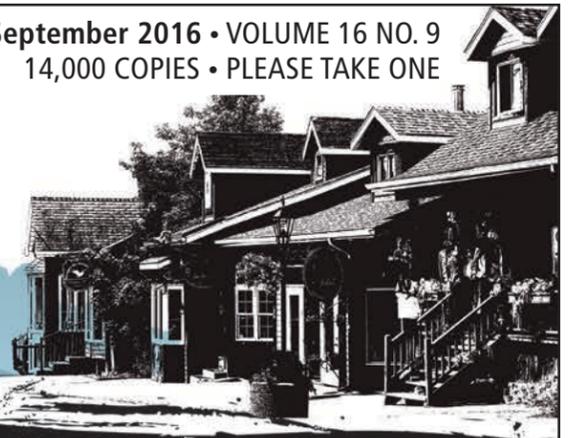


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What's On My Mind... Turning a Blind Eye



Susan MacDonald, Editor

The lifespan of companion animals, dogs and cats, can be averaged to be 10 years, yet very few ever remain in one home for the duration of their adopted lives. By the age of 3 years, many have already passed through one of the countless animal shelters at least once, and they are the lucky ones. Most, after a delay of three to five days, are euthanized. The number of lost lives, every day, is staggering. And this, in spite of Bill 54; legislature recognizing animals as sentient beings, passed in the Quebec legislature just last December.

“To say that animals are sentient is to state explicitly that they can experience both positive and negative emotions, including pain and distress.” So, that said, while the Bill may have been well-intended, and a positive step in the right direction, it is obviously deeply flawed by its contradictory allowance of certain breeds to be excluded from the safety of its protective cloak. As far as I know, there were no BSL exemptions mentioned in the Bill.

I refer to the current situation regarding non-specific “pit bulls” as an easy example of how quickly laws can be “adjusted,” with quick-fix solutions when immediate action is demanded by the populace. Unfortunately, and as we all know, these knee-jerk responses are seldom successful, long-term resolutions. Much like a band-aid, they hide the problem, but do not solve it.

Due to the present focus and uproar over the breed-banning issue at the moment, the over population of cats everywhere has completely fallen under the radar. This situation has reached catastrophic proportions, and yet never makes the headlines.

Animal shelters, rescue organizations and their temporary foster homes are filled to capacity and, daily, these staffers live through the agonizing reality of having to deny sanctuary to countless “sentient beings,” while knowing their destined fate. Not willing to turn a blind eye, they take on the responsibility that others have waived, and offer a second chance at life, one at a time, for as many unloved pets as possible.

Bill 54 officially modified the status of pets, from “movables” (with the same protection rights as a piece of furniture) to that of sentient beings (now recognized to possess emotions and sensitivities). Not meeting an animal’s biological needs is now considered a criminal offence, punishable by fines and possible incarceration for repeat offenders – if they get caught.

Now, it’s our turn to stop turning a blind eye and to start acting responsibly. Choose pets that are suited to your personalities and lifestyles. Help put an end to the chain of supply and demand, and adopt only from reputable sources. Have your animals spayed, or neutered, properly trained and socialized, and fitted with secure identification tags or microchips. Welcome these new members to your families with love. If you can’t make a lifetime commitment, but are, instead, simply looking for some cheap amusement, then head to the local video store.

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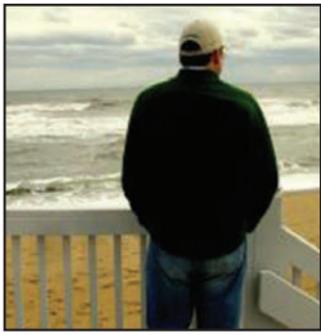
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Observations Done Like Dinner

David MacFairlane - Main Street

When January 2017 rolls in, it is likely that America will have such a "moron" in the White House, or even worse, a liar who is also possibly a criminal. However, it seems that the US already has a liar and political huckster as the current incumbent, so the

next president will just make a bad situation even worse.

Hillary Clinton, the liar and putative criminal, is Wall Street's bought and paid-for lackey, and the Establishment's chosen candidate for president. Nobody seems to care that she has a history of duplicity - a compulsion to distort the truth in order to mislead the public about her shady dealings with foreign officials, and the millions of dollars pouring into the Clinton Foundation from overseas donors, most of whom have sought, and been granted, favours from her while she was Secretary of State. Also, the flood of secret Clinton emails, released by Wikileaks and the FBI, that reveal her illicit shenanigans over computer security and the Benghazi tragedy, should have done more damage to her reputation and her campaign than it appears. Why is she being given a pass, when the evidence reveals a charlatan?

The Establishment is freaking out over Donald Trump for the simple reason that they did not pick him. In the natural order of US "democracy," the Establishment chooses the next president, who then runs the country to serve only the interests of the financial-political elites. The Donald's candidacy has upset this neo-feudal, fascist system, and every effort is being made to silence, embarrass and marginalise him. However, if Trump remains popular among the masses, it is likely that the serfs will get to choose the next king on the hill. Establishment mouthpiece, Francis Fukuyama, admits that the US political system is broken, but cannot understand Trump's popularity amongst the masses. He cannot acknowledge that Trump is the candidate of the people precisely because he has no political background and views the ruling classes with disdain. The more Trump is diminished by the political apparatchiks, the more popular he becomes to the working class.

The US is supposed to be governed by its Constitution and by its laws, but both have been flagrantly violated by the ruling elites who appear to be above the law and immune from prosecution, despite their many criminal activities in the international banking system. Just as in ancient Rome, as time has passed, the US administration has become more and more corrupt - a moral perversion that is now evident throughout the society. At its peak, Rome had about 1 million residents, of which over one-third was on the dole. Even then, government subsidies (bread and circuses) were necessary to avoid civil unrest. Today, in the US, there are more recipients of state benefits than there are workers. Social programmes, like Medicare, Medicaid, Social Security, food stamps, disability and welfare absorb over 50% of the US budget and are growing rapidly. About 50 million people receive food stamps. Over 100 million workers have dropped off the employment rolls and are not counted as unemployed. Therefore, the "official" unemployment rate is about 5-6%, while the real rate, according to Shadowstats, is around 23%! The government has a national debt of almost \$20 trillion, unfunded liabilities of over \$200 trillion, an annual budget deficit of \$1 trillion, and an annual trade deficit of over \$500 billion. Does anyone out there think this is sustainable? The US is technically bankrupt and will never repay its debts. It survives, day-to-day, by printing infinite amounts of dollars that have no backing, but which are still used, internationally, as a world reserve currency. This, too, is fast ending, as the Russians and Chinese work determinedly to introduce their own alternative reserve currencies backed by their enormous reserves of gold. They have also introduced an alternative international payment clearing system, in order to bypass the current SWIFT system, which is controlled by the US, and which gives the US extraordinary control over the international banking system.

Also, as in the latter years of ancient Rome, another serious demographic problem in the US is its declining birth rate. This is also a problem in the EU, Japan and China. After WW2, American families averaged 3.7 children. Now the rate is 1.8, and in the EU it is 1.3, and continuing to decline. This is explained as being due to urbanisation and birth control, but the real reason is that families cannot afford to have children - the cost of raising and educating them is prohibitive. Unlike the elites, who have prospered greatly since the crisis of 2008, the working class of the US has become much poorer and deeper in debt. Good jobs have been exported overseas, thousands of factories have closed, research, development and intellectual capital have moved to low-cost manufacturing centres, like China, Taiwan and South Korea - even to Mexico. The majority of low-paid jobs in the US are in the service industries, like food and beverages. There are plenty of part-time jobs for

waiters and baristas, but few for full-time, well-paid, highly-qualified job-seekers. As the cost of living has risen, inexorably, in the past few years, life has become even more difficult for millions of low-paid workers, who have become desperate to make ends meet, and disillusioned about the future for their families.

To compensate for a declining birthrate, countries have encouraged more immigration of young people, mostly from countries with cultural values totally opposed to western ideals which, in themselves, are being curtailed and diminished by the loss of privacy and government snooping into all aspects of citizens' lives. However, this immigration has had very negative consequences for the host countries. In the US, the problem is with illegal immigration from Mexico. There are supposed to be over 10 million illegals in the country, and Trump has undertaken to deport all who do not have official permission to stay. This has won him points with the unemployed, who see the illegals as competition for low-paid jobs, although these are the same jobs that most US workers refuse to do. The dichotomy is baffling.

The US is degenerating into collapse on many levels, and most people have no idea how to prepare for this life-changing catastrophe. Get out of debt, put your precious savings into hard assets that can survive deflation and inflation, and keep a few months of food and paper necessities in your pantries, just in case the world blows up overnight, and you wake up to a whole new variant of the life you once knew.

Think of Venezuela, once the richest country in the Americas, and now in total chaos.

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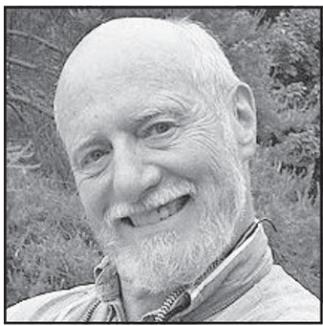
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Simply Words on Paper Glass Ceilings in Parliaments Shat- tering World-Wide

Jim Warbanks - Main Street

With the strong likelihood that the next President of the United States will be a woman, Hillary Clinton, it can be quite instructive to examine how women have succeeded in attaining political power in Canada and around the world. (I hesitate to even contemplate the alarming prospect of Donald Trump becoming the U.S. President).

Though Canadian women have had the right to run as candidates in Federal elections since 1920, no woman has succeeded in becoming Canadian Prime Minister. At the provincial level, however, the recent record is quite impressive. In 2013, over 85% of Canadians were governed by a female premier. These included: Eva Aariak in Nunavut, Kathy Dunderdale in Newfoundland and Labrador, Alison Redford in Alberta, as well as Pauline Marois in Quebec. Kathleen Wynne remains the Premier of Ontario after winning a majority mandate in 2014. Christy Clark, Premier of British Columbia, has governed as Premier since 2011, and won a majority mandate in 2013. Rachel Notley is now Premier of Alberta.

House of Commons

The number of women in the House of Commons varies widely by province. Newfoundland and Labrador leads with 42.9% (3/7) seats occupied by women. Ontario is next at 31.7% (38/120), followed closely by New Brunswick at 30% (3/10). British Columbia (12/42) and Saskatchewan (4/14) are tied at 28.6%, trailed closely by Quebec (19/78) at 24.4%, then comes Manitoba (3/14) at 21.4%. However, Prince Edward Island, the Northwest Territories, Nunavut and Yukon have no women representatives. Total representation by women in the House of Commons is 26.3% (88/335) including the 50 women who sit with the governing Liberal Party.

Standings in the Senate are more favorable to women. Thirty-three of the eighty-five seats (38.8%) are currently held by women. In Saskatchewan (5/6) and British Columbia (3/5) they hold a majority at 83.3% and 60%. Three provinces, Alberta, Manitoba and New Brunswick have equal representation. Ontario (8/18) follows at 44.4%. Then comes Prince Edward Island (1/3) 33.3% and Quebec (5/18) at 27.8%.

Worldwide, according to the Inter-Parliamentary Union, women's average share of parliamentary membership nearly doubled between 1995 and 2015, from 11.3% to 22.1%. Their share gained ground in nearly 90% of the 174 countries for which data are available.

50% threshold

Over the same period, the number of houses with more than 30% representation by women parliamentarians rose from five to forty-two. Those with more than 40% rose from one to thirteen. Four surpassed the 50% threshold and one (Rwanda) topped 60%. The number of all-male houses fell from ten to five.

The Nordic countries (Sweden, Norway, Denmark, Finland) dominated the list of parliaments with the highest proportion of women in 1995. By 2015, however, Rwanda (63.8%), Bolivia (53.1%) Andorra (50%), Cuba (48.9%), Seychelles (43.8%) outranked the first Nordic country on the list (Sweden 43.6%) and Finland 42.5%. Rounding out the top ten countries, were Senegal, Ecuador and South Africa.

Female leaders

The number of female leaders around the world has more than doubled since 2005, according to the Pew Research Centre. Eighteen countries currently have female heads of state or government. These countries are: Argentina, Bangladesh, Brazil, Central African Republic, Chile, Croatia, Germany, Jamaica, Latvia, Liberia, Lithuania, Malta, Mauritius, Norway, Poland, South Korea, Switzerland, Trinidad and Tobago.

Sixty-three of 142 nations studied by the World Economic Forum have had a female head of government or state at some point in the 50 years up to 2014, but in nearly two-thirds of those nations a woman was in power for less than four of the 50 years, including 11 countries where a woman led for less than a year. India has had the longest stretches with a woman in power, with former Prime Minister Indira Gandhi and later President Pratibha Patil serving a combined 21 of the past 50 years. Ireland and Bangladesh ranked close behind, also with 21 years of female leadership apiece.

Deterrents

The perceived deterrents for women, in a 2008 survey, were significantly different than those listed for men. The factors dissuading women were domestic responsibilities, cultural attitudes regarding the roles of women, the lack of support from family, lack of confidence and lack of financial capacity. Men encountered deterrents such as: lack of electorate support, lack of financial capacity, lack of political party support, lack of relevant experience and lack of confidence.

