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What's On My Mind...

An Underground Railroad – for animals?

Susan MacDonald, Editor

While most are familiar with the local animal shelters, few know of another rescue network system that steps in when the pounds are maxed-out. Their concept sounds simple enough; pay the “pull fees,” remove the animal from the pound, and relocate it until a new home can be found. In today’s society of extreme animal overpopulation, the complexities of accomplishing this feat are phenomenal.

In this editorial, I can just barely outline the process, as it warrants more space than I can provide, so I will have to make do with a brief overview. Are you familiar with Petfinders.com?

Many reputable shelters use this Internet website to post animals they have available for adoption. Too many others do not, and when their time is up, those unfortunate animals are euthanized without further ado and replaced with others.

And the cycle continues...until the train’s engine, the rescue group, pulls up. Not all pounds will cooperate with this group, but those that will, surrender animals pending euthanasia to the group for a “pull fee.” This group is NOT a shelter and they must then find other rescue groups willing to accept the animals they have rescued from death row.

Word is spread through the network system and social media and, oftentimes, the animal must be driven or flown great distances. Chains of volunteers link up and “freedom runs” are arranged to deliver an animal to its destination at another rescue group, which will then try to place the animal in foster care. Here, the animal is given time to settle, be evaluated and better defined as to what type of household it would be best suited for (with other pets or children of certain ages etc.). Any medical issues, including sterilization and current vaccinations are dealt with, if they haven’t already been done. Only then is the animal put up for adoption, through various sources, including Petfinders.com.

Prospective adopters fill out an application for individual animals and are carefully screened before an adoption is approved. This includes a telephone interview and home-visit by a representative of the rescue organization. If all goes well, an adoption form is duly completed, the appropriate adoption fee is paid and the animal is accepted into its new home.

It’s a long, arduous and emotional process for the animals and the rescuers. Not all have happy endings, but each life saved is what gives this amazing team the strength to carry on. Unfortunately, many people still regard animals coming through the rescue system as street urchins or castaways. This is not so and there are far too many good animals, of all ages and breeds, patiently waiting for a second chance. Not just in any home, but the right one. This is the commitment behind the rescue organizations, and nowhere will you find people more willing to help the animals – and families – find perfect matches.

Normally, when a family decides to bring an animal into their home, the prospective owners are always advised to verify where the animal is coming from, but seldom is the home to where it is going ever questioned. This, in huge part, contributes to the immeasurable number of animals surrendered or abandoned each year. Spontaneous pet-shop purchases keep the puppy mills in full operation, ill-suited breed choices add to that number, and life-changes, such as divorce, death and relocation all leave good animals homeless.

Nala’s time at the pound had expired and, like so many before her, after mere days at her temporary location, her status had been changed from adoptable to “pending euthanasia.” She was young, beautiful, in perfect health and destined, it seemed, not to reach her second birthday. But, she was given a second chance when she was pulled from the pound and placed within the animal rescue network system.

Today, less than two weeks after her adoption, she has become my constant companion. She is highly intelligent, willing, eager to please and adjusting well in her new home.

With deep respect and sincere appreciation, my many, many thanks to the underground network, and to the scores of dedicated volunteers, for saving Nala and so many others like her. To my fellow adopters; stand proud and share your own stories. Please continue to support this “Underground Railroad” and promote the option to adopt.



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Observations

It's crunch time - Canada up for grabs!

David MacFairlane -
Main Street

Over the past many years, Canadians have become increasingly disaffected with governments and their elected - and un-elected - officials, to the point that "suffrage" must be a meaningless word if they've even heard it before. In the past, the ping-pong game has been between two parties, and by now the score is probably even. Swing to the left for a few years, then swing to the right, for a bit, and so on, ad nauseam. The biggest problem has been that once a Prime Minister takes the pilot's seat, he becomes besotted by the power that comes with the position. That kind of addiction is hard to give up, and Mr. Harper is simply the latest victim displaying such psychotropic behaviour. Few have been able to resist that Serpent's allure and not eat the forbidden fruit. This time, Mr. Harper has swung us so far to the hard right that even his own inner circle has shattered, and the national polls show that it has become evident his time to go has arrived. He has inflicted huge damage to the social fabric of our country and closed, or under-funded, far too many of our iconic organisations in pursuit of his personal agenda. Has the power of the PM's Office suborned him, or was he always this way? From the way he and Peter MacKay conspired to betray the Progressive Conservatives, in 2003, to gain his political ascendancy, I think he was the hard-right's faithful mole and secret weapon, but that's conjecture.

The problem has been that, although we have multiple parties (unlike the USA), the top job has always been tossed about between the right and left, yet always, in the middle ground, there has been little difference between them. Of course, the right must show some social concerns for the working class, and the left must demonstrate solicitude for law, order and good government to prove they're not socialists, but in the middle not much distinguishes one from the other.

Even I find myself sometimes conservative and sometimes liberal, depending on the situation. Most of us are that way, I think. We are Canadians, after all. We are good, moral, caring and peace-loving people, and we were once trusted and welcomed all over the world. At one time, we were the world's peace-keeper. Remember that? We always had an open door everywhere. Not any more. Under Mr. Harper, we have lost that beneficence. We have become another attack dog of US aggression and soullessly joined in the deliberate destruction of Afghanistan, Libya, Iraq, Syria and Ukraine, and we have insulted Russia for no good reason other than to kiss Obama's ring. Just imagine the absurdity of Harper telling Putin he wouldn't shake his hand until he, Putin, got out of Ukraine! Few will remember that this same demagogue, Mr. Harper, in March 2003, while Leader of the Opposition, wrote a letter to The Wall Street Journal condemning his own government's refusal to participate in the 2003 invasion of Iraq. Ugh, yuck! What a precious gift of benevolent goodwill we have lost, thanks to Mr. Harper's warmongering and asinine posturing on the world's stage.

However, now, we have arrived at an epic, watershed point in our history when we, once again, are being given the chance to choose what we want, and where we want to go, as Canadians, not as crypto-Americans. This election is our epiphany, providing us with the opportunity to change the road we're on. Our indifference to this pivotal point will give Mr. Harper and his gang of toadies yet another crack of the whip. If we do that, then we will deserve what we will have asked for - a descent into proto-fascism of the type that has already matured in the USA - in other words, a full-on Big-Brother government. If you scoff at my seeming hysteria, you would be mistaking my deep anxiety for the country I love for blatant anti-Harperism. It's not the man alone; he couldn't do this without the backing of big business power brokers and the elites who control the Conservative agenda for their own advantage. We, too, have people behind the curtain who pull the strings of our politicians. I suspect many of those string-pullers are not Canadians. It is this hegemony that we must stop, in order to preserve our country's identity.

This upcoming election, gives us a wonderful chance to change the status quo. Polls already show that about 70% of voters think it's time for a change of leadership. The Conservatives' scandals and exposed corruption have damaged them. Mr. Harper's professed ignorance of the sordid Duffy affair makes us doubt his honesty. Now, amazingly, the NDP, for the first time in its political history, is the most popular in the country. This, alone, illustrates the sea-change occurring in our political landscape. The Liberals are next. The problem is that this is not about electing a Prime Minister. It's about the whole enchilada - choosing our future direction. The dilemma is that neither the NDP nor the Liberals have any answers, only speculations. Uncle Tom, leading in the polls,

promotes austerity and a balanced budget. In a recession, a time of falling revenues, how can this be done without raising taxes, cutting costs and subsidies and killing the poor and working middle class in the process? Justin, for his part, plans to run large budget deficits for 3 years to invest in jobs and infrastructure, hoping for a recovery to follow. But the world is in a recessionary/deflationary environment of global debt saturation, shrinking world trade, a collapsed commodity market and the looming spectre of a market crash of historic proportions. Countries are in crisis. We have reached the limits to growth. Both parties will be forced to match their promises to a hard economic reality very soon. Reality is not a bedtime story.

My hope is that neither the NDP nor the Liberals will get an outright majority. A coalition will force the practice of statecraft upon both sides, requiring compromise in the interests of our country. Mr. Harper will resign, rather than remain in the Opposition, and we will say "sayonara" to him and forget him in a year or two. Justin and Uncle Tom will learn the hard lessons of political cooperation, with both ending up as better leaders in the long run. I hope they will find a place for Elizabeth May - she will keep their testosterone-fuelled animosity in check.

Folks, it's up to you. Choose your future wisely. Harperism has reached its expiry date.

If "Le bon Jack (Layton)" were still with us, he would surely be cruising into a second term as PM this time around. Alas, it was not to be. He was widely admired by Quebecers. Many miss him, including me.

"How did it get so late so soon?"

"How did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness, how the time has flown! How did it get so late so soon?"
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A Shining Example of Perseverance

Steve O'Brien reaches Argenteuil...

On September 9, athlete, Steve O'Brien, was enthusiastically welcomed to Lachute by the MNA for Argenteuil, Yves St. Denis, and several hundreds of students from the Polyvalente Lavigne and Laurentian Regional High School.



Since last April, while following in the footsteps of his mentor, Terry Fox, Steve O'Brien has traveled nearly 7200 kms, across six provinces, and visited a hundred schools along his way. His original crossing methods have allowed him to be recognized throughout his career: walking, running, cycling, adapted-bike, wheelchair, scooter, snowshoes, skates and more. Together with his team, he has worked tirelessly to raise funds that will be distributed to young people to encourage student perseverance.

To sustain his encouragement, and message to youth, Steve hopes his cross-Canada journey will be used to establish a national relay day for youths to support youth organizations.

"It is with great pride that I joined our youth to welcome Steve. His feat is undoubtedly a good example of perseverance for all of our young people. Steve crossed the country, from coast to coast, to encourage our young people to persevere. Like them, he too has experienced ups and downs in achieving his goals, but he did not give up- just as he wants our young people not to give up," said Mr. St. Denis.

"For me, it's great to be welcomed by young people from both high schools in Lachute. I dedicate my crossing to young people to encourage them to persevere and believe in themselves, despite adversity. I thank the member for Argenteuil, and participating schools, in allowing me to express my message of encouragement to the students in my region," said Steve O'Brien.

The MNA for Argenteuil took the opportunity to publicly invite Steve O'Brien to join him next September 23 in Quebec City, in pursuit of his journey to the East.

"As the member for Argenteuil, I officially invite Steve to Quebec City on September 23 to award him the medal of the National Assembly to mark his achievement and promote his message," concluded the MP.

Dig into Fall Flavours

Embrace the earth's natural rhythms and stock up on in-season vegetables. It's a win-win – seasonal produce is supplied in high quantities, which lowers the market price and saves you money. Zucchini, bell peppers, carrots and sweet potatoes are just some of the delicious foods that are best in the fall. Slice them, dice them and pair them with your favourite pasta dishes.

