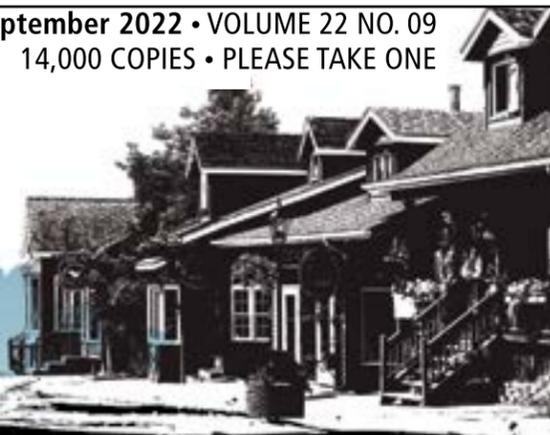


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STONE GROUND IN MORIN-HEIGHTS

What's On My Mind...

The whisper of change

Susan MacDonald, Editor

It's mid-September, time to say farewell to our glorious summer and welcome to a beautiful autumn. Already there is a whisper of change with a new freshness in the evening air and, hints of colour appearing against fading, green backdrops. Soon, our Laurentian forests will be ablaze with spectacular hues of red and gold, offering unparalleled views of this region we call home. If you're looking for a free outdoor adventure, pack a picnic, jump in the car and head out in any direction. My favourite autumn excursion is following the Rouge River to Arundel, followed closely by the climb up Route 329 towards Sainte-Agathe. Both drives offer some pretty amazing photo or artistic opportunities.



Harvest season is also upon us as we now enjoy the 'fruits and vegetables' of our summer labor. What isn't cooked up for dinner will soon be canned and stored for winter. Keeping an eye on night temperatures is a must now as that first hint of frost can surprise us at any time.

School buses are back on the road so please be prudent, patient and respectful of the flashing lights. The drivers do their best to ensure the safety of their passengers but it is also up to us to share the roads safely at all times.

Many of our friends and neighbours have now closed their cottages for the season. This is the time of the year when vandals and thieves make the rounds targeting easy, unprotected homes. Keep vigilant to avoid robberies and property damage and report any suspicious people or activities to the local authorities.

Our wildlife is also preparing for winter, either storing food supplies or strengthening wings for the long journey south. We tend to see more activity from them at this time of the year so when out in the woods, be sure to make enough noise to announce your presence to avoid possible negative interactions.

By now, it is likely that most of you have had the pleasure to meet some of the candidates who will be participating in the upcoming election. Daily, they are out in public meeting their constituents and, sharing their views and goals for the future. Listen to them carefully, weigh their objectives and, on October 3 head to the polls and cast your vote. There are several options available for you to do so including online, advance polling and in person.

Welcome to autumn, have a wonderful safe season and...

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4korners

Providing tools & space for self-expression

Melissa Grandmaison

The services and activities provided by 4Korners have a huge impact on the lives of young families, perhaps none more so than Julia, mother of four.

She first heard about 4Korners through a mom's group and was delighted to bring her two- and three-year-old boys to the Mornings in the Park summer activity. For a mom parenting through a pandemic, it was basically the first opportunity for the kids and the parents to socialize. But it was the Social and Emotional Learning after-school program that really made a difference for her eldest child.

They struggle with emotional issues as well as some learning and language disorders. Julia had received some services through the CLSC but almost everything was in French which, coupled with the language disorder, was challenging for her 11-year-old. The change she saw in a relatively short time was amazing. Instead of messages from the school about bullying and aggression on the bus, Julia was now watching her child leave the after-school program chatting with several other kids.

By providing her child with the tools and the space for self-expression Julia said that her youngster just seems happier. Even the CLSC psycho-educator on their case was able to close their file. She told the family the child was doing so well she wasn't needed anymore. Julia is now looking forward to exploring more activities available at 4Korners.

If you would like to learn more about 4Korners and the services/activities that we offer please visit our website at www.4korners.org or contact us at info@4korners.org



Making it Work in the Laurentians

To move or not to move: relocating for your career

Maya Khamala

Let's face it: the job that best matches your specific needs and goals isn't always a stone's throw away. Sometimes, the ideal job can only be found miles away from your current life. But deciding whether to relocate for a new job is rarely straightforward!

Making a decision

Deciding to relocate can be a massive decision, with countless factors to consider. If you have a partner or children, it's even more complex. While relocating may equal huge strides in your personal and professional development, it poses risks as well. Here are a few strategies to help you decide:

- Discuss it with your family: Kids may grumble but will likely adjust. Your partner, on the other hand, may have a career of his/her own, not to mention personal ties. You shouldn't rush this choice.
- Seek outside input: Seek advice from people who aren't too close to the issue. Your boss likely has a vested interest in your move, as do friends and family. Remember, no one is neutral.
- Don't overthink: Weighing the pros and cons with a well-organized spreadsheet can feel like due diligence but resist overanalyzing to the point of paralysis. Think about your personal and professional satisfaction alike.
- Don't lose sight of why you're considering this move: Keep your eye on the prize. The relocation could be a potentially enriching and even life-altering experience.
- Think development: A new job may help you fill in gaps in your skillset and experience, increasing your professional allure.
- Think trajectory: View the opportunity within the context of your long-term professional trajectory. Consider how it aligns with your goals. Be it financial stability, increased satisfaction, better work-life balance etc., will the job get you where you're going?

Do you have an out?

Worst-case scenario: you and your family are unhappy and you realize you've made a mistake. Even if this is unlikely, it's smart to be prepared whenever possible. Here are a few factors to consider when hatching an exit plan:

- Moving to an isolated location presents far fewer options if your new role doesn't pan out.
- Taking on a hyper-specialized role could mean boxing you in professionally.
- Remaining in a particular place for too long may deem you a specialist for that region. Think through how long you want to stay, whether for a year, or forever.

Relocating could be the career move of a lifetime

If you have the opportunity to relocate, be sure to at least consider it. Think it through, have the necessary conversations and, envision all you stand to gain by taking a leap of faith! Ultimately, leaving your comfort zone is what helps you grow, both professionally and personally. Taking a chance on a big move can lead to countless new opportunities and, maybe even your dream job. Not to mention, it's an adventure.

A YES Career Counsellor can help identify and assess career goals and opportunities and give you the tools and practice you need to secure the job that is the best fit for you. Visit yesmontreal.ca today.

24th Quebec Public Libraries Week - "My Library: Beyond Words" Video Contest

This year's theme for Public Libraries Week, which will take place from October 15 to 22 is: "My library, beyond words". To highlight this event in a big way, the Réseau BIBLIO des Laurentides is offering a contest that will benefit both the winner and their home library!

Citizens of member municipalities of the Réseau BIBLIO des Laurentides are invited to submit a short video expressing their pride and love for their public library in a fun and creative way.

Objective of the competition

To promote and showcase a public library whether it is a loved collection a special activity, the staff or as a place where people can linger to read...

The role of a library goes beyond words: it is essential to communities and it is a pride for citizens. The better the public libraries, the more their community can be proud of.

Prizes

By participating in the video contest, participants have a chance to win a booksellers gift card of \$500 for them and \$2,500 for their library! Three \$100 Booksellers gift cards will also be drawn from the submitted videos. The contest will run throughout the month of September and all videos that meet the criteria will be submitted to the members of the jury, which will be made up of three General Managers from the Regional BIBLIO network. The announcement of the winners will take place during Library Week on the Facebook page [Ma BIBLIO à moi](https://www.facebook.com/MaBIBLIOamoi).



Laurentian Personality Stephan McNicoll - a tough act to follow

Lori Leonard – Main Street

Stephan McNicoll has been recently referred to as “The Mick Jagger of the Laurentians”, a name he is fond of and, understandably so.

Stephan is the baby of his family. He was brought up and lived in Gatineau with his 3 brothers and older sister. His mom was a singer in the church choir and Stephan enjoyed accompanying her. He says, “it felt good to sing and I loved the attention”. In high school, he realized he could “really sing” when he was asked to sing Edelweiss, a sound track from his fave classic movie, The Sound of Music. Being a hopeless romantic, while he was growing up, Stephane composed his own melodies about family, friends and love. He is a sentimental musician. He won’t play cover songs with his guitar (only his own compositions) and sings without his guitar with his long-standing GCR band mates.