Many parliaments and political parties around the world are implementing well-funded action plans to reduce the barriers that remain in recruiting and training women candidates, so progress toward parity should continue.

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Wed, Sept 28: 10 am - 11 am (Ste-Agathe)

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Open to all clientele: exercises in visualization and relaxation to bring you calmness and tranquility.
Starting Fri, Sept 30: 3 pm - 4 pm (Ste-Agathe)

Assistance in Training in Palliative Care and Support for Caregivers
This 21-hour training is for all people wishing to acquire skills, knowledge and attitudes for support in palliative care and for becoming a Palliacco volunteer.
Wednesday, September 21, 28 and October 5.
For information or registration: 819 717-9646 and toll free 1 855 717-9646



About Sainte-Adèle

Chris Lance - Main Street

The kids have been back to school for a while now. The French elementary school has expanded and, despite the controversy of kids being bussed in from surrounding communities outside the region of Sainte-Adèle, teaching has continued, and added a few teaching positions in our community. Our small English school is

still open, despite the dwindling student population. It is a venue that offers English education to a franco-phone student population. The schoolyard is predominantly French speaking; great for the English kids to pick up and improve their French language skills.

Our local bowling alley, and various leagues, are always looking for players to play over the long fall and winter months. The leagues started early in September, but give Jonathan or Jocelyne a call at 450 229-2426. There is play in the afternoons and the evenings.

Along with perfecting bowling skills, there is bingo Tuesdays and Thursdays. For more information on times call 450 229-7095.

There is an interesting contest at www.sainte-adele.net or www.parcdoncaster.com. You can win one of six season passes for 2017, and the grand prize is a trekking outfit. All you have to do is choose names for the various trails in Doncaster River Park. It is a free contest and is open to everyone. To obtain a participation form, check out at the aforementioned web sites.

The bridge on Rte. 117, heading into Sainte-Adèle, is finally being worked on at long last. Hopefully, the construction will not take as long as the single lane closures over the past two winters. At the same time, the potholes, beginning in front of the Metro, and all the way up the hill, might be redone at last, but I would guess that it will just be a temporary solution, again, and the slalom course between the cavernous potholes will reopen by mid-October.

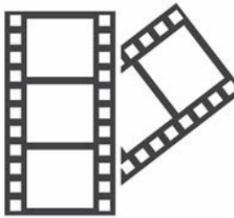
There is a new restaurant called Donaldda, located at 996, rue Valiquette. You should check it out.

I hope everyone took the time to check out the Riopelle exhibit last month in Sainte-Adèle at La Place des Citoyens. Did you know that you could have coffee with Mayor Milot? Next scheduled time is Saturday, October 1, from 10 am till noon, at City Hall. The entrance is on Dumouchel Street.

The "Plaisir à 2" is on again at Cinema Pine and Spago Restaurant: dinner for two at Spago's before or after a movie at Pine Theater for \$49. Also, the "Staff Night" specials are back on Monday and Tuesday evenings.

Time to start thinking about skiing this winter. The leaves are beautiful and the fall weather has not been too bad. Enjoy those autumn walks, and those plates of stew, compliments from your summer garden vegetables.

Stay healthy, see you in October.



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

Halloween is fast approaching – stories to shiver you by

ADULT FICTION

Atwood, Margaret - The Heart Goes Last

Atwood offers up another dystopic view of the world. It's the near future, and capitalism has imploded. The protagonists, Stan and Charmaine, eking out a bleak existence in their car, decide to join a program called Positron that is run by a private prison town. All they have to do is go to prison every other month. Charmaine loves Consilience, the prison town, with its 50s aesthetic "chosen," because that was the decade in which most people had self-identified as being happy. Atwood unleashes her savage wit, parodying our modern life's materialistic and sexual obsessions.

Deaver, Jeffrey - The Steel Kiss

The Steel Kiss features Lincoln Rhyme, a forensic detective with a brilliant mind trapped in a quadriplegic body. Deaver fans have enjoyed a long acquaintance with Lincoln Rhyme who first arrived on the crime scene nearly twenty years ago. In this story, the Steel Kiss is revealed to have a number of different reference points as there are four sub-plots occurring simultaneously.

Harkness, Deborah - A Discovery of Witches

The tale opens with Diana Bishop, a professor at Oxford University, finding an ancient manuscript of magic and alchemy, the Ashmole 782. Professor Bishop has spent her whole life suppressing her magical self. Unfortunately, with the discovery of the enchanted document, she finds herself alongside a handsome vampire, Matthew Clairmont, embroiled in a battle for the manuscript.

Harkness, Deborah - Shadow of Night

This is the second book in the All Souls Trilogy. Diana and Mathew journey back to Elizabethan London and join up with a coterie of Matthew's old friends, the mysterious School of Night.

Hurwitz, Gregg - Orphan X

This suspense thriller is packed with enough James Bond high technology, detailed descriptions of lethal weaponry and surprising twists and turns to satisfy any fan of spy novels.

May, Peter - Runaway

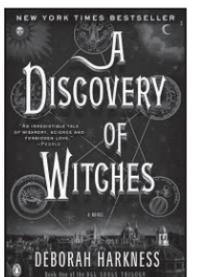
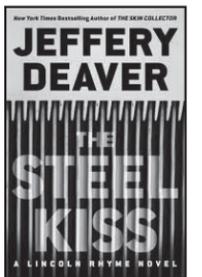
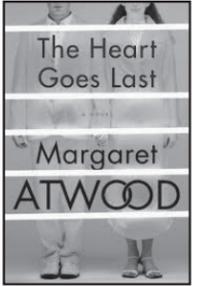
When teenaged Jack MacKay is expelled from school in Glasgow, he convinces four of his friends to head for London with him, confident that they had a wonderful future as a band. Within a few weeks three of the boys return home, their lives altered forever. Fifty years later, a terrible murder takes place in London and the three men, now in their sixties, are forced to return to the city and face the guilt that has haunted them for five decades.

Perry, Anne - Corridors of the Night

We are both big fans of historical fiction and one of our favourite periods is Victorian England. Lucky for us there is Anne Perry who writes, "I have continued with the Victorian mysteries because I have come to love both the characters and the period." Corridors of the Night is the twenty-first installment of the William Monk series.

Ware, Ruth - in a dark, dark wood

This is a debut novel and a really good read. Let's hope Ruth Ware produces some more narratives. Leonora is a reclusive writer in London, England, who hardly ever leaves her nest. A friend suddenly shows up after many years and persuades Lee to spend the weekend in an eerie glass house in the woods. But the party is not alone...



Village Of Weir Newswire

Claudette Smith-Pilon

LOOKING FORWARD TO GLORIOUS FALL

Community Events

We will be hosting community lunches starting September 30, every last Friday of the month at the community centre in Montcalm. Open to all communities. Registration: Jolaine Craig: 819 687-9508.

Country line-dancing with Huguette Messier every Wednesday afternoon from 1 pm (\$5). Info: Huguette: 819 687-3767.

M.A.D.A. Municipality of Montcalm is preparing a survey for its population (55+) as part of the policy (Municipalité amie des Aînés). You will receive a document by mail that requires your response before Sept 14. Thank you for participating.

There will be an expo / sale on Saturday, November 19 at the community centre in Montcalm. We invite artists and artisans to participate. Info / reservation: Maida Rivest: 819 687-9938.

Outdoors

Aerobic corridor in Montcalm – the corridor has a new look and we encourage you to enjoy it while biking, walking or hiking.

Pedestrian trails – a welcome area is available from the Mount Larose path - a great family activity.

Reminder: The community centre is open to all citizens who want to re-vitalize our community. Share your ideas!

Laurentian Branch Of Victoria's Quilts

We will continue quilting until a cure for cancer has been found. Our next workday is Monday, Sept 19 at 9 am.

Project TNR - Helping Homeless Cats

A new veterinarian-based sterilization clinic for rescues and TNR groups is now in the planning stages and hopefully will be available soon in the town of Grenville, or, somewhere in the municipality of Grenville-sur-la-Rouge. The TNR vet is now on the lookout for a commercial location where she and her team can set up a spay / neuter clinic, which would be made available to rescues and other TNR groups.

The Trap – Neuter – Release program has proven to be very successful in helping to reduce the number of feral felines, allowing them to maintain their freedom without further contributing to the over-population of cats, which has already reached astronomical proportions.



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NEWS BITS FOR September

TVCL Announce English Language Program for the Laurentians

September is the launch-date of a new English program “Our Community Connections,” a new offering by TVCL, which has served the Laurentian community for some eighteen years. Series creators and hosts, Nadine Cuccaro and Elaine St. Pierre, both retired to Mont-Tremblant from Ottawa. Lots of topics pertaining to the Laurentians will be discussed by two guests and a different co-host each week.

Topics will include: “Come from Away,” people who began their journey elsewhere and made the Laurentians an important part of their lives; UTA_English academic courses, sports, culture health care services, etc.

Each program will be aired several times during the week on COGECO-TV cable 4 and 555(HD), and will be available for viewing on www.tvcl.ca a week after the broadcast of each episode. Consult the schedule at www.tvcl.ca.

For information, contact: ourcommunityconnections@tvcl.ca

Another Concrete Gesture To Support Youth And Quebec Regions

The MNA for Argenteuil, Yves St-Denis, recently announced that financial assistance of \$45,000 for the fiscal year 2016-2017 will be awarded to the Carrefour jeunesse-emploi of Argenteuil, partner and promoter of the Place aux jeunes region, a major contributor to a government that promotes youth mobility.

“To build a strong economy in our region, we need to keep and attract young people. They are the entrepreneurs, “leaders” and the workers of tomorrow. The Place aux jeunes’ program supports those who wish to settle in the region by facilitating their integration into our local communities,” stated the deputy, Yves St-Denis.

“Today’s investment will enable young people from outside the region to come and explore Argenteuil and encourage them to settle here. This is great news for Argenteuil Carrefour jeunesse-emploi, and another demonstration of the importance that our government shows towards the development of Quebec youth in all regions of Quebec,” added Mr. St -Denis.

Over the next three years, a total of \$2,955,000 will be paid to Place aux jeunes region, as part of the Youth Action Strategy, 2016-2021, for the organization to continue the deployment of its services, mainly in urban areas. The network members, located in more than fifty MRCs, will benefit, in turn, from comprehensive support of \$ 2.52 million, in 2016-2017, for the implementation of the regional component of the service.

Survey Pertaining To Housing For Morin-Heights Seniors

As part of the 2015-2017 Action plan, resulting from steps taken by MADA (Municipalité amie des aînés), the Municipality of Morin-Heights announces that a survey has been prepared in order to identify its citizens’ needs with regards to seniors’ housing. Pursuant to the invitation, sent out last winter, the Municipality has overseen the formation of a housing committee, which met to create a survey and discuss the present situation regarding housing for seniors. The results of the survey will allow the committee to determine if there are existing needs and, if necessary, to set-up a feasibility study. The results of the survey will be presented to the municipal council and will be published in the spring 2017 edition of the Info Morin-Heights.

Morin Heights residents, 55 years and over, are invited to complete the survey until September 30, 2016. It can be found in the Fall 2016 edition of Info Morin-Heights, or on the municipal website at www.morinheights.com/Questionnaire-55.

SADC des Laurentides, a CFDC Of The Laurentides Region, Able To Rely On Stable Funding For the Next Three Years

The Government of Canada is committed to investing in job creation in order to stimulate economic growth and increase prosperity for Canadians. It is aware that communities must diversify strategically, by focusing on innovation, in order to develop lasting regional competitive advantages. As such, support for communities’ transition and diversification is a priority for the Government of Canada.

David Graham, MP for LaurentidesLabelle, on behalf of the Honourable Navdeep Bains, Minister of Innovation, Science and Economic Development (ISED), and Minister responsible for Canada Economic Development for Quebec Regions (CED), confirmed the signing of a three-year agreement with SADC des Laurentides. Tied to the agreement is a financial commitment of \$1,246,086 that the agency will use to support economic development in the community.

Today’s announcement arises from the signing of three-year agreements totalling more than \$86 million between the Government of Canada and the CFDCs, BDCs, the CFDC/BDC Network and Capital Réseau of Quebec. That financial assistance, announced July 19, 2016 by Greg Fergus, Parliamentary Secretary to the Minister of ISED and Minister responsible for CED, will benefit 57 CFDCs, 10 BDCs, the CFDC/BDC Network and Capital Réseau SADC and CAE.

An Investment of \$ 22.2 Million to Support Autonomy

The MNA for Argenteuil, Yves St-Denis, is pleased to announce that the Quebec government has granted financial assistance in the amount of \$22.2 million. These funds will be used to support autonomy, and permit those who wish to remain at home to do so for as long as possible.

This news was announced by the following officials; the Minister of Health and Social Services, Mr. Gaétan Barrette, the Minister of Economy, Science and Innovation & Minister responsible for the Digital Agenda, Ms. Dominique Anglade, the Minister of Employment and Social Solidarity & Minister responsible for the region of the National Capital, Mr. François Blais, the Minister responsible for Seniors and their fight against bullying, and the Minister responsible for the Laval region, Francine Charbonneau.

“The goal of our government is to facilitate home support for seniors. The announcement by my colleagues will have a significant positive impact for our seniors. Also, the measures in the revision of the Financial Assistance Program for Domestic Help Services (FAPDHS) will improve the services we offer significantly, demonstrating our commitment to improving the quality of life for our seniors,” said Mr. St. Denis.