For something different, skip the meat and try this Barilla Veggie Penne – it's packed with flavour.

Barilla Vegetable Penne

Serves 8

Ingredients:

- 1 box Barilla Protein PLUS Penne
- 3 tbsp extra virgin olive oil
- 2 cups butternut squash, small diced
- 1 leek cut in thin rounds
- 1/2 fennel bulb sliced thin
- 1 pint grape tomatoes, halved
- 2 tbsp toasted pistachios, chopped
- Salt and pepper to taste



Directions:

Season the butternut squash with 1 tablespoon of olive oil, salt and pepper and roast in the oven at 425° for 15 minutes. Meanwhile, sauté leeks in remaining oil until they turn golden. Add fennel and grape tomatoes and cook over high heat for 3 minutes. Season with salt and pepper, stir in roasted butternut squash. Cook pasta according to the package instructions, but drain 2 minutes early, reserving 1/2 cup of cooking water. Toss pasta for 2 minutes with veggie sauce and cooking water. Remove from heat and top with pistachios.

Find this recipe and more at www.barilla.ca.

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Laurentian Quilters' Guild

The aim and objective of the Laurentian Quilters Guild is to provide fellowship, a time and place to encourage quilting standards, and to share ideas. Our main mission is making baby, youth and adult quilts, which are given to hospitals and women's shelters, to comfort those in need during difficult times. We also donate quilt tops to Victoria Quilts, which are made into quilts and then donated to palliative care patients. Since the beginning of the guild in 1997, we have donated over 1200 quilts. Each year, at Christmas, we make monetary donations to local charity organizations.

In order to increase our quilting skills, the Guild sponsors workshops, gives demonstrations and teaches group projects. We often invite speakers to meetings to share their love and knowledge of quilting. Once a year, we enjoy a fun group excursion. Every two years (on average), we show off the talent and creativity of our hand-crafted quilts at our Quilt Show. Our next show is September 2016, which will mark the start of the 20th anniversary of the Laurentian Quilters Guild. The quilt show, and the queen-size quilt which we will raffle at the show, will provide the Guild with the funds to purchase fabric and batting to make the quilts that are donated. The funds also assist in hiring outside teachers once per year. The Guild members spend many hours and take a lot of pride in keeping high standards in the quilts they make for themselves and others. We meet twice per month at the Piedmont Town Hall. Our formal meeting is on the first Tuesday of every month, and an informal meeting takes place on the third Tuesday of each month.



The Laurentian Quilters Guild has 40 members, and the membership fee is \$60 per year. The Guild welcomes new members, whether you are a seasoned quilter or a beginner. Check out our Facebook page, Laurentian Quilters Guild. For more information, contact Eleanor Dunford, 450 226-3055.

Lions Club of Saint-Adolphe-d'Howard shows generosity



A thank you from the heart to the Lions Club of Saint-Adolphe-d'Howard that has helped to support the Fondation medicale des Laurentides and Pays d'en Haut for nearly 25 years! Since 1991, the Lions Club has donated over \$21,000 to the Foundation!

Nuits Blues Laurentides

Lori Leonard - Main Street

In collaboration with Productions FDL and the Chambre de Commerce St. Sauveur, the 7th edition of the Festival Nuits Blues Laurentides took place on August 22 and 23 at Georges-Filion Park, in St. Sauveur, and in resto/bars around St. Sauveur. Spokesperson for this event was the superbly-talented keyboardist, Michel Chasles, and the coordinator was Nathalie Ruscito.



Photo left to right: Danièle Vincent, Fredy Freedom, Mario Saint Amand, Michel Chasles and Criss Cool - Cowboy.

The spectacular presentation on Saturday evening, performed on the Scène McGarrigle Stage, included the Fredy Freedom Band, Michel Chasles and Criss Cool (Cowboy), who accompanied internationally-renowned, Joe Jammer, from England. A tribute to B.B. King was another highlight. Fredy Freedom displayed his exceptional talent on multiple guitars, while Criss Cool played a really mean harmonica. Michel Chasles had the crowd on their feet, as he hit the keys of the organ and piano with his elbows, feet, sometimes with the organ upside down, and with him sitting on the floor. Nothing short of incredible! A fantastic time was had by all 5000 attendees. Congratulations Nathalie Rusito and Marc Champagne from Productions MC5!



Biathlon Laurentides

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Simply Words on Paper Don't waste big bucks on booze you won't use

Jim Warbanks - Main Street

An auction bidder from Hong Kong recently shelled out a record \$118,500 for a very rare bottle of 1960 Karuizawa Japanese whisky. One of only 41 bottles ever produced, the whisky had been aged in oak casks for no less than 52 years.

I assume the bidder could easily afford the lofty price tag. However, I wonder how he might enjoy it, except as a centerpiece monument to wanton excess. Should he crack the bottle open with a few of his cronies to enjoy? It may well be exquisite, though whisky, unlike wine, does not mature, improve, or deteriorate in the bottle.

The moment he breaks the seal on the bottle, its value drops to near zero, so I suggest that he consider his course of action carefully. If he should read this text, I will unselfishly and gleefully join him at a tasting and then dutifully report my impressions in a later article.

Designer vodkas

Though not in the above monetary category, of course, there are many alcoholic beverage consumers who pay excessive prices for booze that they cannot possibly enjoy. The simplest example is the popularity of designer vodkas. Maybe, just maybe, if you taste your premium-price vodka at room temperature, diluted with very neutral water, compared to a good, but cheaper, competitor's brand, you might discern subtle differences in taste. The vast majority of Grey Goose (GG) Vodka (\$46.75 / 750 ml) aficionados could not discern the difference between it and Polar Ice Vodka (\$19.95 / 750 ml). Note that there are many pricier options available than the best-selling GG.

For reference, you may recall the blindfold taste test that was popular at one time, where the hapless subjects could not readily distinguish between Coke and Pepsi. If you make a martini with your GG and add more vermouth than simply opening the bottle, smelling the vermouth, then re-capping it and whispering vermouth softly over the poured vodka, (never shout!), you have no real hope of appreciating the distinctive GG taste. Should you use it as the base of a mixed drink or cocktail (make mine a Bloody Caesar, please), you don't have a hope in Hades of recognizing the supposed unique taste of your designer / premium vodka.

Single-malt scotch drinkers also suffer from the marketing prowess of distilling companies. If you pour a favorite Scotch (straight or on-the-rocks) to share and enjoy with a good friend or colleague, you will most likely hear praise for your knowledge and appreciation of this very fine libation. I have heard comments like "this has been my favorite whiskey for many years." This may well impress a novice, especially when considering the likely cost of the cherished amber liquid. Single-malts are costlier to produce, distilled in smaller quantities, but seldom can that exorbitant price be justified.

Single-malt

The clear mountain stream in the lush valley, meticulously-tended barley crop, special malting process, careful fermentation, distillation in old pot stills, and aging segregated for 12, 18, 20, or (gasp!) 40 years, paints a delightful picture as you take a sip, roll it on your tongue, savor its character in the back of your mouth, then slowly swallow. At that point, the single-malt is worth its weight in gold to you.

Back to reality. By definition, a single-malt cannot be replicated. Annual changes in weather conditions, the particular characteristics of the growing season, temperature and humidity fluctuations and many other variables come into play. A seldom-discussed issue is popularity of the product. Should the marketing plan produce increased demand, there is no hope of adding to the available supply.

The advantage of drinking a single-malt that you enjoy over an extended period has evaporated. The only viable workaround would be to purchase a significant quantity of your favorite potion and store it for your personal use. You will have to estimate your anticipated consumption and evaluate the significant cost. Let's hope that a trusted friend / colleague does not offer you a taste of his favorite single-malt that you come to prefer.

Blended option

There is a viable, and somewhat economical, alternative. Choose a premium, blended Scotch whiskey. Judicious blending allows the distiller to maintain a virtually-identical product on the market for many years. Since the production and maturing costs are lower, you will be saving money, as well as having an assured supply at a fairer price. You only lose some of the cachet.

The Société des alcools du Québec (SAQ) website lists 250 single-malts, but only 70 blended scotches. You can find examples of heavy, smoky blends ranging to sweet, almost honey-like options. A good starting point is Chivas Regal 12 Years (\$52.00 / 750 ml), but in the class that will still impress your single-malt buddies choose Chivas Regal Royal Salute (\$185 / 750 ml). If you want to stun those who favor single-malts, serve them a sip or two of Chivas Royal Salute 62 Gun Salute Highland Scotch Blended Whiskey (\$2400.00 / 1 L). To your good health!

Coming up On Facebook this month

Each month we bring you highlights in local news, entertainment and community events plus so much more. Look for road closures and detours, contests and important health and social service announcements as they happen. Visit us often and become part of our social networking family.



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Celebrating 40 years...



This year, l'Atelier de l'île, creative center for contemporary printmaking in Val-David, proudly celebrates its 40th anniversary. Michel Thomas Tremblay founded the centre. On July 18, to commemorate a similar event, which he organized in 1975 at the Contemporary Art Museum of Montreal, l'Atelier presented, in Val David, a workshop on a printing roller, in which twenty of its members and twenty students from Concordia University participated, under the direction of Bonnie Baxter. From September 9 to 27, works will be exhibited at the Alphonse-Desjardins.

On September 26, at 1 pm, there will be demonstrations and participatory workshops of printmaking techniques themed within the framework of Les Journées de la Culture. Everyone welcome!

Located at the city hall of Mont-Tremblant (1145, rue de Saint-Jovite), the Alphonse-Desjardins room will be open on Wednesdays: 1 pm - 5 pm; Thursdays and Fridays: 1 pm to 11 pm; Saturdays: 10 am to 3 pm; Sundays: noon - 5 pm. The opening will take place Friday, September 11, at 5 pm.

Information: 819 425-8614, ext 2500 - villedemont-tremblant.qc.ca



About Sainte-Adèle

Chris Lance - Main Street

It is September and the leaves are losing their summer green and will soon be a blaze of autumn color. The lake waters are cooling, the barbeques have done ultra-service all July and August, the grandkids and other assorted relatives and (wine-toting) friends have packed up and headed out, leaving behind odd socks, shoes, shorts and memories. For most of us, parties and soirees have finally worn thin, and it is time to do the Ontario

liquor run to replenish the winter stash for the Xmas bash.

Those of us left behind, enter a quiet period, with less dinner guests, giving us a chance to discuss and ponder all that happened over the summer, and consider what to do over the autumn months, before winter slams us into the big freeze. There is a lot to do this fall.

