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YEAR 2023

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See article on page 13

Photo credit - Bernard Brault

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What's On My Mind...

Anglophone clients welcomed warmly by local businesses

Susan MacDonald, Editor

Language issues have been part of Quebec history for as long as I can remember and I imagine they will continue to rage long after my time on earth has expired. As a whole, the English community has lived, and continues to live, through challenging times as resources and information in their native language continue to diminish at an alarming rate. But, for every storm there is a silver lining and, here at home, post-covid and, despite the language wars raging elsewhere, our communities have only drawn closer through mutual friendship and support.

Over the past several months, I have received several inquiries from new and established businesses seeking to reach the English community either through advertising or requesting to be added to our distribution list. Some were prompted by clients while others sought out a new marketing venue hoping for potential benefits, but all recognized the importance of reaching out to the English community as respected and valued customers.

The conversations and communications I had with these business owners were positive and so heartwarming that for the first time since the covid crisis, I now feel a new and energized re-emergence of local community support. This recent trend that will hopefully continue is a win-win-win situation for everyone.

For Main Street, new and continued advertising means we will soon be able to increase our page count, which will allow for more space to include more community news, events and activities, as well as the possibility of adding a few fresh columns of interest for your entertainment. By shopping locally, you support your businesses, owned by friends and neighbours, who aside from providing you with their products and services, oftentimes also support and attend your events, activities and fundraisers.

This month, our front-page photo features **Station 210 Boutique et Café** from St. André d'Argenteuil who is celebrating their 5th anniversary. I mention this here because during my phone conversation with one of the owners, Karen Feiertag, she mentioned specifically how important it was to be an active and supportive part of a community; a sentiment I feel is shared by residents and businesses alike. Karen will also be sharing the news from St-André with us in future additions and will be a new distribution location for readers in the area.

The holiday season will be upon us before we know it... let's get an early start by making our lists now and visiting as many of our community businesses as possible, leaving online shopping only for those items you can't find near home. Let's keep our communities thriving by continuing to **Shop Local!**

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Maya Khamala

There's a pervasive myth that every great business idea stems from a 'eureka' moment. But outside of Hollywood movies, the journey rarely begins with a grand-slam idea. Successful entrepreneurs are really in the business of problem-solving. Every entrepreneur's journey begins with a problem that future clients will pay to solve.

Problem discovery

Uber offered a solution to pricey taxis, Google made search easier, and Glassdoor removed salary secrecy.

The first step in uncovering the problem your business will solve is problem discovery. Begin with familiar territory, like your field of work or study, the place you live, how you spend your time or how you'd like to.

The aim is to better understand your would-be clients' experiences and maybe your own too. Some of the most successful businesses began with an entrepreneur's personal problem!

Simplify your search by focusing on 3 categories of daily human problems:

Functional. Some problems arise when attempting functional tasks like mowing the lawn, bookkeeping, or moving from point A to point B.

Social. Other problems are social by nature and involve how we are perceived by friends, family, or coworkers versus how we want to be perceived.

Emotional. While all problems (and solutions) contain an emotional element, some are more directly concerned with helping people feel (or not feel) a certain way.

Design thinking

To gain a better understanding of potential clients, consider integrating design-thinking principles. Start with empathy. Your key role as an entrepreneur is to empathize with others' problems, be they functional, social, or emotional. This means gaining insight into what would-be clients need and want, as well as how they behave, feel, and think—and why.

Design thinking offers many complementary techniques that help you harness empathy, like observing your target market (passive approach) and engaging with them via interviews (active approach).

Once you glean information with these techniques, it's time to create an empathy map, a collaborative visualization, which articulates what we know about the hopes, wishes, fears, and obstacles of future clients.

Think outside the box

The problem discovery process is ultimately a creative one, so it helps to venture outside your usual workspace to observe, ask questions, gather insights and create as many empathy maps as possible!

Once problem discovery is complete, the next step is ideation, AKA, brainstorming feasible solutions. Like problem discovery, this is best done directly, via consumer participation.

Need help? A YES Business Coach can help you every step of the way as you establish and grow your business. You got this!



Meet and Greet with the Scotch Road Cemetery Association

The Scotch Road Cemetery Association (SRCA) invites its supporters, friends and the general public to a 'meet and greet' to be held at the Paul Bougie Centre in Calumet QC on Sunday, October 22, 2023, starting at 1:30 pm.

This will be our first in-person get-together for several years. We welcome anyone with an interest in local history, genealogy, as well as those with connections to those buried in the cemetery and the original settlers of Grenville Township.

Please join us for a coffee and chat. Everyone is welcome!

RSVP scotchroadcemetery@gmail.com if you are interested.

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Laurentian Personality Marci Babineau - at one with Mother Nature

Lori Leonard – Main Street



Marci Babineau and her husband Andrew returned from a 5 year stay in the UK to Montreal where they had lived for 12 years. She realized she no longer wanted to live in the city and decided to move to the Laurentians, knowing the mountains would provide a wonderful clean place to grow food.

Marci was born in Southern California and lived there most of her childhood. She and Andrew also lived in Georgia together for 10 years. However, after the twin towers disaster, they decided to move to the safety of Canada.

Marci worked in computers for 20 years, as a stay-at-home mom, a yoga teacher, landscape gardener, high school teacher, quilter, garden writer and “grow your own food evangelist”.

Her interest in gardening dates back to when her parents built a little food forest in suburban California. When Marcie and her family moved to Montreal in 2002, they had a small garden in Westmount she used as an urban agriculture demonstration garden. They also raised chickens and worked with bees. Marci started an incredible edible public food-growing project with the Horticultural Society and City of Westmount.

Marci currently lives in Morin Heights. Her garden is 6 acres on a south-facing hillside, which includes 50 nut trees, 35 fruit trees, 6 kinds of berries, 4 white and rustic grapevines and several other perennials planted amongst Laurentian rocks and trees. Last year they built a passive solar 60 ft. geothermal greenhouse.

Marci is always wanting to learn more about helping local wildlife to eat well. She would like to grow as much food as possible for her family and help others achieve the same goal, suggesting that everyone try to grow some of their own food, then grow enough to share.

Marci says “Living amongst trees is possibly the best thing I have ever done. They are so full of grace.” ***Finding the Mother Tree***, by Suzanne Simard is the best research book she has read about underground communication of trees. If you ever dug around in the woods and witnessed the extensive mycelium network lurking just below the surface of the leaf bed or walked on the intertwined roots of the trembling earth in the Okefenokee Swamp, it is obvious that trees and plants communicate through their root system.

Although gardening is her greatest passion, she enjoys quilting (self-taught) as it's similar to painting, which she also adores. Marci made 4 quilts; crazy quilts are her favorite. She also delights in writing articles for Garden Culture Magazine.

She believes that gardening is a reciprocal relationship with nature. It's something that is absent from many of our modern lives and essential to humanity. We speak of Mother Nature as a force, but not enough of us experience her gentle, quiet ways. Once we understand these ways, we can unlock our souls and expand possibilities.

Marci and her husband now have two adult sons Anthony and Sebastien, a dog and 12 chickens. In summertime Marci hosts group visits to her gardens upon request.

If you would like to ask Marci more info about her gardens, please write her at mmbabineau@gmail.com. She also manages the Morin Heights Nature FB page. She encourages you to share your biodiverse nature photos and findings with her there.