Minister Barrette announced a recurring annual aid package of \$8.1 million to improve the FAPDHS. This announcement is part of the 2016-2017 budget, where an additional \$60 million was provided for home care. The other part of the funds provided was the subject of an announcement on July 12.

Another \$12.5 million will be awarded to the Federation of Cooperatives of home assistance services and the Quebec Health FCSDSQ, for training initiatives for home care attendants. Of the total, \$6.5 million comes from the Ministry of Economy, Science and Innovation (MESI) and \$6 million from the Department of Labour, Employment and Social Solidarity (MTESS). This investment will help support training initiatives for 4500 home care providers. In addition, Minister Anglade confirmed the payment of a financial contribution of \$1.6 million to FCSDSQ to support the implementation of best-business practices in 102 EESADs in Quebec.

Solidarity Between Three Regions Continue

True to their friendship pact ratified on August 30, 2012, elected officials of the MRC d’Argenteuil, MRC Papineau and the United Counties of Prescott and Russell recently held their annual meeting at the municipal marina located at the Brownsburg Chatham camping site, near the majestic Ottawa River.



On this occasion, the MRC d’Argenteuil hosted the event and invited the mayors and deputies for a tour of the community agriculture project located on montée Robert in Brownsburg-Chatham. In 2015, this innovative project allowed 13 tons of fruit, vegetables and herbs to be harvested for the benefit of 2,000 Argenteuil citizens in need. The Prefect of the MRC d’Argenteuil and Mayor of the Township of Gore, Mr. Scott Pearce, proudly presented the Prefect of the MRC Papineau, Ms. Paulette Lalande, and the President of the United Counties of Prescott and Russell, Guy Desjardins, baskets of freshly harvested produce for their respective food banks. Thus, in an approach to food security and in solidarity and friendship, dozens of kilos of vegetables grown on farmlands of the MRC d’Argenteuil were generously donated to people in need in Papineau and the United Counties of Prescott and Russell.

In addition to allowing the elected representatives of three regions to meet annually to exchange and share their successes, the Friendship Pact is promoting major joint projects, including the cycle path of the Cycl-O-Road along the Ottawa River, a circuit totaling 200 km crisscrossing the three neighboring territories. Elected officials also use their strong partnership to work together on sustainable development initiatives and to address conservation issues and environmental protection, mainly in regard to the Ottawa River, which connects the three territories.

Government of Canada Supports Community Project Benefiting Four Laurentides MRC’s

Local stakeholders have long been asking for concrete, sustainable measures to improve community and recreational infrastructure. The Government of Canada is proud to invest in projects that contribute to the strength and vitality of all regions of the country.

Acting on behalf of the Honourable Navdeep Bains, Minister of Innovation, Science and Economic Development and Minister responsible for CED, David Graham, Member of Parliament for Laurentides - Labelle, recently announced that the Corporation du Parc linéaire “Le P’tit Train du Nord” has been granted \$500,000 in funding for the refurbishment of several sections of the bicycle path.

“Le P’tit Train du Nord” linear park arose from a partnership among the Regional County Municipalities (MRCs) of Thérèse-De-Blainville, Mirabel, Rivière-du-Nord, Pays-d’en-Haut, Laurentides and Antoine - Labelle and was inaugurated in 1996. The six MRCs subsequently established a non-profit corporation to oversee the maintenance, safety and operation of the linear park, which welcomes more than a million users from all over every year, generating major spinoffs for the greater Laurentian region.

The non-repayable contribution, awarded through the Canada 150 Community Infrastructure Program (CIP 150), will enable the organization to rebuild several sections of the bicycle path.

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The Laurentian Club of Canada

First meeting for the 2016 Fall Season
 Dr. René St-Arnaud, Ph.D.

Director of Research at the Research Centre of Shriners Hospitals for Children- Canada

Dr. St-Arnaud will present an overview of the new research centre of Shriners Hospitals for Children-Canada. The new infrastructure and technology will be discussed. Historical successes of the research program for the understanding, diagnosis and treatment of pediatric bone diseases will be briefly reviewed. Dr.St-Arnaud will then present, in layperson's term, an example from his own research projects that is now entering the drug discovery phase.

Monday September 26: 1:30 pm.
Holy Trinity Church
 12 rue Prefontaine O. Sainte Agathe-des-Monts

The Laurentian Club meets the fourth Monday of every month from September to May with the exception of December.

Membership is \$25 for the year; guests \$10
 Each presentation is followed by tea or coffee and a light snack

www.laurentianclub.ca

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- ▶ **INTRODUCTION TO NEGOTIATION**
 Tuesday, September 13, 6:30 PM – 8:30 PM EST | Cost: **\$20**

In this workshop you will learn how to plan a strategy, apply key tactics, control emotions and determine your walk-away point. Hear from an expert that is trained in advanced negotiation from Harvard, MIT and The Kellogg School of Business.

- ▶ **MAKING YOUR BRICK AND MORTAR BUSINESS SHINE**
 Tuesday, September 20: 6:30 PM – 8:30 PM EST | Cost: **\$20**

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STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Dagwoods Sandwiches, 86 rue de La Gare, St. Sauveur ((located right beside Double Pizza) that recently opened on July 7. Dagwoods offers a healthy choice of delicious, assorted sandwiches. Bread is baked on site daily. High quality products and garnishes are always fresh, including Dagwoods' special sauce. Bring the whole family or drop in with friends after a sports event. Yummy sandwiches, salads and desserts await you. Catering requests and delivery are available. 450 227-5995.



Giorgio Restaurant, 10 rue Filion, St. Sauveur, which opened on May 29. Giorgio's has an excellent reputation for the quality and freshness of their food and offers a wide variety of delectable pastas, pizza and meat dishes to suit all tastes. They offer different portion sizes. Another plus, you can bring your own wine or beer! Did you know that Giorgio Restaurant has 3 private rooms for rental that seat 10 to 30 people for your special meetings or celebrations? They also have a superb terrace where you can enjoy listening to live entertainment. 450 227-1001 / www.giorgio.ca/fr/restaurants/succursale/st-sauveur/



Congratulations to:

Pierre Vachon and Lorne Deschamps, co-owners of the new **Royal LePage** office, 4 rue Filion, St. Sauveur. Between them, they have 25 years of outstanding real estate experience. Lorne specializes in farms and land, while Pierre's specialties are waterfront properties and country homes. 450 744-1886 / www.pierrevachon.ca/ / www.lornedeschamps.com. Drop by or call them for your real estate requirements.



Marc Vadboncoeur who celebrates the first anniversary of **Marché de la Gare**, 1600 Pierre Péladeau, Ste. Adèle. This market offers "terroir" products such as homemade bread, jams and jellies, a good selection of artisanal beers and wild game such as wapiti, goose, deer and bison. The market also offers salads and sandwiches to passing cyclists and to nearby hotel guests. They stock handy dépanneur items as well. 450 745-0533 / www.mdlg.ca.

Billy Lakouras, who re-opened **Elite Pizzeria**, 434 rue Principale, St. Sauveur. A fire ravaged the shop a while ago, however, all is back on track. So if you want to stay in the comfort of your own home to catch a movie or share some precious time with family or friends, they offer speedy home delivery. Their pizzas are as delicious as ever, as well as their BBQ chicken, burgers, pita sandwiches and subs. They also offer superb lunch specials including soup and dessert. Welcome back Billy! 450 227-3455 / www.pizzeriaelite.ca

Claudine Gascon who recently opened **Croque Paysage**, 2097 route 117, Val David. The center specializes in planning edible landscaping projects. As such, they offer a wide selection of nut and fruit trees, shrubs, herbs and veggies. They also sell seeds, compost, plants, wood chips, pots and annual/perennial plants. Interesting gardening classes are also available. For info, call 450 927-1004 / www.croquepaysage.com.

Did you know that:

Well-known chef **Warren Assaly** is whipping up some of his signature dishes at **Feliciano's**, 415 rue Principale in St. Sauveur? Fresh lobster bisque, tasty, unique salads and salmon or beef tartare are some favorites. Main courses include AAA Beef Bavette, homemade fish'n chips, a variety of delicious pastas and pizzas and much more. Desserts include traditional Italian Tiramisu, profiteroles and a crème brûlée trio. Many specialty coffees are available. Bring along your fave bottle of wine and enjoy the lovely outdoor terrace or their air-conditioned restaurant. Gift certificates are available. Open 7 days a week for lunch and dinner. 450 227-2711/ www.restaurantfeliciano.com.

The **Metro Store**, located at 222-A, chemin Lac Millette will soon become **Super C**? It is definitely official, but exact timing is still unknown. The objective will be to keep all current employees. Once the store becomes Super C, there will no longer be a fish section. Super C is known for offering great value and excellent pricing.

Playground Real Estate located at 1000 chemin des Voyageurs, Mont-Tremblant has rebranded, expanded and is now called **Engel and Volkers**? Drop by to see well-informed broker Nadine Campbell or one of their other excellent brokers. 819 421-2924, www.tremblant.evcanada.com.

From the Shtetle to Broadway

Ilania Abileah – Main Street

On August 21, the Musicians of the World Orchestra, along with their conductor, Joseph Milo, played a special concert entitled "From the Shtetle to Broadway" to a full house. The concert featured two different kinds of singing: The concert ended with standing ovations!





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 8 to 10

Saturday, October 8th	Sunday, October 9th
2 pm Nicolas Dufresne	11am Country mass
3 pm Nicole Dumont	2 pm Sylvain Ménard
4 pm David Bernatchez	3 pm Tammy Wood, Stephen Drinkwater
6:30 pm René Turgeon	4 pm Yvan Rolando
7:30 pm Manon Bédard	6:30 pm Carol Renaud
Monday, October 10th	7:30 pm Guylaine Tanguay
2 pm Daraïche family and its surprise guests	



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Denis Chalifoux, Mayor



VILLE DE
SAINTE-AGATHE-DES-MONTS

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MUNICIPAL BULLETIN
AUGUST 2016

MANY PROJECTS ARE UNDERWAY IN
SAINTE-AGATHE-DES-MONTS

Housing availability in the downtown area is improving. In fact, in line with our strategy for economic development and employment, several worksites were active in recent weeks in downtown Sainte-Agathe. "La Residence des Laurentides" is of course the largest project with its 130 units, which will be available for autonomous retirees. There is also another building under construction next to the Saint-Lucie beach on Larocque Street. This project will offer approximately 30 units of housing by the lake. To these, we can add a dozen apartments, which have been built in the building located at the corner of Préfontaine and Sainte-Agathe streets, and, 60 more units will be available in an upcoming project on Terrasse Chapleau.

All of these projects are part of the vision of the municipal Council to densify the city's centre and to create an area populated and animated, which will most certainly stimulate commercial activity in this area. We are very happy to see this objective come to life. We are also proud to welcome the creation of the bicycle path around Lac des Sables, another major project, which has been highly anticipated by the community.

Despite a delay due to some confirmations from the Ministry of the Environment that were late in coming, which forced us to review the schedule, the nature of some of the work to be carried out, and, to repeat the tender process, I am pleased to confirm that the development of a bicycle path around Lac des Sables, which was announced last spring, is finally underway.

This work project should take place until mid-September on chemin Tour du Lac and up until the end of September on chemin Lac des Sables. Evidently, these predictions depend largely on several factors such as site conditions and the weather during this work period. Certain deadlines may be revised if needed.

Road rehabilitation will take place from Montée de la Source on chemin Lac des Sables up to the location bearing the civic number 171 chemin Tour du Lac. All of the work, which is to be completed in 2016, extends over approximately 4.5 kilometers.

The public works department will put in place internal and external resources to ensure the smooth operation of the site and help minimize the impact on the citizens of this area.

Further roadwork is scheduled in 2017 from Montée de la Source to the marina, which will complete the work around the lake area. This project has taken longer than previously anticipated, but, rest assured that the citizens of Sainte-Agathe will have a bicycle path around Lac des Sables in the very near future.

THE CITY HAS REGULATIONS CONCERNING DANGEROUS DOGS

Following the numerous events involving dogs that took place in Québec within the last few months, the City wishes to reassure the population about the existence of regulations concerning dangerous dogs on its territory.

In its regulations concerning animal control, articles 23 and 24 pertain to dangerous dogs in particular.

It is clearly stated that when a dog bites, or tries to bite a person or another animal, causing or not causing bodily harm, or, when the animal shows signs of aggressiveness by growling, showing its fangs, ferociously barking or acting in any way that suggests that the animal may bite or attack a person, animal control services can capture or seize the dog in order to assess its state of health, or, assess its level of aggressiveness.

If the veterinarian is of the opinion that the animal shows aggressive behaviour, animal services may require that the custodian comply with certain security conditions such as muzzling the animal when outdoors, spaying or neutering the animal, or, doing what is necessary, which may include euthanasia.

The city intends to enforce these regulations so that citizens feel safe. If you are a victim of an aggression, or, witness canine behaviour deemed dangerous or aggressive, we invite you to contact the Laurentides Labelle SPCA at this number: (819) 326-4059.