Stephan was always in awe of Elvis and his exceptional talent and was inspired by his heartfelt, rich ballads such as “In the Ghetto”. He listened to this song often and cried with his sister when he heard of Elvis’ passing in August 1977. Another performer he loved was Kenny Rogers who sang ballads such as “The Gambler”. Other artists who made a strong impression on Stephan were Mick Jagger (of course!), Tom Petty, Otis Redding, Led Zeppelin and John Cougar Mellencamp. He is also passionate about Motown music and performs it often. Stephan doesn’t listen to “new hits” on the radio, as he doesn’t want to be influenced by the marketplace when it comes to composing his own material. He prefers to embrace his own unique style.

Stephan often plays at Le Pub St. Sau and was introduced to owner, Hughes Néron, by Dan Martel, well-known, well-loved local sax player. The rest is history! He has performed as singer of GCR (Genuine Classic Rock) for 20 years. GCR is comprised of Sebastien DiFrancesco (bass), Martin Perreault (lead guitar), François Thérien (keyboard) and George Grandcharoff (drums). The band members have a deep respect and love for each other. When they start to play, magic happens! After performing his energetic (that’s putting it mildly) show, Stephane likes to go home, spend some quiet time and perhaps compose a new melody. He has a 16 year-old son, Pierre-Alexandre whom he adores. They spend lots of time together canoeing, skiing, sliding, camping and as Stephan says, he spends much time “just running after him”.

He says that although he visits and performs in many locales, that St. Sauveur is his home and where he feels best. Stephan loves performing in large shows, but also entertains people with his band GCR in private homes in the Laurentians and Montreal. His favorite songs to perform are “Turn the Page” by Bob Seger and “Yellow” by Cold Play, but his band’s signature song is the Ike and Tina version of Proud Mary, which they perform to perfection.

When Stephan performs he uses 150% of his energy and the crowd takes it all in. As the crowd cheers him on, he gives them even more of his energy. He is known to take his act outside Le Pub St. Sau onto the streets and the crowd loves it. I wondered how he was able to extend so much energy in his shows.... He disclosed that in his “day-time life”, he is a gym teacher for kids and enjoys setting a good example for them.

If you have not yet had the pleasure of watching “Our Laurentian Mick Jagger” perform, I encourage you to do so. Stephan would like to share his mantra with you, which is “Live in and enjoy the present moment”.

Stephan, we hope you and the members of GCR will continue to perform together and entertain us for a long time to come!



Photo credit: Blacky Patsy



Photo credit: Photobug



In the Anglosphere Theatre Morin Heights

Kathleen Hugessen
Penny Rose

The cast members, who include director Noel Burton, are clustered around a big table in a screened-in porch on a perfect August afternoon. They are working through the script for Perfect Timing, a farce by playwright, Kristi Kane. This is only the third reading and not the full cast, just those with lines in the pages they will tackle today. Burton explains the goals for these very early days: “We’re finding out what’s going on,” he says. “We don’t want any ‘acting’. We’re searching for the characters.”

Slowly, they work through the script, discussing cues, delivery, business, costume changes, props and character development so there will be a polished whole when the first performance, on October 19, rolls around.

We’ll leave them to it.

June Angus is a board member of TMH and acts as its de facto historian. “I have these giant spreadsheets with all the details of productions since 1985,” she says. “I also have three overstuffed big binders with all the promotional materials.”

Angus’s stint with TMH began at its rebirth. It was originally established in 1985. Sarah Solley of Books And Things, Morin Heights shop, became the leader of a steering committee, which set up TMH. It became a major source of entertainment for the local and regional community. However, over time, interest waned and those involved “drifted”. Finally, in 1997, it ground to a halt. Angus says, “A changing of the guard reignited interest.” In 2002, when she joined, it took on the name and has been going continuously ever since. Today, Angus is secretary, and handles publicity and marketing, including the Web site content.

President of the four-member board is Nancy Brown, who has held the position for three years after starting with the group as a volunteer. “We are one hundred per cent volunteer,” she says, “and always looking for more.” She says changing demographics are introducing new blood, such as Natasha Visosky, producer on Perfect Timing, who comes with theatre training and experience.

Brown says TMH is evolving. “The impetus this year is to get us into the 2020s virtually,” she explains. “We used a grant to buy audiovisual recording equipment.” This means productions can be recorded as they were last year during COVID, using borrowed equipment. Brown says the videos were offered as private viewings “with popcorn! It was great fun.” The idea is eventually to create something like a YouTube channel—a sort of theatre on demand. “And we want to go more inter-municipal,” she says.

Angus says there is lots more to TMH than just the annual fall production. “We do cold readings, rehearsed/staged play readings (especially during COVID and with a well-spaced audience), activities with kids, and projects with Morin Heights Elementary School.”

She pauses. “We try to have fun and give back to the community.”

Perfect Timing will be performed at Chalet Bellevue in Morin Heights from October 19 to 23, with four evening performances and matinees on Saturday and Sunday.

For more information on dates, tickets or to volunteer, please visit the TMH Web site at <http://www.theatremorinheights.ca/> Content is continuously updated.



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Arundel News

Janet Thomas

Brayden Odell AVM fundraiser a huge success

Thank you to the many who came out in support of the Brayden Odell-AVM Awareness Golf Tournament to raise money for AVM medical research. Together, you raised \$40,000, which is amazing for a first-time event. AVM (arteriovenous malformation) is a silent killer. The goal of the Brayden Odell Fund is to establish early screening and detection through blood tests so that other families will not live the nightmare, which the Odell family has suffered. To further support this cause, please donate to the website www.teambrayden.org OR by cheque to CHU Sainte Justine Foundation att'n: Marie Brunet, 5757 ave. Decelles, bureau 500, Montreal, Qc H3S 2C3

Please be sure to direct your cheque to the "Brayden Odell Fund". Donating by either method, you will receive a tax receipt from Ste. Justine Hospital. Please be generous. Help those beautiful children who, like Brayden, may not get to live the life they deserve.

Memorial for Peter Robertson

Arundel Golf
Sept. 18: 1 pm
All welcome.

Montcalm Journée de la Culture: October 2

Community Center, 33 Ch. du Lac Rond Nord, Montcalm

Paper crafting workshop: 11am to 1pm with Magali Bertrand, paper artist
Come and discover the magic of transformation! From recycled fabrics and paper, participants will create new leaves with natural dyes and plant gathering. A soothing and creative workshop, with hands in the water.

Storytelling by Yvon Boutin: 1:30 pm

"Culture is also about learning from those who came before us...the old ones"! The storyteller will share moments with some fabulous characters from his universe.

Stations Éphémères 6th edition: organized by the MRC des Laurentides

Six artistic creations in the spirit of the land, integrating several mediums (crafts, sculpture, painting, etc) will be exhibited in different locations along the Aerobic Corridor between Morin-Heights and Amherst.

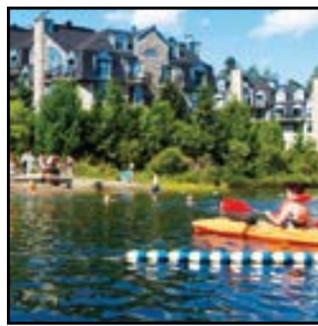
Montcalm Ephemeral Station #4, is at KM 30 / Parking: 2 rue de l'Église

Artist: Isabelle Mougeot.

7th Annual Arundel Art Show another success

The 7th edition of the Arundel Art Show saw thirty professional and semi-professional artists gathered on the lawns of the Arundel United Church to showcase their work. There was something for every taste and every budget. Each year the Arundel Art Show hosts local acclaimed painters, sculptors, ceramists, and stained glass artists. If you would like to participate in the 2023 season, please contact Janet Thomas: janet.thomas700@gmail.com

The City of Mont-Tremblant is proud to present a check for \$4,532 to the Center d'aide La Samaritaine Mont-Tremblant, following the Great sale of used books from the libraries of Mont-Tremblant, held on July 23 and 24 last.