What's New in Real Estate? LOI 25 / Bill 25

Lucyne Farand

The purpose of Bill 25 is to protect your rights and privacy. It is important to remember that your personal information is confidential by default and that you must consent to collection use, communication and retention of your personal information. Consequently, a Real Estate Broker must respect the confidentiality nature of the information obtained from you in the course of brokerage activities.

Also, the Broker must take all reasonable measures to ensure that any person employed by him will abide by the same requirements of confidentiality. All the Brokers' office registers and records must be secured in order to ensure the confidentiality of your information.

I believe Bill 25 is excellent and aims to protect the public at large. To this end, the Broker will have all clients sign a designated form, clear and precise, to ensure confidentiality and use of personal information.

Lucyne Farand Rear Estate Broker B. Comm.
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In the Anglosphere 'Tis the season for artists to strut their stuff

Kathleen Hugessen | Penny Rose

As summer fades into fall, natural urges cause birds to fly south, leaves to change colour, critters to burrow and sleep, and, apparently, artists to exhibit.

At the Dunany Country Club, at the end of August, the Dunany Studio Artists held a two-evening exhibition of the works of 13 artists. Each year, for the past 15 years, they've held this event. There is always a theme and this year's was “Turtles”, proposed by artist Marion McGill Hodge, to help promote awareness of the plight of Quebec's endangered turtles and the work being done by Projet Carapace [carapace.ca] to protect them.

The main room of the clubhouse was lined with tall grids supporting works in watercolour, acrylic, pastels and oils. Above the rustic fireplace hung Hodge's Turtle Moons. A long table in the center of the room held a long, slender log, various sculptures, plantings and leaves, as well as literature about turtles. Just outside the main room was a separate display of works by younger artists, 3 - to 13-year-old turtle lovers, all featuring turtles.

The Dunany Studio Artists meet on Thursdays at the Wentworth Community Centre, says Barbara Scales, one of the show's organizers. The artists get feedback and suggestions from each other as they show their in-progress work. Artist-teachers often attend in person or on Zoom. Renée Dion, a watercolourist from Ste-Anne-des-lacs is a regular teacher and huge supporter of the group. She was glowing in her praise for her Dunany students.

A few weeks later, from August 8-10, artists from Morin Heights held their 40th anniversary exposition at Chalet Bellevue. Judy Rogers, one of the eleven exhibitors, says the group meet a couple of times to organize the show, but otherwise work on their own. The art on display included vibrant acrylics, pastels and watercolours. Rogers says, “We get a grant from Morin Heights and support from local businesses. Together with membership fees, that covers our expenses.” She was exhibiting her acrylic paintings and had a generous splatter of red dots (indicating “sold”) affixed to her works.

In another room, Recycl-ART Morin Heights displayed 30 pieces composed of materials culled from blue (recycling) and black (garbage) bins. Rogers, who is involved with the project, gives an example: “Chip bags can't be recycled, but they have lovely, shiny insides, so they're good choices.” She says the initiative aims to reduce pollution of all sorts and welcomes Recycl-ARTists of all ages. The next workshop will take place on Saturday, December 2, from 2 pm to 4 pm at Chalet Bellevue and will focus on crafting holiday decorations.

Arundel, too, had its open-air art show on August 12, beside the farmers' market. Not to be outdone, Ste-Adèle held art exhibits on weekends from August into September.

Clearly, late summer and early fall are prime seasons for getting out and seeing what the artists in our midst have been up to. It's also a great opportunity to purchase a work to enhance your own space at home.

“Have a Heart” opens October 18 at Chalet Bellevue

Theatre Morin Heights is delighted to present six performances of “Have a Heart” by local playwright David Sherman - Oct 18-22 with four evening shows and two matinees.

Actors are in the final stages of rehearsal. The set has been constructed, painted, and decorated. The smallest details have been thought of for props. Volunteers are at the ready to welcome you, pour you a drink, and show you to your seat. Works by David Sherman – playwright, author, and musician – are all in a line and waiting for your perusal. In other words, TMH is ready for you!

If you haven't bought your tickets, now's the time as many performances are set to sell out. You can purchase tickets at theatremorinheights.ca or in-person at the Chalet Bellevue in Morin-Heights.

Want to get involved onstage or backstage for our next production, participate in our play readings, vote at our AGM, and hear what other exciting things TMH is up to? Become a member and get in the loop! You can do so at theatremorinheights.ca or drop by the membership table at any “Have a Heart” performance.

For more information visit theatremorinheights.ca or call 579-765-3999.



Photo: Birches by Judy Rogers

The Kanesatake Employment and Training Service Center, in collaboration with the Kanesatake Health Center, and the Sir Wilfred Laurier School Board, will offer the **870-hour DEP in Home and Institutional Care Assistance**.

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Register today! SPACES ARE LIMITED.

hannaburg.amber@kanesatake.ca

Registration for the resort lot draw on state land

The Ministry of Energy and Natural Resources has renewed the offer to the population of the possibility of participating in a draw for the allocation of vacation land located on the lands of the domain of the State, in collaboration with the delegated MRCs and the Société des établissements de plein air du Québec (SÉPAQ).

The registration period for the draw will take place from September 20 to October 29, 2023. On the territory of the MRC des Laurentides, two semi-waterfront lots in the Lac Long sector in Amherst are offered for rental by lease renewable annually.

To obtain detailed information on the land offered and for registration, please consult the following website: <https://www.quebec.ca/habitation-et-logement/location-achat-territoire-public/entreprises-terrain/draw>



Cancer Support Group Meeting Oct 14: Journaling a path to healing

The next Laurentian Region Cancer Support Group meeting, October 14 at 1 pm at Chalet Bellevue in Morin-Heights, will feature a presentation by Jill Grumbache, Certified Journaling Facilitator. Jill will lead the group on using a variety of journaling techniques to cope with health issues and more. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the October meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.

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Arundel News

Janet Thomas

ARUNDEL SPEAKERS SERIES PRESENTS:
“How Did You Become You?” with journalist DAVID GUTNICK
Arundel United Church Hall (17 rue du Village)
Fri, Oct 13: 7pm
 Free admission
 When David was sent out to buy milk at the local store as a child, he’d come back with the milk and stories about what the neighbours were up to. For over 35 years, he told stories on CBC Radio: what he learned down the street and from people he met all over the world. From sitting with dentist Flynn Flanagan in his Arundel office, to hiding out with Chinese dissidents, to being shot at by the Haitian police, David’s stories are really about building bridges and building trust. David’s talk is entitled, “How did you become you?” From Mozart, Saskatchewan, to Nouakchott, Mauritania, to Port- au-Prince, Haiti.

ARUNDEL CONCERT SERIES PRESENTS:
Country & Western with Mario Prévost
Arundel United Church
(17 rue du Village)
Sat, Oct 14: 3pm
 Do you love Country and Western music? You will love “Mister Western”, Mario Prévost. Check out his sound clip on the Arts Arundel Facebook page. Tickets \$20 at the door and by reservation at janet.thomas700@gmail.com
 Refreshments will be served.