A complete version of the regulation is available on our website at: http://www.ville.sainte-agathe-des-monts.qc.ca/contribute_documents/2015-M-218animauxMAJAdmin.pdf

TO BETTER KNOW HOW MUCH IT COSTS

To better understand the actual cost of certain services offered, the city recently mandated the accounting firm Amyot Gélinas to perform a cost analysis for our cultural and leisure activities. Several variables will be taken into consideration in this study and the results will allow us to lower or increase pricing for different activities as well as guide us in our decision process.

We are aware that numerous non-residents benefit from municipal services such as cultural and leisure activities and the municipal council wishes to ensure that residents pay an equitable price for these same services.

A similar study will eventually follow to evaluate public work costs for certain operations such as snow removal and other procedures.

The report should be available in the fall; this will provide the administration the necessary time to adjust pricing, if needed, in view of the upcoming 2017 budget.

The introduction of the « Carte Agathoise » has been a good indicator of the source of the clientele who uses our services and has allowed us to gather noteworthy statistics. This information will help us implement a fair pricing policy for the citizens of the town of Sainte-Agathe-des-Monts.

This analysis is therefore an invaluable tool that will allow a healthy management of public funds and will guide us in implementing fair billing of services.

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KEVIN BAZINET
 Saturday, October 1st **8:00 pm**

ORCHESTRE BAVAROIS «Ein Prosit»
 Sunday, October 2nd **In Afternoon**





Out & About

Ilania Abileah - Main Street



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

MONT TREMBLANT

Village Church (1829 Ch du Village)
Sat, Oct 1: 8 pm - Laurence Jalbert, a Quebec pop singer/songwriter performs songs from her latest album, "Ma route." \$38.

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.



DOMA, *Beau de nuit*

STE-AGATHE

Théâtre Le Patriote

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

Fri, Sept 23: 8 pm - 2 Frères. This is the first time these young singer/songwriters appear at this theatre. \$25.

Fri, Sept 29: 8 pm - François Léveillé presents a blend of song and humour. \$37.

Sat, Oct 15: 8 pm - René Simard returns to the stage after a long absence. First time at the Théâtre Le Patriote. \$50

Boîte à chansons: doors open at 6:30 pm

Thurs, Sept 22: 8 pm - Michel Robichaud, winner of the Granby International Song Festival 2014 & Sarah Toussaint - Léveillé. \$25.

Thurs, Sept 29: 8 pm - Pierrot Fournier pays tribute to Claude Léveillé. \$28

Sun, Sept 25: 10:30 am - La légende de Barbe d'Or; theatrical stories for children over 5 years. Doors open at 10 am, no reserved seats. This is a free show for residents of Ste. Agathe / non-residents pay \$3 at the door.

Thurs, Oct 6: 8 pm - Bernard Adamus. Folk, blues, country and hip-hop. \$38

Thurs, Oct 13: 8 pm - Brasser Brassens; tribute to Georges Brassens. \$28.

Fri, Oct 14: 8 pm - Michel Pagliaro, rock singer /songwriter/guitarist. \$37

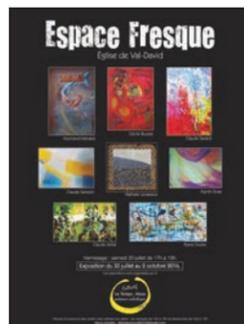
Thurs, Sept 15: 8 pm - Benoit Davidson tells the history of his family from the time his grandparents met until his birth. He tells it through traditional Quebecois music, playing various instruments. Free admissions, contributions appreciated.

VAL DAVID

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

Until Oct 2:

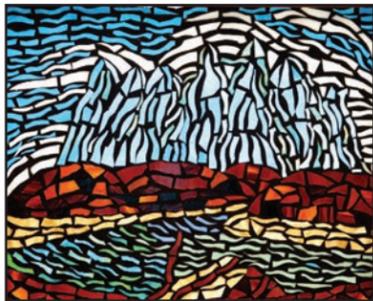
Espace Fresque - Le Temps Nous. Eight Laurentian artists display large-sized canvases. Doors are open Saturdays from 10 am to 4 pm & Sundays from noon to 4 pm.



Espace Fresque

VAL MORIN

Sat, Sept 17: 1 pm - Vernissage - "Les Transparences de Sophie" is Sophie Belisle's glass mosaic exhibition of a new body of work inspired by nature. The pieces are made from recycled coloured glass glued to a transparent glass surface. The show continues from **noon to 5 pm, Sept 17- 18 & Sept 24-25 & Oct 8-9.**



Les Transparences de Sophie

Espace Rhizomes Théâtre du Marais

1121, 10e Avenue / 819-322-1414 / info@theatredumarais.com: **Tues - Fri: 10 am - 4 pm**

Sat, Sept 18: 2 pm - The Mozart Quartet is comprised of the Trio Rhapsody of Montreal and Christophe Peret, flute soloist from the Chartres Symphony Orchestra (France) who joins forces with Amélie Lamontagne's trio. \$35.



The Mozart Quartet

Sat, Sept 24: 8 pm - Sally Folk performs songs from her album, "Deuxième Acte," and others. \$30.

Sun, Sept 25: 2 pm - Nathalie Choquette - Diva by Night. This is a fundraising concert for Théâtre Du Marais. (Queen Elizabeth I) - an escapade leading from French Can Can songs through to the music of Purcell and Mistinguett on to Piaf, Dalida, Aznavour, Jazz and Folklore from New France. She adds a humourist element throughout. \$125 with a \$69 donation receipt.

Sun, Oct 2: 2 pm - Les Veuves Joyeuses - tracing Quebec music: a concert for the entire family leading the audience through famous songs marking Quebec's history. Éric Bégin & Éloi Amesse will lead you through New France, and the old songs, through the music of Félix Leclerc, and others.

Sat, Oct 8: 8 pm - Parie-Pierre Arthur accompanied by her musicians. This folk-rock singer/songwriter tours in Quebec performing music from her new album, "Si l'aurore." \$30

ST. ADOLPHE D'HOWARD

Atelier culturel

1920, Chemin du Village / 819 327-5058. **Tues - Sun: 11 am - 5 pm**

There will be a new exhibition by two local artists

L'Ange Vagabond (1818, Chemin du Village / 819-714-0213)

Sat, Sept 10: 8 pm - Intakto (back by demand). World-Latin music. \$25.

Sat, Sept 17: 8 pm - Fanny Bloom

(solo-pop). Singer/songwriter. \$20
Fri, Sept 30: 8 pm - Cabaret night with invited musicians. Folk-pop-song. Free admission (contribution appreciated)

Sat, Oct 1: 8 pm - Amélie Prévost (Slam). Free Admission

Sun, Oct 2: 2 pm - Quiz: Connais-tu ta musique québécoise? Free admission.

STE. ADÈLE

Please note: at the time of production, the upcoming programming for La Place des Citoyens was not available but should now be posted on the website ville.sainte-adele.qc.ca

ST SAUVEUR

Ça-me-dit Concerts

Sat, Sept 10: 7:30 pm - Motel 72 (rock).

Sun, Sept 25: all day - Retro Car Exhibition

Sat - Mon: Oct 8 - 10 - Country Music Weekend and exhibition by St. Sauveur artists.

PIEDMONT

Théâtre de Pays-d'en Haut

- 442, Chemin Avila Nord, exit 58 off Hwy 15 north / 450 224-5757 / www.tpdh.ca

Aug 12 - Aug 27: 8 pm: "Dance into the Light" - a tribute to Phil Collins. Martin Levac, accompanied by seven musicians, will perform "In the Air Tonight," "One More Night" and other pieces. \$46 & \$56.

MORIN HEIGHTS

Morin Heights Library

823, Village Rd.

Arts Morin Heights: The Themed Exhibition, Portrait or Auto-Portrait continues **until Oct 1**. It will be followed by "Inspired by Music or Song: on display from Oct 1 to Dec 3. Verisage: Oct 1: 2 pm. 450 226-3832 / info@artsmorinheights.com.

LAC ST. VICTOR, NEAR MORIN HEIGHTS

Sat, Oct 1: 7:30 pm - Saint-Victor Chamber Concerts presents "Automne Appassionato" with Judy Diez d'Aux (flute) and Martin Karlicek (piano). Music by Cécile Chaminade, Paul Taffanel, Gary Schocker, Eric Ewazen and Leonardo De Lorenzo. The program features Con-



Judy Diez d'Aux

WENTWORTH NORD

Galerie d'art Montfort (160 rue Principale)

Open Sat & Sun: noon to 4 pm

Until Oct 9: A group show of local artists.

GORE

Thurs, Sept 29: 2 pm - The McGarrigle Sisters will close the season with readings from their new book, "Mountain City Girls" (La Jeunesse et la Sagesse), performing some music and signing books on request. The event takes place in the church followed by refreshments and book signing in the community centre.



Mountain City Girls

BROWNSBURG - CHATHAM

Le Faim-Fino Restaurant (338, rue des Érables / 450 407-0708)

Until Oct 9: Oil and mixed-media paintings by Sylvie Lavigne will be on display. 450 495-8022 / branche.culturelle.worldpress.com

PRÉVOST

Diffusion Amal'Gamme

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

Sat, Sept 17: 8 pm - Trio Lajoi will play music from Haydn to Martinu. \$31.50

Sat, Sept 24: 8 pm - Rémi Boucher, classic guitar. Program includes music by Johann-Sebastian Bach, Giulio Regondi, Rémi Boucher, Enrique Granados, Vincente Asencio and Jacques Marchand. \$36.50

Sat, Oct 8: 8 pm - Tristan Longval-Gagné (pianist) will play music by Satie, Prokofiev, Alkan, Rzewski. \$26.50

ST. PLACID

19th Edition of Sundays in the Park - on the shore of Lake of Two-Mountains 450 258-2211 / www.artsetculturest-placide.com

Sat, Oct 1: 8 pm - Charles Richard Hamelin Concert. Program includes music by Beethoven and Chopin (in the church)

PLACID ST. JÉRÔME

Laurentian Museum of Contemporary Art (101, place du Curé Labelle)

450 432-7171 / www.museelaurentides.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.



Chris Curreri & Luis Jacob "The Thing" (2008) Chromogenic print, 11.5" x 15" with the collaboration of the artists and the Daniel Faria Gallery.

En Scène : Salle André Prévost,

535, rue Filion

Fri, Sept 16: 8 pm - Yann Perreau - "Le fantastiques des asters." \$34.

Sat, Sept 17: 8 pm - René Simard - "Nouveau rêve." \$50

Sun, Sept 25: 3 pm - Benoît Archambault returns with a new show for ages 3 yrs - 9 yrs. Fun for the entire family. \$16.

Fri, Sept 30: 8 pm - Paul Daraïche - "Showtime." \$46.

Sun, Oct 9: 8 pm - Michel Louvain (now 80 years old) presents sixty years of his musical career, \$55.

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

Sat, Sept 24: 8 pm - Steve Hill - solo recordings Volume 3. \$34.

Fri, Oct 7: 8pm - Steve Veilleux, accompanied by two musicians, presents "T'en souviens-tu encore, Godin?" Steve Veilleux sings the lyrics of Gérald Godin. \$30.

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



Benoît Archambault



Steve Hill

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Up Close... The Wizardry of Michel Labreche

Steve Brecher - Main Street



Michel Labreche was born in Montreal's Verdun district in 1958. As a child

he was small, gifted and telepathic. By age seven he was having out-of-body experiences. His parents described him as a combination of Charlie Chaplin, Albert Einstein and Dennis the Menace. He taunted his teachers with rapid fire responses to questions that showcased his precocity. In fact one teacher slapped him beside the head so hard that he became withdrawn, and he remained shy and inhibited until as a teenager, he discovered table tennis.

At seventeen he won the Quebec doubles championship with his brother. This helped to restore his self-esteem, and he proceeded to excel both academically and professionally. First he earned a diploma in biology at the University of Montreal. Subsequently he graduated in Law, and, following in the footsteps of six relatives including his father, he became a notary.

In the ensuing 33 years, he managed to rack up a staggering 36,000 contracts, with a staff of 15 in 4 separate offices including one in Saint-Sauveur. Although he was grossing well over \$1 million a year, he was burning out. So he decided to reduce his workload. In 1998 he wrote his first book entitled The Status of Liberty. It sold 5,000 copies half in English and half in French.

The book is about the flourishing of the human spirit and its inhibitors. He focuses on three factors and what he refers to as their respective sub-products: love and desire, will and emotion, and intelligence and the intellect.

Michel was just getting started. After years of contemplation and research, he launched his "encyclopaedia of consciousness" entitled The Wizard of Us. It is the product of 12,000 hours and encompasses 2400 pages: 8 volumes in French (entitled Les Pouvoirs de la Magie Scienne) and 23 shorter volumes (in production) in English. Michel's specific vision of life itself includes several teaching points among the more than 50 "life rules" such as: how to reduce suffering, how to retard the aging process, and how to "triumph over death". With the aid of many high quality graphs, charts and photographs he attempts to unravel many of life's mysteries including paranormal phenomena and the spirit world.

He recently decided to retire from his notarial practice in order to concentrate exclusively on the worldwide promotion and distribution of this new compendium. He will begin this month in Paris, France. The books will be available in over 100 countries, and will be translated into 11 - 15 languages. They can be purchased in Chapters, Coles Indigo, etc.

I have perused the French language collection, and I was amazed to find such a vast range of knowledge scrupulously drawn from so many sources, clearly presented, designed for the lay reader and authored by one individual.