You can take a walk in Parc de la Riviere Doncaster. It's open 7 days a week from 8 am to 6 pm; call ahead at 450 229-6686 or check www.parcdoncaster.com.

Le Salon de Quilles & Billiard Ste-Adèle is looking for bowlers for their leagues. You can call Jonathan or Jocelyne at 450 229-2426 for details.

If you want evening entertainment you should check out Laculture.ca, which lists and describes cultural events in the 10 municipalities in the MRC des Pays-d'en-Haut. If you find an event that interests you in Ste-Adèle, you can now reserve a ticket on line, by going to ... ville.sainte-adele.qc.ca/achatenligneplacedescitoyens (wow, what a long address!) or just call 450 229-2921, extension 300.

If you have a couch potato or Internet gamer at home, perhaps you should send him/her to École Hôtelière on rue Lesage, or call 450 240-6222, to get them a working career. Courses are gearing up as we write this column.

It has been decided to keep the ski de fond on the Parc linear and Le P'tit train du nord open for 2016.

You can try playing Pickel ball on Saturdays until the snow flies. For more information call Robert Desmeules at 514 794-9447, or just show up at Parc Claude Cardinal with your sneakers and sweats. Initiation and equipment are furnished on Saturdays between 10 am and 1 pm. It is the sort of "racket sport" that is easy on the knees and ankles for those ex-tennis weekend warriors.

Got kids? Time to sign them up for outdoor hockey (8 to 13 years). You will need equipment, and you can call 450 229-2921 poste 244, or sign up from November 2 to December 11, at Centre communautaire Jean-Baptiste-Rolland in Mont-Rolland.

Skiing for ages 4 to 12 at Ski Chantecler this season – registration is October 8 - 12 at the hill. Nine-week courses start January 9 & 10: cost: \$130.

The tennis courts are still open for the die-hards – organized doubles on Wednesday, Friday, Saturday and Sunday.

If you notice, your pine and spruce trees are browning and dying, you could have La Tordeuse des bourgeois (TBE). More information can be had on various websites. This infestation has spread over 150,000 – 200,000 hectares in parts of Quebec, which include sections of Sainte-Adèle.

That's it for this month. You should start seeing a slimmer version of Mayor Charbonneau at his Place des citoyens, keeping an eye on the Sainte-Adèle budget surplus of \$394,000. Do you think he will return some tax dollars to us from city hall? Enjoy those tax dollar dreams! Write to you in October.

Les Tisserands d'Argenteuil members rewarded for community project

On August 23, a special presentation took place at the Maison populaire d'Argenteuil, when a dignitary of Scouts Canada presented six young members of the 70th group, Les Tisserands, with global certificates of merit, this, in recognition for their community work in environment. Throughout the course of the year, these youths were involved in studying community gardens, such as the one located near the Giant Tiger store in Lachute. Through research, presentations, practical work and interviews with experts, they studied the subject in depth and were actively involved in helping to see the project become a reality. The Lachute Scout group is the second in Canada to receive this new award. A big thank you to their sponsors and partners, namely, the department of agriculture at Collège Lionel-Groulx, la maison populaire, l'association Québec en forme and the City of Lachute, who were the keys to success for this project.

Congratulations to the Scout members for their initiative and community spirit!

Note: the Scout group in Calgary will be the next to receive this prestigious award.



A Library Addict's Choice...

Grif Hodge - Main Street

Of new books on the shelves of the Jean-Marc Belzile Library in Lachute that can be borrowed at no charge by the residents of Gore, Harrington, Lachute and Wentworth.

BOOK SALE

The hugely popular annual book sale is so large that it is being held in the Salle Lions, at the Kevin Lowe Arena, 80 Hamford Avenue, in Lachute, on September 26, from 10 am to 5 pm. Most of the books are priced from .50 to \$3. Bring your recyclable bags and load up!

THE SEASON IS CHANGIN'

Hard to believe that summer is coming to a close and, already, we are seeing signs of seasonal change. Nevertheless, we are enjoying the fruits of our labour, and can look forward to the glorious colours of autumn. With these two themes in mind, here are some titles that you might enjoy.

Crace, Jim - Harvest

Set in a remote English village in the late middle ages, the villagers are confronted with outsiders bent on changing the local economy with a different kind of agriculture. This story is timeless.

Hoffman, James - The World Atlas of Coffee

For the true gourmet of coffee, from beans to brewing, coffees are explored and explained.

Ottolenghi, Yotem - Plenty More

This is a fun recipe book about vibrant vegetable cooking from London's Ottolenghi Restaurant. Beautiful images!

Wheeler, Frances - The Awakening of the Laurentians

This little book is about a fabulous woman, Lucille Wheeler, and her family, who made the Laurentians famous.

Matsuoka, Takashi - Autumn Bridge

A beautifully crafted tale of Japanese nobility and prophecy. The story spans the centuries dealing mostly with one family.

NEW NON-FICTION

Field and Stream The Total Outdoorsman Manual 408 Survival Skills - Canadian Editor

Hebert, Chantal - The Morning After: The 1995 Quebec Referendum and the Day that Almost Was.

Interviewing 17 key political leaders from the dueling referendum camps, Hébert and Lapierre begin with a simple premise: asking what were these political leaders' plans if the vote had gone the other way.

ADULT FICTION

Gardner, Lisa - Crash and Burn

Large-Print Text. Nicole Frank shouldn't have been able to survive the car accident, much less crawl up a steep ravine. But one thought keeps her going: she must find Vero, a six-year-old child. But what can you believe from someone suffering from a rare brain injury?

Mantel, Hilary - Assassination of Margaret Thatcher

This is a tremendous collection of short stories and not what I expected. The novel is a collection of ten short stories, almost all unrelated to Margaret Thatcher; the late former Prime Minister of the UK, only features in the final lines of the tenth story. Not everyone is happy with the author. Lord Tebbit, a member of the House of Lords, was injured in a real-life assassination attempt on the former Prime Minister in Brighton in 1984. His wife was left permanently disabled by the blast and he left politics in order to care for her full time.

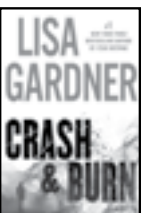
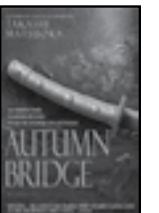
JUNIOR FICTION

Scheff, Nic - Schizo

Miles's little brother, Teddy, is missing. The police believe he drowned at the beach - the very same day Miles had his first schizophrenic episode. But Miles knows better - Teddy is alive. However, Miles is not considered as a reliable witness. This could be a good book for anyone trying to understand impact of mental illness.

Toten, Teresa - Me and the Blondes

This is a coming-of-age book about the assumptions we make about each other in high school. It has some funny moments with some strong, young, female characters.



Seeking memorabilia of Arundel

As a citizen of Arundel, Co. Argenteuil, in the Rouge River Valley of the Laurentians, I am in awe of, and thrilled by, the fact that many of my neighbors are the direct descendants of our earliest settlers. Many of these people hold in their memories, as well as in their attics, keys to a way of life that is quickly disappearing. I am interested in preserving our heritage: that of our earliest settlers and the original First Nations people. I'm looking for information regarding the earliest period of colonization (1850's- before/after) that pertains to settlers and First Nations peoples of our area, and is in the form of the original documents, letters, bills, artifacts etc. Anyone who has, and is willing to share/show such information or memorabilia, please contact me at 819 687-2382 or by email juliamstuart@yahoo.ca



Improved public transportation service of the MRC d'Argenteuil Taxibus and Argenteuil circuit

The MRC d'Argenteuil is pleased to announce a major restructuring of its transit service, that will permit the public to have more travel choices. All new services came into effect on August 24.

TAXIBUS

As of August 24, there will be twelve (12) Taxibus lines (Rural Taxibus) covering the entire territory of the MRC and leading towards Lachute. In addition, the MRC added another return line mid-day. Each line will be available at least one day a week. The MRC sector will be served at least three (3) days a week with the daily combination of various lines. In addition, the MRC has considerably increased services within Lachute, to enable Lachute residents, and those using its rural Taxibus service, to move more easily into the city center. Thus, there will be nine (9) time slots on weekdays to move between the 49 breakpoints located within the City of Lachute. To meet the demand for flexibility, users can reserve one (1) hour before the set time, for the majority of the proposed hours.

With a budget of \$221,395, this transit project is possible, in part, by the Public Transit Development Assistance Program, part II A (Organization and operation of public transit service) of the Ministry of Transport of Quebec (\$100,000), and the MRC (\$121,395).

ARGENTEUIL-SAINT-JÉRÔME CIRCUIT

In addition, the MRC has restructured the circuit between Argenteuil and Saint-Jérôme. This will provide more opportunities to the population of the MRC and Mirabel (Saint-Canut) to travel, in order to receive health care, to access the commuter train to Montreal, or to pursue post-secondary studies at CEGEP Saint-Jérôme, the Vocational Training Centre in Lachute, Performance Plus and Professional Studies Centre of St. Jérôme.

The ride was changed slightly in Lachute, to improve the Ayersville and Tessier Boulevard sectors. The new route also includes three (3) new stops in the St. Canut sector (Boulevard St. Canut) in Mirabel.

Funding for this project is shared between the Ministry of Transport and the MRC. The contribution of the Ministry, following the development of public transit assistance program, part II B (interregional bus transportation), is hereby set at \$53,420. For its part, the MRC is committed to pay a total of \$17,805. Member for Argenteuil, Mr. Yves St-Denis, on behalf of the Minister of Transport, Mr. Robert Poeti, stated; "I am entirely satisfied with the public transport supply increases in Argenteuil. It is beneficial and advantageous for citizens and students who travel and do not have a car.

In addition, the MRC wishes to emphasize the new visuals deployed on buses used for transportation and para-transit. This is a nice variation of the image of the MRC and is one of the first steps to create a distinctive image for its transport service. This image is to facilitate the identification and recognition by bus users. Further efforts will also be put forward in the coming weeks to facilitate the identification of stops of the public transit service.

For more details on timetables, stops and operation of Taxibus and Circuit Argenteuil - Saint-Jérôme, please visit www.argenteuil.qc.ca or contact the Transportation Department at 450 562-5797. New versions of schedules will soon be available at city halls in the nine (9) local municipalities of the MRC d'Argenteuil, the historic station MRC and aboard public transit buses.

A new ultrasound system for Laurentian Hospital!

The Fondation médicale des Laurentian and Pays d'en Haut proudly presents a new ultrasound machine that will be used in the intensive care unit of the Laurentian Hospital. The new equipment will permit medical staff to study the hearts, lungs and abdomens of patients, and will improve the installation of specialized catheters. "Without the help of the Fondations médicale des Laurentides, it would have been impossible for our department to obtain this essential tool," commented Dr. Landry, head of intensive care at the Ste-Agathe hospital. It is important to mention that the donation was made possible through the generosity of the population! Without the support of the community, the Foundation would not be capable of achieving its purpose.