RICHARD TRÉPANIER and BERNARD LAPOINTE:
“Le Québec en Chansons”
Arundel United Church 17 rue du Village)
Sat, Nov. 4: 3 pm
 Consummate musicians and popular performers, the duo of Trépanier and Lapointe, will feature the music of Quebec. CD’s on sale during intermission. Refreshments will be served. Tickets \$20 at the door and by reservation at janet.thomas700@gmail.com

ARUNDEL MASONS HOLD SUCCESSFUL FUNDRAISER
 On August 26, sixty charitable golfers teed up with the members of the Laurentian Masonic Lodge #81 of Arundel for their annual fundraising golf tournament. After a fine day of fellowship and golf, a goodly amount was raised for charity. In the past two decades, the lodge, in combination with the Masonic Foundation of Quebec, has donated in excess of \$100,000 to local charities, continuing a lodge tradition of many years.

ARUNDEL MARKET CLOSES FOR THE SEASON
 A deep thank-you goes out to our faithful clientele for enjoying our market each week. Your patronage supports local farmers, artisans, artists and musicians. Together we are building local food security for a sustainable future. Together we are developing a vibrant community of talented crafts people, artists and musicians. See you next year! For more information and to participate, please contact janet.thomas700@gmail.com

NOTE BENE: URGENT NEED
 The market needs help urgently to set up the tables each Saturday from 7 am - 8 am and again at 2 pm to put them away. A generous salary is offered. You don’t need to be super strong, just normally fit. People aged 13 and older are gratefully considered. If you love the market, please lend a hand. For more information, please contact janet.thomas700@gmail.com

CALL FOR VENDORS: ARUNDEL CHRISTMAS MARKET
Dec 9 & Dec 16: 11 am – 4 pm.
 We are happy to announce that our annual Christmas Market will again take place at Bettina and Pascal’s farm, 115 Crystal Falls Road (Rte 327), in Arundel. If you are an artisan with quality handcrafted goods to sell, please join us. For more information and to participate, please contact Bettina Bolzar at 514-775-8879 / bettinabolzar@hotmail.com



L-R: Jason Galbraith (winner), Michel Vigéant (winner), Robert Dupel, Grand-master of Masons and his lady, Lorraine



NEWS BITS FOR OCTOBER

Launch of the first edition of the MRC des Laurentides Volunteer Fair

The first edition of Bénévolorama will take place on Saturday, October 14,: the MRC des Laurentides Volunteer Fair, at the Polyvalente des Monts in Sainte-Agathe-des-Monts. The event is free and promises a festive atmosphere with more than 30 organizations inviting the population to come and discover a thousand and one ways to make a difference in their community.

Participants will be invited to discover their ideal involvement: homework help, collective kitchens, participation in one-off events or others. Whether availability is large or small, regular or one-off, volunteering adapts to the needs and interests of everyone!

The Bénévolorama is an initiative of the volunteer committee of the MRC des Laurentides, which includes the Laurentian Volunteer Action Center, the FADOQ region of the Laurentides, the Regroupement des partners en développement social de la MRC des Laurentides, La Samaritaine de Mont-Tremblant and the MRC des Laurentides.

“The establishment of this event was born from the increased need for volunteers from organizations in the region and the safeguarding of certain services to citizens. This show offers the opportunity to connect organizations in need and people willing to be involved in their community. It also meets one of our objectives of the social development action plan, which is to work in consultation with local partners in order to alleviate issues affecting vulnerable populations,” mentions Kimberly Meyer, president of the social development committee of the MRC des Laurentides.

CISSS des Laurentides wishes to survey people’s opinions

The Integrated Health and Social Services Center (CISSS) of the Laurentians is actively working to review and improve its practices regarding care partnerships between medical staff, users, their caregivers and community partners.

The CISSS invites caregivers who have experienced the hospitalization of their cared-for person to complete an online survey to find out their assessment of the experience and follow-up of care and services after hospitalization.

The project, called “Partners for Home Above All,” aims to develop and deploy tools intended for users, their families, caregivers and any other stakeholders involved in the process, whether they are a doctor or a worker, on the front line or in the hospital environment.

The results of this online survey [<https://fr.surveymonkey.com/r/Plcsat>] will help identify what already works in terms of inclusion of the caregiver in the care partnership and monitoring of care after hospitalization in order to optimize this partnership. For further information, please consult the close assistance page at santelaurentides.gouv.qc.ca.

L’Ouvroir St-Sauveur Committed for 20 years to financially supporting regional organizations

Members of the administration of the Ouvroir Saint-Sauveur are pleased to announce that in 2022-2023, the organization distributed more than \$100,000 to a dozen community organizations within the region, which offer services to the population.

L’Ouvroir Saint-Sauveur is a non-profit organization that collects donations from the population (clothing, dishes, toys, sporting goods, shoes, electronics, small furniture, etc.) sorts them carefully and resells at a low price. The administrators would also like to thank citizens and businesses in the region for their generosity. Surpluses generated by the sale of goods are redistributed to the organizations of the community.

L’Ouvroir is entirely operated by approximately forty volunteers who are committed to the smooth running of activities and take turns from week to week to offer its customers quality merchandise.

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

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STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:
Guillaume Leblanc and Alex Néron, new owners of **Le Shack à Bière**, 9 ave. Lanning, St. Sauveur. They opened their doors on August 14, 2023.

They specialize in supplying great tasting beers and also help people recognize which ones they will enjoy the most because it's easy to get lost in the "beer tasting translation". Their products come from several local micro-breweries from across Québec, which includes delicious ciders, tasty regional wines, vermouth and many varieties of non-alcoholic products including beer, kombucha and sparkling water.

Le Shack à Bière also offers coffee and flavored syrups for coffee, gluten-free beer, a great selection of quality Italian oils, some self-care products, popcorn, chips, beef jerky, vegan and non-vegan charcuterie, sausages, cheese fondue, hot and specialty sauces and Italian candies. Soon they will offer home-made frozen Italian pizza, a variety of sodas, real maple syrup, honey and much more....

They invite brewers and/or offer beer tastings on Saturdays (depending on availability and scheduling). Check out their facebook page to keep abreast of new events and upcoming products.

Closed Sunday (may be open some Sundays) and Mondays, Open Tuesday: 11 am - 5 pm, Wednesday: 11 am - 6 pm, Thursday and Friday: 11 am - 7 pm and Saturday 11 am – 6 pm. Wishing Guillaume and Alex all the best in this new adventure!
 450 227-2695 / shackabiere@gmail.com / Facebook: Shack a Biere Saint Sauveur.

Congratulations to:
 The **City of Piedmont** and their community who are celebrating the **100th anniversary** of Piedmont. **Happy 100th anniversary!**




Thank you to:
 4 Korners organization and their Executive Director Hugo Bissonnett, for making a monetary donation towards a special senior's celebration called “The Peace and Love Reunion – A Gathering of Friends,” which was held at the Heritage Club in Deux-Montagnes on Saturday, September 23. Thanks also to Chloée Alary for her assistance in the communication of information. Many guests were reunited with their school friends whom they had not seen in some cases for more than 50 years! A fun time was had by all. The donation was sincerely appreciated, which helped to ensure a successful evening. Thank you for your kind generosity.

Did you know that:
 If you are looking for an enjoyable volunteering job, that the new Musée du Ski, 6 de la Gare (corner of Principale St.) St. Sauveur is looking for volunteers? Tasks include greeting visitors, providing a brief history on skiing in the Laurentians before they visit the exposition and being available to answer visitor's questions. 2-3 hours at a time in busy periods, particularly weekends and/or during an event organized by the museum. If you are interested, please contact info@museeduski.com or call 450 744-1723.