About Sainte-Adèle

Chris Lance - Main Street

The inauguration of the Centre sportif des Pays d'en Haut took place on Friday, August 19. The public was welcomed on Monday, August 22 to swim in the pool and skate on the new indoor ice surface. Politicians present for the opening of the

new facility included our Mayor Michele Lalonde and Mayors Tim Watchorn from Morin Heights and Jacques Gariépy from Saint-Sauveur, Director General of MRC Jackline Williams and, André Genest, Prefect of the MRC des Pays d'en Haut. The 45- million- dollar project took two years to complete and is located close by our high school A.N. Morin. Activities for the fall will be announced on September 9, 2022. You might want to check out the other fall projects for locals to sign up as these registrations close on September 11.

The Fondation médicale des Laurentides des Pays d'en Haut is once again hosting a dinner to raise funds. The dinner takes place October 20 at the Mont-Gabriel Hotel. Tickets are available for \$250 at daniel@fondationmedicale.com or by calling 819-324-8923.

The Féerie des couleurs, a 3-day event opens to the public on October 8 from 10 am to 5 pm at Place des Citoyens. The artistic presentations are developed by local artists in and around our region.

The 4th edition of La Grande Marche de Sainte-Adèle takes place on Saturday, October 15 at 9 am over at Mont Loup-Garou. Instructions can be found at Ville de Sainte-Adèle Facebook page.

The leaves will be turning to fall colours very soon and for residents the trails are free to use at Parc du Mont Loup-Garou, Plein-air-Sainte-Adèle and Parc de la Rivière Doncaster. Make sure you have your resident card handy when you use these parks.

The Collectif Legendary crew, a break-dance group is available to high schoolers from l'Ecole A.N. Morin on Wednesday, September 28 and Thursday, September 29 at Salle Augustin Norbert Morin.

It's that time of year to prepare for our long winters. You might want to check your fire alarm systems, batteries and function. Also, you should get your chimney cleaned. Have a look at your heating systems and clean the delivery ducts.

Get out and enjoy the tail end of our wonderful summer – you can still swim, play tennis, pickleball, petanque, walk, bike and run. Put on your shorts and Ts and feel that warm weather and observe the seasonal change of foliage.

Oktoberfest is coming up on September 30 through October 2nd. There are 500 beers to taste, 10 free musical events, 20 restaurateurs and 6 food trucks. Come out and have a drink at Place des Citoyens – you can check out what event and what's happening at www.oktoberfeststeAdèle.ca



Cancer Support Group Next Meeting September 17

Feeling overwhelmed? How to identify and cope with these feelings is on the agenda at the next Laurentian Region Cancer Support Group meeting September 17 at 1 pm at Chalet Bellevue in

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



Photo from left to right: Mrs. Guylaine Lyras, municipal councillor, Mrs. Caroline Dumouchel, general manager of the La Samaritaine help center and Mr. Jason Kemp, coordinator at the Culture and Recreation Department.



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September 2022

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MAIN STREET



NEWS BITS FOR SEPTEMBER

Sainte-Adèle

The MRC council meeting of August 16, 2022 appointed Philippe Leclerc as the new director general of the MRC des Pays-d'en-Haut. Mr. Leclerc will officially take office on October 11 to replace Jackline Williams, who has held this position for the past seven years.

The MRC des Pays-d'en-Haut takes this opportunity to warmly thank Jackline Williams for all the work accomplished during her seven years at the helm of the general management of the MRC, thus concluding a brilliantly led career in the municipal sector, in particular for sixteen years within the MRC of Antoine-Labelle. She will hold the position of Advisor to the Director General until December 31, 2022.

Mont-Tremblant

New to Mont-Tremblant?

The City of Mont-Tremblant invites all those who have settled on its territory over the past year to a welcome cocktail on September 22, at City Hall. This is an excellent opportunity to



learn more about the activities and services offered by the City while meeting elected officials and the management team in a relaxed atmosphere. The event takes place in the form of a course lasting approximately 1 hour. To participate, registration is mandatory (limited places): choose your time slot (arrivals every 5 minutes) at villedemont-tremblant.qc.ca/accueil. For more information or assistance, contact the Communications and Citizen Relations Department at 819 425-8614 or info@villedemont-tremblant.qc.ca.

Saint-Sauveur

In order to maintain and improve its municipal infrastructure, the City of Saint-Sauveur plans to invest \$11.8 million in its road network, buildings, sports facilities, aqueduct and sewer networks.

Restraints and closures

The City informs that certain works will cause hindrances and street closures, as well as water cuts. Measures have been put in place to minimize the impact of the various projects for citizens. To stay on the lookout for notices issued, or to register, free of charge, for the citizen alert service, visit the Ville de Saint-Sauveur website at www.vss.ca

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations and welcome to:

Philippe Rhinan, new owner of **Ah! Tout Cru dans le bec** located in Morin-Heights, the only one in Quebec to produce 100% organic, activated (soaked to sprout) stone ground nuts and seed butters. Amazing products, more easily absorbed by our bodies than regular nut butters. Incredibly healthy and nutritive, they can also be used for cooking. Make your own almond, hemp or hazelnut milk with these nut butters in 10 seconds! Add them to your smoothies! Ah! Tout cru dans le bec offers the best ever raw coconut butter. They offer tahini and items your kids can use for healthy snacks in their lunch bag and suggest recipes that enable you to create dairy-free Alfredo sauce, creamy hummus and other delicious meals with great nutritive value for the whole family! Their butters are made of only one ingredient, the grains or the nuts that constitute them, which come from certified organic farming. Not surprisingly, their slogan is: "The difference is tasty, taste the difference!" Check the website to buy online or find out where you can purchase these amazing products: www.ahtoutcrudanslebec.com More info: 514 836-2725.



Centre Spa Pur Mer, 250 rue Séraphin, Ste. Adèle who opened their doors on April 15, 2022. A day at their spa includes swimming, visiting their indoor and outdoor spa, enjoying the sauna, the aromatherapy room and, a relaxing outdoor terrace. They also rent out space for activities like soft gym (Yoga - Qi Gong - Meditation classes). They have an international squash court and another court for Pickle ball, which they rent out to players. They offer massages, manicures and pedicures by reservation. They cater to people who are interested in their well-being. They have recreated an ocean water pool that is refreshing and relaxing; the next best thing to being on a seaside vacation. Open from 9 am until 8 pm 7 days per week. They offer bottled water, cold pressed organic juices and healthy snacks. What sets this spa apart is that it offers activities that are excellent for the body, mind and soul, with the benefit of relaxation. Special offers are granted to clients who have a membership and these vary every month. Best of luck to all of you! 450 622-0787 / info@centrepurmer.com / www.centrepurmer.com



Happy 40th Anniversary to:

L'Ombrelle, a support center for women who are experiencing domestic violence in their home. This center has existed for 40 years in order to help women, children and families in the Laurentian region. Last year alone, L'Ombrelle responded to more than 2500 demands. Our Laurentian population expanded the last year and covid also played a significant role in home environments with a dramatic rise in domestic violence. I was told that some Canadian men who travel south on vacation bring back women who are promised a wonderful life in Canada.



Upon their arrival here they are preyed upon by that person because they often do not speak the language and do not have any family or friends for support. This leads to extreme isolation for them and often leads to domestic abuse from their partner/husband. Let's keep an eye open to help women in these situations. If you are experiencing domestic abuse or want to report someone who needs help, please call **819 326-1321**. The exact location of L'Ombrelle must remain confidential for obvious reasons, but the center is located in Ste. Agathe. Website: www.lombrelle.qc.ca Thank you so much for helping women in abusive situations. Wishing you many more years to carry out your wonderful work!



FASS - a triumphant 31st season!

Our 31st season this year was another great success! Thank you to all for being present in such large numbers. More than ever, our program was sumptuous, including **9 shows in the Big Top, 24 performances at the Dance Trails and 4 shows on the Desjardins stage**. All this plus a second edition of the **FASS Forward** dance film festival, the FASS Dance Battle competition... and more!