Photo: L-R: M. Paul Gervais (Director-General of the Fondation), Dr. Simon-Pierre Landry (chief of services of the intensive care unit of Ste. Agathe Hospital).

Val-David, Doncaster 2nd. Range Road

Again this year, the financial assistance provided by the Deputy of Bertrand, Mr. Claude Cousineau, has been used to repair a stretch of road and ditches along a 200-meter stretch along the Doncaster 2nd Range Road in Val David.



Alarie sector

Another site began on August 24 in the sector of streets Alaire, des Bouleaux and des Pruches. The long awaited replacement of water and sewer networks is finally a reality. The Municipality had to make a sector settlement of \$ 2.5 million for this project, following the order received from the Ministry of Environment in 2014, obliging the municipalization and rebuilding of these networks.

Having already received government assistance of over \$1 million from the Quebec-Municipalities Infrastructure Program (PIQM), Val-David recently received, through the intervention of Mr. Claude Cousineau, authorization to apply nearly half a million additional dollars from the excise tax. This good news will certainly significantly reduce the cost of this project that will benefit the citizens of the 79 homes in this sector.

Municipal Network

Finally, a by-law that was passed earlier this spring, to correct more than 10 km of the municipal road network, recently led to a contract being awarded for more than \$2.3 million. This work, to be spread over the entire territory, especially on the main roads, will begin in the upcoming days.

Four new nature reserves in the Laurentians

The Minister of International Relations and Francophonie and Minister responsible for the Laurentian region, Ms. Christine St-Pierre, recently announced on behalf of the Minister of Sustainable Development, Environment and the Fight against Climate Change, David Heurtel, recognition of four new nature reserves in the Laurentians. These nature reserves are Rivière du Diable, Parc-des-Falaises, North River Farm and Pays d'en Haut.

"The sectors of the Rivière du Diable in Mont-Tremblant, Parc des Falaises in St. Hippolyte, Marais du Paysan in the nature reserve of the Pays-d'en-Haut in Sainte Adèle and the plain of the North River in Mirabel, where the North River Farm Reserve is located, contain natural treasures of inestimable value. I applaud the work of the Mont-Tremblant Resort, the Regional Committee for the Protection of cliffs, the Nature Conservancy-Quebec and the Land Protection Society in Sainte Adèle that have adopted protective measures to recognize them as nature reserves. These ecosystems are gems for nature lovers and habitat for a multitude of flora and fauna. They are unique assets for the Laurentides region," said Minister St-Pierre.



Fresh paint on roadways

The Ministry of Transport of Quebec (MTQ) wishes to inform road users that driving on freshly applied paint can cause damage to vehicles and the road network. The MTQ therefore requests the cooperation of all and all.

Instructions

When you find yourself behind a truck tracer, patience is required. It must operate at low speed to ensure accurate and quality work. A convoy of trucks (with lights and sign "wet paint") follows the truck for the time required to allow the paint to dry. When the queue reaches twenty vehicles, the convoy will line up on the side of the road, to allow traffic to pass.

Be advised that driving on a freshly painted line has a risk of splashing. The MTQ recommends that you do not exceed the marking convoy. If you must make a turn and cross a painted line, it is advisable to wait until the next intersection. Drying time of the latex paint is approximately 3 to 5 minutes.

Note that the MTQ will not accept responsibility for any damage caused to a vehicle if the MTQ carried out the work according to established standards. The MTQ invites you to be patient and vigilant in order to enable employees to perform their work safely.



Golden Rice Misinformation

Your writer, Mr. Warbanks, should have been more careful when praising the virtues of Golden Rice. This is a very controversial subject on which the jury is still out. Mr. Warbanks has simply recycled the official biased view published by GMO seed companies, which does not tell the full story.



Here are some facts about Golden Rice I found on the Internet, without much difficulty:

Rice (genus, *Oryza sativa*) has two sub-species; the sticky, short-grained Japonica and the non-sticky, long-grained Indica. Japonica is a dry-land rice, while Indica is a wet-land rice. The regions where most of the poor live, eat the Indica variety. Golden Rice is the Japonica sub-species, and is not suitable for wet-land cultivation. Research continues to attempt back-crosses to the *Sativa* variety.

Over 20,000 varieties of rice (perhaps more) have been grown in Asia for many centuries. The varieties belong to the farmers, and are acclimatised to specific regions. Mr. Warbanks is suggesting restricting this heirloom goldmine to only ONE, mutated, variety, belonging to a multinational corporation? This makes no sense.

Mr. Warbanks states that Golden Rice will be given free to farmers, donated in the interests of humanity. Really? When has Monsanto ever been generous, or noble, towards farmers? All the evidence points in the other direction. Of course, the rice will be free, at first, and then Monsanto's tally-man will arrive, as surely as death and taxes.

Vitamin A deficiency (VAD) has declined in recent years, to the point that it is just above the threshold of what is considered of significance. A child would have to eat 5 lbs of rice a day to get enough Vitamin A. That's impossible.

No proof exists of the nutritional benefits of Golden Rice. It has been called a Trojan Horse that will destroy the livelihoods of 450 million people who depend on rice farming in Asia. It has also been called "The Scourge of Asia."

Contrary to Mr. Warbanks' claim, it was MASIPAG, the farmer-led network in Philippines that found and destroyed the clandestine field trials in Pili, in August 2013.

Mr. Warbanks' naive appeal to our emotions disguises the real threat of Golden Rice.

Michel Masson.

Ottawa.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to Jacky Weng, new owner of Hotel Alila (formerly Spa Le Refuge), 500 Rte. 364, Morin Heights. There are 26 freshly renovated, rooms available, with some featuring a hot tub and cozy fireplace. Promotion during weekdays starts at \$79 per night. The spa is very reasonable, at only \$15. 450 644-0168, www.alila.ca or by e-mail at hotel@alila.ca.

Have you visited the new boutique, Lisa Rose (4 Rue Filion, St. Sauveur)?

Owner Joël Danan offers an eclectic array of Italian women's clothing, including attractive sweater coats, tops and slacks, scarves, fur vests and accessories. Joel's previous store was Boutique Zula, located near the SAQ. Be sure to drop by to see the boutique and say hello to Joël. Check out the bargain rack at \$33. boutiquelisarose@hotmail.com.



Best of luck to Gerry Perron and his wife Cecilia Moore, new owners of Auberge St. Donat (350 Rte 329, St. Donat). Both of them, originally from Quebec City, were seeking a natural, green space, and decided upon St. Donat. Their comfortable auberge includes 12 bedrooms, each with its own bathroom. It also includes a bar, Jacuzzi, sauna and heated pool. A delicious breakfast and dinner are available and there is access to beautiful Lac Archambault. 819 419-0424, www.aubergestdonat.com, info@aubergestdonat.com.



Did you know...

There is a new inter-municipal bus circuit? The new circuit includes travel from St. Sauveur to Morin Heights, Wentworth-North, St. Adolphe d'Howard, Lac des Seize Iles, Montcalm, Arundel, Huberdeau and Mont-Tremblant. There will be bike support for cyclists who want to bring their bikes (for some routes only). 819 774-0485, or www.transportationlaurentides.ca.

A new mountain bike park project opened its trails? First guests were welcomed to MSSBikePark (Mont Saint-Sauveur) at the official opening on July 18. These bike trails are accessible by the Piedmont chairlift at Mont Avila. There are 5 trails, which includes 2 beginner trails and 1 advanced, comprising more than 5 km of trails. Large, fast and filled with obstacles and jumps, they will be appreciated by many cyclists. There are several options and hidden treasures for advanced cyclists. High quality bikes are available for rental to those 14 years of age and older. Info: 450 227-4671, www.montsaintsauveur.com.



There will also be a new St. Sauveur Skatepark? It will officially open on September 12. Much work, preparation and plans have gone into this new project. Young people will truly enjoy this exciting new addition to their community. For more info call Alexandre Filion at 450 227-2082 or visit the Facebook page (Projet d'amélioration du skatepark de St-Sauveur).

Le Studio Spa, Coiffure and Esthétique have recently moved to 62 Ave. de la Gare, St. Sauveur, (where Rewind used to be)? Le Studio offers many diverse, personalized services, such as manicures, pedicures, exfoliation, professional and permanent make-up, weight-loss programs, spray tan, laser and electrolysis treatments and much more. Best of luck to Sylvie Dallaire and her team in their new premises. For more info call 450 227-6667 or visit the Facebook page, Le Studio.

Since August 1 there is a new security vehicle, from Trimax, that surveys Ste. Adèle, to ensure safety in the region? This includes patrolling the parks, public areas and applying and adhering to municipal regulations. This extra service will help decrease vandalism and crime in the area and enhance the well-being of the community.

There is a new Adidas Golf Shop in St-Sauveur, located at 170B Chemin du Lac Millette? The store features 2 product lines for golf apparel and golf shoes - Adidas, and Ashworth. There will also be some exciting new products available this Fall. 450 227-8323.



The Tourist Information Office, located at exit 60 in Piedmont, has been sold? It will reopen soon as a Proprio Direct office and a notarial office. The other Tourist Information Office is located at exit 64 in Ste. Adèle, close to autoroute 15.

Hotel & Spa Mont Gabriel has renovated much of its hotel and has a new bar/terrace called St-Moritz? The new bar is located just underneath the solarium, and new, contemporary washrooms are in place. Many other lovely, modernized renovations have also been made. Did you know that Hotel & Spa Mont Gabriel is the only ski-in, ski-out hotel remaining in the Lower Laurentians? It is wonderful to see one of the original "Grand Dames" of the Laurentians being so well treated. In the fall, take a gondola ride up the mountain to view the beautiful autumn colors. www.montgabriel.com, 450 229-3547.



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What are the benefits of registering your business? What is required to register in Quebec? In this workshop, a Legal Information Officer will provide the legal framework and show you how to register your business with the Quebec government.

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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.

The role of risk tolerance and your retirement income

An important part of retirement involves figuring out what you'd like to do when you stop working, and then implementing an investment savings and income strategy that can help you achieve your goals. It's key that you be comfortable with this strategy – so that you can sleep at night. If your strategy weighs heavily on your mind, it may be time to re-assess the investment products you've chosen, and it would certainly be time to assess your tolerance for investment risk.