If you enjoy local hand made products, there will be a wonderful Christmas Artisanal Fair held at the Morin Heights Legion, 127 Watchorn, Morin Heights on Saturday, November 4 from 9:30 am to 3:30 pm? Featured will be baked goods, beautiful knitted items, wood carvings, hand crafted jewelry and crystals, plus so much more. If you would like to rent a table for your own crafts, it is \$25 per table. Reserve now. For info call Carol Howell at 450 226-2664. Come on down to check out all the amazing treasures!




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Parliamentary return

All throughout summer, I was out in the field meeting you and defending the issues you hold dear. It was with these discussions in mind that I began the parliamentary session.

Marie-Hélène



Marie-Hélène Gaudreau
 Laurentides-Labelle MP
 mhgaudreau.quebec





4korners

Joan Hudson – winner of the Prix Homage Ainée!

Jude Hussain

Every year, Quebec and its regions hold an event that looks to recognize volunteers who go above and beyond when dedicating their time to helping seniors in their communities. This year, 4Korners collaborated with the Table de Concertation Régionale des Laurentides (TCRAL) to find one stand-out volunteer that could be nominated for the Quebec Government's prestigious Prix Homage Ainé (e) (PHA).

Awarded at both the regional and provincial level, the PHA recognizes the contribution of volunteers who promote the well-being of seniors and, through their work, increases senior participation and connectivity across society. For this year, 4Korners knew right away that they'd want to nominate a super volunteer who they work closely with, and that was Joan Hudson of Mille-Isles. The TCRAL reviewed 4Korners' nomination of Joan, and upon reviewing her astounding recommendation and incredible work she was selected to be the Laurentian region's PHA winner!

Joan was nominated by 4Korners due to her generous, impactful and consistent volunteer work spanning over 50 years in Mille-Isles. When talking with seniors and community members who know Joan, some common characteristics used to describe her emerge. She works with honesty and integrity. She is known to be motivated by strong moral principles that inspire the drive behind volunteering her time towards the vitality of her community. In Mille-Isles, Joan has been able to break isolation for older adults and improve the mental health of others by providing multiple opportunities across the municipality to gather and socialize in spaces that provide programs and support.

In 1973, Joan started volunteering as a leader for a children's kindergarten group at the Community Hall in Mille-Isles. While there, she worked with eight children two days a week for several years. This volunteer work led her to become involved with more community-based organizations that shared a vision of creating a more connected community. In her early days, Joan was known to be almost everywhere all at once in Mille-Isles, supporting different organizations and projects. The year 1973 also saw the creation of the Mille-Isles 'Ladies Group,' which for the last 50 years Joan has continued to coordinate as a Monday-afternoon weekly gathering.

Katie Burke, 4Korners' Seniors and Caregivers Coordinator who is responsible for 4K programming in Mille-Isles, says that Joan "is a hard-working individual that puts others before herself. She is an active member of the community and helps others often. She has a positive outlook on life and is always laughing, joking, and having fun." Upon receiving her nomination, Joan said she is inspired to continue her work because "It is important to volunteer and give back to others... I also always like to feel connected to my community. I enjoy giving to others, and I am a determined individual that likes to be active and enjoy life."

On September 30, on the Journée Internationale des Aîné-e-s (International day of the elderly), 4Korners attended Joan's regional Laurentian award ceremony in Brownsburg-Chatham. Joan was honored and awarded by the TCRAL along with 13 other Laurentian-based senior-focused volunteers. She will also be honored on November 7, 2023, in Quebec City by the Quebec Government, and will receive provincial-level recognition for her noble, five-decade-long benevolent volunteerism!

If you think you'd be interested in volunteering with 4Korners, please send us an email at info@4korners.org, or call us at 450-974-3940!

Hidden treasures

Lori Leonard

Did you know that the town of Morin Heights recently purchased an incredible 60-acre parcel of land for \$2.1 million?

The piece of land was one of 2 strategic properties identified by the council for preservation/park or community use. The second property is the Girl Guide camp bordering Lac-Bouchette. Morin Heights used the new powers afforded to them by Bill 122 permitting the city to acquire the right of first refusal when someone submits a valid purchase offer. The town can match the offer and acquire the property or let it be sold.

A religious order called Notre Dame du Bon Pasteur owned the property called Castel Marie where nuns lived for a number of years. It has not been decided yet what the land and buildings will be used for. The main objective was to ensure that this beautiful property was not sold to land developers. There are 7 buildings including a quaint chapel.

On September 10th, a Mayor's BBQ was held at this site instead of Basler Park where the mayor usually meets people to discuss issues that concern everyone. Mayor Watchorn thought it would be a wonderful opportunity to change venues to show citizens they certainly got their money's worth with the new property!

There are 2 large community buildings with 10 bedrooms each, two small 4-season stand-alone apartments, one 3-season apartment, 1 chapel and a garage. Mayor Watchorn says there are several possibilities for the land: a new French Primary School, an 80-100 place daycare, low-income housing, Theater Morin-Heights, an arts center & more!

The town is not opening the property to the public yet. More information for winter usage will be included in the next issue of Info Morin-Heights.

If you have ideas or questions regarding this land, please write to municipalite@morinheights.com Official public consultations will be done this winter.



Photo credit: Hoan Luong



COMMUNITY

UPCOMING events

MUSICIANS' JAM NIGHT

Arundel Legion – Branch 192 (79, rue du Village)

Monthly event from May to October

Open-mic, jam-style evening

Folk/ rock/ country/ blues/ lounge all welcome.

Info: Guy Melhuish. Guymelhuish@gmail.com

ARUNDEL SPEAKERS SERIES PRESENTS:

“How Did You Become You?” with CBC journalist

David Gutnick

Arundel United Church Hall (17 rue du Village)

Fri, Oct 13: 7 pm – 8:30 pm

From sitting with dentist Flynn Flanagan in his Arundel office, to hiding out with Chinese dissidents, to being shot at by the Haitian police, David's stories are really about building bridges and building trust.

Free admission.

COUNTRY AND WESTERN WITH MARIO PRÉVOST

Arundel United Church (17 rue du Village)

Sat, Oct 14: 3 pm

Bilingual French/English concert for western music

lovers. Tickets \$20 at the door and by reservation at

janet.thomas700@gmail.com

THOMAS MORE INSTITUTE FALL SESSION FOR SENIORS

Exploring the Relationship Between Literature and Childhood

Gore Community Centre (9, ch Cambria, Gore)

Meetings: Fridays, Oct 15 – Dec 15.

Registration or info: 514-935-9585 / <https://thomasmore.qc.ca>

HARRINGTON GOLDEN AGE


420 Chem. de Harrington

Harvest Tea & Craft Sale

Sat, Oct 21: 1 pm – 4 pm:

7 vendors / Tea & Sweets: \$7

Everyone welcome



ROYAL CANADIAN LEGION
LA LÉGION ROYALE CANADIENNE

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

BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)

Wed: 3 pm – 7 pm


Thurs: 3 pm - closing

Fri: 3 pm – 7 pm

LACHUTE – BRANCH #70

634, Lafleur (450-562-2952)

Open Thurs – Sat: 4 pm – 9 pm



On With the Show

Getting your money's worth

Florian Gaudreau

I attended a musical event earlier this month along with about 25 other musical fans. I wouldn't call it a crowd, more like an intimate gathering. Nothing too special about the room, but the props for the hall made it feel like being somewhere mystical and at the same time familiar. It's the same feeling I get when I wander along the valleys and mountains of the Rouge River. As the concert started to unfold, the storyteller/ musician revealed the origins of the poster, which were actually the rolling hills of Scotland. From the moment he started to weave his tales of home, there was no doubt as to where this musician was from.

