**, and her team, at **Boutique La Bonnetière**, 399 rue Principale, St. Sauveur, who are celebrating their 30th anniversary. The boutique sells lovely home accessories, including bedding, lamps, curtains, cushions, home décor and great gift ideas. We wish you many more years of success. 450 227-6466 / www.labonnetiere.com.



Did you know that:

Boutique Lisa Rose - Italy has moved to 283 rue Principale, St. Sauveur? They offer a wide array of lovely women's Italian imported clothing, handbags, jewelry, scarves and other accessories. Check out the new autumn colours and fabrics. 450 232-1892.

There is a new development in Ste. Agathe, on Trudeau Street, called **Mont-Catherine 4 Versants**? These turn-key homes are specifically designed, with top quality materials and products, for first-time home buyers and retirees. The average lot size is 22,000 to 26,000 sq. ft. Properties are reasonably priced, and include artesian wells with Eco-Flo septic systems. For more info, speak to Paul Gaudet, at 819 321-0404 / e-mail paulgaudet-4@hotmail.com.

Mathieu Groulx, owner of **Groulx Mini Excavation**, 1830 Montée à Charles, Ste. Adèle, can provide a truck-load of extra gravel, or earth, for your driveway? Mathieu, and his team, can install beautiful new rustic stone steps, pathways and terraces. They also specialize in installation of new septic systems, drainage fields, French drains and other excavation projects. 450 229-8088 / groulxexcavation@gmail.com. Call Mathieu for an excellent job!

There is a new natural meat store, called **La Ferme Sous Zéro**, 1060 boul. Ste. Adèle, Ste. Adèle? Owner, **Normand Brunet**, offers a variety of beef, veal, poultry, turkey and pork in various assorted packages of frozen meat. All meat is free of hormones, chemicals and antibiotics, and comes from animals raised at his farm in Lanaudière. It is deep-frozen on site, and can be kept frozen for up to one year and still retain the same taste, proteins and vitamins. There is a variety of 21 types of home-made sausages, and Normand offers 200 different varieties of meals, such as Boeuf Bourguignon, lasagna, chicken pot pies, Angus pizza, etc. 450 602-7905.

Lyne Boucher opened a new boutique, called **La Petite Cachottière**, 2 St. Jacques, St. Sauveur? Lyne offers a variety of eclectic shabby-chic items to enhance your home décor, including lamps, candles, furniture, jewelry, wreaths, centerpieces, etc. Lyne will also offer chalk-paint classes. Info 450 744-0226 / www.lapetitecachottiere.com.

La Focaccia, 2210 boul. Labelle, St. Jérôme, offers a great pasta special, from Sunday to Friday starting from 4 pm? Their special, for \$13, includes a delicious soup, or fresh salad, along with your preferred type of pasta with a tasty homemade sauce. Available sauces include arrabiata, primavera, Romanoff, rosée or Alfredo, bolognese, Gigi, pomodoro and more... They also offer a Table d'Hôte for a reasonable price. 450 432-5325 / www.restaurantlafocaccia.ca

Marc Bonneau and **Michel Brisson**, the owners of **Autmod**, 2252 chemin Jean Adam, St. Sauveur sell all types of car accessories? These include a wide variety of tires, windshields and various other parts for all car models. As well, they complete small repairs and body work. 450 744-0122.

Erratum: Please note the phone number for **Elite Pizzeria** is 450-227-3466, not 450-227-3455, as stated in the September issue. **Billy Lakouras**, owner of Elite Pizzeria, 434 rue Principale, St. Sauveur, makes absolutely amazing pizza. They offer tasty house and Greek salads, delicious burgers and poutine, subs and yummy roasted BBQ chicken. There is also a variety of great pitas to choose from. Fast delivery. Check it out at www.pizzeriaelite.ca

Employees of the City of Saint-Sauveur Support Centraide Laurentides

The Mayor, Jacques Gariépy, President of the Campaign Centraide Laurentides, and his team of volunteers, recently met with city employees to solicit their participation in the fundraising campaign in the workplace.

With enthusiasm, Mr. Gariépy announced that the City agrees to return the equivalent of the amounts offered by municipal employees, up to \$ 1,000. Marie-Ève Houle and David Girard, respectively President and Vice-president of the union for employees, proudly announced that the union will follow suit. Different activities, and "half & half" activities, will be organized for employees of the City and the Chamber of Commerce by the campaign managers in the workplace, MM. David Girard and Jean-François Gauthier.

Jacques Gariépy also relies on the generosity of its citizens to meet the specific objective of the campaign in the workplace, set at \$ 5,000. Boxes to collect donations are installed on the counter of the municipal offices, the library, municipal garage and Pauline Vanier chalet.

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Morin-Heights Citizens Honoured For Heritage Preservation

Morin Heights Historical Association presented awards to three citizens for their contribution to local heritage at a gala ceremony held at La Grange Restaurant on September 17, 2016. The awards were in two categories. For Lifetime Achievement, the award was given to George B. "Bunny" Basler, while the honour for Conserving local heritage buildings went to Andrée Gauthier and Dirk Schmekel. A full house of family, friends and local dignitaries were on hand to fete the honorees.



This was the first of a new annual tradition. Each year, one or more local citizens (or groups) will be honoured for their achievements in helping preserve Morin-Heights history.

Bunny Basler, one of the town's most ardent supporters of the historical association, is also a dedicated worker who has participated for decades in efforts to preserve the community's heritage. Amazingly, he was a member of all three committees that planned events to celebrate the town's 100th (1955), 125th (1980) and 150th (2005) anniversaries. Bunny has also been a direct part of the town's heritage, as a champion skier, ski instructor, founding member of the Cross-Country Ski Association and participant on numerous town-planning committees.

As well Bunny was proprietor of both the Bellevue Hotel and Mont Bellevue Ski Centre along with his late brother Albert. The Basler family came to Morin Heights from Switzerland just prior to World War One. After the hotel closed in the 1980s it became a seniors' residence, Chateau des Aïnés, and will soon, once renovations are complete, begin a new life as the town's community centre.

Local artist Andrée Gauthier and her husband Dirk Schmekel were recognized for their work in preserving the pioneer character of their square log home that was built in the 1880s. It was originally the Guenette farmhouse, located at the corner of Belisle and the old road to St-Sauveur. A young Swiss-German entrepreneur from Montreal named Hans Schaepper purchased the 99-acre property in the 1970s. He dismantled the original house, numbered each log, and rebuilt it on a new foundation a few yards north of its original site. Andrée and Dirk bought the house in 1984. They embraced the historical character of their home and have worked hard to maintain its integrity over the past 32 years.

A special statuette, created by David Hodgson, was given by the Morin Heights Historical Association to the deserving individuals to recognize their important contributions to the community's heritage.

New Life for the Avoca United Church

During the Journées de la culture, which will be held from September 30 to October 2, the Avoca United Church will begin its new life as a cultural venue. Jacqueline Richer, visual artist, will present her exhibit "À chaque empreinte, son histoire," and two pianists will add music to the event (Robb MacKinnon on Saturday and Sylvie Royer on Sunday).

This small church celebrated its 140th Anniversary in 2015. Recently renovated, it continues its original mission offering monthly worship services and will now also become a locale for cultural events, open to all artists of the region for exhibitions, concerts and events of all kinds. The official opening will be on Sunday, October 2 at 2 pm. A tribute to William and Susanne Davidson Sheldon will also take place on October 1 at 1 pm.

The cultural Committee of the United of Avoca Church wishes to thank the municipality of Grenville-sur la-Rouge for its help and support in this project, as well as to the MRC of Argenteuil. The Committee also thanks two local companies Castle and Canadian Tire Lachute.



Spotlight Mont-Tremblant

Erin McCarthy - Main Street

This month, I would like to shine a light on one of Mont-Tremblant's most celebrated institutions... Le P'tit Caribou! Having opened its doors in 1993, Le P'tit Caribou has become a staple in any tourist or local's social agenda. Le P'tit Caribou is more than just a bar. It is a legendary nightlife academy, with over twenty years on the top lists of many specialized magazines as one of the best après-ski bars in North America. It is renowned worldwide, and has largely contributed to the resort's reputation as a party town - all with a cozy, rustic feel and an incredibly diverse clientele.

On December 1, 2015, Le P'tit Caribou entered a new era, when partners Joshua Wilson, Sébastien Turgeon, and Tyler Lane, took ownership. The three co-owners have very longstanding, close personal and professional relationships with the Caribou - between them over sixty years of work and play in house. This dynamic delivers a well-rounded understanding of the business, underpinned by a passionate commitment to the success of an endeavour so close to their hearts. Upon receiving the keys, the partners decided to make some major improvements, in order to give the bar a breath of fresh air, without changing its world-famous rustic feel, and resulting in the most extensive renovations in the building's history, inside and out. In order to complete the project, Le P'tit Caribou closed, temporarily, this past April, and reopened its new doors on July 1, 2016!

I asked Josh Wilson to tell me, in terms of structure, aesthetics, and ambiance, about what has changed since the restoration of the Caribou. He said that the biggest differences since the renovations, in addition to a complete updated look and feel, are the new terrace with an outdoor bar where guests can enjoy stunning views of Lac Miroir, the whiskey lounge in the basement, which also boasts a new terrace, a brand-new top of the line audio/ visual system sure to impress, and a unique premium cocktail menu.... So, basically, they've changed everything! A house favourite, and a must try, on the signature cocktail list, is the Caribou's version of a bloody caesar: premium vodka, organic beef jerky, olives, pickle, homemade caribou rimmer, house spice mix, and fresh lime juice - it's a drink and a meal in one! If you're still hungry, you can try one of the items on their newly added snack menu, such as pork rinds, a charcuterie platter, or soft, hot pretzel sticks (delicious!!). Some upcoming events to look out for at Le P'tit Caribou are their famously huge, and spectacularly decorated, Halloween party (October 29), the 24hr Ski Weekend (Dec 9-11), Thursday 'Staff Nights' with specials on drinks all night, and live music every second weekend.

For more information on events and bookings: www.ptitcaribou.com

OPEN FROM 2 pm to 3 am everyday. Families with children are welcome on the terrace from 2 pm to 8 pm.

Theatre Morin Heights Launches 2016-17 Season

Theatre Morin Heights (TMH) recently toasted the launch of its new season that includes numerous play readings, a major production in November, a new membership campaign and a changing of the guard.

Penny Rose was honoured with a tribute and thanks for her many years as a driving force for the group. She stepped down last spring as Board President of the group's not-for-profit corporation. While stepping away from the many administrative and management duties of that role, Penny will remain active in various projects.