Les journées de la culture

September 30th
October 1st and 2nd

For complete program details :
culturepdh.com

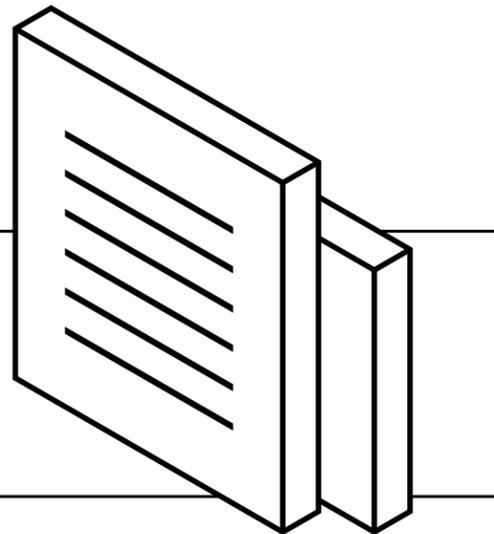
CULTURE
Pays-d'en-Haut

Estérel • Lac-des-Seize-Îles • Morin-Heights
Piedmont • Saint-Adolphe-d'Howard • Sainte-Adèle • Sainte-Anne-des-Lacs
Sainte-Marguerite-du-Lac-Masson • Saint-Sauveur • Wentworth-Nord

Festival des arts de Saint-Sauveur 2021 Photo : Vanessa Fortin

From September 12 to 29 Register your name on the list of electors or change your entry

- To vote, you must be registered on the list of electors.
- You can make sure by checking the notice of entry sent by mail or by visiting our website, at www.elections.quebec/check.
- If your name does not appear on the list or if you notice an error, go to the address on your notice.*
- Bring one or more pieces of identification that together show your **name**, **date of birth** and **address**.
- On September 23, 24, 27, 28 and 29, you can vote at the same time.*



New

Until September 19 at 9 p.m., you can **apply online** to change your entry or to register on the list of electors at www.elections.quebec/register.

Don't wait until October 3 to register on the list, it will be too late!

On September 25 and 26, from 9:30 a.m. to 8 p.m.

Vote in the advance poll

- Check the address of your advance polling station on the notice of entry sent by mail or on our website, at www.elections.quebec/where-when.*

On October 3, from 9:30 a.m. to 8 p.m.

Vote on election day

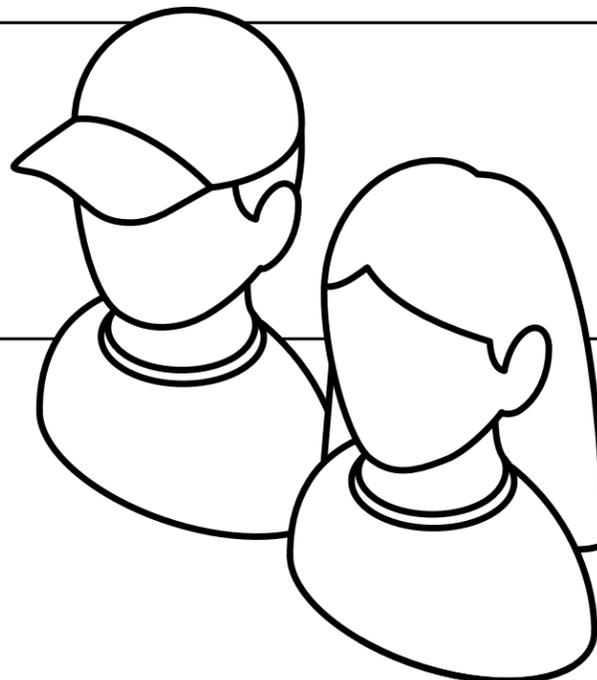
- Check the address of your polling station on the **yellow** reminder card sent by mail or on our website, at www.elections.quebec/where-when.*

Bring one of the five pieces of identification required to vote

(Québec driver's licence, health insurance card, Canadian passport, Indian status card or Canadian Forces identification card).

Experience democracy as a family!

Do you have young children? Introduce them to democracy by accompanying them to the small polling stations. Set up in each polling place, the small polling stations allow children to answer a question specially created for them. Discover this question at www.elections.quebec/smallpolling.



For more information

- Visit our website, at www.elections.quebec/en
- Contact us:
 - by phone: **1-888-ELECTION** (1-888-353-2846)
 - by e-mail: info@electionsquebec.qc.ca
 - by SMS: **868372** (VOTEQC) (standard fees apply)



*All advance polling places are accessible as well as most of the places where you can vote on October 3. To learn more about the accessibility criteria for each place, visit www.elections.quebec/where-when. If your voting place does not meet your needs, contact your returning officer to request permission to vote at another place in your electoral division.

**On October 3, let's reverse the trend.
Let's all vote.**

 **élections
Québec**

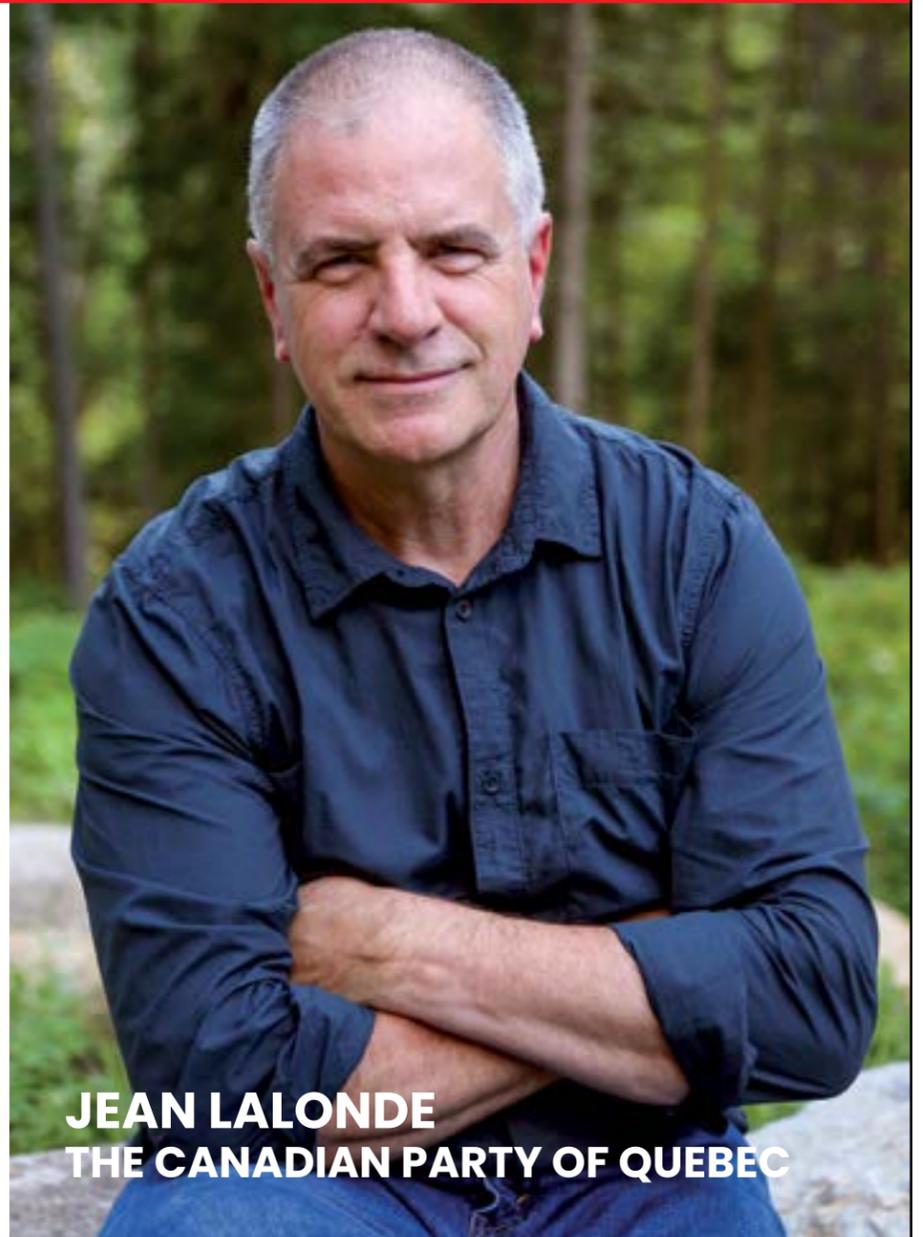
ENOUGH IS ENOUGH: LET'S PUSH BACK

STOP DIVIDING QUEBEC

- Repeal Bills 40, 21 and 96
- Expose and oppose laws that discriminate and divide us
- Bring Quebecers together again