Different types of investment products offer trade-offs in terms of risk. Those that are considered conservative (less risky), such as GICs and bonds, generally won't offer significant market gains, but the chances of losing significant value in the investments during market downturns are low. Products that have more risk, such as mutual funds, with a strong equity component, may expose you to more market volatility, but you may also have a better opportunity to achieve investment growth if markets perform well.

So how do you gauge your tolerance for investment risk, find your ideal balance and properly plan for retirement so you can sleep at night?

Consider when you would like to retire.

If you're 45 years old, and plan to work as long as you can, you may be able to take on more investment risk than someone who is 55 years old, and plans to retire in five years. This is because, if your investments lose money, due to market volatility, you have more time to recover your losses.

Ask yourself how comfortable you are with market fluctuations.

When you examine an investment statement and note the value is lower than it was six months ago, would you be anxious? Would you shrug it off because you believe the markets will improve? Maybe you're somewhere in between? Perhaps you might think that interest rates are on the rise?

Knowing when you wish to retire, and being honest with yourself about your comfort level when it comes to market fluctuations, is important, and are good places to start when determining your tolerance for investment risk. Your advisor can further assist you. He or she will have access to tools and resources that will help you discover the type of investor you are and choose retirement income product options to meet your risk tolerance.

Once you've determined your investment risk tolerance, there are different products available for your preferred investment style that can help you to properly plan for your retirement. We touch on two examples here:

More tolerance for risk

If you answered that you can shrug off fluctuations in the value of your investments,

and you are optimistic about interest rates rising, you'll want to consider products that can help you take advantage of the markets and potentially rising rates.

For example, some segregated fund products, or contracts, offer a broad selection of varying equity exposure. You choose the funds that appeal to you, based on the equity exposure you're comfortable with. Newer versions of these products that are emerging today are very flexible in their structure, enabling you to capture the benefit of potentially rising interest rates. These rates, along with other factors, help determine your future income when you retire – higher rates can mean higher future income. With this type of product, you should also feel comfortable with some of the associated risks of the market and interest rate uncertainty, in exchange for greater income potential.

Less tolerance for risk

If you answered that fluctuations in the value of your investments make you anxious and you're not convinced interest rates will improve, you'll want to look at products that are considered low risk. There are, for example, segregated fund products that provide a single fixed-income fund as the underlying investment. Fixed-income funds are considered conservative, so these segregated fund products can be an ideal complement to government sources of retirement income.

Advantages of segregated funds

Both low and higher risk segregated fund products offer additional features that make them good choices for retirement income and will appeal to any type of investor, regardless of risk tolerance.

A choice in when and how to start drawing income: the definition of retirement today is not what it used to be. Not everyone wants to stop working completely at age 65. Some may want, or need, to delay retirement, or continue working part-time. The segregated fund products, described in this article, offer varying degrees of flexibility in terms of when and how income can be drawn from the investment. Some offer the option to take partial income, which would help to support you if you want to work part-time in retirement. The key benefits are that you have choices and flexibility.

Guaranteed retirement income for life: Since people are living longer than ever before, running out of money in retirement is a real concern.

If you would like advice or want to discuss the planning of your retirement income with segregated funds as part of your investment portfolio, you can reach me at 514-788-4883 or my cell at 514-949-9058.

The opinions expressed are those of the author and may not necessarily reflect those of Manulife Securities Incorporated or Manulife Securities Insurance Inc.




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

MONT LAURIER

819 440-2666 / www.doubledefi.org

Sept 10 - 16 - Double Defi: The bi-annual International Amateur Theatre Festival of Mont-Laurier is beautifully run and provides a bilingual, printed program with synopsis of each play.



Double Defi

ST. DONAT

Place de l'Église

Mid-September to mid-October: Art Boréal - Exhibition by local artists and artisans.

STE. AGATHE

Théâtre Le Patriote

258, rue Saint-Venant
819 326-3655 /
http://theatrepatriote.com.

Fri, Sept 25: 8 pm: Gilles Vigneault, the icon of Quebec performs with Françoise Guénette and his pianist, Jean-François Groulx. \$50.

Thurs, Oct 1: 8 pm: Bobby Bazini, "Where I Belong," performs songs from his new country-folk record. \$47.



Bobby Bazini

Fri, Oct 2: 8 pm: Plume Latraverse performs "Récidives" in trio with Jean-Claude Marsan (guitar) and Grégoire Morency (contrabass). \$40.

Sat, Oct 3: 8 pm: American Story Show - a musical revue of famous American songs such as Twist (Chubby Checker), Surfin' U.S.A. (Beach Boys), Sittin' On The Dock Of The Bay (Otis Redding) and other songs that followed historical events in the life of people in the United States. \$47. La Boite à Chansons

Scene Desjardins

Doors open at 6:30 pm, first come...

Thurs, Oct 8: 8 pm: Marie-Jo Thériot sings and plays the piano. \$33.

Fri, Oct 9: 8 pm: David Portelance - singer/songwriter and winner of the 2015 Loto-Québec "new performers." \$23.

VAL DAVID

Val David Church

Until Oct 4: Espace Fresque - Le Temps ... Nous: Eleven Laurentian artists exhibit their large canvases. letempsnous2010@gmail.com

Val David Exhibition Centre

2495, rue de l'Église
819 322-7474 / www.culture.val-david.qc.ca.
Open: **Wed - Sun: 11 am - 5 pm.**
Until Sept. 20 - Making Prints in Duo.

VAL MORIN

Théâtre du Marais

1201, 10è Ave. 819 322-1414 / www.theatredumarais.com
This venue presents concerts, theatre, comedians & films.

Sun, Sept 27: 2 pm: Ragleela is a group of musicians led by Uwe Neumann of Val Morin,

12 main.street@xplornet.ca

Out & About

Ilania Abileah - Main Street



who unifies the rich, melodic Indian Râga music with western arrangements. Free!

Sat, Oct 10: 8 pm: With permission from Serge Fiori, Premier Ciel presents "En pleine face," the music of the group Harmonium, played by seven musicians. For this concert there is a choice of dinner at 6 or 6:30 pm, with choice of menus. Prices vary.

Espace Rhizomes Gallery

6140 rue Morin
819-322-5998 / www.espacerhizomes.com

Sat & Sun, Sept 19 - 20 & 26 - 27: noon to 4 pm: Artists Simon Provost and his students exhibit their work. **Sat & Sun: Oct 3 - 4:** Group Espace Rhizomes present a new exhibition, "Les coolers de lame."

ST. ADOLPHE D'HOWARD

Atelier Culturel

1889, chemin du Village / 819 323-1878
To mark sculptor Armand Destroismaisons 50th career anniversary, during the month of September, an exhibition of fifty sculptures (for the fifty years of his art career) will be on display.

STE. ADÈLE

Place des Citoyens

999 boul. Ste. Adele
450 229-2921 #300 / http://ville.sainte-adele.qc.ca.
Open: **Thurs & Fri: 1 to 4 pm; Sat: 10 am to 5 pm; Sun: noon to 5 pm.**

Concerts:

Fri, Sept 18: 7:30 pm: Michel Robichaud - \$15.

Sun, Sept 20: 1:30 pm: Valerie Milot (harp) & Marianne Lambert (coloratura soprano).

Fri, Sept 25: 8 pm: Tribute to Georges Brassens.

Sat, Sept 26: 10 am: Songs & Tales - Quebec folklore for children.

Sat, Sept 26: 2 pm: Quebec song history presentation.

Sun, Sept 27: 1:30 pm: Tribute to Claude Léveillée, with singer Pierrot Fournier.

Exhibitions:

Until Sept 27: Claude Guité presents his large-sized canvases.

Sept 11 - 20: The Canadian Watercolour Society presents paintings by over 71 members. Vernissage Sept 11.

Sept 24 - 27: Twenty members of the group, "Corps-Beaux," present "Triptique et Paravent - La Peinture au Carnaval."

Oct 10 - 12: Fééri des Couleurs - an exhibition of the Ste. Adèle artists association.

Lac Rond Chapel

1300, Chemin du Chantecler

Sat, Sept 26: 4 pm: Amat'Art is organizing a fundraising concert, given by three musicians, who will play music by Ravel, Sarasate and Mozart. 450 712-5390. info@amat-art.org. www.amat-art.org. \$30.

ST. SAUVEUR

Park Filion

Sun, Sept 13: The annual Antique Car Exhibition.

Sun, Sept 13: 3:30: Jean Nichol (retro music). www.valleesaintsauveur.com.

Sat, Sept 19: 2:30 pm: Ryan Kennedy (country-folk).

Sun, Sept 20: 2:30 pm: Aline Richer (retro).
Sat, Sun & Mon, Oct 10-12: Country Music

Weekend - A dance floor will be set up next to the stage for line dancing enthusiasts. You can also park your RV for free all weekend.

Info: Toll-free: 1-877-528-2553.

Chalet Pauline Vanier

33 ave. de l'Église
5th International Film Festival of St. Sauveur!

Fri, Sat & Sun, Sept 18 - 20: Come celebrate the FFISS 5th anniversary. The festival starts **Fri,**

Sept 18 with cocktails and music, which will be followed at 7 pm by the screening of competing short films.

Sat, Sept 19:

1 pm: a feature film (120 min.) will be screened at Pine Cinema in Ste. Adèle (regular Pine Cinema admission charge). Also at 7 pm, there will be more short films shown at the Chalet Pauline Vanier.

Sun, Sept 20: 1 pm: a program for families with their children. Winners will be announced during a closing party at Pub SaintSAU. Admission fee is \$10.

MORIN HEIGHTS

Morin Heights Library

823, Village Rd.
Until Sept 26: Arts Morin Heights - "Monochrome." www.artsmorinheights.com

WENTWORTH NORD

Montfort Pavilion

160 rue Principale, Wentworth Nord (Montfort).

Until Sept. 27, Sat & Sun: noon to 4 pm: 11th Exhibition Montfort Art Gallery. Twenty artists from the MRC des Pays-d'en Haut and the Laurentians will show beautiful artwork using different mediums.

Sat, Oct 3: 7:30 pm: "Laurel Ma Muse" presents "Jazzessence," Cynthia Beyea (singer) accompanied by four professional musicians. Info: Diana Jegou: 450 226-1980. \$15.

GORE

Holy Trinity Church

4, Cambria rd, Gore.

Sat, Sept 26: 8 pm: Katie Moore in concert! Katie Moore is a songstress whose music delivers folk, soul, country and the 70s Southern California styles with a unique and beautiful voice. Katie's Solo recording "Montebello" (2011) won a GAMIQ award and the SOCAN song-writing award. Her latest recording (August 2015), "Fooled by the Fun" in which she is accompanied by several Montreal musicians, has already received favourable comments by the media. Contacts: Linda Cass-Jones: 450-562-962 / Jim Kyle: 514 347-1788 / Hugh Mitchell: 450 562-9249. Please note: Some of the revenue from concerts at this venue go to support the Christmas Basket Project (serving 30+ families,) the School Bag project (also serving 30+ families); and to provide a free Christmas dinner for the community (over 100 people in 2014). Tickets: \$25 at the door / Presale: Adults \$20 / under 16: \$15.