Carolynn Roberts, a long time TMH member, both on and off the stage, is the group's new President. Other board members include Secretary June Angus and Treasurer Corina Lupu who is also largely responsible for the artistic direction of this local community theatre troupe.

TMH is currently hard at work rehearsing and preparing four performances of Norm Foster's humorous and touching play "Mending Fences." In the story, a son who has not seen his father in 13 years decides to pay him a visit at the father's rundown Saskatchewan ranch. There they examine their past, present and possible future relationship. Three evening performances are set for November 17, 18 and 19 at 8 pm with a Sunday matinee at 2:30 pm on November 20. The show will take place at the St-Eugene Community Centre, 148 Watchorn, Morin Heights. Tickets are \$20 in advance, \$25 at the door (\$5 member rebate at the door). Available at Marché Vaillancourt in Morin Heights or by calling 450-226-5352.

The new member subscription drive offers interested patrons of TMH to become members for the reasonable sum of \$10. Members will receive periodic news, ticket discounts and the opportunity to fully participate in all activities. As a non-profit, volunteer, community organization, TMH depends on the invaluable time and effort of its members for its continuing success. Non-members are always welcome to attend TMH events too.

To be added to the TMH email list or to receive membership information contact theatremorinheights@gmail.com or call 450-226-5352.



New TMH Board (l to r)
 June Angus, Carolynn Roberts,
 Corina Lupu with Past
 President Penny Rose.



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LIKE A MAPLE LEAF

Autumn colours are upon us. There's one tree that outshines them all - our sugar maple. It looks so picturesque with its multi-coloured leaves woven together like a tapestry. Eventually those leaves will fall but not before showing their colours; just like our veterans did to protect our country. Whenever you see a maple leaf, no matter the time of year, think

Remembrance Day



Be forever grateful. Be proud and show your colours for our Canada.
 You can find "LIKE A MAPLE LEAF" revised on YouTube
<https://youtu.be/QcNEORIdckM>

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The Feliciano team would like to thank you for the great summer and looks forward to seeing you soon

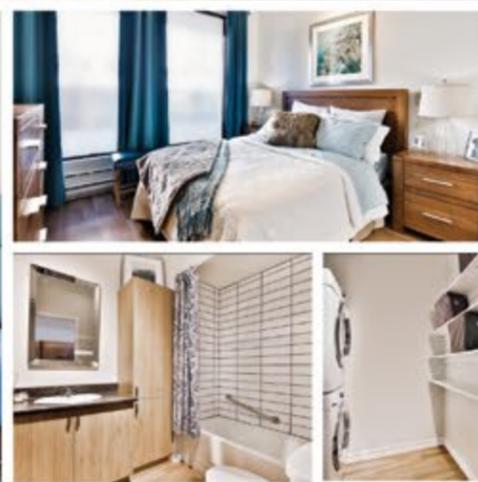
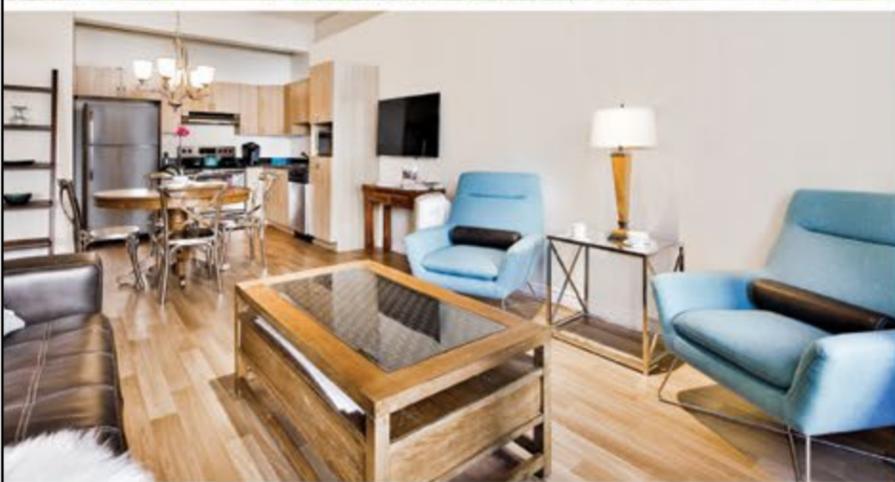
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Note: Please visit the website of each venue provided below for complete listings.

MONT TREMBLANT

Première Scène

Village Church (1829 Ch du Village)
Oct 22: 8 pm - Quartango presents cabaret music from the era of Charles Aznavour and Edith Piaf, variety shows of Alys Roby, and Oscar Peterson at Charles Biddle's jazz club. \$34



Quartango

ST. FAUSTIN

Maison des Arts et de la Culture St. Faustin

1171, rue de la Pisciculture St. Faustin
 Lac Carré / 819 688-2676
Until Oct 15 - The annual sculpture exhibition inside the gallery (and on the lawn) plus an exhibition by the painter/author, Doma who presents "Faces," a series inspired by people she has encountered during her global travels. Artwork by painter / glass artist, Monique Soublière will also be on display.

STE-AGATHE

Théâtre Le Patriote

258, Rue Saint-Venant / 819 326-3655 / <http://theatrepatriote.com>
Sat, Oct 15: 8 pm - René Simard returns with a new show, "Nouveau rêve." After a long absence, this director / actor / singer returns to the stages of Quebec with a mix of new and old songs drawn from his 45-year career. It's a feel-good show. \$50

Sat, Oct 22: 8 pm - Plume Latraverse is back in trio! this singer / songwriter presents a program from his extensive career, accompanied by Jean-Claude Marsan (guitar) and Grégoire Morency (contrabass). \$40

Fri, Oct 28: 8 pm - Bears of Legend delivers a unique blend of folk and rock music from their new album, "Ghost-written Chonicles," with fifteen instruments on stage, their original arrangements and song harmonies. \$34.



Bears of Legend

Sat, Nov 12: 8 pm - Le Caboose Band ; the "Auberge du chien noir group." A fictional Radio Canada television musical group embarks on a tour of Quebec's halls. \$39.

Boîte a chansons: doors open at 6:30 pm

Thurs, Oct 13: 8 pm - Brassier Brassens; tribute to Georges Brassens. Sonia Painchaud (accordion) and Hugo Blouin

(contrabass) sing a tribute to George Brassens, dipped in Jazz, Folk and World music. \$28.

Fri, Oct 14: 8 pm - Michel Pagliaro presents "Tonnes de flashes" including his most popular songs with anecdotes from his long musical career. \$37

Thurs, Oct 20: 8 pm - Peter Henry Phillips sings solo in folk-pop style, inspired by the surrounding beauty of nature. \$25.
Thurs, Oct 27: 8 pm - Singer / songwriter David Jalbert performs a new show entitled "Tire-toé une bûche." \$25.

Thurs, Nov 3: 8 pm - Paul Deslauriers Band play blues and rock of the seventies from their successful album of last year. \$28.

VAL DAVID

Val David Church (rue Principale)
 1 888 322-7030, ext. 4235

Oct - Nov: Espace Fresque - Le Temps Nous. Eight Laurentian artists display large-sized canvases. Doors are open Saturdays from 10 am to 4 pm & Sundays from noon to 4 pm.

VAL MORIN

Théâtre du Marais (1201 10è Ave / 819-322-1414 / www.theatredumarais.com)

Some shows enable you to reserve a dinner & show. Dinner served at 7 pm (6:30 pm on theatre nights).

Fri, Oct 21: 8 pm - Charlotte Cardin, singer / songwriter, first charmed audiences during the TV program La Voix and is now touring Quebec. \$25.

Sun, Oct 23: 2 pm - The Group Cordâme; a group of six musicians who celebrate the 150th anniversary of the birth of Erik Satie, with music inspired by him. \$35



Cordâme
 Photo credit: Amelie Fortin-Copier

Fri, Oct 28: 8 pm - Ariane Moffat (vocals / piano / guitar) accompanied by Joseph Marchand (vocals and guitar).

Sat, Oct 29: 8 pm - Claude Prégent (actor / singer) and Alain Lecompte (songwriter, singer, pianist) with his musicians, Denis Cantin (drums) and Samuel Cournoyer (contrabass). \$35.

Sat, Nov 5: 8 pm - Catherine Major presents a new show, "La maison du monde," which will be the name of her next album. \$40.

Sat, Nov 12: 8 pm - Dawn Tyler Watson, the well-known blues singer joins R&B artist, Ben Racine and his brass band. \$35,

ST. ADOLPHE D'HOWARD

Atelier culturel

1920, Chemin du Village / 819 327-5058.

Tues - Sun: 11 am - 5 pm

Sat, Oct 15: 8 pm - Saratoga. \$20. **Sat, Oct 22: 8 pm** - Daran. \$25.

Fri, Oct 28: 8 pm - Halloween Party; an evening of dancing in costumes.

Sat, Oct 29: 8 pm - Jamil. \$25.

Sun, Nov 5: 5 pm - 7 pm: Launch of "Armand Destroismaisons: The Film." This follows the 50-year career of sculptor, Armand Destroismaisons. Free admission.



Armand Destroismaisons

STE. ADÈLE

Place des Citoyens (999, boul. Ste-Adèle / 450 229-2921, ext. 300 / www.ville.sainte-adele.qc.ca)

Open: Thurs & Fri: 1 pm - 4 pm / Sat: 10 am - 5 pm / Sun: noon - 5 pm

EXHIBITIONS

Until Oct 30: Nathalie Marcotte exhibits her acrylic abstract paintings

MUSIC

Sun, Oct 23: 1:30 pm - Duo Beija-Flor with an original repertoire of ethno-classical music including pieces by Piazzolla, Miyagi, Machado, Bartók and Dimow. Their music comes from the tango of Buenos Aires to the Atlantic coast of Portugal, Rio, Japan, the mountains of Romania and the desert of Turkey. \$15 (residents \$10).

OPERA DIRECT FROM THE METROPOLITAN

Pine Cinema: Phase 2, 1146, rue Valiquette / 1 855739-7463 / <http://www.cinemapine.com>. Note: operas also screen at Cinema Carrefour du nord, St. Jérôme. \$27.

Sat, Oct 22: 12:55 - Don Giovanni - Mozart. The Met's production places the action in an un-named Spanish city in the mid-18th century. Don Giovanni and his comic sidekick, Leporello, move between the humorous and the sentimental, ending with Don Giovanni being taken to Hell. Duration 3 h 22 min.