Aside from the music, the reason I come to these concerts, I love bumping into people I haven't seen for awhile. To my surprise, during intermission I bumped into Allen and Margret Ogston, people I truly admire. Allen is like 87 going on 60, Margret also has that youthful spirit. I asked Allen how he ended up coming to the concert? He proudly said, "I'm Scottish" to which I replied, "I'm so sorry to hear that." At least Margret thought it was funny.

The concert I am talking about featured awarded winning, songwriter / musician David Leask and his show was worth going to. He's a one-man band that captivates his audience. David has a unique way of bringing his show to life by using a loop machine (records the musician's musical riffs and plays it back, something like an

SUPERFOLK MORIN-HEIGHTS

Holy Trinity Church (2, ch. Cambria, Gore)

Sat, Oct 28: 8 pm

Tickets: \$25 available at SUPERFOLK.CA

RICKKSROOM CONCERT SERIES

Sun, Oct 29: Mia Kelly & Nick Loyer (Co-Bill)

RSVP: rickksroom@gmail.com

Address details upon RSVP

CHRISTMAS CRAFT SALE

Morin Heights Legion (127 Ch. Watchorn)

Sat, Nov 4: 9:30 am – 3:30 pm

Many artisans... to reserve your table (\$25) contact

Carol Howell: 450-226-2664

RICHARD TRÉPANIÉ and BERNARD LAPOINTE:

“LE QUÉBEC EN CHANSONS”

Arundel United Church (17 rue du Village)

Sat, Nov 4: 3 pm – 5 pm

Consummate musicians and popular performers, the dynamic duo of Trépanier and Lapointe will feature the music of Quebec. Tickets \$20 at the door and by reservation at

janet.thomas700@gmail.com

CALL FOR VENDORS: ARUNDEL CHRISTMAS MARKET

115 Crystal Falls Road (Rte 327), Arundel.

Dec 9 & Dec 16: 11 am – 4 pm

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

UPCOMING CHURCH SERVICES

ST. SIMEON'S ANGLICAN CHURCH

445, rue Principale, Lachute

Sunday morning services at 10 am

GRACE ANGLICAN CHURCH

7 Chemin Church, Arundel, QC


Sunday services: 11 am

TRINITY ANGLICAN CHURCH

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

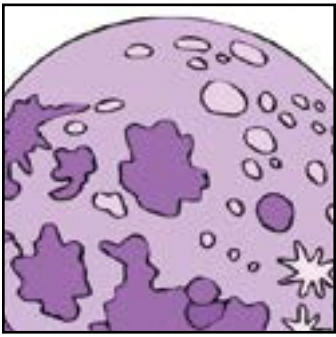
Sunday services: 10 am



 <p>ROYAL CANADIAN LEGION LA LÉGION ROYALE CANADIENNE</p>	<p>BROWNSBURG – BRANCH #71 210 rue McVicar (450-533-6381) Wed: 3 pm – 7 pm Thurs: 3 pm - closing Fri: 3 pm – 7 pm</p> <p>LACHUTE – BRANCH #70 634, Lafleur (450-562-2952) Open Thurs – Sat: 4 pm – 9 pm</p>	<p>MORIN-HEIGHTS BRANCH 171 Open Wed – Sat: 3 pm – 6pm Darts every Thursday at 3 pm Hall rental / Location de salle: legion171@cgocable.ca Info: 450-226-2213 Email/Courriel legion171@cgocable.ca Web site: https://www.legion171.net</p>	<p>legion171.net Facebook: legion171 Music shows Facebook: morinheights live</p> <p>ARUNDEL – BRANCH 192 79 Rue du Village, Arundel (819-687-9143) Open daily from 3pm</p>
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electronic parrot, then the musician plays on top of the riff). It's like getting two musicians for the price of one. I could tell it wasn't the first time the man's played a guitar, there's years of experience in those fingers. Along with his musical wizardry, he has this funky raspy voice that brings it all home. My all time favourite song of the night was "The Legend of Joe Labobe," a story of a Mi'Kmag fisherman from Lennox Island First Nation, a two-time winner of the Canadian Oyster Shucking Competitions. What appealed to me was the feeling of old time values, a time, when people took pride in what they did. The song I identified the most with was "Photosynthesis" about a relationship, which creates its own warmth. The lyric that got me was "you keep growing" on me, I keep growing on you." If you ever have a chance to see David Leask, don't miss the opportunity.





Zach Factor Preshow: The October 14, 2023 annular eclipse

Lys Chisholm & Marcus Nerenberg

Millions of North and South Americans are gearing up for an Annular Solar Eclipse on October 14, 2023. When the Moon does not cover the entire solar disc, a ring of fire encircles the blackened orb of the Sun. This eclipse will cross the western US and Central and South America. On April 8, 2024, a second, and Total Solar eclipse, will sweep north-east from Mexico, across the USA, and south-eastern Canada.

Eclipse watching parties and community events are planned along the path of totality. Solar eclipses weren't always festive times as today; total eclipses were always portents of difficulties ahead including war and famine.

The word "eclipse," "originates from the Greek word meaning "abandonment" and was viewed as the sun abandoning the earth and its people to permanent darkness. Solar Eclipses have been associated with natural disasters such as earthquakes and flooding, a genuine scientific possibility due to geomagnetic and gravitational influences. Many ancient cultures shared several mythological tales that signaled the onset of a cycle of destruction and death. Although NASA states that a solar eclipse has nothing but a psychological effect on us, many other mystics around the world believe otherwise.

Science and astronomy brag that humans relied on superstition to explain the fear that comes when night falls in the middle of the day. When the temperature plummets and birds stop singing, it accounts for eclipse demons like the Chinese dragons, the Hungarian giant birds, the Siberian Buryats giant bears and, the Korean fire-dogs for example. Perhaps these stories are left over from a time when something Earth-impacting accompanied an eclipse that left numerous cultures somewhat traumatized. Even the brave Vikings believed that a giant thieving wolf named Skoll temporarily stole the sun, and the remedy was to scare the wolf away by making lots of noise.

Just as we can describe the motions of the moon and sun in relation to the earth, we can use science to better understand potentially real phenomena that underlie the greater fear of eclipses for many people, past and present. Some ancient cultures saw eclipses (solar or lunar) as fights between the sun and moon. For example, Inuit folklore says a solar eclipse occurs when the moon god Anningan, furious that his sister (sun goddess Malina), walked away during their fight, manages to catch up with his sister. We know today that there are significant electromagnetic changes in the ionosphere occurring at eclipse time. In some Indian cultures, temples are closed during eclipses and people will not eat food. It is believed crops harvested during an eclipse can be devoid of nutrients.

The ancient Mayan built a completely accurate calendar that predicted solar eclipses up to and including the year 2012. Eclipse totality is a rare phenomenon, so the US, having it twice in the space of six months is noteworthy. The famous Mayan calendar also clearly delineates that we face 'end times' under the influence of an eclipse. Scientists are still mystified by remnants of other ancient cultures that had the ability to predict eclipses such as found in the stone monuments. Our Irish ancestors carved images of an ancient eclipse into giant stones over 5,000 years ago, on November 30, 3340 BC to be exact. This second US eclipse will pass over the New Madrid Fault line, one of the most sensitive earthquake zones in the US for a second time since 2017.