THIS TIME, VOTE FOR RESPECT

- The Canadian Constitution
- Language, Religious and Human Rights
- Bilingualism
- Prosperity
- Educational Choice
- Reconciliation



JEAN LALONDE
THE CANADIAN PARTY OF QUEBEC

ON OCTOBER 3, VOTE FOR JEAN LALONDE

MORIN-HIGHTS, MILLE-ILES, GRENVILLE, GORE, HARRINGTON, ARUNDEL, WENTWORTH, WENTWORTH-NORD, ST-ADOLPHE, MONTCALM, LACHUTE

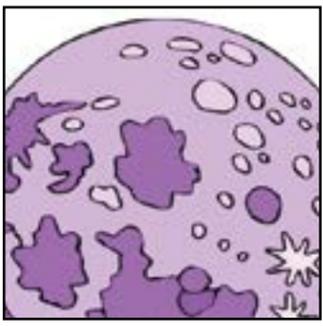


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**Canadian Party
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LIZ CAMPBELL, OFFICIAL AGENT | WWW.CANADIANPARTYQUEBEC.COM

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Zach Factor An alien education

Lys Chisholm & Marcus Nerenberg -
Main Street

It's September and millions of students, aged 5 to 50 and beyond, are returning to classrooms. Universities offer many fluff courses like 'How to take Selfies'. Another one, 'Introduction to Ufology', in the past two years, has been morphing into a unique educational field all on its own. After the release of the UAP (UFO) videos by the United States Navy, and years of top-secret government research, calls for clear and objective academic and peer reviewed investigation into UAP have been growing. With the advent of cell phone photography, images of unidentifiable flying objects are being reported daily around the world - some sightings by hundreds of people at one time, often close to military bases. No longer questioning the veracity of these sightings, we ask; who are they, where do they come from, what is their agenda, and what enables them to maneuver in defiance of Newtonian physics, and at such incredible speeds?

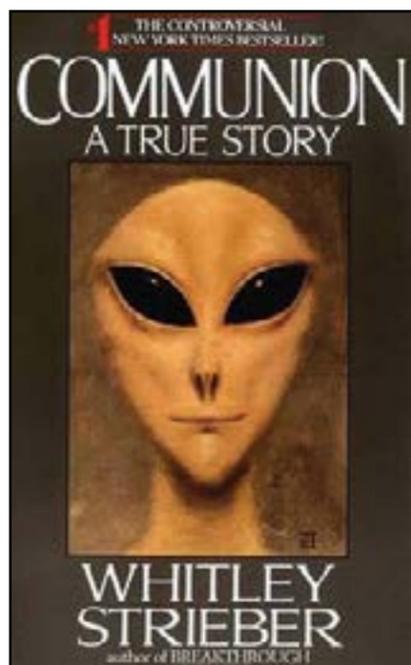
Universities, such as U.B.C., are opening their programs to multidisciplinary approaches in sciences and in the humanities. Understanding the phenomenon of UFO sightings is one part of the Alien story: there are massive number of reports of abductions and these reports from one to another are similar, despite the abductees not knowing each other and being from different countries. Whitney Strieber was the first to document his own abduction in the book 'Communion'. Its famous cover is a picture of a grey humanoid, with large head, large black eyes and a tiny body. The picture would mesmerize one 14 year-old boy, who would eventually grow up to be a multidisciplinary specialist and write several profound books about the UFO phenomenon- Dr. Michael P. Masters.

Dr. Masters is a professor of Biological Anthropology at Montana Tech in Butte, Montana. In 2019, he published *Identified Flying Objects: a Multidisciplinary Scientific Approach to the UFO Phenomenon*. His interest in the UFO saga began as a youth when his father had a close encounter out in the Amish countryside of Ohio. On a very black road at night, multiple sets of headlights raced down the highway towards him before lifting straight up into the sky. The incident affected his father deeply in a time when it was dangerous, socially and occupationally, to talk about such experiences. Masters examined reports describing aliens from countless abduction cases. Armed with an encyclopedic understanding of human evolutionary physical changes over time, he has formulated a theory about who our secret visitors might be. "They are us," says Masters, "from the future".

Master's third book, called *'The Extraterrestrial Model'*, was published on June 1, 2022. Master's has now crossed into other science fields such as Astrophysics, Biomedicine, Astrobiology, Archeology, Statistics, and Astronomy to examine the possibility of time travel of humans from the near and very distant future. He writes that we will very soon have all the components for time travel just as the possibility exists already in the abstract world of theoretical physics. In "That UFO Podcast" out of UK, (<https://www.youtube.com/watch?v=f05WYIOB3oc>). He tells us that as an anthropologist, if he could time travel to study early human life, he too might collect skin, semen and ovum and, observe quietly from a distance to see how early humans behaved, without interfering. He sees his own scientific training reflected in the abduction reports he investigates. Masters proposes that our distant human descendants are returning from the future to study their own evolutionary past.

Using the term 'Extraterrestrial', Masters looks to combining the word extraterrestrial with the concept of temporal time. He brilliantly fast-forwards our own morphing human biology to hypothesize a time when we might be involved in a great deal of interstellar travel and our consciousness and brain power is expanding, enlarging our heads. He also accounts for the number of reported "humanoid" alien cases by the return of humans from different times, such as the near future and then, from very distant future to account for different appearances. Some travelers may be time tourists, like our present-day billionaires buying seats on rockets from Musk or Bezos.

To reach a point in our own technology that is equivalent to what we are documenting, we need an evolution in all academic disciplines. To that end, University of Waterloo offers engineering specialties in autonomous ground vehicles, intelligent hybrid electric vehicles, unmanned aerial vehicles, and artificial intelligence applications; all important pre-steps in the evolution of space vehicles. For now Masters advises we keep working in our various fields, but believes the key to moving forward our understanding about UAP is via collaboration and dialog from all fields.



The cover of the book "Communion" first published in 1987 by Whitney Strieber. The cover of a grey alien rendered by Ted Seth Jacobs drawn as per police sketch artist techniques with descriptive assistance by Strieber for accuracy. Photo credit: Wikipedia



The Story Behind The Quebec Election

Joseph Graham - Main Street
joseph@ballyhoo.ca

We have a provincial election coming and I just don't know what to do. I have always been involved, and am appreciative of those people who decide to run for office, and have always supported a candidate or a party. This time I can't. As an English Quebecker, I feel that we are being simply written out of history. While the government claims to be supporting English-speaking Quebeckers, on an institutional level it feels like the opposite is true. The government in office has twice violated the spirit of the Quebec Charter of Rights and Freedoms and invoked the notwithstanding clause to override the Canadian Charter, stating that protection of the French language and culture is more important than civil rights. This suggests that Quebec is under imminent threat from... its minorities; from some immigrants whose attire, in the official view, violates our secular society. Talking with Quebecois who I know well and with whom I have assumed mutual respect, I receive some stern advice not to criticize Premier Legault, even suggestions that I leave if I don't like it. Chilling. It is a form of cultural cleansing that they are adamantly supporting, but if I say that, I am one of the paranoid Anglais who all think alike.

I am a citizen of the place we call Quebec. This is my place. If I leave Quebec it will be because I fear for my family's safety. When a society starts to override its own charter, these actions lead to more actions as the will of the majority tramples the rights of minorities, however they are defined. Quebec does not belong exclusively to any one ethnicity. Its first settlers were welcomed on Innu land in 1608, and they came to create a safe home for those non-Catholics in France who wished to live in a society that respects freedom of worship. That was Good King Henri's objective. That was why he empowered Pierre Du Gua De Mons to create the colony. De Mons entrusted the management to Samuel de Champlain, but when the king was assassinated and the Catholic League took over again, Champlain abandoned the original mission.

King Henri was a French Protestant, the first of the Bourbon line of kings, but the only non-Catholic. His successor entrusted the levers of power to Cardinal Richelieu, who began a long period of ethnic cleansing in France and here. The English Queen Elizabeth supported King Henri, and later the English navy tried to stop the slaughter of French Protestants at Larochele in France. Richelieu organized the siege. During those battles, a French Protestant, Captain David Kirke, captured Quebec while sailing for the English. During his few years in Quebec, Kirke traded freely with the Indigenous Nations, not limiting himself to the ones who had become Catholic, as Champlain had done.

England and France signed a treaty to end the war in Europe and Quebec had to be returned to France. Champlain went back to obliging his Indigenous trading partners to convert to Catholicism.