Katie Moore

PRÉVOST

Salle Saint François Xavier

994, rue Principale
450 436-3037 / www.diffusionsamalgame.com

Diffusion Amal'Gamme: The new season starts **Sat, Sept 19: 8 pm.** The award-winning group, "Oktopus:" Eight musicians from Montreal play music inspired by the Jewish Klezmer and gypsy music. \$35.



Oktopus

Sat, Oct 3: 8 pm: Duo Mag Kaleidoscope: artists Vladimir Sidorov (accordion) and Marc-André Gautier (violin). Program includes music by Piazzolla, Gershwin, Gardel, Shostakovich, Williams, Sidorov and more. \$30.

ST. JÉRÔME

Laurentian Museum of Contemporary Art

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

Open: **Tue - Sun: noon to 5 pm**

Sun, Sept 20 to Thurs, Nov 8: An exhibition, "Vous êtes ici" - You Are Here, by Richard Purdy. The exhibition is a commissioned retrospective of Richard Purdy's cartographic projects, by the Musée d'art contemporain des Laurentides (MACL). The artist, who studied art at the Nova Scotia College of Art and Design (1975), obtained a Masters degree in Italy (1977) where he began his cartographic work and obtained his PhD (2001) from the UQAM (Université du Québec à Montréal). This artist creates wall-sized installations in public spaces, including work in-situ. His work has been exhibited across Canada and in several European countries.



Richard Purdy's cartographic projects

Salle André-Prévost

535, rue Filion / 450 432-0660 / enscene.ca.

Sat, Sept 19: 8 pm: The legendary Plume Latraverse (rock, folk and blues) on stage with a new show called "Récidives." \$40.

Sat, Sept 26: 8 pm: Country singer Patrick Norman and his musicians, Jean-Guy Grenier & John McDiarmid, present a new show - "Après la tombée du rideau," celebrating his 45th career anniversary. \$42.

Thurs, Oct 1: 8 pm: Roch Voisine performs a new show - "Roch & Folk Tour 2015," accompanied by four multi-instrumentalists musicians. \$50.

Fri, Oct 2: 8 pm: Singer/song-writer, Ariane Moffatt, will perform songs from her new French album. \$37.

Salle Anthony Lessard

101, Place du Curé Labelle
450 432-0660 / enscene.ca.

Sat, Oct 3: 8 pm: Rock, Pop & Folk singer, Mara Tremblay, performs songs from her new album, "À la manière des anges." \$36.

Sat, Oct 10: 8 pm: Alfa Rococo - Justine Laberge and David Bussièrès perform electro-pop. \$30.

Due date for next edition: September 20
-ilania@IlaniaAbileah.com
450 226-3889

Katie Moore in concert

Holy Trinity Church, 4 Cambria (Gore)

Saturday, September 26: 8 pm

The Voice of an Angel Returns

Katie's last visit to Holy Trinity was with the band, "Yonder Hill." With fond memories of that event, she has enthusiastically accepted our invitation to return this fall and we are thrilled to have her back. This is our third concert of the summer and promises to be as big a success as the first two.

"Moore is one of Montreal's underappreciated treasures. She sings classic country music updated with an arresting personal touch and with a voice -- what a voice -- that holds the whole world in its hands." (Montreal Gazette)

Tickets: Presale - Adults \$20, under 16 years \$15 / at the door: Adults \$25 and under 16 years \$20.

Info: Linda Cass-Jones: 450 562-9620 / Jim Kyle: 514 347-1788 / Hugh Mitchell: 450 562-9249.



Vintage car exhibition - St Sauveur

On Sunday, September 13, the Valley of Saint Sauveur, in collaboration with the Association of Vintage Cars of Quebec (QALY), welcomes everyone to come out and enjoy this wonderful exhibition of vintage cars. Hundreds of classics will be on display in parc George-Filion.

To accompany this exhibition, Jean Nichol will be performing on stage. At the age of 7 years, Mr. Nichol joined his school choir and developed a passion for singing. He created the group "The Commanders" and discovered "rock and roll" and "rhythm and blues." Later on, he began a solo career and interpreted the megahits "Oh Lady Mary," "Angelic," "First Love" and "Without You." Let yourself go to the sound of his music, sometimes sentimental, sometimes rock of the time. Romance, tenderness, passion and rhythm will be waiting for you!



Arundel celebrates past history

From Fri, Sept 25 to Sun, Sept 27, Arundel will be celebrating Les Journees de la Culture with an objective to experience and share local culture. This year, Arundel, Huberdeau and Montcalm have worked together to organize events that do not overlap, thus making it possible for people from the three communities to enjoy all presentations. Come and join us for a fabulous and educational weekend! Free entrance to all activities and demonstrations.



Arundel

Fri, Sept 25: 7 pm - 10 pm - Impromptu Music Making with Victor Courte and guest musicians, Charles Casavant (Montcalm) and Stephane Legault (Arundel).

Arundel's Bevan Creek Park (next to the Municipal office).

Weather permitting there will be a bonfire, and all are invited join in the music-making, dancing and singing. If possible, please bring your own chairs.

Sat, Sept 26: 3 pm - 5:30 pm - Arundel's showcased presentation, "Follow the River." Arundel Elementary School, 5 School Street. The event will focus on 3 aspects of Arundel's earliest history: The First Nations People, all about the earliest settlers and the Rouge River as a source of life. Documents, photographs, maps, tools and artifacts will be on exhibit. Works of art that are complimentary to the theme, from professional artists, including Joanna Nash and Freda Pemberton Smith, will be on display. There will be interactive maps and workshops, including one given by Susan MacDonald: Traditional Work with Wool, from the animal to the finished product (by hand). Sylvie Houle will demonstrate her "Medicinal and Culinary Use of 'The Wild.'"

Sat: & Sun: 10 am-3 pm - artists/artisans will be hosting Open Houses that provide interactive experiences. Christian Lafortune, a cabinet maker/ sculptor, will give two workshops: Sat: 1 pm - Different Woods and How to Work With/ Finish them; Sun, 1 pm - Working with Recycled and Drift Wood.

David Carruthers & Denise Lapointe: Art on Paper & How to Use Paper. Stained glass artist, Yolanda Goulet, will give a workshop on Sept.19, and will continue on Sat, Sept 26 only, 10am - 3pm. Registration for workshop is required before Sept. 18.

Montcalm

Saturday, Sept. 26: 9:30 am - 11:30 am - citizens will share their memories, anecdotes and relive amusing times at the Montcalm Community Center. Artists' works will be on exhibit throughout the weekend at the center.

Huberdeau

Sat & Sun: 1:30 pm - 5:30 pm and Sat, 7 pm - 9 pm: Marc-Andre Brassard, a taxidermist, Otter Lake.

Sat, Sept 26: 7pm - 9pm - Campfire Stories at Parc Ghislaine et Frederic Bach, near the bridge (or the Town Hall, in case of rain). Village elders will share anecdotes, we will sing Quebec songs, accompanied by Normand Provost's guitar, and we'll stomp to the bluegrass music of "Les Gilberts."

Sun, Sept 27: 12 pm - 1 pm - Potluck community dinner. Bring a dish! (Parc Ghislaine et Frederic Bach, (Town Hall in case of rain)

Sun, Sept 27: 2 pm - 3:30 pm - an interactive theatrical tale in French: "Les Plumes du Dragon" at Town Hall,

7:30 pm - 9 pm - Courir L'Amerique: Serge Bouchard, writer and anthropologist, will speak in French about the Coureurs Des Bois in our region (at the church).

The weekend events are the work of many citizens and artists. They illustrate the resilience, courage, stamina, initiative and creativity upon which our communities were (and are) founded, and we invite everyone to come, enjoy and be inspired.

All details pertaining to Arundel's Les Journees de la Culture will be available on the Les Journees de la Culture web site journeesdelaculture.qc.ca (trouver un activite) or you may call 819-687-2382-Arundel/ 819-429-1375-Huberdeau/450-226-2028-Montcalm -for further details.



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AUTUMN

in the Laurentians

A festival of colours...

Susan MacDonald – Main Street

Over the next few weeks, our Laurentian forests will transform into a blaze of colour as autumn turns our region into the most picturesque season of the year. Artists and photographers are waiting in the wings to catch the glory on canvas and on film, and tourists will soon be arriving in droves to breathe in our mountain freshness and enjoy nature's array of spectacular colour. Now is the perfect time to enjoy the hiking trails and catch some of the most breath-taking sights ever to be found. Pack a lunch and plan some driving excursions, and get out and enjoy. Here are a few venues offering special activities but there are sure to be plenty of others along the way. Don't forget, it's harvest time and apple-picking is also a great family activity to discover. Plenty of orchards available nearby!

MONT TREMBLANT

1000, ch des Voyageurs, Mt. Tremblant
816-681-3000, ext. 46643 / tremblant.ca
Sept 12-20: TREMBLANT GOURMAND

Nine days of scheduled activities for serious epicureans. Participate in different activities including mountain gourmet hikes. Enjoy culinary performances by some guest celebrity chefs as well as food tastings and new culinary experiences provided by various sponsors and exhibitors. Discover the pleasures of food as the entire pedestrian village comes to life!

FALL FESTIVAL IN SAINT-ADOLPHE-D'HOWARD

819-327-2626, ext. 221 / stadolphedhoward.qc.ca
September 19 – 27

Come and admire the beautiful landscape of St. Adolphe-d'Howard at its best. Lots of activities planned for the whole family; on the water, on the mountain and in the village. Spend two full weekends in a festive and musical atmosphere.

FESTIVAL OF COLOURS AT MONT SAINT-SAUVEUR

September 19 – October 12
350, ave. St. Denis St. Sauveur
450-227-4671 / mssi.ca

Mont Saint-Sauveur invites you to come and enjoy the beautiful landscape each fall weekend from mid-September until mid-October. Fun-filled weekends of colourful activities from 11 am - 5 pm.

FESTIVAL OF COLOURS AT SKI MORIN HEIGHTS

September 19 – October 25
231, rue Bennet / 450-227-2020 / skimorinheights.com

Come and admire the fall colours at Ski Morin Heights – either on the 12 kms of hiking trails or with the chairlift (\$). The Acro-Nature activity (treetop adventure) will be open. Snack bar on site. Open weekends 10 am – 4 pm.