Solar Eclipses were often used for healing ceremonies. During an eclipse there are shifts in the Schumann Resonance, Earth's natural frequency. People describe being more sensitive or feeling out of balance. With all the anecdotal reports, it is likely that we do not yet understand how deeply eclipse energies affect us. Animals are particularly susceptible to unusual energy and can display odd behaviors either prior to, or during eclipses. Spiders have been noted to start breaking down their webs and hippos pull themselves out of the water to head for nighttime foraging grounds. Our circadian rhythms are no less affected when darkness falls in the middle of the day. This might be the perfect time to withdraw and meditate peacefully for a short time.

If you are looking towards the spring eclipse, you do not have to go far as totality will cross at our Laurentian doorstep. Folks are already planning their "watch parties", community events and trips to catch the celestial spectacle once again-one of the few astronomical events that captures our attention and reminds us of the greater Cosmos beyond Earth.



Photo credit: <https://eclipse.aas.org/eclipse-america-2023-2024>

10 main.street@xplornet.ca



The Story Behind Celebrating the End Times

Joseph Graham joseph@ballyhoo.ca

Douglas Adams's book The Hitchhiker's Guide to the Galaxy starts with Arthur Dent lying in front of a bulldozer that intends to destroy his house in order to build a highway bypass, and the construction foreman is telling Dent that the notice has been posted for months. In the middle of this dilemma, Dent's friend Ford Prefect arrives and convinces Dent to have a few drinks and prepare to get out of the way – not of the bulldozer, but of an Intergalactic Vagon Constructor Fleet that is just about to vaporize the whole planet in the process of creating a hyperspace bypass. The two friends succeed in hitching a lift with the kitchen staff of one of the fleet's ships.

Originally created as a radio show that played a chapter a day, the story is an unforgettable romp. In the five-volume trilogy (sic) the two men find the answers to "life, the universe, and everything." They even visit the Restaurant at the End of the Universe whose regular clientele is a small, knowledgeable in-crowd who enjoy the view of the universe ending.

The End Times is a repeated theme in our culture that celebrates the return of Jesus Christ to judge and separate the good from the evil and to bring the good with Him on His – hyperspace ship? That notion was from revelations, many that predate the birth of Jesus Christ and were recorded in the New Testament Book of Revelation. At the end, the Divine Purpose would be revealed – the answer to Life, the Universe and Everything? Many people believe this and even wish for it.

We should be careful what we believe or wish for.

There is an enormous power in wishing for some objective, for visualizing and seeing yourself obtaining a goal. On a tiny scale, when we married in 1976, we set up a five-year-plan that had us owning and using a personal computer by the end of those five years. At the time, our knowledge of such things as personal computers was limited to some scientific idea that they may one day be available. We had completely forgotten about our objective when, five years later, we remembered: We owned and were using a personal computer in a publishing project.

There are many people proposing the power of positive thinking, swearing that it works. No doubt. We may also remember the old people – the ones older than us – saying that we should stop doing something, or stop making certain faces, or stop whatever behaviour they feared because the wind might change, and it would become our permanent state.

And there is the power of prayer – and curses. It's easy to say that we have grown beyond all that, that we live in a time of science, of logic, that we know reality because we have a process that can test things and prove or disprove them. That may be, but none of us can follow all the proofs. The best minds, the most logical and scientific, tend to specialize and through their own field learn to take the other scientists' word in their areas. The majority of people, though, do not even have a special scientific area of expertise and see it all as so complex that many dismiss science as a new religion.

As the Vagon spaceship flew over the planet announcing Earth's demolition, people protested. They were told the notice had been posted somewhere near Alpha Centauri for a very long time. Seconds later, the world was vaporized.

That was Douglas Adams's end of the world, but it seems merciful compared to what the End Times promise to be if you listen to the news.

The End Times happened earlier, too. In the original Sumer story that Noah's Ark is based upon, the gods decided to drown everyone. The God of Running Water warned a family, so they built a boat and filled it with all the different creatures, just like in the story of Noah. As the rains came, they watched as everyone else drowned. The difference with Noah's story was significant. When they again found dry land after the flood, the head god, the God of the Sun, was enraged. He ordered the father and mother to come before him and told them that, since they had violated his orders, they would never die – a blessing, or a curse? They asked why the gods had decided to drown everyone and the answer they received was that the humans were making too much noise. Noah's survival was in God's plan because his family was good. God passed judgement.

In Douglas Adams's story Earth was destroyed, and only Arthur Dent survived. His friend, Ford Prefect, was a young reporter from a different world who had hitched rides to interesting places looking for stories to tell. He had been stranded on Earth for years and got away just in time.

Now, there is again talk about the end of the world. There are Christian groups that want it, because, like in the Book of Revelation and in God's judgement of Noah, they believe that God has already deemed them to be worthy, to be His chosen. One wonders if the women are permitted to read. In the Book of Revelation, God and his angels are all male, and the first tier of survivors is chosen because "These are the ones who have not been defiled with women, for they are virgins." Of course, the very presumption that these Christian believers are somehow among the chosen seems a reason to disqualify them because their presumption lacks humility.

They are celebrating the End Times, waiting to be saved – recognized, waiting for salvation. People did that at the beginning of the millennium a thousand years ago. It is built into our culture, and we know that we get what we wish for.

Can't we all get together and wish for something more beautiful? More inclusive? More whole?

October 2023

MAIN STREET



Garden Talk Fall is prime time for bulb attention

June Angus - Main Street

Bulbs pack a flower-power punch in the garden throughout our growing season and fall is the right time to get things set for next year.

There are two main types of bulbs: Spring bulbs, also called hardy bulbs, are planted in the fall, stay dormant in the ground all winter, and flower in the spring. Summer bulbs, also called tender bulbs, are planted in the spring and flower in the summer and into the fall.

Some popular varieties of spring bulbs include snowdrop, tulip, iris, daffodil, hyacinth, allium and crocus. Plant these bulbs in the fall once the ground cools but before it freezes. Anywhere from late September through October is best in our climate. The secret to success is to give these bulbs a chance to establish a few roots after planting, but a cold snap is needed to send them into dormancy before they sprout foliage. This chilling dormant phase that lasts all winter actually helps these bulbs prepare to bloom come spring. The cold temperatures stimulate a biochemical response that "turns on" flower formation and initiates root growth. Once blooms fade on spring bulbs, cut off the stems but allow the foliage to remain until it dies down. This enables the bulb to recharge its energy to prepare for growing and blooming again next spring.

When it comes to summer bulbs, popular choices include gladiolus, calla lily, caladium and dahlia. These tender bulbs can't survive our winter cold so new bulbs need to be purchased and planted each spring. Or, these bulbs may be dug up and protected over the winter ready to replant when the earth warms up in May or June. Either way remove summer bulbs from the garden come fall.

If you plan to dig up your summer bulbs to keep for next year, wait until the first hard frost kills the leaves. Dig up the bulbs, remove excess soil and cut back dead foliage. Spread them out on newspaper in a cool, shady place and allow them to dry for a few days. Then place bulbs in peat moss or wood shavings, in an open paper bag or in a ventilated container. Store in a cool, dry place such as a basement or heated garage in temperatures between 5-15 °C. Note that if your summer bulbs were growing in portable containers, they can be moved and stored in their containers where they won't freeze over the winter. Come spring just place them back outdoors.