The first volume in English can be ordered on-line free of charge. It contains the table of contents for the entire collection.

For more information, please consult his website: www.lamagiesienne.com.

A Passion for Music and Humanity Rickk's Room - Rick and Ce

Lori Leonard - Main Street

Rick and Ce are not musicians, but they are passionate about music and supporting musicians. There is always a "tune" spinning on their turntable (they never put it away!) As of August 2016 they have hosted 62 live home concerts!



The idea struck Ce when she attended a house concert in Perth, Ontario. She wanted to create a family-oriented live music space. Ce and Rick moved to Wentworth North in October 2010 and started hosting house concerts in May 2011. They soon needed a larger space and a new concert room with 60 seats was ready May 2012.

Why is it called Rickk's Room? Their children's names are Kyle and Kiana (2 K's). They added "s" at the end for good friend Sylvia who has only missed one of 62 shows.

The mission of Rickk's Room is to have an intimate setting for others to enjoy live music, make new friends and support musicians. The majority of rock/folk/indie musicians who perform at Rickk's Room are usually referred by another musician.

Ce is responsible for booking artists, marketing, communication and ticket stubs (yes, they still print ticket stubs). She prepares food for the artists and snack table. Rick looks after set up, sound checks and road signs.

Guests pay a \$20 entry fee, which is donated in full to the artist(s). When Martyn Joseph performs, he provides information about his non-profit organization, Let Yourself Trust. People can donate, or, buy raffle tickets for this cause. Some of Martyn's worthwhile projects include helping the needy in Guatemala, the albinos in Africa and native communities.

Some well-known musicians who have performed at Rickk's Room include Martyn Joseph, Jane Siberry, Joseph Arthur, Mary Gauthier, Good Lovelies, Jason Bajada, Caracol, Leeroy Stagger and Wreckless Eric.

Rick and Ce are also passionate about helping others and in February 2016 worked on Project Somos to build an art center in Guatemala, which Martyn Joseph and his wife organized. They also helped to paint buildings in the village and assisted the community to prepare crop fields. They will return shortly to continue with these projects. If budget allows, Rick and Ce hope to help Martyn with at least one humanitarian trip annually.

Ce and Rick hope to continue their humanitarian work and to provide live music for years to come. We hope so too! For info, www.rickksroom.ca / e-mail: rickksroom@gmail.com.

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l'Automne Appassionato

Judy Diez d'Aux, *flute* Martin Karliček, *piano*

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Tel. : Judy Diez d'Aux (514) 757-7002
Email : jkdf flute@gmail.com

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Judy Diez d'Aux *flute*

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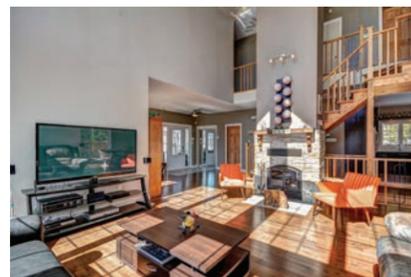
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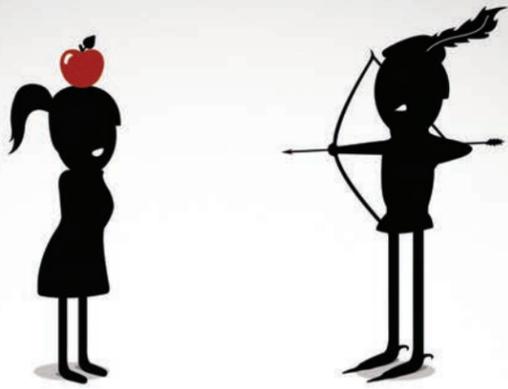


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Highline model shown

Lease from
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Tel : 450 562-0281
www.vwlachute.com

*MSRP from Volkswagen Finance. Applies to the purchase of a new and unregistered 2016 Jetta 1.8T Trendline base model with 5-speed manual transmission (215797). An amount of \$17,620 financed at 0% APR equals the monthly payments of \$198 over 60 months with \$0 down payment and \$480 down payment at signing. Cost of financing is \$48 for a total obligation of \$13,600. Offer valid until September 30, 2016. Some features restricted or subject to availability in certain markets. **Up to \$6,000 bonus cash available to be applied as a discount on MSRP on cash purchase only of select models. Unregistered 2016 CC models. Up to \$3,000 bonus cash available to be applied as a discount on MSRP on finance only through Volkswagen Finance, an approved credit institution. 2016 Jetta 1.8T Highline, GLI and Hybrid models. Up to \$700 on cash purchase and bonus cash available to be applied as a discount on MSRP on finance and lease only through Volkswagen Finance, an approved credit institution. 2016 Tiguan Special Edition. Cost of financing is \$121.20 per \$1,000 financed. 2016 Jetta 1.8T Trendline base model with 5-speed manual transmission (215797). *2016 Tiguan 2.0T Trendline FWD manual transmission (215797). **2016 Tiguan Special Edition. Cost of financing is \$121.20 per \$1,000 financed. 2016 Golf 1.8T Trendline base model with 5-speed manual transmission (215797). *2016 Tiguan 2.0T Trendline FWD manual transmission and an MSRP of \$17,620. MSRP \$12,000.00. \$1,000.00 freight and PDI included. MSRP includes security deposit of \$200.00. MSRP of 2016 Tiguan 2.0T Highline TSI 2016 Golf 1.8T Highline TSI as shown is \$13,895.00. 2016 Tiguan 2.0T Highline TSI as shown for illustration purposes only. Dealer may sell or lease for less. Dealer rebates may be necessary. Offers end September 30, 2016 and are subject to change or cancellation without notice. Visit vw.com or your Volkswagen dealer for details. Volkswagen, the Volkswagen logo, "Volkswagen", "VW", "Tiguan", "GLI", "Jetta", "Highline" and "Trendline" are registered trademarks of Volkswagen AG. © 2016 Volkswagen Canada.

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	SUBARU GRANBY GRANBY	SUBARU-MONTRÉAL MONTRÉAL	SUBARU BROSSARD BROSSARD	SUBARU SAINT-HYACINTHE SAINT-HYACINTHE	SUBARU DES SOURCES DES-ROCHES	SUBARU JOLIETTE JOLIETTE	

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Garden Talk Straw Bale Garden Basics

June Angus - Main Street

Straw bales offer an easy, inexpensive way to create instant raised bed gardens for vegetables or flowers.

They can be placed wherever there is enough sunlight to support plants. And there is no backbreaking digging involved. This is an ideal way to convert a sunny, flat section of your yard into rows of veggies even if the soil is poor.

The straw bale acts as the container for a raised bed. As the interior of the bale decomposes it creates a rich growing medium for your plants. The concept has been around a long time but its popularity has grown significantly in recent years. Around Morin Heights, straw bales are an integral part of the community garden at the elementary school as well as adorning some residential lawn landscapes.



Many garden centers, home improvement stores, feed suppliers or even local farmers sell straw bales. It is wise to buy them now while they are plentiful and generally less expensive than in spring. This also allows plenty of time for "conditioning" or decomposition of the interior before planting next year.

Be sure to buy straw bales and not hay. Straw is the stalk of a cereal crop such as oats, barley, wheat, or rye after harvesting has removed the seed heads. Hay, used mainly for feeding animals, refers to grass that has been cut while green then dried. The hay bale seeds are a nuisance and can sprout like weeds up through your veggies or flowers.

First step is to choose the spot you want to place the straw bales. You can create your garden out of as many straw bales as you want, arranged in whatever shape or style you like. Set sheets of cardboard or newspaper under each bale to prevent weeds pushing up from the ground. Place the bales so the tied sides remain on the perimeter. The cut ends of straw should be facing up. If you place the bales this fall, rain and snow over the winter will moisten the bales then reactivate after the spring thaw. If you only get started next spring you must allow at least a few weeks for the conditioning process to get going before planting. Bear in mind that a wet bale is very heavy to move.

To prepare for planting, water the bales daily for about two weeks. After the first few days, add a liquid nitrogen fertilizer as you water for five or six days. By day 10, return to plain water, and continue doing that until the temperature inside the bale is close to the temperature outside. Since the decomposition process heats up the middle of the bale, the temperature needs to stabilize before planting so that you don't burn your young plants.

You can grow just about anything in a bale that you can in the ground; even root crops such as onions, beets, carrots and potatoes. Tall plants such as corn or indeterminate tomatoes can be tricky. If they get too tall and heavy, they can start to break the bale apart.

To plant, remove some straw to form a hole that meets the plant's requirements. Place the plant in the hole. Add a few handfuls of quality potting soil for extra nutrients and stability then fill the rest of the hole with some of the straw you removed. Keep the plants well watered and prepare to enjoy the fruits of your labour.

Watch for more straw bale gardening tips next spring.

Lachute Chapter # 56

The Lachute Chapter Order of the Eastern Star continues to support our 4-H group in Lachute. Pictured receiving the recent 2016 donation are Bobbi Heatlie and Brianna Elliott of the 4-H and presenters, Linda Rodger and Elaine Wilson of The Order of the Eastern Star. This group of young people give a lot of their time to entertain various groups around the area including seniors and church and charitable groups. We are very proud to be able to support them.



Benefit Dinner Raises \$3500 for Alzheimers

On Saturday, August 27, over 125 diners joined together to enjoy a delicious spaghetti dinner at a fundraiser to benefit the Laurentian Alzheimer's Society.

For the occasion, the bright sun and the galloping mercury contributed to a great turnout and the smooth running of this charity event, which raised the sum of \$3,500. This amount will be allocated entirely to home respite-accompaniment support services that meets the needs of the ever-increasingly number of those who deal, on a daily basis, with this terrible disease. The waiting list to avail the services of this program is growing day by day while the volunteers who devote themselves, body and soul, tends to run out.

The Society currently has three service points located in the Laurentians; Mont-Laurier, Ste-Agathe-des-Monts and Sainte-Thérèse.

For Julie Pominville and Nicole Lauzière who organized this benefit evening, it goes without saying that the success of the operation largely compensates for the efforts made in recent months. All funds raised will be directed towards supporting people who deal with the disarming reality of Alzheimer's every day. "We can only be proud of the final result and prepare for the next event with confidence and determination," said Julie Pominville, who has seen many members of her family, including her mother, being struck by the disease.

Thank you to all the volunteers who served approximately 127 meals during the evening. A warm thank you is also extended to the caregivers of the Laurentian Alzheimer Society for their support, and, to each sponsor who contributed to the smooth running of the event. A special thank you to Sylvie D'Amours Mirabel MP



L-R: Julie Pominville, co-organizer of the fundraiser dinner and Sophie Bélanger, psychosocial worker for the Laurentian Alzheimer Society

Where you will find the largest selection for your garden!



2

locations to serve you

2820 boul. Curé Labelle, route 117, Prévost 450-224-2000

545, avenue d'Argenteuil, route 327, Lachute 450-409-3220

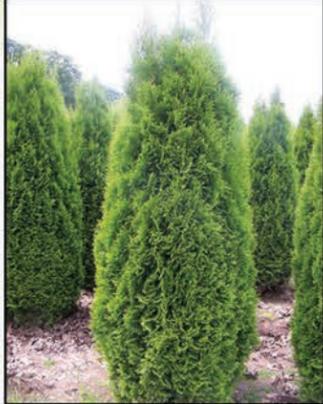
MEGA SALE!

Our End of Season Liquidation Sale is on now! Don't miss out!

UP TO 60% OFF

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Offer valid while quantities last (2016)

RELIGIOUS SERVICES



**Branch 171 Filiale
Morin Heights**

Sat, Sept 17: Méchoui - Pork & beef on the spit
Fri, Sept 23: 6 pm - SPECIAL DATE -TGIF
Wed, Oct 5: 7 pm - Live Band
Sun, Oct 9: 9 am - 1 pm - Thanksgiving Brunch
Sat, Sept 10 - Flea Market (rain day Sun, Sept 11)
Starting on Sept 19: 1st & 3rd Mondays:
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
Fri, Sept 16: 6 pm - Spaghetti Supper in support of
the "Tour Capitales Québec-Ottawa
Soldiers on Bicycles."
Oct 4: 6 pm - TGIF supper: hamburgers,
hot dogs, beans, etc.
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**

Fri, Sept 16: 6 pm - BBQ
Sat, Sept 24: 2 pm - General Meeting
Fri, Sept 30: 5:30 pm - BBQ
Fri, Oct 14: 5:30 pm - BBQ
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.

HILLSIDE CHAPEL
755, du Village, Morin Heights
Terry Sheahan
Summer Sundays: 6:30 pm
If you like country gospel and to sing old hymns,
come and enjoy our Sunday evening services.
We encourage you to bring along your
instruments and join us for a one-hour hymn-sing.
Everyone welcome!

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/mrmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Sundays: 10:30 am: Regular
worship service.
Everyone welcome.