Later, when the English (British) and French fought in the Seven Years' War, the British general, Jean-Louis Ligonier, who charged General James Wolfe with the taking of Quebec was a French Protestant. He wanted to restore freedom of worship, and the bishop of New France, and his successor, both acknowledged their new royal allegiance. Freedom of worship was achieved under the British administration, and with the help of Louis-Joseph Papineau, it was extended to the Jews. Louis-Joseph Papineau did not fail in his mission of building a secular society because of the British. He was undermined by the Catholic Church. The Bishop of Montreal had effectively achieved independence in 1836, a year before the uprisings, when he asked the pope to name him bishop without seeking the blessing of the British king. From that year the colony stopped being Catholic in the tradition of France—stopped deferring to the king. Quebec became Roman Catholic, rendering obeisance to the pope directly.

The British were slowly creating self governance and the Church realized that if they could maintain control of the Catholics, they could name the future political leaders from the pulpit; they could tell their congregants how to vote. They inaugurated 120 years of the Grande Noirceur.

There is nothing fundamentally wrong with a secular state, what the current government calls laïcité. It was what Louis-Joseph Papineau wanted, acknowledging, as well, freedom of worship. That is the vision that I still embrace. Laïcité is not a religion, but the way it is interpreted here it carries all the weight and homogenizing tendencies of Catholicism.

After the death of Premier Maurice Duplessis and his replacement by Jean Lesage, a new era began. The Catholic Church had lost its power when huge excesses of taxes that continued to be levied after the war were used to take over health care, education, social welfare and civic registry, all historic responsibilities of the Church. Radio and television were flooding over the world, mostly in English to start with. The confused Catholics, no longer worshipping, assumed that their 120 years of oppression had been at the hands of the English rather than of the Church, and that stigma has remained.

For 120 years, the Roman Catholic Church taught its congregants to fear all other beliefs, to shun foreigners and to behave as though under siege. That time is over, but has never been properly examined. The fears and siege mentality remain, but under Premier René Lévesque, a new epoch rose in which language replaced religion. My granddaughters both speak French, in Edmonton and Ottawa. In Alberta, the French public-school accent is international French. The Quebecois will assume she is English because of that 'foreign' accent. This new epoch excludes non-Quebecois-de-souche almost as completely as Catholicism once did. We, the descendants of the non-French Catholic citizens are losing our franchise to this homogenizing majority.

How should I vote?





Garden Talk

Extend your growing season

June Angus - Main Street

As the end of summer approaches, there are a number of options to help your food garden keep producing right through mid-fall.

For starters, consider planting some late season vegetables that will tolerate colder temperatures. Sow salad greens, Swiss chard, beans, peas, radishes and spinach by direct seeding in late August or early September. They will tend to grow fast as the soil is still warm, but lower overnight temperatures will prevent them from bolting and going to seed.

Other veggies such as broccoli, cabbage, Brussels sprouts, scallions, kale, leeks, beets, turnips, carrots and parsley can be planted late summer as seedlings/young plants to keep on growing till the real deep freeze sets in. These plants can tolerate colder temperatures, a bit of frost and even a little snow. Some years in the Laurentians, these plants will thrive well into November. Unfortunately other years, true winter-like conditions set in earlier, so it is always a calculated risk.

For added protection, take advantage of microclimates around your property by planting fall crops near concrete and brick walls that absorb and radiate heat or next to structures such as a fence or shed that block winds. Choose the best sun exposure, preferably south facing, and avoid planting in shady areas where frost may linger.

Adding a thick layer of organic mulch is another way to keep root crops in the garden longer. Insulation from materials such as straw or fallen leaves helps trap heat and minimizes temperature fluctuations in the garden's top layer of soil.

Floating row covers act as a blanket for your veggies when the mercury falls. This semi-transparent material is available from many specialty gardening sites and even big box stores with gardening departments. It allows for light and water penetration along with air circulation. The material can be adjusted to the size of your garden and rests lightly on top of your crops. It can be held down with soil or rocks. Floating row covers can also be used to shelter young plants from frost in the spring or anytime during the growing season as pest protection.

The next step up in terms of frost protection is a portable garden "cloche" or a cold frame. Cloches are usually made of clear plastic and act like a mini greenhouse placed over individual plants. Larger models are often supported by plastic or metal hoops. They are easy to place and remove. Cold frames tend to be larger, sturdier and heavier than cloches. While kits can be purchased, many gardeners simply improvise with scrap materials such as old windows. There are plenty of DIY plans available online.

While there are many ways to use a greenhouse, the main incentive for most gardeners is to protect crops throughout the growing season, including keeping things going well into fall. In general, greenhouses are a bigger investment and require more work to set up or build. Sounds like a whole separate article for the future.

Finally, you can extend your season by moving some of your garden indoors. Take cuttings of your favourite herbs and root them in a vase or container of water on a windowsill. Fairly soon they will be ready to transplant into a pot of soil that will continue to thrive on a sunny windowsill all winter long. By next spring, you can transplant them again outdoors.

One year, I even dug up some small cherry tomato plants from the garden and brought them indoors where they grew in pots in a very sunny spot all winter long. The harvest dwindled over time but I was delighted to still be picking a few tomatoes in February.

Wishing you all a long glorious autumn...and a very late frost!



Word Play

In making a vow

Louise Bloom - louisebloom@me.com

While learning about the importance of vows in recent Judaic studies, I have been reminded of the idea of the vow, defined as: a solemn promise or assertion: one by which a person is bound to an act, service, or condition, or in the biblical sense (Judeo-Christian) as: a solemn promise made to a deity or saint by which a person is bound to an act, service, or condition.



Questions occurred as I noticed the strong emphasis on vows as they appeared across the main religious traditions. I am curious as to how the vow applies to us in our current social sphere, and if reawakened to this moral/ethical entity, how it might affect how we conduct ourselves in the everyday.

Keeping promises emerge as a moral obligation before it is a legal one: a moral duty to keep one's promises, to avoid disappointing or, deceiving those to whom one has made a promise. And what must not be forgotten are the very promises we make to ourselves.

The history of the vow in a religious context shows us that commitment has been highly valued in what might be considered the divine realm, setting an example for the ordinary man.

There are countless ways in which the vow has manifested in the religions. Purification of body and soul are often the purpose.

In Judaism, a neder (נדב, plural nedarim) is a kind of vow or oath. The neder may consist of performing some act in the future (either once or regularly) or abstaining from a particular type of activity of the person's choice. This kind of vow is not limited to the clergy but is performed by anyone who is part of the religious community. Vows are made to bring consciousness to human behavior.

In the case of the Christian Monk, the taking of vows, chastity, poverty, obedience, and stability, was adopted to impress upon the monastic the seriousness of the commitment to the ascetic life that he or she was adopting.

As a poetic example of Buddhist commitments:
Creations are numberless, I vow to free them.
Delusions are inexhaustible, I vow to transform them.
Reality is boundless, I vow to perceive it.
The awakened way is unsurpassable, I vow to embody it.

The marriage vow might be the best known to us, either having witnessed matrimonial events or having married ourselves. It is surprising that as a practice of renewal, an awakening to the original purpose of marital union, that we do not more often review and renew what we promised as we live the married partnership.

The question that arises asks how each of us relates to the idea of a promise. Are we loosely behaved in the sphere of keeping our word, or do we take our commitments seriously and try to hold fast to that which we have guaranteed?

We live in a time when the politicians we elect are not expected to keep some of the promises they make. And therefore, we do not hold them to their promises. We accept that some promises are made because they are attractive to the populace but may be unlikely to pass into law. This seems to be "the promise", less believed. Does this kind of governance, this view of our leaders, invite us to be loose in our own approach to our word, our commitment?

How do we relate to the idea of the vow, in the secular sense? Are we prepared these days to make a vow and take it seriously, whether it binds us to our own chosen behaviors in our lives, or our promises to others? I would put forth that vows are likely to strengthen the spine of our relationships, to keep us upright. What do you think?

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

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Obituaries

BLACK, Jennifer Tracy

Daughter of Eddy and Marilyn, sister to Peter, aunt to Keaton, Angus and Emerson. Passed away on Oct 16, 2021, at the age of 49 in Grimshaw, Alberta. A graveside burial service will take place at the Mille-Isles cemetery on Sunday, September 18 at 2 pm.