PIEDMONT

Old Train Station (147, chemin de la Gare)

Fri - Sun, Oct 14 - 16: 1 pm - 4 pm - Art-Thé of the MRC des Pays D'en Haut. Artist Linda Naylor presents her paintings



Linda Naylor

MORIN HEIGHTS

Morin Heights Library

823, Village Rd. info@artsmorin-heights.com.

Arts Morin Heights - Until Dec 3, a new themed exhibition will be on display: "Inspired by Music or a Song," by members of Arts Morin Heights.

PRÉVOST

Diffusion Amal'Gamme

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

Sat, Oct 22: 8 pm - Contra-Danza. This team invites audiences to travel with classical and world music inspired by dance, written by Bartók, Fauré, Mozart, Argentinean Tango, Celtic, Klezmer, and others. \$30

Sat, Oct 29: 8 pm - Trio Con Brio - Claude Regimbald (flute), Jean-Philippe Tanguay (flute) & Marianne Patenaude (piano).

Program: Bach, Kuhlau, Debussy, Verdi, Franz and Karl Doppler. \$35

Sat, Nov 5: 8 pm - Zodiac Trio - classical music with musicians Kliment Krylovskiy (clarinet), Vanessa Mollard (violin) and Riko Higuma (piano).

Program: Darius Mihaud, Igor Stravinsky, Francis Poulenc, Asroe Piazzolla & Bella Bartók. \$35

PLACID ST. JÉRÔME

Laurentian Museum of Contemporary Art

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

ca. Open Tues - Sun: noon - 5 pm

Until Nov 6 - A special exhibit, "Réponse," dealing with the work of philosopher Catherine Malabou, presenting the work of approximately twenty artists. Curated by Vincent Bonin.

En Scène : Salle André Prévost, 535, rue Filion

Sun, Nov 13: 3 pm - Alain Lefèvre presents "Sas Agapo," (I love you in Greek). Music from his sixth album inspired by Greek people, their songs & aspirations. \$42

En Scène Salle Antony-Lessard (101 Place du Curé Labelle)

Fri, Oct 14: 8 pm - Pierre Flynn - "Sur la terre" with musicians Mario Légaré (bass), José Major (drums) and André Papanicolaou (guitar). \$38

Fri, Oct 21: 8 pm - La Otra Orilla - Unplugged. Song, dance, theatre, flamenco and the guitar produce a lively performance with dancer Myriam Allard and singer Heidi Graja accompanied by their talented musicians.

Fri, Nov 4: 8 pm - Cordâme - Satie Variations. Six musicians led by contrabassist and composer, Jean Félix Mailloux play piano, harp, violin, cello, contrabass and percussions. Celebrating Erik Satie's 150th anniversary, they play original improvised music inspired by Satie. \$30

GRAND PRIX DE LA CULTURE

Nov 10: 4:30 pm - Conseil de la Culture - annual Grands Prix event at the Antony-Lessard hall, followed by cocktails at the Museum of Contemporary Art halls (same building, same floor). The theme this year is the written word, literature and libraries. Eight prizes will be awarded along with a prize from the Québec counsel for the arts and letters, to the creator of the year.

CINEMA CARREFOUR DU NORD

Place du900 Boulevard Gringo, St. Jérôme 450 436-5944 / <http://www.cinemast-jerome.com.horaire>.

Note : For Opera direct from the Metropolitan, see Cinema Pine - Ste-Adèle.

Sun, Oct 16: 12:55 - The Bolshoi Ballet "l'Age d'Orby Dimitri Shostakovich" - dealing with the European political and cultural scene in the 1920s and a Soviet football team that comes into contact with politically incorrect characters. \$20.

MONTREAL

Boulevard G Oscar Peterson Concert Hall - 7141 Rue Sherbrooke W / 514 285-4545 / www.lavitrine.com

Sun, Oct 23: 7:30 pm - Musicians of the World Symphony Orchestra, directed by Joseph Milo present "Irish Eyes - Hundred Years to a Birth of a Nation," featuring Brigitte O'Halloran (soprano), Sean-Paul O'Brien (tenor) The Celtic Four Ensemble and Irish dance students. \$35 & \$30 (students \$25).

Due date for materials for the November edition: Oct 15, 2016

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MENDING FENCES

By Norm Foster

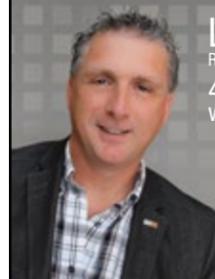
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Up Close... The NFL Encompasses the Seven Deadly Sins

Steve Brecher - Main Street

The National Football League (NFL), whose annual revenues are projected to surpass \$13 billion, is currently in full swing, to the delight of over 200 million Americans, who can't seem to get enough of their favourite teams and players. Their fanatic devotion, in my view, can be explained by the league's attraction to the ancient Seven Deadly Sins.

- 1 - Greed:** \$100 billion will be wagered this season, most of it illegally, according to the American Gaming Association.
- 2 - Pride:** The NFL was recently ordered to repay \$723,000 to USA taxpayers over a "paid patriotism" scandal. The NFL was criticized for taking money from taxpayers to fund events, at games, that celebrated members of the armed services
- 3 - Lust:** "The uniforms of NFL cheerleaders have transformed, from garish and embellished leotards, in the Seventies and Eighties, to the more scantily-clad versions of today. (Margot Peppers)
- 4 - Wrath:** "It seems like a Sunday during the NFL season can't go by without a video getting uploaded to You Tube of fans fighting either in the stands, stadium bathrooms or the parking lot." (Huffington Post)
- 5 - Envy:** Nike, the official brand for NFL team uniforms, is charging \$295 for "elite" player jerseys (2014), and kids and adults alike are only too willing to incur these exorbitant prices, in order to feature the names of their favourite players on their backs.
- 6 - Gluttony:** Researchers at the INSEAD Business School found that cities with losing teams don't just load up on wings, beer and chips during the games, but continue to seek out comfort foods even the following day.
- 7 - Sloth:** Despite predictions about the NFL facing a drop in popularity because of concussions, domestic violence, or other issues, more people are watching pro football than ever before. According to the Nielsen Company, the 2014 regular season reached 202.3 million unique viewers, representing 80% of all television homes. Many of these viewers spend several hours each week sprawled lazily in front of their T.V. sets.

The NFL isn't exclusive in its attraction to fans who are being seduced by one or more of the Seven Deadly Sins. Other major team sports, such as hockey and basketball, have their loyal followers as well. The consequences of this devotion to our most popular professional sports extend into the most fundamental aspects of society.

These include the influence they have on children, growing up as hero worshipers of many pro athletes, who are given a pass due to their outstanding on-field performances. In addition, given the extreme level of competition that is pervasive, we are prone to embrace the credo that "winning isn't everything; it's the only thing" (Vince Lombardi), or that "nice guys finish last" (Leo Durocher). There is nothing wrong with competition per se; but when big money rules, our morals tend to get compromised.

Let's not jettison our love of sports, either as participants or as fans. But let's be more mindful of the example we are setting for our kids by our "sinful" behaviour. The professional sports leagues are definitely not helping in that regard.



Animal Heroes Call it a Day (for now)

By Christopher Paré, Humane Society International/Canada

Endings can be bittersweet, even if they're temporary. That's the feeling at an emergency animal shelter northwest of Montreal, where staff and volunteers prepare to hand over the last of their rescues for adoption.

The shelter, which is managed by HSI/Canada under the supervision of MAPAQ (Quebec Ministry responsible for companion animals), has been operating uninterrupted for over 80 weeks, which is not normal, as most emergency shelters only stay open long enough to rehabilitate and place animals rescued from horrific neglect.

But bureaucracy moves at its own speed – the speed of a snail, that is. Court delays, appeals and similar red tape made for a very drawn-out sheltering experience; what should have only taken a few months turned into years, placing tremendous strain on the shelter staff and volunteers responsible for these amazing creatures.

And as the shelter prepares to (temporarily) shut down, it seems only fitting to pay tribute to the incredible Team Leaders who oversaw the animals' care. People like Jackie, a motivational master whose positivity lit up the room; Nina, who never stopped working or smiling; Jen Jones, the resident Martha Stewart who made the shelter feel like home; Jen Gauthier, who always prioritized the well-being of the dogs she cared for; Annie Charbonneau, whose cheery demeanor always kept the team's spirits up no matter what; Jessica Fortney, a veterinary assistant who biked through snow to get to work on time; Kadi-Ann, the definition of dependability; Sabrina, a pit bull's best friend; Bianca, a brassy firecracker who loves to have fun, and Christian, a chill dude and experienced dog whisperer. Finally, Shelter Manager Anny Piché, the definition of dedication and a selfless leader admired by her staff and volunteers.

This is not goodbye, but rather, "until we meet again." In a perfect world there would be no emergency animal shelter, but the upsetting truth is that there are animal abusers all over the world, Quebec included. And when the time comes to once again help animals in distress, our team of superheroes will rise to the challenge and confront cruelty with love, compassion and lots of hugs. They are the best, and organizations like ours could not function without them.

Until that time comes, if you are interested in volunteering and want to learn more about our work, check us out at: hscanada.ca/volunteer

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Garden Talk Seed Saving Primer

June Angus - Main Street

Collecting and storing seeds from this year's bounty used to be all you needed to get growing next spring.

This practice fell out of fashion for decades, but it's currently on the rebound for many good reasons.

First and foremost, you gain control over what you grow, which is both satisfying and fun. You can also save money otherwise spent buying new seeds each year. And if you are fortunate enough to have heirloom or other hard to acquire plants growing in your garden, collecting their seeds helps preserve these varieties for future generations.

To get started, save the strongest seeds from only the best vegetables: the sweetest melon, juiciest tomato, fattest onion or pea that produced most of the summer. Remember you will not get great plants from poor seeds.



For most plants, allow the flowers or fruit to mature fully before harvesting seed. If the weather turns wet or there's a risk of frost, bring the plants indoors to finish drying. Wet seeds can quickly rot.

To dry indoors, pull or cut the plants and hang them in a warm, dry spot for a week or two. Seeds must be thoroughly dry before you store them in sealed containers. Never put them in a warm oven to speed up the process. Seeds contain the embryo of a future plant, and temperatures warmer than 36° C can kill it.

Lettuce and many herbs will grow seed-producing flowers if you stop harvesting the leaves. Once dried, the seeds can be shaken out of the spent flower heads.

Some seeds, such as peas and beans, are easy to collect. They dry in their pods and are easy to shell. Allow them to do some final air-drying on a plate or other smooth surface before storing in an airtight container.