COLOURS FESTIVAL St. Faustin-Lac-Carré

Sept 19 – Oct 12
5000, ch. Du Lac-Caribou, St. Faustin-Lac-Carré
819-326-9072 / ctel.ca

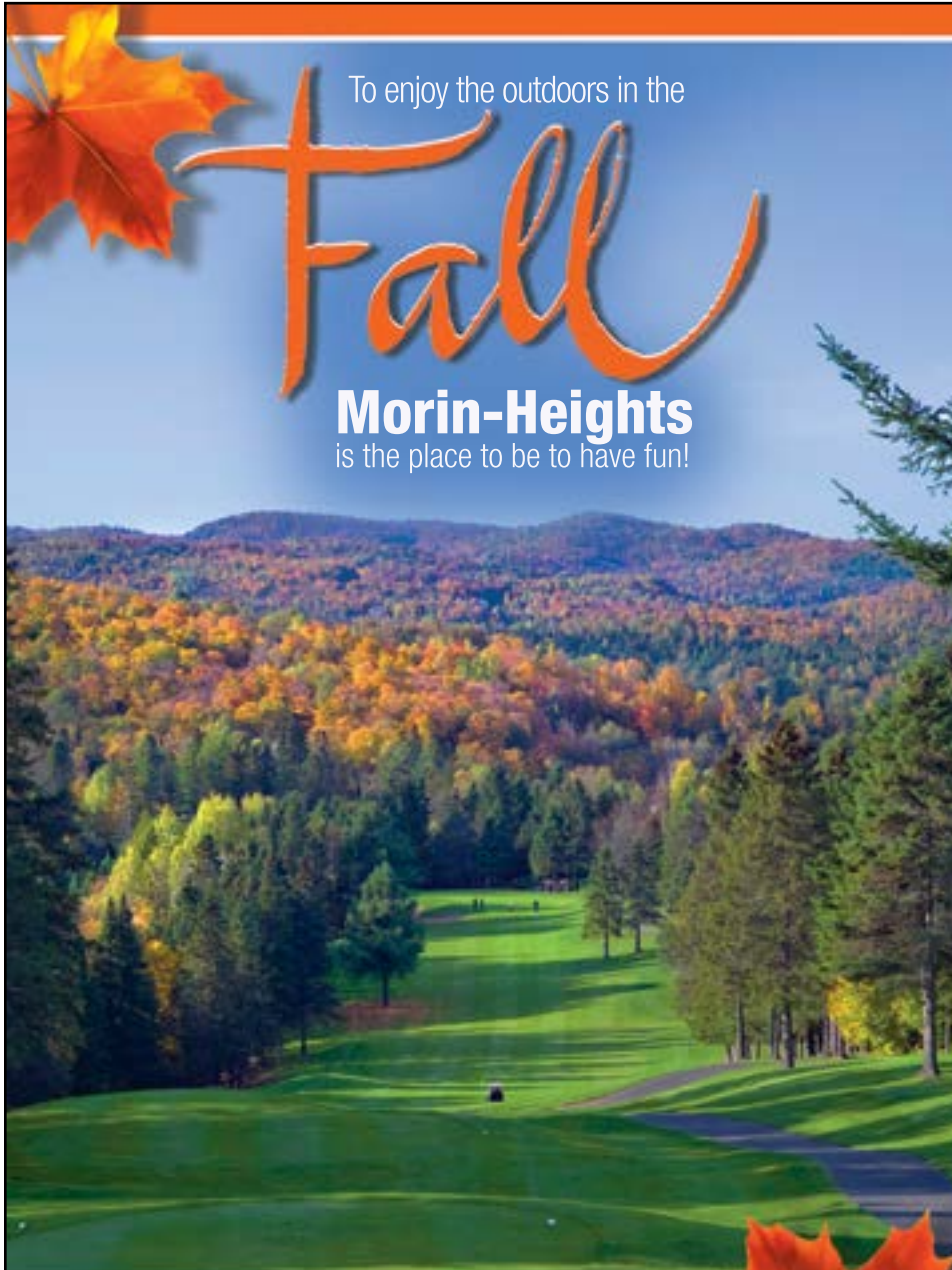
The Centre touristique et éducatif des Laurentides presents its Festival Coul-Couleurs to end the season during the last four weekends. A number of free activities have been organized to make your visit special.

It's Harvest Time

On October 11, the young and dynamic team at Morgan Farms will be hosting their 7th annual Harvest Party. The day's scheduled agenda is packed with educational workshops, conferences and live entertainment. A selection of food from the farm's annual harvest will be on the menu, proudly prepared by the young farm chefs.

For a day of fun, join us as we celebrate the annual harvest. Tickets are \$10 for the full day of activities, excluding the chef's delights.


A portion of the proceeds will be donated to a local community organization.



To enjoy the outdoors in the

Fall

Morin-Heights
is the place to be to have fun!



Walking, cycling, hiking and mountain biking, golf, spas, parks, restaurants and cafés,
we have it all!



Ville de
Saint-Sauveur



Come visit St. Sauveur in the beautiful fall season to see the breathtaking sights and plentiful superb restaurants and boutiques.

Make sure to visit our website:
www.valleesaintsauveur.com

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Come visit us!

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oktobierfeststeadele.com

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Media presenter: Journal des Pays-d'en-Haut/La Vallée et CIME FM

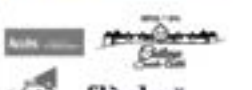
Thank you to the Government of Quebec and Bertrand MP : Claude Cousineau

FREE SHOWS

SAMAJAM Friday October 2nd **8:30 pm** (on the Adèle Bistro Stage)
MOTEL 72 Friday October 2nd **8:30 pm** (on the Adèle Bistro Stage)
PAGLIARO Saturday October 3rd **8:00 pm** (on the Adèle Bistro Stage)



Joanne Dubé presents:



Breast cancer fundraiser results

Lori Leonard – Main Street

The Save the Tatas Team is pleased to announce that more than \$3,800 was raised during this special event, which took place on August 15. This is \$800 more than was raised last year! The Musicfest took place on Carol Lyng's beautiful property and while it rained in many regions throughout the area, the sun shone brightly in Lachute for the day's festivities.

We would like to thank the community for showing their support by coming out to see the fantastic musicians perform, for purchasing raffle tickets, bidding on silent auction items and for purchasing home baked goodies. A big THANK YOU to all the sponsors who donated wonderful prizes and to everyone who donated items for the silent auction. Thanks to the talented musicians who came from near and far, the children who baked goodies, to all the amazing volunteers, to our BBQ chef and to all of the team members. Special thanks to the City of Lachute for supplying us with tables and to the Hadley Christmas Tree Farm for loaning the stages. With all of your support, this year's event was truly a great success!



Author Fred Levine publishes new second book – Triple Play

Lori Leonard – Main Street

Fred Levine, author and illustrator of children's books, has just published his new book about a baseball team titled, Triple Play. Featuring the same lovable, round-eyed characters representing his triplets and eldest daughter, it explains how each member of the family contributes to team spirit and to helping one another. An article about Fred's first book, Triple Trouble, appeared in the April 2015 edition of Main Street.



Fred was recently interviewed by well-known CJAD radio personality, Barry Morgan. Toronto Blue Jays have also shown their support of Fred's book by placing it "front and center" in their boutiques and in their on-line store. Fred's heartwarming story will also be featured in a national newspaper. The new book sells for \$25 and all funds will be donated to the Gerry and Nancy Pencer Brain Tumor Center. Fred's first book, Triple Trouble, is still available for purchase. All funds from both books will be donated to brain cancer research. To buy these books or to learn more, check out the new website at www.tripletroublebook.com.

Bringing humanity to humanity

Lori Leonard – Main Street

Hélène Tremblay has a mission in life, one that she has been extremely passionate about since she was 30 – bringing humanity to humanity.

Hélène has visited more than 116 countries around the world and visited families who had a profile that represented the common denominators of the majority of the population.

Hélène's work is multi-faceted and she is an extremely talented, gifted person. She is an accomplished writer and has written 15 books about countries/families, which are distributed throughout Canada, USA, Australia and France. She is also an accomplished photographer and speaker and has spoken on humanity in Canada, Switzerland, England, Belgium, the USA and many other countries across the world.



The first country that Hélène ever visited was Bolivia, in 1983. She had a small budget, understood Spanish and desired to be in a completely different part of the world. She began her first book called Families of the World. Initially, people laughed at her idea of introducing humanity to humanity. There were no computers, Internet or Facebook back then, but Hélène was persistent, and her instincts told her to continue onward. She wanted to note the similarities and differences between families of the world. In Uganda, women served their husbands on their knees, while elsewhere, people loved their "mama's soup" or washed their clothes in a river. Hélène noted that so-called "poor people" never realized that they were poor, and felt sorry for others who they thought were poverty stricken. Never did any family wish to exchange places with another. Each time Hélène visited a family, she photographed the family and the interior and exterior of their home. Hélène was not rich, so she borrowed money from a friend, was homeless for 7 years, and had no car. She has not enjoyed any fixed income since 1982. Many friends have not understood and still do not comprehend how Hélène can live with such insecurity, but Hélène maintained her faith and everything always worked out.

When Hélène is not travelling, she calls the Laurentians her home as her soul needs to be near water and forests. Life lessons that Hélène has learned are: Be at peace with yourself, smile at your neighbour, be proud to be a human being (not vain, there is a vast difference!)

Bravo Hélène, for spreading humanity throughout the world. Maybe we should spread humanity through the Laurentians by learning more about our neighbors. For more information, see www.helenetremblay.ca.





Nature's Gift Fall colours

Rose Labrie- Main Street

Once again, summer has come and gone much too quickly. The good news is that the most colourful season is upon us. Each year, autumn is like a new painting.

A picture is worth a thousand words so let me share a few of mine. I hope you enjoy these spectacular moments of "nature at its best."



My first animal rescue, a moment that changed me

By Aviva Vetter, Humane Society International/Canada

I've always wanted to be a hero for animals. For as long as I can remember, it was the only thing I ever wanted to do. Growing up, I was determined to find a way to make my life about helping animals.

With several non-profit years, and countless animal volunteer hours under my belt, I was thrilled to join Humane Society International two years ago – my dream had finally come true!

And just last month, dreams of a better life also came true for the animals I helped rescue in a remote Quebec town. The dogs and cats we rescued were living in conditions that were, at best, deplorable. Many needed urgent attention, while most lacked basic needs like access to food and water.

While I usually focus on ending animal testing, and my colleagues work on a plethora of other animal welfare issues, that day was only about one thing: being a hero for those animals.