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
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.
Sept 25 - We will hold our annual musical service
featuring the gospel group "Aeternal."
Lunch will be served in the Town Hall at 12:30 pm
followed by the service in the church.
Come and enjoy Christian fellowship in the country

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 Rénald Leroux
Worship Service - 10:30 am

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

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

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

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

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

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
Sept 18: 11 am - Visiting Clergy
Oct 2: 11 am - Morning Prayer
Oct 9: 11 am - Thanksgiving service
Oct 16: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Oct 9: 4 pm - Thanksgiving service
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Sept 11: 11 am - Morning Prayer
Sept 25: 11 am - Holy Communion
Oct 9: 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
Sept 11: 11 am - Holy Communion
Sept 25: 11 am - Morning Prayer
Oct 9: 11 am - Thanksgiving service

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Venerable Ralph Leavitt and
Rev. Nicholas Pang, associate priest
All services are at 9:15 am
Sept 11: Family Service
Sept 18: Holy Communion
Sept 25: Holy Communion
4 pm - 7 pm: Potluck at Rectory
Oct 2: Morning Prayer
Oct 9: Thanksgiving service

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

EGLISE SAINTE ANNE DES LACS
1, chemin Fournel, SADL

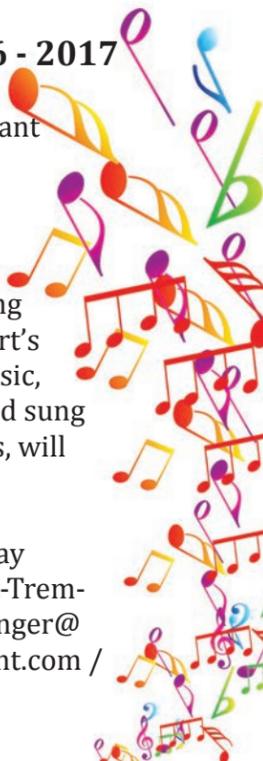
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**HONORING MOZART
CHOEUR TREMBLANT 2016 - 2017**

Under the direction of Maestro
Michel Brousseau, Choeur Tremblant
will practice the "Grand Mass
in C" – by the celebrated
composer, W. A. Mozart. One
of his major works it will be
presented as a concert in the spring
of 2017. A concert featuring Mozart's
Requiem, an exquisite piece of music,
directed by Maestro Brousseau and sung
by a choir of more than 100 voices, will
resound throughout L'Église de
Saint- Jovite on Nov 20 at 3pm.
Practices are held every Wednesday
evening from Sept to June in Mont-Trem-
blant. Info: Claire Bélanger: c.belanger@
hotmail.ca / info@choeurtremblant.com /
Facebook www.facebook.com/
choeurtremblant



**Laurentian Region
Cancer Support Group**
Groupe de Soutien du Cancer
de la Région des Laurentides



Meeting for cancer patients,
families and caregivers:

SATURDAY AFTERNOON
September 17, 2016 - 1 pm

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

General Exchange / Discussion

Next meeting: October 15

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
Sun, Oct 2: 9 am – noon: Breakfast Adults: \$7 / children \$3.50
Proceeds donated to the Arundel Public School. Like LRCC on Facebook at LRCC-Lost River Community Centre
Sat, Sept 24: 3 pm - Oktoberfest Celebration - cash bar

HARRINGTON VALLEY COMMUNITY CENTRE

The HVCC is looking for a refrigerator - please call Deedy: 819 242-8939

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
**We are looking for volunteers for our community kitchen project.
Cooks and drivers needed for 3 hours once a month on Thursday afternoons.
Info: Deedy: 819-242-8939

INFORMATION SESSION

Harrington Golden Age Centre
Thurs, Sept 15: 10 am - essential information on wills and testaments with Sarah Dwyer, notary
Light lunch served at noon.
Info / reservations: 1 888 974-3940 info@4kornerscenter.org

SCOUTS MORIN HEIGHTS

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

HOLY TRINITY CONCERT SERIES

4, Cambria (Gore)
All concerts begin at 8 pm
Thurs, Sept 29: 2 pm
The McGarrigle Sisters. Music, readings, book signing and refreshments.
Info: Linda Cass-Jones: 450 562-9620 / Jim Kyle: 514-347-1788 / Hugh Mitchel: 450 562-9249

JOYFUL NOISE CHOIR

St. Eugene Community Hall
148 ch Watchorn, Morin Heights
Tues, Sept 13: 7 pm
JNC invites you to participate and sing in the choir. Cost: \$130
Sept 13 – Dec 6 / Christmas show on Dec 8
If interested contact Penny Rose: 450 226-2746 / pennyrose@jenanson.com
Visit the director's website (Ian Lebofsky) at http://www.thephysicalvoice.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
Fri, Sept 30: 7:30 pm - concert in the St-Sauveur church (205, Principale)
Sat, Oct 1: 4:30 pm – concert with the Ensemble Vocal Artemis
Holy Trinity Church, 12, rue Préfontaine Ouest, Ste-Agathe-des-Monts.
Donation: \$10 +
Partial proceeds to benefit the church

MEDITATION HOUR

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

WINE & CHEESE FUNDRAISER

Chalet Pauline Vanier, St. Sauveur
Sat, Sept 24
Hosted by the Viking & Kayak Club
Tickets / info: Tanya Conklin: 514 608-5872 / tanyaw@bell.net

MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugene Church, 148 chemin Watchorn
www.morinheightshistory.org / mhha98@hotmail.com
Sept 11: 11 am - 3 pm: St- Eugene's Church - Annual Family BBQ
Sept 17: 6 pm - La Grange Restaurant: First Heritage Awards Gala. "Social Event of the Year!"
Tickets: \$50 per person (tip & taxes included), beverages extra. Available at Vaillancourt's and from the Directors.
Oct 1: 10 am - 4 pm: Library: Cultural Day
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 / joanford@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

FUND RAISING BAZAAR

Hosted by the Lakefield / Mille Isles Women's Institutes Lakefield Community Hall (2, Cambria, Lakefield)
Sat, Oct 1: 10 am – 2 pm
Craft table & home baking Coffee & muffins at 10 am / luncheon at 11:30 am
To rent a table call Jean Edwards: 450 566-2552

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

ANNUAL THANKSGIVING DINNER

Morin Heights United Church
Oct 8: 5 pm - 7 pm
Turkey dinner with all the trimmings
Donation of \$12 at the door

FUNDRAISER – SING FOR YOUR SUPPER

In collaboration with the Shriners Children's Hospital Comforts Bar - 795 ch du Village, Morin Heights
Sun, Sept 18: 1 pm - 4 pm - Family event with face painting, clowns, games & free hot dogs for the kids.
4 pm - 8 pm: Open Mic & BBQ hosted by Sandy Gibson and guests.
Info: 450 226-5719

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

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Maddy



Maddy needs a new home as her elderly owner isn't able to keep her any more. She's a very sweet, affectionate 4-year old spayed female, with all shots up-to-date, and a good mouser. Probably best suited for a single cat household.

Please call Linda @ 450-431-1588

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Healthy Channels How Acupuncture Works

Christopher Garbrecht, Ac. – Main Street

In the past two articles I have tried to give readers a better understanding of acupuncture and Chinese medicine. Qi does not mean 'energy', but air or oxygen,

and the 'meridians' should be translated as 'vessels', as in blood vessels. This is not to say that there is not energy in the body, but just to point out how acupuncture was developed and put into practice by the ancient Chinese.

Now, I would like to put it all together and show you how acupuncture works.

The majority of people who seek out acupuncture come for pain relief. Actually, they tend to come once their pain becomes chronic, which can be defined as a pain that has persisted for more than three months. Did you know that pain is a theory? Scientists still do not know how pain works, especially chronic pain.

The best theory I have come across is the following: To feel pain, there are two nerves involved. The first are sensory pain nerves called nociceptors. They tell the brain there is a pain, but not the location of the pain. There are two types of nociceptors; Delta fibers that produce sharp, burning pains, and C fibers that give off dull, throbbing pains. The second are proprioceptive nerve fibers, which tell the brain the location of the pain. Both nerves send signals up the back of the spine to the midbrain. Once the midbrain receives the signals, it releases endorphins/ enkephalins that bind to pain receptors, along the spine and the capillary beds, where the pain exists in order to reduce pain. Unfortunately, it seems that in people with chronic pain, the proprioceptive neural threshold is too low. The signal to the midbrain is weak and the midbrain fails to release the endorphins. That is why people with chronic pain cannot pinpoint the exact location of the pain. It gets worse though. Because the brain receives a pain signal, the brain tricks the painful area into feeling stiff because the brain doesn't want you using that body part. The brain also restricts blood flow to the area, willing to sacrifice that body part in order to save the rest. But the body part needs good blood flow in order to heal the area. The whole thing becomes a vicious circle.

Basically, acupuncture increases blood flow to the damaged area, and jumps the signal strength on the proprioceptive pathway, in order to wake up the midbrain and release endorphins. It 're-boots' the proprioceptive nerve pathway. After a few hours or days, the signal gets weak again, and the person with chronic pain needs to be treated again in order to stimulate the signal another time. The person needs their neural signal threshold to be stimulated repeatedly until the body remembers and re-establishes the normal threshold to signal the brain. This is why it is important to create a schedule with your acupuncturist and seek treatment multiple times.

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 Spinning The Vitality Wheel

Lisa Mclellan – Main Street

Forward or backward, which way will it go – against the grain or in the flow? The choice is yours. Making choices sets the vitality wheel in motion. Forward to gain momentum and build vitality with every good choice, or backward, slipping gradually further into weakness and decline. Will it be results or excuses?

Vitality is your verve, your energy, your life force. Vitality is action; strength of body and mind. Stress undermines your vitality and leads to low energy, which can devolve into lassitude and unhappiness. Unchecked, this creates a negative flow of energy, which can spiral downward into exhaustion, depression and ill health.

Prevention means to forestall, or to stop effectively. Making healthy lifestyle choices protects and enhances your vitality. The three foundational pillars of prevention are cellular nutrition, regular physical activity and positive mindset. Regular practice leads to good habits that transition into a way of being. Living a healthy lifestyle will become effortless!

Choice is a decision, which sets the life force in motion and affects the way your energy will move. Not making a choice is also a choice - one that will paralyze you and deplete your energy as you struggle with not doing something when you know you should be acting.

Making good choices is supported by:

1. Clear Intention - genuine willingness acts as the catalyst to making change
2. Curiosity - motivates you to acquire knowledge and seek guidance so that your choices are more informed and achieve better results
3. Discipline - self control we must exercise to replace bad habits with good habits
4. Patience - give yourself time to change, as you learn to commit to your health and well-being, which only gets easier as you become hooked on feeling great!

Good choices will create a positive energy loop, which will build in momentum and vitalize your life by providing greater protection against stress, disease and unhappiness. Living a healthy lifestyle daily will provide continued support to the complex biological processes necessary for optimal health, thus creating a fitness and health reserve which you can rely on to slow down the aging process and speed up recovery from injury, surgery or illness. If you neglect to use your will and your discipline to make better choices, stress will begin to chip away at your vitality and eventually overpower it, leaving you at greater risk for disease, depression and premature aging. Cellular deficiency due to unmanaged stress, inadequate nutrition and a sedentary lifestyle is cumulative. Prevention is the key to maintaining optimal health, to eliminating pain and to improving a person's quality of life.

Take a moment right now, and identify one thing you would like to change, and act on it, with love.

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MAIN STREET Photo contest

Looking for spectacular Laurentian photos for our front page for the **October & November** editions.

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 parents' 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 are: September 20 for October / October 20 for November.

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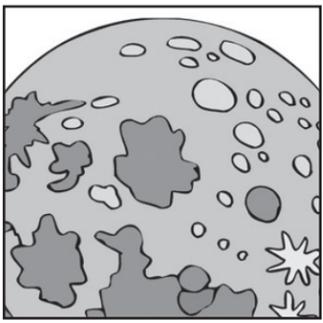
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Zach Factor The Abduction of Travis Walton

Lys Chisholm & Marcus Nerenberg -
Main Street

On Wednesday, Nov 5, 1975, life in the peaceful town of Snowflake, in north-eastern Arizona, changed forever. Shortly after 6 pm, a crew of seven loggers, on their way home, saw a bright light behind a hill. As their pickup truck got closer, they observed a glowing disc hovering above a clearing. It was around eight feet high and 20 feet in diameter. Twenty-two year old Travis Walton leapt from the truck and ran towards the craft. A brilliant blue-green light shot out from the bottom of the saucer, striking Walton and lifting him off the ground, his arms and legs extended straight out, and he then fell to the ground in an unconscious heap. The other terrified loggers sped off in the pickup. A short time later, feeling guilty for abandoning their buddy, they returned to the site to find no flying saucer and not a trace of Walton anywhere.

The next morning a large search operation was launched, involving men on the ground, on horseback, and those with tracking dogs, while overhead, two helicopters joined the effort. Meanwhile, authorities processed the fantastic story with suspicion and treated the six loggers like murder suspects. They were interrogated numerous times by the police, and the townsfolk had growing fears that Walton was the victim of foul play. Four days passed and the searchers found nothing.

Early on, the "alien abduction" story was released to print and broadcast media, and shortly radio and television crews and print reporters worldwide swamped Snowflake chasing down every potential lead or person who might provide some background, or insight, as to what might have happened to Travis Walton. On Monday, November 10, the beleaguered logging crew finally agreed to submit themselves to lie-detector tests. In the end, polygraph expert, Cy Gilson, declared the loggers answers truthful, and stated conclusively that the five men believed they had seen a flying saucer, and that they had not killed or harmed Walton.