Other seeds, such as tomatoes and melons, are surrounded by a wet gel-like substance and must be processed before the seed is viable. For melons, squash and pumpkins, scoop out the seeds, clean them off and then set them on a clean ceramic plate or glass dish to dry.

Processing tomatoes for their seeds is a bit messier and smellier but worth the effort. Cut a ripe tomato in half across the middle. Gently squeeze tomato seeds and juice into a glass or plastic container. Set it on a sunny windowsill or other warm spot in your house. Be aware there will be a ripe odour and maybe fruit flies. Allow the seed mixture to sit until the surface is partially covered with whitish mould (in three to five days). Scrape off the white mould with a spoon. Then fill the container with water and stir. The good seeds will sink to the bottom. Pour off and discard floating seeds and pulp. Repeat the rinsing process until the good seeds are clean. Give them a final rinse using a strainer. Sprinkle the seeds onto a plate and allow them to dry for a few days. Don't use paper towels or plates as a drying surface; the seeds will stick.

Finally, don't forget to label and date all your seed storage containers.

Happy collecting now, and planting next spring!

Laurentian Club Report

Dr. René St-Arnaud: Making Medical Research Accessible to the Layperson

Mary Mitchell

The Laurentian Club opened its season with renowned medical researcher Dr. René St-Arnaud who described the new Research Centre he leads at the Shriners Hospital for Children in Montreal.

The research program for the understanding, diagnosis and treatment of pediatric bone diseases began in the 1970s under the direction of Dr. Glorieux who recruited Dr. St-Arnaud in 1989. Using the early example of seeking a cure for rickets, Dr. St-Arnaud demonstrated the cycle of medical research employed, which begins and ends with the patient.

He then described an example from his own research projects that is entering the drug discovery phase.

Using the analogy of the food processor and a lawn tractor, he demonstrated how if you change one part on the machine it changes the outcomes, and similarly by changing certain parts of the bone cell, they can study the effect on building better and stronger bones. This research has resulted in patents of intellectual property, and many journal papers published. It has useful application for children with bone diseases or those on medication adversely affecting their bones, and people with osteoporosis.

Dr. St-Arnaud is proud of the trainees who have worked at the Centre and highlighted many individuals who have gone on to illustrious careers in medical research around the globe. What really inspires him to go to work every day are the patients who benefit from his team's research with the promise of a better life.

Join us on October 24 when Vicki Boldo will address colonialism and racism against indigenous populations. www.LaurentianClub.ca



Making it Work in the Laurentians

How to Successfully Fill Out a Grant Application: Tips for Artists



Melissa Payette - Main Street

Getting a grant can be an important first step on the pathway to becoming a self-employed artist. Grants can provide financial support to emerging and established artists to help them carry out their artistic work and create lasting cultural products. Unlike loans or other forms of financial assistance, grants do not have to be paid back to lenders. However, there is typically a set of agreed upon activities and deliverables that must be accomplished in order to receive payment. While grant writing can be a challenge for many creative souls, here are a few tips to help give you the competitive edge you need!

Why Is It Important For Your Art?

It can often become an added stress in an artist's life to fund their projects while on the road to career growth and sustainability; both of which are key components for long-term success. Grants are also a great way to help you put together your portfolio and build your reputation. Applying for a grant allows you to really focus on developing your project at the early stage, build partnerships, minimize costs, and create a pitch to captivate your audience.

Which Grants Are Right for You

There are many types of grants that exist. It's safe to say there is an opportunity for every discipline. The most common grants out there include travel, and research & creation. There are also grants to help with operating funds, production, as well as local, national, and international residencies. It's important to understand that not all grants necessarily match your artistic field, so make sure that you carefully read the eligibility criteria to be certain that it's a right fit.

Tips for Success

The first thing to remember is to start early and pencil all deadlines in your calendar! Know your audience and tailor your proposal to suit the priorities of each funding source. Clearly explain your project, and justify exactly what you plan to accomplish if you are awarded the grant. You want to convey the relevance of your work and why your project matters. Alongside your well-explained narrative, you'll need to include an accurate budget forecast of your project. A good way to be certain you're submitting a well-organized and thought-out application is to download the form online, and use these to work on draft revisions. This will ensure you're following the correct format before you prepare your final copy. Save your work frequently, check grammar and spelling, include the correct contact information, and get feedback from your friends, an artist coach, or the grant officer so you know that you've properly explained yourself throughout.

Most important is to stay true to what your project is about, while being open to changes necessary to allow your artistic career to move forward. Keep working on your art, and always take the time to research and plan for the opportunities that are right for you.

YES is a great non-profit resource that can help you work on the grant application writing process. Contact YES with questions or comments at info@yesmontreal.ca or by phone 514-878-9788 or 1-888-614-9788 and visit us at www.yesmontreal.ca.

Saint Sauveur Joins Facebook

The City of Saint-Sauveur recently announced the launch of its new Facebook page. This user-friendly and effective platform will allow the city to share general information and promote local events and activities. To ensure a friendly and pleasant atmosphere for all, certain rules of conduct are expected to be followed - available on the website www.ville.saint-sauveur.qc.ca.



BABINGTON
CLINIQUE CLINIC

We are looking for either one full-time or two part-time receptionist(s) to work in the Ste-Agathe Osteopathic and Sports Injury clinic from the beginning of December 2016.

The ideal candidate(s) will have to have a good sense of humour - things can get a little crazy here!! - excellent organisational skills, great communication skills, wonderful customer service skills and be bilingual in English and in French and above all, be honest, discreet and courteous.

If you think you'd like to work in an easy-going but sometimes frustrating environment then please forward your CV to babingtonclinic@gmail.com.

81A, rue St Vincent, Suite 102, Ste-Agathe-des-Monts. Quebec, J8C 2A5.
t: 819-326-2718

RELIGIOUS SERVICES



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

**Branch 171 Filiale
Morin Heights**

Sat, Oct 15: 6 pm - Oktoberfest Pig Knuckles
Fri, Oct 21: 6 pm - TGIF Smoked Meat
Wed, Nov 2: 7 pm - Paul Arthur & Raisin' Cain. \$10
Sat, Nov 5: 9:30 am - Remembrance Day Parade
1:30 pm - Military Whist
Starting on Sept 23: Fri: 2:30 pm - darts
For information on any event call
450 226-2213 (after noon)

**Branch 70 Filiale
Lachute**

Smoked meat dinners will continue to be held on the
last Friday of every month except
December & January
Bus trip to Carleton Raceway Casino every six weeks
- check for dates at the legion
Tues: 1 pm: Euchre
Every second Wed: 1 pm - shuffleboard games
Thurs: 1 pm - Cribbage
Saturdays: 2:30 pm - Darts
For information call: 450 562-2952 after 2 pm!

**Branch 71 Filiale
Brownsburg**

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

**Branch 192 Filiale
Rouge River**

Sat, Oct 15: 7 pm - Musical jam session
with local artists
Fri, Oct 21: 6 pm - TGIF followed by dancing
upstairs with the Big Country-Rock Band
Sat, Oct 29: 7:30 pm - Halloween Costume
Party & Dancing
Fri, Nov 4 & 18: 6 pm - TGIF
Sun, Nov 6: 2 pm - Remembrance Day Service
**Poppy Campaign: Oct 28 - Nov 11
Happy Hour Darts: please call Lloyd Larose:
819 687-3541
Tuesdays: 7:30 pm - cribbage
Mon: 9 am - 10 am -Yoga Class
Tues, Fri & Sat: 9 am - 10:30 am - Yoga
Info: Marlene: 819-687-8566
For further details call 819 687-3148 / 819 687-9143
or email mmcsp40@gmail.com

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

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

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

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

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

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Wed: 7 pm - Prayer Meeting
Sun: 10 am - Sunday School
Sun: 10:45 am - Worship Service
4th Sun of every month: 7 pm - Hymn Sing

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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

Parking available on Hillside along the cemetery wall.
MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.
Services will be held on Oct 30, Nov 6 & 27 and
Dec 4 at 11 am.

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

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

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

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

ST. MUNGO'S CHURCH, CUSHING
LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship
HARRINGTON UNITED CHURCH
Last Sunday of each month: 1 pm
ST ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates

**ANGLICAN CHURCHES
ALONG THE OTTAWA RIVER**
Holy Trinity, Calumet, St. Matthew's, Grenville
Sundays 9:15 am - Holy Eucharist:
alternating locations.

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

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

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

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

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

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

**THE CATHOLIC CHURCHES
NOTRE DAME DES MONTS PARISH**
Huberdeau 10:30 am • Laurel 9 am
Morin Hts 10:30 am • Montfort 9 am
16 - Island Lake 10:30 am • Weir 9 am

VICTORY HARVEST CHURCH
351 des Erables, Brownsburg-Chatham
Pastor Steve Roach 450 533-9161
Sunday: 10 am - Bilingual Service

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Oct 16: 11 am - Holy Communion
Nov 20: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Nov 6: 4 pm
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Oct 23: 11 am - Morning Prayer
Nov 27: 11 am - Holy Communion
Bilingual services with gospel/bluegrass music
*Special services: Soaking Time *
7:30 - 8:30 pm: A time of quiet reflection
with classical music. These special times
of quietude are offered on Sundays in
addition to regular services

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Nov 13: 11 am - Morning Prayer

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Venerable Ralph Leavitt and
Rev. Nicholas Pang, associate priest
All services are at 9:15 am
Oct 16, 23 & 30 - Holy Communion
Nov 6 - Holy Communion
Nov 13 - Family Service

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

EGLISE SAINTE ANNE DES LACS
1, chemin Fournel, SADL



ST. ANDREWS CHURCH, AVOCA

**FAUBOURG
SUICIDE
PREVENTION
CENTRE**

24 /7 HOTLINE
1-866 APPELLE (227-3553)
Intervention and help for all
Laurentian residents.

For info and full services visit
www.cps-le-faubourg.org



Laurentian Club Notice

**Holy Trinity Church, 12, Préfontaine Ouest
(corner of Tour du Lac)
Ste-Agathe-des-Monts, Québec J8C 1C3
Guest Speaker: Vicki Boldo**

Of Cree/Métis heritage, Vicky is an adoptee from the '60's
Scoop Era. She hopes to deliver and engage in an important
conversation around colonialism and its continuing impacts to-
day. The discussion will focus on racism, specifically addressing
the racism against Indigenous populations and learning about
how this racism persists today.