Despite the differences between spring and summer bulbs, they have some common planting requirements. Planting at the right depth is key. If planted too deep, flowers will bloom late or not at all. If planted too shallow, new growth may become exposed too soon and risk damage by cold temperatures. If you are unsure of the exact planting depth, a good rule of thumb is to plant the bulb 2 to 3 times as deep as the bulb is tall.

Prepare the soil by loosening and mixing in organic material if needed for added nutrients or to improve drainage. Place bulbs in the ground with the pointy-end facing up and the roots down. If you're not sure of the top or bottom of the bulb, plant it on its side and it will find its way to the surface. Cover with soil and a light layer of mulch. Water newly planted bulbs well to help them get settled. If necessary, protect bulbs from critters that want to dig them up by staking down wire mesh or chicken wire over the beds.

No matter whether it's fall or spring bulb planting on your to do list, keeping an eye on weather forecasts is always our best guide to getting the timing right.

Community Services Recovery Fund Funding of \$77,500 granted to Loisirs Laurentides

Funded by the Government of Canada through the Fonds de relance communautaires, Loisirs Laurentides is pleased to announce the obtaining of funding in the amount of \$77,504.



This funding allows Loisirs Laurentides to secure the services of resources dedicated to the voluntary sector, to build an action plan for the voluntary sector including the automation of the volunteer recruitment service available among members, the purchase of computer equipment and a recognition activity for our volunteers in the form of a half-day of training.

The Community Services Recovery Fund is a \$400 million investment of the Government of Canada to help community organizations, including charities, non-profit organizations and governing bodies indigenous people, to adapt and modernize their organizations.

The Government of Canada is providing the Community Services Recovery Fund through through three national funders – the Canadian Red Cross, Community Foundations of Canada and United Way Centraide Canada.

MAIN STREET



Word Play What can we draw from drawing?

Louise Bloom - louisebloom@me.com

What can be drawn from learning to draw and what does drawing teach us about how to observe life?

In a recent conversation with a 10-year-old who is attending a local school, he told me that his art class projects lacked "sophistication", that he is sometimes requested during "art period" to cut out symbolic holiday images that he is given, and to paste them on another paper to create another tableau. His father works with large commercial organizations on how to improve their communication skills. He indicated that he was unaware of the inherent advantages of learning to draw from life - a skill that enhances learning at all levels.

As a result of this encounter, I was reminded that both the learning and the teaching of drawing from life (the objective world) is an important and fertile skill. As pencil and paper face obsolescence, I thought it important to share the advantages of what was once considered a foundation element, basic to the education of humans.

What can we draw (take away from) developing drawing as a skill? As a teacher of drawing and painting for many years, I experienced the transformative powers hidden in learning to draw. My students were taught to consciously see reality by looking closely and carefully at objects in front of them, analyzing and translating and learning how things are made.

I also taught a practice that is known as "blind drawing"; drawing while looking exclusively at the object and not at the page, imagining that you are feeling the object with your finger as you draw its contour, very slowly touching the surface you see, and moving the pencil, slowly, in accordance. This teaches infinite patience.

I came to realize that these young people began to develop the capacity to focus, improving their overall learning skills. I also understood that using one's hands in service to keen observation teaches us much about the world, what is man-made and what is made by nature.

Science tells us that the practice of drawing activates and benefits the brain and helps the memory. A study from the Journal of Applied Cognitive Psychology found that people who doodled were 29% more likely to remember mundane information. While drawing, you release Serotonin, Endorphins, Dopamine and Norepinephrine, all substances that cause relaxation and 'happiness'.

Drawing is a form of literacy, an alternative method of expression to actions and words, a vital communication avenue allowing children and adults to express their feelings and thoughts, cultivating emotional intelligence while relieving stress and anxiety.

Today's education seems to emphasize skills that prepare the student for earning a livelihood. In this technological age it stands to reason that the development of skills that make an essential contribution (indirectly) to creativity (the arts), are no longer a priority. However, drawing is not exclusively for artists. Rather it is pleasurable and enhances well-being in general.

While drawing is a fine art, it is also, like a birthright, available to everyone, such as scribbling and doodling, filling a page with random markings that are non-figurative, tracing images, or working through a myriad of coloring books for adults of all kinds. Sets of lead and coloured pencils and all types and sizes of paper pads are available in art supply stores.

The sound and vibration of a pencil on the paper heralds a human activity that encourages grounding, that draws us away from that feeling of anxious floating, downward and inward, to a place where this very human exercise joins us to the world at large. Through drawing, we come to understand that we are creative beings connected to the world through the very appreciation of its objects.

I, myself, practice drawing as a prayerful activity that honors what lies before us, the stimulation of conscious appreciation. That is what each of us can draw forth, from drawing.

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

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**The other side of
getting old**

Who cares? I do


Florian Gaudreau

I was at a neighbourhood reunion recently. We are all coming close to our expiry date or at least best before date. Health issues are the talk of the town and I feel so much better about my health after hearing what everyone else is going through. As I get older, parts of me don't function as they should, I can't see as well as I used to and that's why I don't wear a watch. I tend not to drive at night especially because road lines are not being repainted as often. The main reason though is the macho men who drive around with landing lights on the front of their vehicles blinding anyone in their path. As long as macho man can see, who cares about anyone else?



Like driving an old car, I can hear the cracking and creaking along the way, but unlike a car I can't just turn up the music. Not to complain, but I don't get the same mileage as I once did out of a day; eight-hour days are a thing of the past. I find it's much easier going down hill, and I complain as much as I can, about going uphill (now I know why they invented elevators). Aging gives me the opportunity to appreciate the growth I've accumulated over the years such as what and who is important to me.


Other things I've learned over the years is what not to eat before attending a social event. In my case growth didn't only happen in my spiritual, psychological, and knowledge spheres. It happened big time, in my middle sphere, which now hides parts of me I haven't seen for years. You'd figure with all these years of accumulated knowledge, wisdom, and psychological education I'd either lose weight or stop caring... I'm not losing weight and I haven't stop caring, that's all part of getting old.








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Lady of many T-shirts honoured


Belva Webb

Elizabeth Hutchinson is noted for her multitude of T-shirts, each commemorating a conference she has attended, an organization she served with, or a cause she has championed, including women's rights, the ordination of women in the Anglican church, the National Council of Women, the Montreal women's shelter Auberge Madeleine and the Montreal-based Canadian Centre for Ecumenism.

For the roles she played in these initiatives and for many others, which were never printed on a T-shirt, Elizabeth was honoured on Sunday, September 10 with a Diocesan Bishop's Award, presented by the Right Reverend Mary Irwin-Gibson, Anglican Bishop of Montreal, and an Anglican Award of Merit, given by the Most Reverend Linda Nicholls, Primate (i.e., leader) of the Anglican Church of Canada.

The ceremony took place at Grace Anglican Church in Arundel and was followed by a reception in the parish hall, where friends and fellow parishioners celebrated Elizabeth's recognition for a life of service to the church and to women's issues.

Born in Glasgow and educated at Oxford, Elizabeth was a missionary in South India when she met her future husband, the Reverend Raymond Hutchinson. The couple lived and worked in Britain before coming to Canada in 1978 with their son Patrick. In fact, Grace Church parishioner Bevin Boyd, present at the ceremony, and his wife Corinne were the ones who picked up the Hutchinsons and their pets at the airport and brought them to Arundel, an association of 45 years and counting!