That night, at 12:05 am, Mike Rogers answered the phone, accepted the charges for a collect call, and found himself talking to his missing friend. Travis was in a phone booth, outside a closed Exxon gas station, in the town of Heber. They found him huddled beside the phone booth cold, exhausted, confused and terrified, but alive and physically unharmed. He claimed he had not eaten or drank for days. For Travis Walton the trajectory of his life was permanently changed.

To this day, and increasingly, people are stepping forward to claim they have been abducted by extra-terrestrial beings, via contact with other-worldly space craft, or via exceptionally lucid dreams. Although sleep paralysis, and media influences, may potentially explain bedroom abduction experiences and false memories, they do not easily explain what happens to those who report daytime abductions, such as Betty and Barney Hill as they drove home from Montreal in 1961, and those of Travis Walton, who documented his story in the book, *Fire in the Sky*. They also do not explain the consistency of stories where individuals report undergoing examinations and experiments, nor do they explain how healthy people wake up with strange marks, scars, bruises, or bleeding noses, they did not have the night before.

In the past 50 years, organizations throughout the world, in the psychological, para-psychological and military fields, have been gathering data on abduction reports. MUFON, the Mutual UFO Network, have interviewed thousands of reported abductees and, in 2013, released the Marden-Stoner report that outlined commonalities of abduction reports through controlled questionnaires. Kathleen Marden, researcher and study author, suggests that only a fraction of abductees report their experiences for fear of ridicule.

Some abductees report urgent messages and information to share with humanity. Many abductees have claimed to have been taken numerous times over a period of years. For each abduction incident, there are the debunkers who know for sure that reports are all fabricated by unbalanced attention seekers, who are delusional, or at least believe their hallucinations. But 7 identical hallucinations?

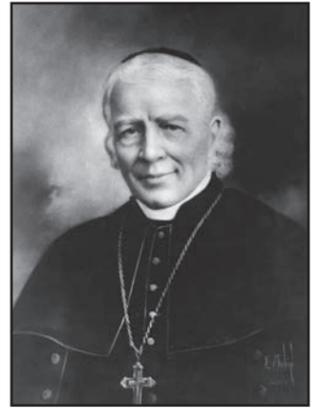
In the end, Travis Walton was never able to return to a normal, quiet family life in Snowflake. Although he still lives there, he has never been able to reintegrate into the traditional Mormon community and has, instead, spent his life as an outlier, committed to exploring what happened to him, understanding it and sharing the experience with others. His latest 2015, multiple award-winning movie, more accurately tells the story of the event, and can be purchased on-line, via TravisWaltonTheMovie.com.



The Story Behind Bishop Ignace Bourget

Joseph Graham - Main Street
joseph@ballyhoo.ca

One of the most influential people in Canadian history is barely explored in the history books, and that would be just fine by him. Jean-Jacques Lartigue named his successor, Ignace Bourget, four years before he died. Bourget, Lartigue's right-hand man, would take the bishop's initiatives to dizzying new levels, changing the fabric of Quebec society and the direction of history. Both men were Ultramontane, believers in the central power of the Pope, but it was the young, energetic Bourget who took their ideas forward. His constituency ran from James Bay to the American border, and from Upper Canada to the boundary of the constituency of the Bishop of Quebec, and he was present, encouraging and growing religious centres of education. He went to Europe, spending time in France, which was undergoing a period of religious growth. His objective was recruitment and he found new Sulpicians, Oblates, Jesuits, as well as Sisters of the Society of the Sacred Heart of Jesus and the Sisters of Our Lady of Charity of the Good Shepherd. He also had occasion to impress the new pope, Pius IX, who would become the first pope to endorse Papal Infallibility, and who would come to consider Bourget as the guiding spirit of the Canadian episcopate. Back home, he helped form the communities of the Sisters of the Holy Names of Jesus and Mary, the Sisters of Providence, the Sisters of Mercy and the Sisters of St Anne. His objective was to ensure the Catholic nature of his see but he went well beyond there, encouraging the creation of a new see in Toronto and ultimately in Ottawa, as well as the creation of the ecclesiastical province of Quebec.



Before dismissing all of this as boring religious history, we must consider Bourget's extreme anti-Liberalism, Lartigue's earlier opposition to the Patriot movement led by his cousin Louis-Joseph Papineau, and of the political influence that the Church was cultivating. The election of Reformers in Quebec in the 1840s and the divisions encouraged between them and the Rouge Party, led by Jean-Baptiste Étienne Dorion, start to reveal the Church's strategy

To understand the role of the church, imagine a movement that controlled the hospitals, social services, civil registry and primary and secondary education – roughly 75% of the total budget of the government of Quebec today. The wars of religion in France had much less to do with heaven than with where you paid your dues in this world. When the British Colonial Office left the choice of the new bishop to the Church, it was trusting in the traditional relationship that the two parties had formed since the 1760s when France abandoned New France. There was no reason to distrust the Catholic Church; it existed at the whim of the King of England and looked after a colonial people that were not of British descent. It was unthinkable that it could in any way threaten the Anglican Church in Lower Canada and the British Colonial Office had little patience for any other religions. In fact, it was Louis-Joseph Papineau leading the Canadian Party who first stood up for the religious rights of the Jews. Before these two bishops, Lartigue and Bourget, the Catholic Church was answerable to the Colonial Office; after 1836, it wasn't. The Catholic Church, no longer under the Gallican model, had become Roman Catholic. The fundamental difference between the Gallican and Roman churches was the hierarchy of power, checks and balances. The King of France was the most important ally of the Papal States and that meant that he had a say over the French Catholic Church.

Early in the 1830s, the Parti Canadien became the Parti des Patriotes and was leading the secular powers on a collision course with the Colonial Office. Their issues were very similar to those of the American Patriots just two generations earlier. But while the American Patriots managed to control their lower classes, the Lower Canadian Patriotes had to compete with the Church for support and control. After their failed rebellion, the real damage done to French Lower Canada was that the secular elite had been side-lined and there was no-one left to control the newly formed Roman Catholic Church of Lower Canada. The new French secular elite, led by Louis-Hippolyte Lafontaine, and the new Church explored their common needs into the 1840s while the remaining rebels condemned the growing power of the Church, promoted secularism, assumed liberalism was inevitable and headed for a second collision, this time with the Church itself.

While Lafontaine sought representative government through a political party, Lower Canadian thinkers including Lafontaine created the Institut Canadien, a think tank that explored the needs of a modern state. Burdened with the forced union of Lower and Upper Canada, Lafontaine partnered with the Upper Canadian Reform Party and eventually won a majority in the Assembly in 1848, obliging the Colonial Office to name him the first Prime Minister of the Province of Canada. To achieve the support he needed, he depended also on the Catholic Church, accommodating it on issues that were strongly opposed by other Lower Canada members. The idea of a political party was different from what it is today. Lafontaine formed a partnership with Robert Baldwin and the Reformers of Upper Canada, leading to the creation of other political parties. The more republican members under Dorion formed the Parti Rouge. Lafontaine and Baldwin achieved their goal of creating our parliamentary democracy but they were both exhausted by 1849 and had no further vision of where to take this new society. At the same time, thanks in part to their accommodations with the Church, its power continued to grow. The last battle would be between the Church and its only remaining opposition, the liberal ideals of the Parti Rouge and the Institut Canadien. The absurdity of what happened next explains the Grand Noirceur and the struggles that culminated in the Quiet Revolution more than a century later.

...to be continued



Travis Walton (with Lys) was a member of the Disclosure Panel at the Alien Cosmic Expo in Brampton ON in June 2016 where we met him and heard his story. Photo Credit: Marcus Nerenberg - Zach Factor.

Obituaries

BALL CLARK, Mildred (nee: Cooper)

It is with great sadness that we announce the passing of Mildred (Millie) Cooper at the Lachute Residence on Monday, August 15, 2016 at the age of one hundred and four. With the great care and kindness given to her by the staff, Millie faced the end of her life as she lived it, with a steely determination, generous heart, keen wit, humour and much courage. Millie was born in Brownsburg and enjoyed many activities as well as camping, traveling in Canada, the USA, Germany and Italy. She was also an avid card player, bowler, member of the Legion and The Orange order of Canada, and a great friend to all she met. Millie was pre-deceased by her parents William and Margaret Cooper, first husband Harry Ball, second husband Irwin Clark, her daughters Dawn Izzard and Marlene Clark as well as her granddaughter Patti Gillis. She has left to mourn, her daughter Lorraine Gillis, grandchildren Linda, Mike, Kim, Rick, Karen, Wendy and Tim, nine great-grandchildren and six great-great-grandchildren. You have taken the journey we all must take. We take comfort in knowing you are re-united with family and friends. We will miss you dearly. You are forever in our hearts. Funeral service was held on Thursday, August 18, 2016 at 2 pm in the chapel of the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.



MACDONALD Carol - Susan (1953 - 2016)

Sadly lost her battle with cancer on August 27, 2016 with her daughters by her side. Beloved wife of the late Ray Arbour and pre-deceased by her mother, Betty Leggett, father, Charles MacDonald, and sister, Linda. Survived by her daughters Jennifer (Dave), Suzanne (Jason) and Shauna. Big sister to Susan, Dave, and Brenda. Proud grandmother of Madison and MacKenzie.



A celebration of life took place on September 3 in Montreal and Carol will be laid to rest in the St. Paul's cemetery in Dunany at a later date. She will be deeply missed by many cousins, nieces, nephews and friends.

WHITE, Mervin William

Peacefully, surrounded by his children at the Hawkesbury General Hospital on Tuesday, August 9, 2016 in his ninetieth year. Beloved husband of the late Melba Dewar. Dear father of Darryl (Elda), Susan (George Heaven) and Janice (Norman Stevens). Loving grandfather of Melissa, Stephanie, Michael, Matthew, Bradley, Randy, Meghan, Ian, Meghan and eight great-grandsons. Funeral service was held on Tuesday, August 16, 2016 at 2 pm at the Margaret Rodger Memorial Presbyterian Church, 463 rue Principale, Lachute. Interment followed at the Lost River Cemetery. In lieu of flowers donations to the MacKay Center or a children's hospital of your choice would be appreciated.

IN MEMORIAM DUFF, Judith Lynn (nee: Estabrooks)

In loving memory of our cherished Judy who left us on September 4, 2015. She is sorely missed and will be forever remembered by her husband Jack, her son Jim (Daniele), her grandson John (Jenn), her brother Doug (Marie) and her sisters Pat, Arlene (Lynn) and Sue (Terry). Love you forever, Jack & family



DUBEAU, John

1915 - 2016

Passed away peacefully on August 17, 2016 at the Ste. Agathe Hospital. Loving husband of 73 years to Elizabeth Dubeau (Lothian). Caring father to daughter Elaine, the late Michael and foster father to Toulou. Loving grandfather to Melanie, Jennifer and Jonathon. Also survived by his brothers, Perley and David, and his sisters, Viola and Lillian and their families. A funeral service was held on August 27, 2016 at the Grace Anglican Church in Arundel.

CARD OF THANKS

DUBEAU, John A

Following John's death, at 101 years old on August 17, 2016, we would like to thank the nursing staff of CSSS des Sommets and the caring nurses from the CLSC. Following the funeral on Aug 27, 2016, at Grace Church, Arundel, the interment at the Arundel Cemetery and the reception at the Royal Canadian Legion, Branch 192, we are very appreciative of everyone who was so helpful, kind and generous to our family during this difficult time.

Lest we forget

Elizabeth Dubeau, his loving wife of 73 years and daughter Elaine

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4 Korner's Head Office is Moving

By Kim Nymark

4 Korner's Family Resource Center is very excited to offer 'Kids, Let's Talk'; a program for parents and their young children, ages 2 to 5 years old, in Sainte-Agathe:

Kids, Let's Talk program is a parent-child activity that will help develop and use stimulating and positive strategies to assist in language and communication. Parents will learn new ways to play with their children while placing the emphasis on language stimulation, via easy, structured and supervised activities. Each themed workshop has a song, two games, a snack and a story; the series of 8 workshops are all different and will begin mid-October.

For more information, or to register, please email: kim@4kornerscenter.org.

4 Korner's, in partnership with CHSSN (Community Health and Social Services Network), will also be offering a series of Community Health Education Program (CHEP) videoconferences at Laurentian Regional High School, in the CLC (Community Learning Center) office in Lachute. Three videoconferences are planned for this fall:

Self-Esteem and aging on Wednesday, September 28 from 10 am till 12 pm.

Anxiety, Stress and Panic Attacks on Wednesday, October 19 from 10 am till 12 pm.

Cancer: What you Need to Know on Wednesday, November 16 from 10 am till 12 pm.

And finally, we are offering a series of information sessions in 2 Argenteuil communities: Avoca and Harrington. Beginning late in September, each community will be offered presentations with guest speakers. These custom events will allow community members to have access to information and improve their knowledge of health, safety and security. The following two topics will be covered: Wills and Testaments, and Fraud. Other possible topics chosen by the participants could include: Arthritis, Balance, Memory Disorders, Funeral Planning, Fire Prevention and Safety.

For more information, or to register for the CHEP videoconferencing, or information sessions, please call Melanie Wilson at 888 974-3940 or email melanie@4kornerscenter.org .



The English Link

More Services Newly Available by Dialling 8-1-1

By Kim Nymark - Main Street

As the season begins to change and the trees start to show their colors, we know that the flu and common cold period is just around the corner. If you have a non-urgent health question, your first thought should be to call 8-1-1 Info-Santé. Now, in addition to addressing health issues, dialling 8-1-1 can also promptly put you in contact with a psychosocial intervention worker in the event of a psychosocial problem. When necessary, they may also direct you to a community or health and social services resource.