RATHWELL, Morris

On August 26th, 2022, Morris Rathwell died peacefully at the Ottawa Civic Hospital in his 88th year. Son of the late Leonard and Jean Rathwell. Beloved husband of the late Susan Stiles. Dear father of Wendy, Donna (Norm), Colleen (Les), and Stephen (Isobel). Grandfather to Shane (Jody), Matthew, and Allison (Tammy). Brother of Ivan (deceased), Owen, Leona



(deceased), Keith, Carol (deceased), Darryl, and Wayne.

Morris achieved his Bachelor of Arts in history from Sir George Williams University. He taught high school and elementary school in Morin Heights for 30 years and coached high school basketball and hockey.

Morris was an avid outdoorsman and sportsman. He won 17 club championships at the Arundel Golf Club and scored 3 holes-in-one. At the age of 50 he achieved his Coureur de Bois gold medal in the Canadian Ski Marathon. In his retirement, he designed, built, and operated a 9-hole, par 3 golf course next to his home.

Morris wrote a detailed history of the Rathwell family. Also, for its 150th anniversary, he wrote the history of Arundel, with input from many of the residents of the village.

A celebration of life will be held at a later date.



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Monday – Friday: 8 am – 4:30 pm
Saturday: By appointment
Sunday: closed




Computer training for seniors will begin on September 30, 2022

The training is aimed at seniors who have little or no experience with computers but who wish to learn, with focus on using the Internet. Training will be adapted to the needs of the participants, and we will supply a "Windows" laptop to each student during the classes.

The training will be for two hours per week for 10 weeks. Each Friday, an English class will be given from 10 am to noon and a French class will follow from 1 pm to 3 pm.

The training will take place at the community hall of St-Mungo's church (661 route des Outaouais, Brownsburg-Chatham) and it is free for all residents of the MRC d'Argenteuil, who are 60 years of age or older.

Contact Stephen Rowland at 613-762-7686 to reserve your spot



MRC des Laurentides, des Pays-d'en'Haut and south Antoine-labelle

In the current context of confinement, we offer videoconference meetings and activities at our offices.

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Main Street Money Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Snap decisions and investing don't mix

How to recognize biases to avoid financial mistakes

It's not always easy to make wise investment decisions, and this is especially true during uncertain times. When we're stressed, we tend to make choices more intuitively and are less likely to spend time carefully sifting through all the pros and cons. The trouble is that intuitive snap decisions won't necessarily help us meet our long-term financial goals.

Taking a moment to step back and work to understand the cognitive biases that may steer us in the wrong direction can help us make better decisions about our finances and reach the goals we are striving to achieve.

What are cognitive biases?

Cognitive biases are underlying belief systems that affect decision making. A long time ago, our ancestors' brains evolved to create shortcuts to conserve energy and act fast in the face of danger. Back then, spending too much time considering a threat meant the difference between life and death. Today, our brains still use those ancient survival techniques, especially when we feel threatened by something, like volatility and falling markets.

Understanding our cognitive biases can help shed light on the choices we make about everything from whom we choose as friends to which job offer we accept to what we buy and how we invest.

A deeper dive on common biases

Behavioural economics is the study of how investors make decisions related to money. Research in this field has identified many biases that commonly influence the financial choices people make. Here are just a few.

Overconfidence

The overconfidence bias comes into play when people overestimate their knowledge or abilities. In investing, they may think they understand the markets better than they do and that, if things don't work out as expected, they will be able to escape bad outcomes. This bias can lead people to take on too much risk, hold overly concentrated portfolios and trade too frequently. It may also make people ignore advice from others, including professional advisors.

Loss aversion

People generally feel the pain of loss more than the joy of gain, and this bias is known as loss aversion. It can cause people to keep money "safe" in a savings account that earns less than the rate of inflation, rather than investing in markets that can provide the potential for higher gains but also the potential for losses. As a result of this bias, investors can miss out on opportunities to build their wealth and achieve goals.

Illusion of control

When things feel chaotic, people often get anxious and look for ways to regain a sense of control. In response to feeling that they are powerless, people may decide that doing anything is better than doing nothing. This may lead them to ignore well-thought-out strategies and take unnecessary, irrational actions. Such actions can provide the illusion of control, but it isn't real control, and it can derail long-term plans.

Representativeness

The representativeness bias is behind people's focus on recent investment returns as an indicator of future performance. We tend to assume current market conditions, current headlines and even current weather can help make sense of the future – but what's happening right now isn't necessarily representative of what will happen next. Prioritizing too slim a sampling of data can lead to the wrong conclusions.

Anchoring

People tend to become attached to the first piece of information they get on a subject. That introduction becomes the anchor against which they evaluate all subsequent information. For example, let's say someone encounters an investment on a day when it is valued at \$10 per unit. If the investment rises to \$20, it will seem expensive even if it's still a good value based on underlying fundamentals. The anchoring bias can lead to decisions based on an impulsive first impression.

Overcoming biases with a trusted second opinion

Recognizing the biases that influence our decisions is an important first step – but even when we know they're there, it can still be hard to sidestep them. Asking an advisor for a professional opinion can help promote rational, thoughtful, bias-resistant decisions and protect an investor's ability to reach long-term financial objectives.

Specifically, an advisor can:

- Provide simple, precise, direct explanations and advice
- Outline the consequences of making (or not making) a decision
- Compare the potential outcomes of lower-risk and higher-risk strategies
- Make different plans for long-term and short-term assets
- Give concrete examples with real numbers to illustrate different scenarios
- Offer context and a far-sighted, long-term perspective
- Help connect investments to specific lifestyle goals

Financial decisions made today can have a profound effect on future financial well-being, so they need to be as well informed and unbiased as possible – even (perhaps especially) when times are tough and stress can interfere with decision making. Good advisors have clients' best interests at heart and have likely spent a lot of time getting to know clients in ways that go well beyond their investment preferences, encompassing what they want out of life, what they love to do and the people who are most important to them. With that perspective, they can help guide clients towards better financial decisions.

So, before making a choice that affects your finances, speak to your advisor. That's one decision you can count on getting right.



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Real Wine for Real People

10 things to know about wine

April Sirois – Sommelier - ISG

1. What the heck are tannins?

Tannins are compounds in wine that leaves your mouth feeling like you drank a very strong cup of tea. They come from the grape skins, seeds and stems. Tannic wines can be excellent alongside heavy foods like steak.

2. There are more wines out there than just “Malbec”

When you go straight for just the Malbec, Syrah or Zinfandel, you're missing out! Ask someone at the SAQ to show you an interesting bottle in your price range. Every now and then try something different than your old faithful.

3. Don't call it “Cab.”

Cab is the front end of your truck. Cabernet Sauvignon (pronounced Sow-veen-yon) is most famously used in Bordeaux and California and, sometimes blended with Merlot and Cabernet Franc. In California, these blends are often called Meritage.

4. What is corked wine?

If wine has a wet cardboard or musty basement smell, that is “cork taint.” This is extremely common and affects 3 to 10 percent of all wines. You do not drink this wine. At a restaurant, let the server know to take it away and bring you a “clean” bottle. If you bought it retail, take it back to the SAQ or LCBO for a refund.

5. Wine does not have to be expensive to be enjoyable.

This is so not the case. A lot of reasonably priced wines are very enjoyable. You do not need to spend a fortune to drink a nice glass of wine.

6. New world wines are named by grape while Old world wines are named after the places they come from.

In the new world wine regions they label their wines by grape name giving us a pretty good idea of what varietal it is. However in Old world areas it is more about where the wine is from than the actual grape so it's the area that is used on the label. Think Champagne. When you buy Champagne you know what grapes are in it, where it was produced and even how the vines were pruned, as this is all regulated by law. The same for most wine areas in Europe.

7. Champagne is wine from Champagne; all else is “bubbly” or “sparkling wine.”

Speaking about Champagne, when you ask for champagne, you are requesting a sparkling wine from that specific region in France. It will be generally more expensive than other sparkling wines. If you want a less expensive sparkling wine but still quality, you can ask for a French Crémant, If you want to mix the wine into mimosas or Bellinis, then Prosecco, which is from Italy, or Cava, from Spain, is a better choice.