Monday October 24, 2016, 1:30 p.m.
**Cost: Annual membership \$25/
guests: \$10 per event**

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

www.laurentianclub.ca

LAURENTIAN CLUB OF CANADA



**Laurentian Region
Cancer Support Group**

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



Meeting for cancer patients,
families and caregivers:

SATURDAY AFTERNOON
October 15, 2016 - 1 pm
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

Guest speaker:
Nortary Barbara Thompson

Next meeting: November 26

Meetings are conducted in English
ADMISSION IS FREE

For more information about meetings and the group's other
services call June Angus 450-226-3641 Email: cancer.laurentia@yahoo.ca or mail PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

COMMUNITY NEWS

**AMI-QUEBEC PROGRAMS
ACROSS QUEBEC**

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

SOUPE POPULAIRE

(205 rue Principale, St. Sauveur)
Lunch schedule: **Mon, Tues & Thurs: 11:30 am - 12:45 pm.**
Everyone is welcome!
We are seeking volunteers to help prepare meals. Info: 450-227-2423, ext. 26.

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA LACHUTE

Bazar MPDA Lachute (177 Rue Bethany, Lachute).
Used clothing, shoes, books and more for the whole family. Open **Tues - Thurs: 10 am - 3:30 pm. Fri: 10 am - 2 pm**
Mouvement Personne d'Abord de Lachute is a non-profit organization for people with intellectual disabilities. The Movement offers activities and friendly meetings 2 times a week for its members. Everyone welcome! Info: 450 562-5846.

BADMINTON – WHO'S UP NEXT?

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

WILLKOMMEN

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

ASSOCIATION ALPHA LAURENTIDES

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

SEEKING VOLUNTEERS

Les Bons déjeuners d'Argenteuil inc.
Tuesdays & Thursdays: 6:45 am - 8:30 am
This non-profit organization is looking for volunteers to serve healthy breakfasts in the Argenteuil elementary schools: particularly, L'Oasis and St-Julien (Lachute), Dansereau/St-Martin (Grenville) and St-André.
Info: Diane: 450 562-2474 ext. 2300

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sat, Nov 29: Eat, Drink & be Scary
Lasagna Dinner
Costumes encouraged / prize for best costume
Tickets: \$12
Info: Ruth: 819 687-3733 / Joan: 819 687-8159
Sun, Nov 6: 9 am - noon: Nov Breakfast
Basket proceeds to benefit the SPCA

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Sun, Sept 18 & Oct 2: 1:30 pm - Bingo
Mon in Sept and Oct 3 & 10: 10 am - noon - Quilting
Thurs, Sept 22, Oct 6 & 20 - Café Partage
Fri, Oct 7: 5:30 pm - Cook's Night Out

SCOUTS MORIN HEIGHTS

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

L'ENSEMBLE VOCAL CANTIVO

Saint - Sauveur
Every 2nd Thurs: 7 pm - 9 pm: Rehearsals
New season - welcoming new members
Should be able to read music and have singing experience & good team spirit!
Info: Louise Boisvert: 450 224-7258

MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugene Church, 148 chemin Watchorn
www.morinheightshistory.org / mhha98@hotmail.com
Nov 13: 2 pm - St. Eugene's Church - Presentation: "Irish Immigration into the Laurentians." Guest speaker Fergus Keyes

MORIN HEIGHTS DUPLICATE BRIDGE CLUB FALL SESSION

Église St-Eugene, 148, Watchorn, MH
Former and new players are most welcome
Players are requested to arrive by **12:45 pm – prompt start at 1 pm**
Annual membership \$5 / weekly fee: \$4
Info: Joan Ford: 450 226-2322 / joan-ford@cgocable.ca
Dick Harling: 819 326-4406 / dickharling@hotmail.com

MILITARY WHIST

Morin Heights Legion (127 Watchorn)
Starting Sept 19: 1 pm
Info: Joanne Williams: 450 226-5664 / williamsj@bell.net

MHES CHRISTMAS BAZAAR

At the school
Sat, Dec 3: 9:30 am - 3:30 pm
To rent a vendor table (\$30) call 450 226-2017 ext. 6217 Check our FB page: Morin Heights Elementary School Christmas Bazaar

ARGENTEUIL GIRL GUIDES

Laurentian Elementary School 455 Court St, Lachute (side entrance on Bellingham)
New season started Sept 7
Wed evenings: 6:30 pm – 8 pm
Any girl (age 5+) or woman is welcome to join us

LAURENTIAN QUILTERS GUILD 20TH ANNIVERSARY QUILT SHOW

Golf Piedmont, 201 Chemin de la Montagne
Oct 23: 10 am - 3 pm
"Autumn Colours" with vendors, craft tables & Tea Room with homemade goodies.
LQG is a non-profit organizations that donates quilts to the Montreal Children's Hospital and women's shelters.
To date, we have donated over 2000 quilts

HALLOWEEN ACTIVITIES IN BROWNSBURG –CHATHAM

302 Hôtel de Ville
Oct 31: noon - 6 pm: Enchanted maze for toddlers, organized by the Optimist Club of Brownsburg - Chatham Nature Park on Woodland Ave
Oct 31: 10 pm: Haunted Forest for those ages 11+ years.
295 rue Rosedale
Oct 31: 10 pm - Haunted House (11+)

*** CHECK WITH YOUR MUNICIPALITY to see what scary activities are happening in your community***

65th WEDDING ANNIVERSARY

On Sept 22, 2016, Mona and Carman Wood of Morin Heights celebrated 65 years of marriage. A luncheon was held with family and friends. In attendance were their best man, Orval Hyde, their maid of honor, Barbara Axford, and George Jackson. Congratulations! You are wished many more years of love and happiness together.

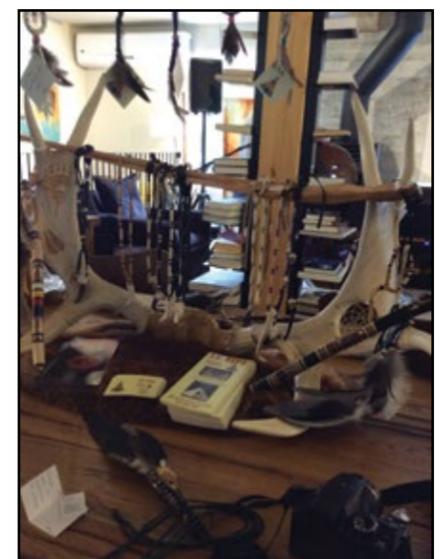


Photo credit: Lori Leonard - Main Street

SAVE THE CHILDREN NATIONAL INDIGENOUS PROGRAM

On October 1 and 2, guests thoroughly enjoyed two days of activities in celebration of indigenous art, music, books, dance and crafts. The event was held at Les Mots Tremblant Bookstore/Café. All funds raised from this 2-day event were donated to Save the Children. If you would like to make a donation to this organization: 1 800 668-5036 / donations@savethechildren.ca / www.savethechildren.ca
For info on upcoming events at Les Mots Tremblant Bookstore /Café (2053 du Village, Mont-Tremblant) call 819 421-3496 or visit www.lesmotstremblant.com /facebook.com/elesmotstremblant.

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

Laurentian CARE
Your care is our Primary Goal

Service Biligue
Soins à domicile
Soins dans une résidence dépendable
Accompagnement
Supervision & stimulation de la mobilité
Spécialiste en soins pour les personnes atteintes de démence
Accès aux ressources sociales et à des services de santé

Homecare Assistance
Care in a residence
Accompaniment
Supervision & Mobility Stimulation
Specializing in Care for those with Dementia
Contact with Health & Social Resources

1-855-522-7372 • www.laurentiancare.org/versassociation.com

OPT TO ADOPT

Help stop pet over-population

Visit your local animal shelter or visit **Petfinders.com**

You dream it, We build it... **ALTA MAX**
CONSTRUCTION RENOVATION

www.altamax.ca 1.866.924.8282

4Korners
Family Resource Center
A Cornerstone of the Community

819 324.4000 (ex: 34330)
888 974.3940

LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL
info@4kornerscenter.org 4kornerscenter.org

HAVE A SAFE AND HAPPY HALLOWEEN

SOUVLAKI 7
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Modern & Authentic Greek Cuisine

www.souvlaki7.com
450.744.3355
239 Principale street, Saint-Sauveur

PAIX
Programme d'aide et d'intervention
TO FEND OFF VIOLENCE!
819-326-1400 / 1-800-267-3919
www.organismepeaix.ca

Alcoholics Anonymous
Helpline:
1 877 790-2526

Help for compulsive gamblers
514 484.6666
866 484.6664
gam-anon.org



Healthy Channels Meditation

Christopher Garbrecht, Ac. – Main Street

Recently I've been following a webinar about meditation that is very inspiring. I've often wondered why it is so hard for me, personally, to take the time to sit down and meditate. It's as if my mind resists meditation even though I know it is good for

me. The benefits of meditating regularly are well known. It helps keep you stress-free, reduces ageing, helps you appreciate life more, helps you feel more connected, increases your attention span, increases your immune system, improves your metabolism, helps you have better sleep, improves the functioning of your brain, makes you happier, etc., etc.

So why is it so hard to take the time to do something so obviously beneficial to one's health? Well, I think one part of it is that our brains have grown accustomed to having lots of meaningless and random thoughts constantly swirling around. In a way, it finds a certain reassurance in this constant thinking process, even though it can be quite detrimental to our over-all health. Another part is that meditation's ultimate goal is to calm the mind in order to rid oneself of the I-thought or the ego. The power of meditation is the self-realization that we are not really the ones thinking the thoughts. We are just there to observe the thoughts as they come and go. How can someone be the observer and the observed at the same time?

Here is a simple form of meditation that I learned recently from a man, named Robert Doane, that I would like to share with you. First, sit comfortably. Close your eyes. Breathe in and out. After about twenty seconds, start thinking the word 'I' slowly, over and over. It won't take long before your brain starts thinking this thought or that thought. That's okay. Accept it. When you realize that you have stopped thinking the word 'I', just gently return to the word until thoughts creep in again. Over and over, return to the word 'I'. Do the meditation for about thirty minutes in the morning and the evening. You will find that it brings deep and profound relaxation.

The use of the word 'I' as a type of mantra is interesting. The idea is to break, gradually, the spell of the I-thoughts. It helps us to realize that the vast amount of thoughts our brains produce is just brain-chatter. They are meaningless bits of memories or fantasies that really have no relevance in our lives.

By meditating regularly one can realize all the benefits of meditation, but it does take a certain amount of will-power in order to develop the habit. Most people use exercise to help improve their physical bodies, now it is time we exercise our minds as well. Be well!