*Award presentation: Bishop Mary Irwin-Gibson and Elizabeth Hutchinson
(photo: Janet Best)*

Welcome Reverend Ben and family!

On Sunday, August 27, Grace Church, Arundel was delighted to welcome the Reverend Ben Stuchbery to lead his first service of Holy Communion as its new minister. Reverend Ben, his wife Erica and their two young sons, Charlie and Robin, will be living in Ste-Agathe. Reverend Ben will be dividing his time between the two Anglican churches in Arundel and Ste-Agathe and conducting services at each church twice a month.

He is a Montreal native, although raised in British Columbia, and a graduate of McGill and Montreal Diocesan College. He was ordained to the priesthood in June 2022 and most recently served at St. James, Hudson and St. Mary's, Como. He is also a drummer and flutist.

Erica Stuchbery is a professional violinist, as well as an avid seamstress, quilter and knitter, and hosts a podcast on Anne of Green Gables.

The two boys are enthusiastic participants at church!



*Reverend Ben and baby Robin
(photo: Janet Best)*



*Erica Stuchbery
(photo: Janet Best)*



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Station 210

Celebrating 5th Anniversary

Susan MacDonald

Five years ago, Louis-Robert Frigault and Karen Feiertag discovered the quaint village of St-André and, after a little exploration, fell in love with the region. Stopping for lunch at the local pizzeria, the old abandoned firehouse across the street caught their eye; it needed love, was for sale and, at the time, they were looking for a life-style change, away from the big city lights. It seems the stars had aligned and not long afterwards, they opened their new boutique, Station 210 | Boutique et Café (210, Route du Long-Sault, St. André d'Argenteuil).



This new hot spot of St-André offers an original and unique collection of household items, personal accessories, women's clothing and jewelry, select gifts and cards, a special section for children and even a gourmet food shop! Collections are constantly changing but the precept remains the same, enjoying simple pleasures and having fun. Dampened by Covid over the past few years, our holiday spirits are back in full swing this season; we're all looking forward to celebrating and having some fun and a good place to start is at Station 210! For holiday gifts, activities and great gourmet food, you've come to the right place, they have something for everyone.

Beyond the Boutique, Station 210 also hosts a variety of creative workshops and coming up for the holidays will be wreath-making, fermentation, furoshiki and special tastings. Everyone is invited to register for the workshops, please note, fees apply, depending on the nature and extent of the material costs, notoriety, etc. You can find out more by signing up to their new NEWSLETTER at station210.co.

Moving to a small rural community can be challenging but Karen and Louis-Robert, with their strong sense of commitment and community values, blended into their new community with ease, their boutique complimenting the local culture, rather than conflicting with the natural integrity of the region. Over the years, Station 210 has grown into a must-see destination for local residents, visitors and tourists.

Congratulations to Karen and Louis-Robert as they celebrate the 5th anniversary of Station 210, we wish you continued success well into the future. See you soon!

To learn more, stop by or visit their website at <http://station210.co>



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Real Wine for Real People Orange Wine

April Sirois – Sommelier - ISG

A few years ago I was asked about “Orange wine” and I had to admit that I was not familiar with this term so promptly looked it up. Turns out that the popular term orange wine was coined by a British wine importer, David A. Harvey, in 2004, and this wine has been known for centuries as amber wine. For some reason it is now being called, skin contact or orange wine. Seems like, when it came to brand marketing, the term “orange wine” won the popularity contest and so voila, the marketing departments ran with it. However, wine professionals still prefer to use the term skin-contact, mostly because orange wine creates a lot of confusion. First, despite what the name implies, the wine is not made from oranges, it’s made from white wine grapes, and second, it has a range of colors outside of orange so the name can be quite misleading.

Any and all wine that has color - think rosé or red - gets its color from the maceration process. That’s when the grape juice and skins are fermented together for an extended period of time. When making a red wine, maceration can take anywhere from a week up to six months to complete. Similar to red wine, rosé is made by leaving the pressed red grape juice in contact with the red grape skins. The primary difference is less maceration time when making rosé, typically, six to 12 hours. When this same maceration technique is used with a minimum of one day to several months using white grapes, a skin-contact or orange wine is produced.

What To Expect From A Skin-Contact (Orange) Wine

This is a unique style of wine; there is something about skin-contact wine that does not appeal to everyone. It’s like the truffle of wine. It’s a bit polarizing for some, but those who love it, love it in excess. Skin-contact wines always keep you guessing. Each time you take a sip, the flavors can be wildly different. It’s bold and even a bit course but always interesting and, worth trying.

So, in short, Orange wine or Skin contact wine, is a wine made from white grapes but left on the crushed skins to ferment for a time, giving it a special color and character. Like rosé, but rosé is done with red grapes, while Orange is done with white grapes. It’s important to not serve skin-contact wine too chilled. The texture and tannin structure can be a bit aggressive if you drink it too cold, similar to drinking a tannic red wine too chilled. And, much like a red wine, skin-contact whites could use a little time in a decanter to open and mellow them out.

Somehow a glass of lightly chilled amber colored wine just seems like the perfect fall sipper.

I have added a few that, given the urge, you may choose to try.

Cheers

~ "Wine... the intellectual part of the meal." --- Alexandre Dumas, 1873

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I'm Just Saying For what it's worth

Ron Golfman - Main Street

I often focus on local topics and while that is usually a pleasing read, in recent editions I have broadened my subject matter scope and find myself running into people who say, “You nailed it last month”.

Today, I want to reach out to you regarding the word 'value' pertaining to who we are and how we are treated. At first glance this could be perceived as a sensitive topic but, if we pause for a moment, there are common themes we share, albeit not willingly.

Going down memory lane for an instant, my dad used to tell me as a child to save my pennies and the dollars will take care of themselves. I had to retire that pearl, unable to pass that wisdom on while my own children were growing up, because the Canadian government abolished the penny cent. While it didn't seem significant at the time, I cannot help but notice that every purchase is now rounded from a purchase of \$10.27 to \$10.30 at a seemingly immaterial cost of 3 cents to me. It's not much, individually, but at the grocery store or other merchandise cost per item, it adds up. I wonder if David Suzuki will soon have a docudrama on the extinction of the Canadian beaver on our nickels. It just doesn't add up.

It gets worse. At many gas stations that are charging a fortune for petrol in spite of global barrel prices dipping steadily, two unsettling events occur as if natural and reasonable. At many service stations one has to pay ahead before being given access to the pump. I get that format given that many have experienced ‘fill and run’ non-payment losses. My compassion wanes when I pay first, then squeeze the nozzle, watch the meter run empty of gas, a few cents, and then produce the product for which I had already paid. It's not much, but it's cutting into my dad's advice by a form of highway robbery. Too shy to go back into the depanneur or station to complain, I am left looking at my bill. After feeling fleeced, I note that my \$40 of gas is really \$35.79 because my government wants a piece of the action once again.

I know our Premier has no idea what day-to-day life costs, having given himself and his cronies a steep raise here in tax land, and while I am not a big fan of the Federal leader, saddened that his marriage has dissolved, mostly because he has small children, perhaps he'll get a reality check when he has to go buy milk, bread or other basic foods when not in office.

This summer, the road between Lachute and Morin Heights had a long culvert repair disruption; the road between Saint-Sauveur and Morin Heights having as chaotic a delay to date, allows me to think of what I am writing along with watching my gas gauge go down while I await a go-ahead signal and, while I'm just saying, it ain't only my fuel that's burning.





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*See my article on page 5

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