8. Chablis.

This is the one elegant, delicious, unique white wine that everyone should be acquainted with. These high-acid, lean, steely white wines of Chablis (pronounced Shah-blee), comes from central France. Made from Chardonnay, they taste nothing like the buttered-popcorn Chards you may have had. The soil of Chablis is full of fossilized shells and limestone, giving the wine a minerality that is a signature of this region making it incredibly good with seafood.

9. At a restaurant, bottles are a better value than by the glass.

If you're with two friends out to dinner, it's most cost-effective to get a bottle than to just order glasses.

10. Break any and all rules.

Decide what you like and what's fun and interesting for you. Wine should be fun and something to play with and, you might discover unexpectedly good pairings. Zinfandel with roast chicken can be great. Staying open-minded is the best way to find what you like.

Beer is made by men, wine by God.”

—Martin Luther, circa 1500s

Cheers ~



I'm Just Saying

Wool socks

Ron Golfman - Main Street

We are all thinking the same thing,

“September already”? Summer flew by and we're gearing up for the dreaded winter again. We are concerned after the past few, given endless COVID, curfews, gas and heating oil at astronomical prices. I find it ironic that with these soaring prices, our government would prefer importing. Oh, we can debate the pollution factor of those products, but most of us know that the Quebec government is highly motivated to turn everyone on to Hydro for energy, at whatever cost they decide to charge for it. This year, the cost of firewood has risen significantly, largely defended by the cost of delivering it to you. In our typical malaise, we accept that even if you order three cords on the same truck, you pay more per cord, not per load.



Up north we are still faced with the same endless issues. Aside from IGA, Provigo and the blessing of the public washroom at the Saint Sauveur town park, try to find a place you can walk into and use a bathroom facility. Up here we have many zones where there is no cell service or reception, yet the quaint and practical days of phone booths are history and mere memories. To illustrate how little our politicians care about us, despite the decades-old request for a lower speed limit on the 364 highway, entering and leaving Morin Heights, road traffic still remains a safety issue at the four corners. I suggested that if the jurisdiction for lowering the speed limit is too complicated, (only the will to do so is lacking), then how about installing traffic lights at both Christieville/Gabriel and, Watchorn and Rte. 364, to prevent this highway resembling the Napierville speedway? Try merging at either junction! Too expensive I was told, which reminds us of what we are worth.

Appropriately, this October has two frightening events, Halloween and the Provincial election. I could go on about the parallels of hiding behind masks, but would rather promote that everyone participate in both events. After all, one can cast a vote in any language or faith. Otherwise, what's next? No scarves or balaclavas permitted when it's minus twenty degrees?

Might I acknowledge and, I'm Just Saying, that this time of year is when we try to squeeze every drop of sunlight and reasonable temperatures into our activities before the winter engulfs us again. Find live music nearby; it's available. Sit on a terrace before the leaves turn to flakes and, remember to check in with each other when you can, as contact helps us get through the tough months in anticipation of next spring. Bad enough we'll have to wear wool socks soon.

Fondation La Traversée - Upcoming Events



Sat, Sept 24: Alain Bernard Art Exhibition

Outside the Fondation La Traversée

50% of sales profits will be donated La Traversée. Tax receipts available.

Sept 19 – 25: Smile Cookie Campaign

Tim Horton's, Mt-Tremblant (both locations)

All profits from cookie sales will be donated to La Traversée

To pre-order cookies visit <https://fondationlatraversee.com>

In the Bertrand riding comprising Chertsey, Entrelacs, Estérel, Ivry-sur-le-Lac, Lantier, Notre-Dame-de-la-Merci, Rawdon, Sainte-Adèle, Sainte-Agathe-des-Monts, Saint-Donat, Sainte-Lucie-des-Laurentides, Sainte-Marguerite-du-Lac-Masson, Val-David, Val-des-Lacs, Val-Morin.

Vote real

Real issues. Real solutions.

Vote for André G. Nadeau !



He is committed to:

- ✔ Represent all the citizens of Bertrand;
- ✔ Preserve Bertrand's waters, forests and trails, and bring together regional stakeholders with an environmental plan that is sustainable and incorporates climate change issues;
- ✔ Support groups and organizations working to diversify the economy of Bertrand, and encourage the eventual creation of a dedicated investment fund to leverage our assets and know-how, in partnership with local mayors and municipalities;
- ✔ Optimize access to all health care providers, enabling prevention and early diagnosis and a family doctor for everyone;
- ✔ Help Bertrand families thrive with more daycare, lower taxes, and an additional allowance of \$2000/year for those 70+ years old.



To know more please follow Andre on his YouTube channel: [JeVoteAndreNadeau.org](https://www.youtube.com/JeVoteAndreNadeau.org)

About André G. Nadeau

André Nadeau is a REAL permanent resident of Bertrand and former mayor of the City of Estérel. He is passionate about governance and the sound management of the government of Quebec. He truly cares about enhancing the quality of life for his fellow citizens. A recognized strategist, he combines the thinking of a consultant with the action orientation of an executive.

He has devoted his career to orchestrating the success of several organizations, both in Quebec and internationally. He was Executive Vice President and Chief Strategy Officer at CGI Group, a global Canadian information technology firm, and has served on and is active in several non-profit organizations. Nadeau was a member of the MRC des Pays-d'en-Haut Council, the Board of Directors of the Jules and Paul Emile Leger Foundation, the Association for Civil Protection of Quebec and still sits on the City of Laval's joint investment committee for innovation and economic development.

Your Liberal candidate has the expertise, the experience and the devotion to work for you in an exceptional way!

André G. Nadeau is determined to make Bertrand shine!

**Please Exercise Your Right :
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Votez vrai.

Vrais enjeux. Vraies solutions.

Vote for real.

Real issues. Real solutions.



ARGENTEUIL

Mot de Philippe

Nous sommes à un moment décisif dans notre histoire, et le changement commence avec vous.

Nous nous sommes tous fait dire une fois dans notre vie : « Va à l'école. Travaille fort. Pale tes impôts. Fonde une famille. Achète une maison. Épargne pour la retraite. Et tout va bien aller ! »

Tout ça, ça ne fonctionne plus dans le Québec de François Legault. Comme vous, je vois que tout coûte plus cher. Les familles ont de la difficulté à joindre les deux bouts et la pénurie de main-d'œuvre fait mal à nos entreprises, à notre économie et à notre système de santé.

Je vous propose de bâtir ensemble un Québec où tous ont les mêmes opportunités pour fonder une famille, s'acheter une maison et profiter de la retraite pour s'épanouir et voir grandir nos petits-enfants en santé.

Pour y arriver, il faut se dire la vérité, entrer dans l'économie du 21^e siècle et lutter contre les changements climatiques.

Aujourd'hui, plus que jamais, nous sommes confrontés à de vrais enjeux. L'équipe libérale vous propose de vraies solutions.

Le 3 octobre, je vous invite à voter vrai.

Le 3 octobre, le Québec vote Libéral.

A word from Philippe

We are at a pivotal moment in our history and change begins with you.

At some point in our lives, we have all been told: "Go to school. Work hard. Pay your taxes. Start a family. Buy a home. Save for retirement. Everything will be fine!"

None of that applies anymore in François Legault's Quebec. Like you, I know that everything costs more these days. Families are struggling to make ends meet and the workforce shortage is hurting our businesses, our economy and our health care system.

I am proposing that we build a Quebec where everyone has the same opportunity to build a family, to buy a home and enjoy retirement watching our grandchildren grow up in good health.

But let's be honest, to achieve this we have to move into the 21st century and fight climate change.

Now, more than ever, we are faced with real issues. The Liberal team is offering real solutions.

On October 3rd, I encourage you to vote for real.

On October 3rd Quebec needs to vote Liberal.

Philippe Lebel

Parti libéral du Québec

Quebec Liberal Party

Pour faire face aux **vrais enjeux**, l'équipe libérale a de **vraies solutions**.

The Liberal team is addressing the **real issues**, with **real solutions**.

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Un médecin de famille pour tous ceux qui le souhaitent. On en fait une vraie priorité.

Providing a family doctor to anyone who wants one. We're making it a real priority.



Le projet économique du 21^e siècle pour lutter contre les changements climatiques.

Fighting climate change with an economic project of the 21st century.



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