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



Fit Tip #109 Why I Breathe

Lisa Mclellan – Main Street

We take 20,000 breaths a day. I bet you didn't know that. Most of us take this fundamental, life-sustaining action for granted, even though we know that within minutes of being deprived of oxygen, we begin to sustain irreversible brain and heart damage. A little longer and we die. Breathe in. Breathe out. It's our cells that need to breathe, all 37 trillion of them. Through cellular breathing we experience life force.

Oxygen makes up 65% of our human body and is responsible for 90% of the body's energy. Oxygen regulates all of our metabolic processes and is vital in functions such as blood circulation, the assimilation of nutrients, digestion and elimination of cellular and metabolic wastes. Almost every virus, fungus, parasite and many bacteria are strictly anaerobic - they do not thrive in oxygenated environments. Sufficient oxygen helps our bodies to rebuild and to maintain strong and healthy immune systems. Even our abilities to think, feel and act require oxygen-related energy production.

If we were taught to understand how vital oxygen is, and taught how to breathe optimally, it would quite simply change the way we live. I believe it would change the way we treat ourselves, and our planet. Inhale fully, exhale slowly.

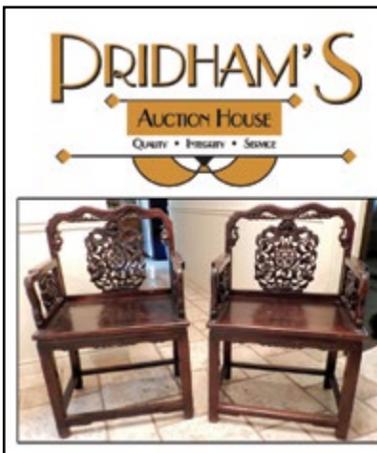
Facts about Oxygen:

- Breathing polluted air, or breathing air that contains less oxygen, puts tremendous stress on the body.
- By mass, oxygen makes up 90% of a water molecule; water makes up 65-75% of the human body (so drink water).
- Our brain, which makes up 2% of our total mass, requires 20% of the body's oxygen needs.
- Complex carbohydrates, and raw fruits and vegetables, are high in oxygen with as much as 50% of the weight of these foods made up of oxygen.
- Smoking starves the heart and body of oxygen.
- Exercise increases circulation and therefore the delivery of oxygen to cells.
- A sedentary lifestyle can inhibit the removal of toxic wastes from the body.

Benefits of Oxygen:

- Heightens concentration, alertness and memory.
- Oxygen is vital to your immune system, memory, thinking and sight.
- Promotes healing and counters aging.
- Strengthens your heart, reducing the risk of heart attacks.
- Calms your mind and stabilizes your nervous system.
- Provides a natural remedy for headaches, migraines and hangovers.
- Relieves muscle stiffness, supports athletic performance.
- Lessens Chronic Fatigue Syndrome.
- Gives you better sleep patterns.

Vitality is enhanced by conscious breathing. Breathing practice does not require any special equipment other than your conscious attention. The benefits are wonderful and the practice is free. Be aware of the healing power inherent in your every breath.



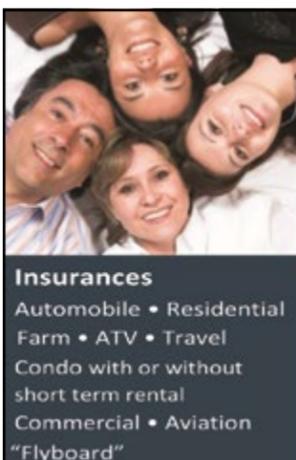
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MAIN STREET
Photo contest

Looking for spectacular Laurentian photos for our front page for the **November edition**.
Themes to be seasonal and based on the Main Street model of people, places & things. Possibilities include landscapes, fall colours, heritage buildings, special events, cottage life etc., anything depicting life in the Laurentians. **Any photos of children should be accompanied by parent's consent.**
All photos must be of horizontal orientation, high resolution (300 dpi min.) and include a short description and a photo credit.
Winning photos will be selected by a panel of judges and winners will receive a **gift certificate of \$50 value to Le Saint Sau Pub in Saint Sauveur plus a mention in that edition**.
Submissions must be in original file format - no scans will be accepted - and emailed to the attention of the editor, Susan MacDonald at main.street@xplornet.ca. Subject line should read "photo contest."
Deadline for submissions: October 20th, 2016



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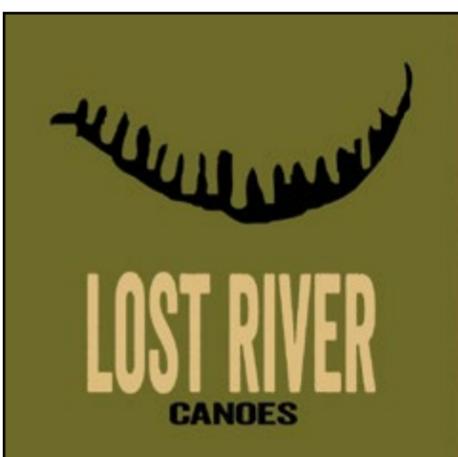
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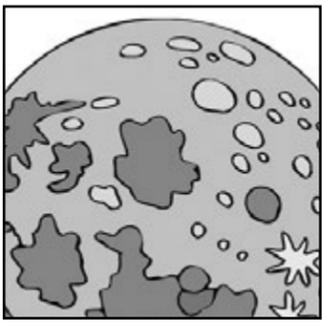


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Zach Factor Elon's Very Bad Day

Lys Chisholm & Marcus Nerenberg -
Main Street

Elon Musk had a very bad, horrible day. On September 1, the ambitious CEO of Space X and Paypal billionaire, likely wanted to go to bed for the rest of the week, if not the month, after the latest commercial rocket exploded on the launch pad. Perched atop the rocket was the very expensive Amos 6 satellite belonging to both Space Communication Ltd.(Spacecom) of Israel and Mark Zuckerberg of Facebook.

Facebook's contentious attempt to bring internet access to the African continent is now delayed after the \$200m Israeli satellite it piggybacked was destroyed. The explosion of the Falcon 9 rocket, during a standard pre-launch fueling exercise, happened in Cape Canaveral, Florida. Fortunately there were no injuries or fatalities.

From a Space X press release on Twitter, the incident has been attributed to an "anomaly" on the launch pad, rather than a problem with the rocket. This is quiet-speak in the aeronautical world, referring to a UAP (Unidentified Aerial Phenomenon).

In observing slowed-down footage of the blast, numerous anomaly watchers noted that a dark, distinct orb can be seen zipping across the sky moments before the explosion erupts. Video footage taken by a group of retired veterans, who follow the Space X programs as a hobby, (and the only public video taken and widely available on YouTube) shows an object fly past the launch pad at Cape Canaveral, while the doomed Falcon 9 Space X rocket was undergoing tests ahead of the planned launch. Skeptics, of course, say that the object in question is a bird or insect. But professional film analysts suggest otherwise, proposing that the sheer speed of the object, its obtuse shape and size, and its location behind the towers, prohibits such simplistic explanations.

A number of comments and analyses have flooded the internet, including the following blog from of an eyewitness onsite at the time of the explosion: "I am a welder at Kennedy Space Center, and before launch a lot of us were noticing strange lights in the sky above the pad. About 20 minutes before launch there was an impression in the clouds (its rainy here) of an oblong shape- you could almost see the blue sky through it- then 3 white lights appeared in the center of it and then (it) just disappeared with a blink of an eye. They were visible for maybe 20 seconds. Minutes later the rocket explodes on the pad - maybe it's a coincidence, I don't know."

Another possibility suggested by analysts is that the UAP was some kind of drone with direct intentions of stopping the launch. Sources from the private space industry confided in the Washington Post that an official from SpaceX attempted to gain access to the roof of a nearby building which is owned by their business rival, United Launch Alliance. If that were the case, things will become very complicated very soon for Mr. Musk. Conspiracy theorists suggest that the payload was destroyed to inhibit global internet expansion and intrusions into secret government or corporate territory,

At launch, the Amos-6 satellite was owned by the Israeli company Spacecom, and it was also hypothesized to be carrying upgraded military software, as well as commercial satellite services. Congressman Mike Coffman (R-CO) wrote a four-page congressional letter, which was co-signed by nine other House Republicans. The Colorado congressman is calling on government agencies to take over an investigation of the Space X explosion due to its high level security threat to the public. Three days after the loss, the ISA, (Israel Space Agency) reported that the launch pad explosion jeopardized a pending deal for the sale of the private Israeli firm Spacecom to China's Xinwei group, reportedly worth \$285 million and conditional on a successful launch.

Did the UAP cause the explosion? There were no indications of something being fired from the UAP. Elon Musk noted during his Martian colonization speech on September 27, SpaceX has already investigated all obvious possibilities. "What remains are the less probable answers," he said. SpaceX is analyzing footage, attempting to determine what really went down. "We are currently in the early process of reviewing approximately 3000 channels of telemetry and video data covering a time period of just 35-55 milliseconds," Musk has invited anyone with additional footage to email Space X.



Space X Falcon 9 explosion from Sept. 1, 2016. Film analysts here have outlined the UAP that appeared milliseconds before the explosion, hovered over the rocket and then sped out of sight. No bird on earth can travel this fast in a dive, let alone in horizontal flight. Photo Credit: USLaunchReport.com



The Story Behind The Institut Canadien de Montréal

Joseph Graham - Main Street
joseph@ballyhoo.ca

The Institut Canadien de Montréal, created in 1844, can be thought of as an early think tank. Its members maintained a library and a room for debates. Some of the best secular minds of Lower Canada (subsequently Quebec) were members. It gave rise to the Parti Rouge, a political movement that opposed the forced amalgamation of Upper and Lower Canada, fought for separation of church and state and universal suffrage, wanted the government to be solely responsible for education and opposed confederation, favouring the American model of a republic even to the point of encouraging annexation.

Among the Institute's early members were Louis-Antoine Dessaulles (nephew of Louis-Joseph Papineau), Jean-Baptiste-Eric Dorion, Francis Cassidy, Joseph Papin, all co-founders, as well as people like François-Xavier Garneau, author of the first history of Canada. After the troubling years of the 1830s, the Institut Canadien was the life-blood of Quebec secular society. Many of the ideas debated in its halls became public policy only by the end of the 20th century. Its members were Catholic but most had grown up under the Gallican form of Catholicism and considered the Church answerable to the State.