Following are some examples of situations in which you can call Info-Social 8-1-1:

- You are in a situation that causes you anxiety;
- You are worried about a friend or family member;
- You are experiencing family or relationship problems;
- You are in mourning;

If you are in a crisis situation, a psychosocial intervention worker may send someone to you for immediate assistance.

Even though there is a single number for the whole province, questions of a local nature are transferred to someone familiar with the resources available in your area. While illness cannot be diagnosed over the phone, lots of concerns can be addressed and responded to by a professional. The network is a fully integrated web of services designed to help you maintain your health and well-being, both physical and mental.

Too often, we complain that we are unable to find a doctor or appropriate resources and resort to over-use of the hospital emergency departments. By calling Info-Santé/Info-Social to ask questions and to get referrals to the appropriate agencies and services as they are needed, the pressure on the family practitioner and emergency services is reduced. The health professionals at the other end of the telephone line can guide you through dealing with fevers, simple infections, or other daily health concerns and also advise you when a visit to a doctor or the hospital is really called for.

Don't hesitate to try out the Info-Santé/Info-Social line by calling 8-1-1; press 9 for service in English, have your RAMQ medicare card on hand and ask your questions. If your phone does not allow you to dial 8-1-1, dial: 514-521-2100. Service is available 24 hours a day, 365 days a year. You are likely to be pleasantly surprised by the courtesy and efficiency of the person on the other end of the line. Québec residents can call 8-1-1 for themselves or for a family member.

If you prefer consulting the Internet, the Quebec health website at <http://bit.ly/2bdqM5a>, available completely in English, is also a great source of information on health and psychosocial topics. Select the Health and Psychosocial Issues tab, on the upper left-hand side of the page, and an extensive alphabetical list from Addictions to Yellow fever will appear for your perusal. Using these two services will free up emergency services so that they are available when truly required, such as accidents and sudden events like heart attacks and strokes.

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



Main Street Money: Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc.

INSIDE ABSOLUTE RETURN INVESTING

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Did you know that the majority of Canadian investment funds are classified as “relative return” funds? This means that their objective is to outperform a median fund or benchmark, and their performance is measured relative to the performance of that benchmark. They aim to make money when markets are going up, but are likely to lose money when markets are falling. So, when it comes to investment approaches in Canada, everything is relative – almost.

There is another type of fund available. Known as an “absolute return” fund, its objective is to make money, over the medium to long term, even when investment markets are going down. Because these funds aim to absorb market shocks, absolute return funds are generating increased attention, especially among baby boomers concerned about the impact of market fluctuations on their retirement savings.

How does absolute return fund investing work?

Conventional “relative return” fund managers buy stocks or bonds they think will outperform the benchmark (e.g., a Canadian equity fund aiming to outperform the S&P/TSX Composite Index) and avoid those they believe will underperform the same benchmark. Using these parameters, the fund managers hope the decisions they've made result in outperformance, on a relative basis. By contrast, absolute return fund managers use a variety of additional investment strategies that aim to generate value for investors regardless of market direction.

For example, two different fund managers may think that German stocks will do better than French stocks. The relative-return fund manager would buy the German stocks hoping they go up, but the absolute-return fund manager would go one step further, buying the German stocks and also selling the French stocks.

According to the absolute-return fund manager, it does not matter whether both stocks rise or fall, just as long as the German stocks do better than the French. As a result, the difference between the German and French stocks allows the absolute-return fund manager to post a positive return, even in a falling market, whereas the relative-return fund manager only makes money if the German stocks rise.

Absolute-return funds invest in a wider spectrum of strategies that are not always available to conventionally managed funds. These strategies help fund managers to generate returns, or guard against market falls. The power of absolute-return investments lies in their potential to deliver value despite market conditions.

Speak with your advisor

It is important to keep in mind that absolute-return funds are not guaranteed to deliver absolute performance, and, while some have impressive track records, past performance does not guarantee future results. You will want to consult with your advisor to explore whether adding an absolute-return component makes sense for your investment style, portfolio and financial goals.

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You may recognize these 3 or 4 letter descriptions in financial program situations, but do you know what they mean?

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Enjoy the warm weather and stay safe. If only we could save enough money to contribute to all these various plans...the important thing is to realize and understand what would be best for you, given your unique lifestyle, financial obligations and knowledge. It is hard to save, but you must, since life can throw challenges at you at any moment.

For further information, please call me at 514-788-4883, my mobile is 514-949-9058 or email me at Christopher.collyer@manulifesecurities.ca

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Doma - A Passionate, Multitalented Artist

Iliana Abileah - Main Street

DOMA is a painter, photographer and author. She left her home in Belgium to travel, and, for the past thirty years has been living on several continents, including in the shade of Mosques in Morocco. She now divides her time between Guadeloupe and the Laurentians of Quebec. Doma has joined expeditions to Greenland, Antarctica, Kamtchatka (in Russia) and Iceland and shares her experiences of places she has visited, and, the people she has met, through her paintings and writing. She is particularly fascinated by the two poles; the northern with the Inuit people and polar bears, and the south pole with its immense colonies of penguins, seals, and migrating birds.



Doma hopes that once captivated by the polar areas' beauty and vulnerability, measures will be taken to preserve their splendor for generations to come.

Doma's Exhibition of paintings entitled, “Faces,” reveals the souls and life experiences of the people she has encountered during her travels and can be viewed at the St. Faustin Cultural center until Oct. 15.



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I'm Just Saying Convenient Truth

Ron Golfman - Main Street

While waiting well past the designated time for an acquaintance who had promised me an hour of his time to help me move something, I came to the realization that, much like the literary masterpiece, *Waiting For Godot*, he was not coming any time soon. I eventually located him, a few sheets to the wind, at a local pub, and he used "oh, I thought when you said next Friday, you meant next Friday." Given that we'd made the arrangement on Monday, I decided to write about how people use convenient truth.

I'll admit that I err at times, but not because I want to utilize the title of today's column, but rather, I am humbled at times by simply conceding that I just forgot. Many of my friends and family make social commentary on my practice of writing most things down in an effort to remember my commitments, yet they don't seem to mind that I keep my word mostly because of this exercise. Call me Mr. Post-it, but know I'll show up.

Convenient truth rears its head in a variety of ways; one buddy of mine, when we play golf, is convinced that we believe, (as if his Nike golf ball was immaculately conceived) his shot actually hit the pond and miraculously jumped back onto the middle of the fairway, every time. Mind you, this is the same fellow who, after carving the grass as if using a shovel and not an iron, submits that he had a 5 on the hole.

Some folks are better than others at pulling off the convenient truth, while others are the ones you wish you were playing poker with, given their "tell" or ineptitude at trying to get one by you. One of my pals is notorious for this to the point where, on route to a hockey game at the Bell Center, he exclaimed, "shoot, I forgot my smokes and wallet in my car, can you spot me for now?" The only issue I had with his claim was that we were actually travelling in his vehicle.

One of my biggest pet peeves is when you've made arrangements to contact each other prior to a meeting, and the other person employs "I thought you were going to call me". It strikes me that if two people made a date of sorts, both would be aware of the arrangement and waiting for each other, and both would eventually grow impatient with time passing. These are the same people who say "I'll get back to you," as if you had nothing to do with your life except sit by the phone, or window, waiting for the whim to strike them to contact you.

This summer, I had two different people, righteous as the day is long, use some lame excuse to become angry and indignant with me, falsely, I might add. Only later I discovered that their real motivation was to get out of something they'd previously committed to. When writing this article, I have a special place for them on my contempt list.

While I concede that, with the exception of the people referred to in the last paragraph, I prefer to believe that life is too short to stay mad at others. It's simply not worth one's mental health to hang onto the gristle. As a rule, most people I know are true to their word, and I appreciate that about them. As for the others, and I'm Just Saying, as opposed to using convenient truth as a tool, simply base your decisions on yes, or not!



Making it Work in the Laurentians Crowdfunding 101 & Finding Value for Today's Entrepreneurs

Melissa Payette

What is Crowdfunding, Exactly?

Crowdfunding is a phenomenon that has taken root in most major industries worldwide as a way to source funding from a large number of people through the Internet. It has, without a doubt, changed the way companies and individuals are able to fundraise for a given product, service, or project, and has proven to be a valuable way to introduce customers to potential ventures that are of direct interest to them. Although crowdfunding began with just a few key platforms, there are now over 1,250 websites around the world, which serve the purpose of raising money in 5 ways: by donation, with a reward, through debt, offering up equity, or, with a royalty percentage on your revenue. Some key players include Indiegogo, GoFundMe, Razoo, as well as American giant Kickstarter, and, Montreal-based Haricot.

How to Successfully Crowdfund

Choosing the right crowdfunding site is essential for your product's success in reaching your fundraising goal. You want to ensure your project aligns with the vision of the website you choose; although some are general purpose, many crowdfunding platforms are geared towards a specific niche or industry, such as non-profit campaigns.

Once you've chosen the crowdfunding site that fits your brand best, it's important to create a campaign that is unique, realistic and attractive for your potential consumers. You want it to tell the story of your product and why others would want to invest in your idea. By really capturing your audiences' attention, you increase your chance of developing a loyal consumer when your product / service officially launches. Once you've launched successfully, marketing your campaign is an integral part in ensuring you're able to raise money. Your marketing strategy must be well thought out and cover e-mail, social media, as well as using friends and family for word-of-mouth and online sharing. You can even use your campaign as a way to develop early feedback about your product, which can later turn into testimonials for your website.

More than Just Funding

Developing a crowdfunding campaign is a great way to evaluate market demand for your proposed product or service. Before you launch, take some time to research your competitors and study how your project can differ from theirs to gain significant interest. The uniqueness of your offering is what will garner you positive visibility, establish presales (if you're offering them as part of your campaign) and will help you find the support you need to succeed. You can also choose to crowdfund for only one specific aspect of your new business before the full launch, supporting a lean start-up approach and being certain that you are giving your customer what they actually want. Crowdfunding is an excellent way to simultaneously build your brand image and develop your consumer base - the clients that will be your brand ambassadors, and your key to future growth.

Learn more strategies on successful crowdfunding- Join YES on Facebook or contact us 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.

Spotlight Mont-Tremblant

Erin McCarthy

Hello all! So nice to be back in the Laurentians and grateful to be given the opportunity, once again, to be part of the Main Street team! To re-introduce myself briefly, I lived in Mont-Tremblant from 2007-2009, during which time I wrote for Main Street and handled distribution and marketing for the Tremblant region. Then, I left for just over five years to pursue travels, studies and love, and, now, the Universe has brought me, my husband and daughter back to beautiful Mont-Tremblant.

Since returning in February 2015, I have become re-acquainted with the community where I have been greeted by familiar faces, places, sights and sounds. I have also noticed how much has changed - new businesses, revamping of old businesses, structural development, community programming, as well as many new people - entrepreneurs, artisans, athletes, parents and children. This progression makes for a very dynamic relationship between an eclectic community and a constantly evolving landscape. My intention with my writing is to feature the events, people and places that exemplify the diversity of the extended Mont-Tremblant community, and to share their stories with the larger Laurentian community network. So, here goes ...

August 11-14: Mont-Tremblant hosted its fourth edition of the lifestyle festival, Wanderlust. Wanderlust festivals are explained as "all-out celebrations of mindful living," and take place at the world's most beautiful and inspiring mountain resorts. I was fortunate enough to be able to spend one of four days experiencing all the festival had to offer, and I was truly impressed with how much it has evolved since its pilot event in 2013. Speaking with one of the yoga instructors,



Nicole Jones, with whom I had the pleasure of practicing, at the festival this year, I asked her what has made Wanderlust so successful, and why it is so much more than just a yoga festival? She replied, "The festival brings together people from different communities; a myriad of instructors with different specializations, and the number of workshops offered is incredible - a wide variety of yoga options, guided hikes, runs, meditation, slack-lining, inspirational speakeasy talks, live music, gastronomy, and the list goes on! There is really something for everyone!"

Although the event has already come and gone for this year, I urge you to keep it in mind for next summer! This festival is suitable for beginners to advanced practitioners, as well as for families. Even if you don't choose to participate, there's a ton of free stuff given away at the sponsor kiosks around the resort, plus free, live music all weekend!

Something to look forward to next month is the third edition of Tremblant Gourmand, taking place from September 10-18. This epicurean festival provides an opportunity for all restaurants at the Mont-Tremblant resort to showcase their food and beverage menus and share them with the public. Festival organizers partner professional mixologists with each participating restaurant, and then offer demonstrations of feature cocktails, as well as food and beverage pairings.

For example, this year, Casey's restaurant will be partnered with mixologist and Jack Daniels ambassador, Jonathan Homier, and will feature southern-style cocktails made with Jack Daniels Tennessee Whiskey. The cocktails will be paired with Casey's renowned ribs, lacquered in a special J.D. BBQ sauce and served with grilled corn, glazed in a Honey Jack liqueur sauce. In keeping with the southern-country theme, Casey's will also have a mechanical bull set up if you care to try your hand at rodeo!! For more information about Tremblant Gourmand, visit www.tremblantgourmand.com.





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