Monseigneur Ignace Bourget became the Bishop of Montreal in 1840. During his 36-year tenure, he changed the way Catholics perceived themselves. In spite of his location in the hierarchy of the Catholic Church, he was a favourite of Pope Pius IX. The pope, originally considered sympathetic to the Liberal movements sweeping Europe, granted amnesty to revolutionaries in the Papal States, but he became increasingly authoritarian as his status as Sovereign of the Papal States continued to be challenged. He became ever more authoritarian to the point of proposing the concept of Papal Infallibility at the First Vatican Council in 1868. Bishop Bourget also tried to work with the Liberals through the Institut Canadien but soon turned against them, perceiving their secular values as a threat to the authority of the Church.

During this same period, the political reformers of the Province of Canada, led by Robert Baldwin and Louis-Hippolyte Lafontaine, were fighting a different battle. It had become clear that if a majority of reformers were elected to the Assembly, the governor would be obliged to acquiesce to the Assembly, creating a parliamentary democracy. The Lower Canadian opponents to this idea, the Parti Rouge, pushed instead for the separation of the Province of Canada into its component parts. Coupled with their secular agenda, their ideas drove the Church to support the Reformers, who in turn acquiesced to most of the Church's demands. In 1848, the Reformers won the election, creating our parliamentary democracy. In response, the Parti Rouge and the members of the Institut Canadien fought to maintain their secular agenda.

Overseas, the Italians won a major victory against the Papal States that same year, creating the Republic of Rome, and virtually forced the Pope into internal exile in the Vatican. His war to save the Papal States from the Italian movement to unite all of Italy continued through the 1850s and '60s as the Pope became increasingly authoritarian. In the meantime, Bourget mirrored this war by doing his best to destroy the Parti Rouge and the Institut Canadien. In 1858, he condemned their library and threatened excommunication to any Catholic who read certain of its books. This action broke the Institute in two, hardening the resolve of the original members of the Institute who in 1864 petitioned the Pope to intervene. Bourget took advantage of the war being waged against the Papal States to polarise Catholic society between the Church and the secular movement. In 1860, he called upon good Catholics to join the Zouaves, an international military force that was preparing for the defence of the Papal States, and by 1868 Catholic Canada had raised a regiment. Three hundred and eighty-eight Canadian Catholics made the trip to the Papal States as members of the Canadian Zouave Regiment and the focus of local news became the war. The Canadian government, fearing the loss of Church support while its real preoccupation was to create a confederation, did not condemn this questionable military interference.

The following year the Pope not only neglected to intervene on behalf of the Institute, but instead put the Institute's Annuaire on the index of books that Catholics were not allowed to read. This meant, effectively, the excommunication of the members of the Institute.

Still, the merciful parish priests preyed upon the older members of the Institute, offering them absolution on their deathbeds if they would simply renounce the Institute. One of the founding members, Joseph Guilbord, had the courage of his convictions to refuse the priest.

When Guilbord died, his wife was informed he could not be buried in the family plot of the Catholic Cote-des-Neiges cemetery. Refusing to accept the decision, she took the Church to court and, with the backing of the Institute, began a five-year battle that progressed to a favourable ruling before the British Empire Court of Last Resort. On September 2, 1875, the funeral cortege was turned away from the cemetery by a crowd of angry Catholics, no doubt encouraged by Bourget. Two-and-a-half months later, the burial was completed successfully with a military escort of 2500 men, and the coffin was encased in concrete and scraps of metal to guarantee it would not be unearthed. That night, Bishop Bourget deconsecrated the grave site.

Wilfrid Laurier of the Parti Rouge addressed the Institut Canadien on the absurdity of the eternal fight with the Church. He proposed, instead, joining the Parti Rouge to the Liberal Party of Canada where he eventually became the leader. But before he could form a government, Laurier had to weather threats of excommunication and wait. He would not succeed in forming a government until 1896, 11 years after Bishop Bourget's death, and it would not be until 1960 that Quebec Catholics finally emerged from the domination of the Roman Catholic Church.

Obituaries

CAMPBELL, Bruce Munroe

89, passed away peacefully at his home, Shibui, in the Laurentians near Lake Barron. He was pre-deceased by his wife Lynn (Lillian Marcelle DeBoeck in 2012). He is survived by his three daughters and their families - Linda Campbell-Champagne (Jeff) and granddaughters Kimberly and Meghan (great-granddaughter Brinley) from Las Vegas, Nevada, Laura Green (Ron) and granddaughter Melanie (great-grandsons Damien and Tegan) of Calgary, Alberta and grandson Chris of Toronto, Ontario as well as Lee Crombie (Rob) and granddaughter Jessica (great-granddaughter Abigail) and grandson Ian, all currently in Tucson, Arizona. Bruce lived a full and active life pursuing his career as a mechanic and owner of Campbell Garage in N.D.G., building his retirement home at Lake Barron, serving as a Councillor for Gore, travelling the world, visiting with his friends and family and throughout enjoying a life filled with music and laughter. It seemed there wasn't a thing he couldn't build or fix! He was always generous with his time and talent.

We will all cherish our own special memories of our association with this kind, loving and remarkable man.

Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.



FLANAGAN, JAMES DAVID

died on September 30, near his home in Arundel, Quebec after a long and courageous battle with Parkinson's disease. David was born on March 16, 1929 at the Royal Victoria Hospital and attended Lower Canada College before obtaining his B.Sc. at Sir George Williams and his M.A. at Trinity College Dublin, where he met the love of his life, Kay. He worked for the Protestant School Board of Greater Montreal all his life, teaching history and chemistry at Westmount High School before becoming Vice Rector at the High School of Montreal, Vice Principal at Sir Winston Churchill High School, Principal at Dunton High School, and finally, Director of Adult Education. After retiring, he became the Mayor of Arundel. David was a devoted husband and family man who was fiercely proud of his four children, Cathy, Terence, Randy and Lloyd, and many grandchildren who adored him. He had a beloved sister Pat, brother Peter, cousin Jan, brother-in-law Gerry and many nieces and nephews who will all miss him dearly. David took pride in his Irish roots, which showed in his love of music. He called square dances in Arundel as a teenager and loved playing the banjo and guitar at our loud and raucous singsongs at the family Lakehouse. He was an avid cross-country skier and helped build a trail system in Arundel and beyond. David had an ability to make each person in a room feel special. He was always very supportive, encouraging and was a mentor to many. He had a mischievous sense of humour, which you could always see in his eyes.

A service was held at Grace Anglican Church, Church Hill in Arundel at 3 pm, Saturday October 8, followed by a reception in the church hall.

Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

In Memoriam

Liliana Heid Ramos

August 4, 1975 - October 31, 2002
Still missing you

Consolidation of Laboratories Within a Single Administration

The integrated centers of health and social services (CISSS) of Laval, Lanaudière and the Laurentians announce the administrative consolidation of their laboratories, as part of the gradual implementation of the project OPTILAB. Thus, from April 1, 2017, asset management, financial resources and human resources of the laboratories of these three regions will be under the leadership of CISSS Laval.

No laboratory will be closed

It is important to emphasize that the OPTILAB project aim is not to close any laboratories. A main laboratory will be established in Laval where the majority of medical biology activities will be concentrated. For their part, existing laboratories and appointed associate laboratories, will retain the analyzes requiring urgent outcome and for those who cannot undergo transport. This is a reorganization of the roles of each laboratory.

The OPTILAB project has considerable advantages, among others, the use of technological equipment at full capacity, improved timeliness of analysis and the establishment of a center of expertise.

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4 Korner - Monthly News Updates

By Kim Nymark

4 Korner Family Resource Center is dedicated to assisting people of all ages to access information, resources, and services in English. In order to effectively disseminate information and share resources and services, 4 Korner uses several different medias:

- We pride ourselves on our updated, easy-to-use website for consultation;
- We regularly post pertinent information on the 4 Korner Facebook page;
- We send information, via email, to members on our mailing lists;
- And we distribute a 4 Korner monthly newsletter.

If you would like to stay on top of what is going on in the English community of the Laurentians, check out our website at: <http://www.4kornerscenter.org>. While you are there, you can sign up for our 4 Korner monthly newsletter. By scrolling down on the front page, you will find a link on the right hand side that says: GET MONTHLY UPDATES FROM 4 KORNER. You simply need to insert your email address and click on "subscribe". If you would like to check out what the newsletter has to offer, follow this link: <http://eepurl.com/cbtD29>. If you prefer, you can also send us an email at: info@4kornerscenter.org stating you would like to be added to our mailing list, and we will gladly send you our monthly updates. If Facebook is more your style, we would love it if you 'liked' our page and followed us to find out more.

Connect with us using your favourite media outlet, and 4 Korner looks forward to keeping you up-to-date on English-language information that matters in the Laurentians.



The English Link

Don't let the Bed Bugs Bite

By Kim Nymark - Main Street

Bed bugs do not discriminate, and they are everywhere! Rates of infestations in developed countries, while decreasing from the 1930s to the 1980s, have since increased dramatically. Prior to this, they were common in the developing world, but rather rare in the developed world. It turns out that bed bugs have become much more prevalent, largely due to cheaper global travel, and the bugs' resistance to various pesticides. So now they travel more easily, and are harder to kill.

Bed bugs are tiny insects that may show up in your home unexpectedly. They are small, oval, brownish insects, about 4mm in size, that live on human and animal blood. They leave reddish, itchy bite marks on the skin. Although they are a nuisance, they do not transmit diseases. Bed bugs do not fly, but they can move quickly over floors, walls and ceilings. Female bed bugs may lay hundreds of eggs, each of which is about the size of a speck of dust. Under favourable conditions, the bugs can develop fully in as little as a month, and produce three or more generations per year.

Their flattened bodies make it possible for them to fit into tiny spaces, about the width of a credit card. Bed bugs do not have nests like ants or bees, but tend to live in groups, in hiding places. Their initial hiding places are typically in mattresses, box springs, bed frames, and headboards, where they have easy access to their food source. Over time, however, they may spread to nearby rooms or apartments. Because bed bugs live solely on blood, having them in your home is not a sign of dirtiness. You are as likely to find them in immaculate homes and hotel rooms, as well as in filthy ones.

Bed bugs are nocturnal, and it is rare to see them in open areas during the daytime. Here's how you can tell if there are bed bugs in your home:

Look for immature stages of the insect, as well as adults. Piles of yellowish eggs or larval skins (dry, translucent envelopes left behind after moulting) are indicators of their presence.

Bed bugs are afraid of light, so a high-intensity flashlight can scare them out of their hiding places.

In places where bed bugs are found, there are usually small, reddish stains. This is blood that has been regurgitated by adult bed bugs.

Getting rid of bed bugs is not an easy task. The best way to do so is to call a professional exterminator who specializes in parasite management. The exterminator will inspect and treat your home quickly and efficiently, suggesting immediate action to maximize the treatment and minimize the quantity of insecticide used. However, two or three treatments may be needed - bed bugs are rarely eliminated on the first visit. Keep in mind that your landlord is always responsible for the extermination of pests in your home.

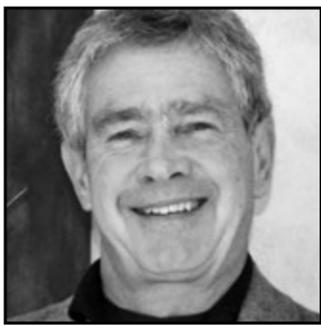
The best weapons for keeping bed bugs away are information and prevention. Here are some possible solutions:

- Avoid buying used mattresses.
- Carefully inspect second-hand furniture, clothing and books.
- Caulk any cracks and crevices in the walls and floor, as well as the holes where plumbing and wires go through the wall.
- Check your luggage when you return from a trip.

And stay vigilant! To prevent bed bugs, keep clutter to a minimum. Bed bugs thrive in clothes, newspapers and piles of stuff in general.

kim@4kornerscenter.org for the English Communities Committee of the CISSS des Laurentides and 4 Korner Family Resource Center: 1-888-974-3940 or 819-324-4000 ext. 34330

For more information check out this link: <http://www.snopes.com/inboxer/household/bedbugs.asp>



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LEARN ABOUT EXCHANGE-TRADED FUNDS (ETFs)

Exchange-traded funds (ETFs) are attracting ever-greater attention from investors. In Canada, ETFs are becoming a low-cost investment vehicle of choice. Canadian-listed ETF assets have more than quadrupled since 2008.

WHAT ARE ETFs?

Like mutual funds, ETFs offer the opportunity to invest in a portfolio of securities, such as stocks or bonds.

While most mutual funds in Canada are actively managed funds, which try to outperform a market index, ETFs in Canada are primarily passively-managed index investments. They seek to track the performance of a broad market benchmark, or a specific portion of it. ETFs invest in all, or a representative sample, of the indexes they seek to track.

ETFs characteristics and advantages include the following:

Low costs. ETFs generally have lower management expense ratios, or annual operating costs, as a percentage of average net assets, than actively-managed mutual funds. Lower costs mean more of a fund's returns go to the investor.

Trading flexibility. ETFs are traded on a stock exchange, so they can be bought and sold through your advisor, or a brokerage account, any time the exchange is open.

Diversification. An ETF might contain hundreds, or thousands, of securities, more than many actively-managed funds, and far more than a typical portfolio of individual securities. Remember that diversification doesn't ensure a profit, or protect against a loss in a declining market, and that it's not possible to invest directly in an index. (ETFs can be concentrated in an individual security when the security is an index heavyweight). ETFs are designed to be as diversified as the indexes they seek to track and can provide greater diversification than an individual investor may achieve independently.

Potential for tax efficiency. Indexed investments, such as ETFs, can provide a tax advantage relative to actively managed funds over longer holding periods because they tend to involve less portfolio turnover. (Although index funds typically make fewer trades than actively-managed funds, changes to the underlying index will require the index fund to buy or sell shares in accordance with changes to the index it seeks to track).

Transparency. Most ETFs hold the same securities, or a representative sample, as the benchmark indexes, so you'll always know what you are investing in.

Low manager risk. ETFs based on indexes virtually eliminate the exposure to manager risk. That's because they seek to track, not outperform, a market index. Active fund performance is less predictable.

How do ETFs work?

Both ETFs and mutual funds gather money from many investors and use it to buy stocks, bonds or other assets. In recent years, the growth rate of ETFs has exceeded that of mutual funds.

Most ETFs use an indexing approach. They're built so their value can be expected to move in line with the index they seek to track. For example, a 2% rise or fall in the index should result in approximately 2% rise or fall for an ETF that seeks to track the index (before fees and expenses).

Investors, and their investment advisors, must trade ETFs through a brokerage firm. ETFs can be bought and sold at the current market price whenever the stock exchange is open. Unit prices typically reflect the approximate value of an ETF's underlying securities at any given point in the day.

Which ETFs are right for you?

Below are some of the factors you can discuss with your advisor as you build your investment portfolio.

- Your investment goals
- Your tolerance for risk
- When you will need your money
- How much you want to invest
- Costs, including trading costs and annual charges

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

This article was developed with assistance from Vanguard Canada.

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Commissions, trailing commissions, management fees and expenses all may be associated with ETFs or mutual fund investments. Please read the prospectus before investing. Mutual funds and ETFs are not guaranteed, their values change frequently and past performance may not be repeated.

A Trek Under the Stars 5th Edition



This year will feature two separate events; Saturday, January 28, 2017 at the Domaine Saint-Bernard in Mont-Tremblant and the following Saturday, February 4 at the Centre de plein air Camping Sainte-Agathe. Both activities will run from 5 to 9 pm.

A Trek Under the Stars kicks off PALLIACCO's annual fundraising campaign in partnership with the Caisses DESJARDINS of the region, the Towns of Mont-Tremblant and Sainte-Agathe-des-Monts, the Fiducie du Domaine Saint-Bernard, Ski de fond Mont-Tremblant and the Centre de plein air Camping Sainte-Agathe.

The first four editions amassed more than \$375,000, covering a large proportion of Palliacco's annual operating expenses. This goal this year is \$90,000.

A Trek Under the Stars offers an evening out under torchlight for some 350 participants to cross country ski, snowshoe or walk along 7 km of forested trails or the choice of a shorter loop of 2 km to be traversed on foot. Consommé and hot wine will be served at rest stops along the way, and each evening will culminate in a lively indoor wine and cheese reception.

The entry fee for a team of 10 participants is \$1,000, or more at the option of team members. With \$5,000 or more the team will be entered in the PRESTIGE circle with some bonus privileges. Alternatively, those wishing to register as solo participants will be part of the Camaraderie team with a minimum contribution of \$100 per person.

To register, make a donation or to become a volunteer for the event, go to www.palliacco.org/randonnee.



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Lori's Lookout - Laurentian Personality

Karen Lukanovich

"Paddling to Success"

Lori Leonard - Main Street

Karen Lukanovich was born the year her father made the 1960 Olympic

Team, as a kayak sprinter. Karen's father, Lou, was a high-performance coach, who represented Canada at the 1972 and 1976 Olympic Games, coaching canoe/kayak teams. The adage "the apple doesn't fall far from the tree" rings true in Karen's case.

Karen was born into the sport, and grew up surrounded by Olympians. It was natural for her to aspire to be an Olympic athlete. At 14, Karen knew she would be a high-performance kayak sprinter. This meant years of practice, perseverance and discipline. Karen's family was supportive of her goals, and her dad was her coach.

Not only was Karen an accomplished athlete, but she completed her MBA, which led to a successful sales career as VP, Sales and Marketing, in a hardware company in Montreal. With this valuable experience and her passion for water sports, Karen and her father established Simon River Sports, one of the few North American makers of sprint canoes/kayaks.

Karen has coached for 10 years, and is Head Coach of the Viking Canoe & Kayak Club, Wentworth-North. She teaches disciplines to all ages from Masters (25 years+) to youth, and individuals with disabilities. Karen knows how individuals struggle with disabilities, as she has a 28-year-old daughter with a severe illness that includes daily seizures. Karen considers her daughter to be an excellent example of a warrior. Despite all her challenges, she smiles, laughs and loves a lot. Karen enjoys watching individuals challenge themselves to accomplish their goals. She says, "sport provides great life skill opportunities and lessons, which young athletes will carry through life...it is contributing to this process that motivates me as a coach."

This spring and summer Karen gave up her spare time to train kayak-canoe racing teams to compete in Quebec games and provincials. They returned with 4 medals and many top 5 finishes. Karen devotes hours of her time to ensure youth have fun with friends, train well and want to return the following year.

I asked Karen how she manages to do it all. She replied, "it's easy; be well-organized, flexible and have a good support network." Karen is passionate and pro-active about having women participate in sports, and encourages girls and women of all ages. These days, Karen's dad is her life coach, and her mom is her best friend. For more info, write info@canoekayakviking.ca.



Opt to Adopt

Petfinders Celebrate 20 Years and 25 Million Homes



Susan MacDonald - Main Street

In 2014, Ipsos, a polling company, on behalf of the Canadian Animal Health Institute (CAHI), conducted an independent, nation-wide survey. The report concluded that 32% of Canadian homes included cats, and 34% were "dog-households." While these numbers may have varied slightly since then, the percentages still show how many people love their animal companions, and choose to share their homes them, in spite of the many challenges that come along with responsible pet ownership. Sadly, there are still far too many adoptable pets waiting to find their forever home, and that's where Petfinders is helping to make a difference.

Over the past 20 years, through Petfinders, 25 million animals, including cats, dogs, exotics and farm animals, from across North America, have been adopted into new homes. This reputable site is where several animal shelters and rescue groups across the country post the animals they have available for adoption, providing an expansive portal for people to peruse online. A quick questionnaire allows a prospective adoptee to list the qualities in a new pet they are looking for, and narrows the search down to distance, and then re-directs the person to a selection of candidates to peruse, which includes photos and brief descriptions of each animal. If interested, the person may then contact the organization or group and fill out an adoption application.

I have often been asked about "adoption fees" and why, if there are so many animals desperately seeking homes, these animals aren't available for free. And therein lies where I believe the majority of the over-population problem stems from.

Nothing is ever free. All these "available" animals are being fed and cared for, have been brought up-to-date on basic vaccinations and have been sterilized, all at the expense of the rescue organization, which is usually non-profit. The same services for a "free" kitten or puppy would definitely be much higher, which is one reason so many animals are never spayed or neutered and thus continue to add to the over-population problem. This vicious cycle has caused a crisis situation in Canada, Quebec and your community, particularly with cats, and must not be allowed to continue. Adoption is the first line of defense and is of mutual benefit to all.

In celebration of their 20th anniversary and incredible legacy, Petfinders is donating \$250,000 to the PetFinders Foundation, which they will share with various rescue groups and shelters across the county. To learn more visit petfinders.com.

Note: Most of the 25 million animals adopted through Petfinders no longer contribute to the over-population crisis, so please, when searching for your next companion animal, be responsible and Opt to Adopt.

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We offer accredited Ministry of Education courses that are reasonably priced and individualized to give personalized instruction and attention to each student. Schedules are developed with financial and family responsibilities in mind. Adult learners can attend full-time, part-time, or one course at a time, following an academic path or taking interest courses for personal growth. Some of our interest courses include Spanish for travelers, Digital Photography, and Basic Computer courses where learners can expand their understanding and use of business software programs and systems.

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