It was long and difficult, but through their fearful eyes, each of us saw a glimmer of hope. Every single animal we rescued received the care they so desperately needed (and, once rehabilitated, a fresh start in a new adoptive home). When the day was over, and each animal was safely back at the emergency shelter, I took great satisfaction in knowing that I had helped to change the world for a few faces.

Even though it can be easier to turn away from seeing animals in such agony and unimaginable circumstances, for me, it is more difficult to know I could have done something and didn't. I think many of us wish we could save every animal in the world, but, due to the overwhelming feeling of having little control, we don't do anything at all.

However, there is a saying to help us overcome that feeling of helplessness: saving one animal won't change the world, but it will change the world for that one animal.

While I am lucky to say that most of my work is focused on saving countless lives through campaigning, that day was about changing the world for each and every one of those animals, and it was exhilarating to be part of that change and to experience it first hand.

Want to help? Go to hsicanada.ca, or call 514-395-2914 to get more information



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SUDOKU

7	6			9			8
2		8					
				6		1	4
	3		2				7
		7		3		5	
5				4			2
6		9		5			
						4	5
3			4				1 6

Answers will be posted on our Facebook page (TheMainStreetNews) and published in our next month's issue



Answers for the August edition sudoku



9	4	6	8	1	3	5	7	2
7	8	1	6	2	5	9	3	4
5	3	2	9	7	4	6	8	1
4	7	5	2	8	9	3	1	6
6	9	8	3	4	1	2	5	7
2	1	3	5	6	7	4	9	8
3	6	4	7	9	8	1	2	5
1	5	7	4	3	2	8	6	9
8	2	9	1	5	6	7	4	3

Organic salmon, white fish, scallops, scampi, tuna, calamari & in-house smoked Finnan Haddie



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*Please call Wednesday for weekend orders



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HB SE
model shown

2015 **COROLLA** **\$169** month*
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Lease and purchase financing provided through Toyota Canada Inc. upon credit approval by Toyota Financial Services. Registration, insurance, taxes and tire levy are extra. Subject to applicable conditions, the offers apply to individuals who lease or buy a vehicle from September 1 to 30 2015, at a participating Quebec dealer where you can obtain all of the terms and conditions. The dealer may lease or sell for less. Offers may change without prior notice. *Offers apply to new, in-stock 2015 Corolla CE (BURCEM AA) / 2015 RAV4 FWD LE (ZFREV AA) / 2015 Yaris HB CE (JTUD3M A) base models. MSRP of \$17,720/\$26,360/\$16,295 before taxes, dealer fees of \$165 before taxes (applicable at some dealers), transportation and preparation charges and air conditioning charge (if applicable) included. The total monthly payment is subject to a 0.49%/1.49%/0.49% annual lease rate and takes into account a \$325/\$210/\$855 dealer contribution, dealer fees, transport and preparation charges, air conditioning charge (if applicable) and \$800/\$250/\$1,000 Lease Assist (including applicable taxes on Lease Assist, the payment of which will be required on delivery). A 20,000 km per year restriction and \$0.07/\$0.15/\$0.07 per additional kilometre apply. The amount required on delivery is \$169.35/\$275.66/\$159.49 before taxes (equivalent to the first monthly payment) as well as tire levy and applicable taxes. The MSRP of the 2015 Corolla S (BURSEM AA) / 2015 RAV4 AWD Limited (DFREV AA) / Yaris HB SE (KTUS3P A) models shown is \$21,425/\$35,705/\$19,515.



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

Branch 171 Filiale Morin Heights

Sept 25: 6 pm - TGIF Smoked Meat Dinner
Oct 11: 9 am - 2 pm: Thanksgiving Brunch
Oct 24: 6 pm - Oktoberfest Supper
1st & 3rd Monday of the month: Military Whist
Wed: 7 pm - Darts
For information on any event call 450 226-2213 (after noon)

Branch 70 Filiale Lachute

Tues: 1 pm: Euchre
Alternating Thursdays: cribbage & shuffleboard
Sat afternoon: 1:30 pm: Darts
For information call: 450 562-2952 after 2 pm!

Branch 71 Filiale Brownsburg

New members are always welcome. Please drop by on open nights if you are interested. Membership cards are available at a cost of \$45.
For information on upcoming events please call Sheila or Trevor Holmes 450 562-8728.

Branch 192 Filiale Rouge River

Summer time and the living is easy
Cribbage every Tuesday night at 7:30 pm
Yoga classes Mon, Tue & Wed.
Info: Marlene: 819-687-8665
For further details call 819 687-3148 / 819 687-9143 or email mmcp40@gmail.com



ENGLISH COMMUNITY NEWS

To find out what is going on in and for the English community in the Laurentians, go to: <http://thelaurentianclub.weebly.com/community-events.html> to see the Community Calendar of meetings and other events across the territory. Check it also to help you set the date for your own meetings to make sure that there is nothing else scheduled for that date. Instructions are on the site for having your events posted too.

RELIGIOUS SERVICES

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 Village Road, Morin Heights
Terry Sheahan: 450 229-5650.
We are known as a singing church so if you enjoy Country Gospel and like to sing Old Time Gospel, or just listen, come and enjoy our Sunday evening services. Services will be held at 6:30 pm. Everyone (and their instruments) 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
227 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
Sunday School: 10 am
Worship service: 10:45 am
Hymn Sing: 4th Sunday each month - 7 pm

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH - MORIN HEIGHTS
757, Village, Morin Heights (450 226-5307)
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.
No dates at this time.

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

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

UNITED CHURCHES OF CANADA
450 562-6161 or 514 347-6250
KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Sundays: 8:45 am
Weekly Sunday Worship and Sunday School

LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 10:30 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
Last Sunday of each month: 1 pm
ST. MUNGO'S CHURCH, CUSHING
Hosts joint worship for all churches
Sept 20 & Oct 18: 10 am

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.

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

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church
Please note that as of Sunday, July 5, services will be held at 11 am every week, followed by coffee & fellowship. 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
You are welcome to join us after the service.

LOST RIVER PRESBYTERIAN CHURCH
5152 Lost River Road, Lost River
Rev. Douglas Robinson
Summer services will be held every Sunday at 9:30 am throughout the months of July and Aug.

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

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 20: 11 am - Lay Reader
Oct 4: 11 am - Sunday service
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Sept 11: 7 pm - Church service
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Sept 13: 11 am - Church service
Sept 27: 11 am - Church service
Oct 11: 11 am - Church service
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 13: 11 am - Lay Reader
Sept 27: 11 am - Church service
Oct 11: 11 am - Church service

*** Aug 30: 11 am - Combined Service
Annual Music Celebration at Trinity Church ***

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
with Rev. Paul Tidman: 450 562-2917
Sept 13: 9:15 am - Family Service
Sept 20: 9:15 am - Communion
Sept 27: 9:15 am - Communion
Oct 4: 9:15 am - Morning Prayer
Oct 11: 9:15 am - Family Service
Oct 18: 9:15 am - Morning Prayer
Oct 25: 9:15 am - Communion
Everyone welcome! Refreshments follow most services

ÉGLISE LAC MAROIS UNION CHURCH
802, Ch. Sainte Anne-des-Lacs (SADL)
No further dates at this time.
All are welcome / Bienvenue à tous.



* If your church is not mentioned, please check with them directly for services. *

Laurentian Club Notice
Holy Trinity Church Hall, 12 Préfontaine West, Sainte-Agathe-des-Monts
Monday, September 28: 1:30 pm
Speaker: **Stevie Cameron**, award-winning journalist and author
Topic: Out of the Bleu
How Ms. Cameron's culinary passion brought her from Cordon Bleu to Blue Trust, one of her three books on the Mulroneys years.
Cost: Annual membership is \$25 per person. Guests: \$10 per event.
For a full calendar of the 2015-2016 season visit www.laurentianclub.ca
To learn more, visit our Facebook page www.facebook.com/LaurentianClubofCanada or contact us at TheLaurentianClub@gmail.com or 819-326-6872.

LAURENTIAN CLUB OF CANADA

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

Meeting for cancer patients, families and caregivers is **SATURDAY AFTERNOON September 16, 2015 - 1 pm**
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

Speaker: Debbie Sarjeant, Art Therapist
If you have art or craft supplies to donate, please contact June Angus 450-226-3641

Next meeting Saturday, October 17

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 Reymond: 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

JOYFUL NOISE CHOIR

(148 Watchorn, Morin Heights)
Tues: 7 pm Sept 8 – Dec 8
We invite you to join us and sing Christmas Show – Dec 10
Info: Penny Rose: 450 226-2746 / pennyrose@jenanson.com
Cost \$125
Check out our Director's (Ian Lebofsky) website: http://www.thephysicalvoice.com

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sun, Oct 4: 9 am – noon: October breakfast.
Basket draw tickets are available at the door and proceeds will go the Arundel public school.
Adults: \$6; children: \$3.
Everyone welcome
To join the LRCC email list please advise Mike Carroll at lrcc.harrington@gmail.com
Info: Joan Field: 819 687-8159

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
Sept 16: 11 am - General Meeting & lunch
Sept 24: 1:30 pm - Cafe Partage
Oct 4: 5:30 pm - Cook's Night Out
Oct 8: 1:30 pm - Cafe Partage
*** We are looking for volunteers for our community kitchen project
Cooks and drivers needed for 3 hours once a month on Thursday afternoons
For more info, please call Deedy, 819 242-8939

HARRINGTON VALLEY COMMUNITY CENTRE

420 Harrington Rd.
1st & 3rd Sunday of each month: 1:30 pm: Bingo
*** We are looking for a refrigerator for the community centre.
For more info, please call Deedy, 819-242-8939

MEDITATION WITH MUSIC

St Francis of the Birds Church, 95, rue St. Denis, St Sauveur
Wed evenings: 7 pm – 9 pm
Drop by for the time you have available
Everyone welcome / bienvenue à tous
Info please call Peter: 450-227-3244

BACK TO SCOUTING BBQ

Royal Canadian Legion - Morin-Heights
Sat, Sept 12: 1 - 4 pm
Come and join the fun! Activities and demonstrations for the whole family to enjoy.
Can't make it to the BBQ?

Join us on Wednesday evenings starting **Sept 16 at 6:45 pm** at Morin-Heights Elementary School. Call 514 951-1234 or Email ScoutsMorinHeights@live.com for more details.

CELEBRATING 190TH ANNIVERSARY

Dalesville Baptist Church will be celebrating its 190th Anniversary this year and is marking the event with a special service to which all friends of the church are invited. It will be held on Sunday, September 13 at 10:30 am at the church, located at 245 Dalesville Road South in Brownsburg-Chatham.
We have invited the Rev. David Dobson as our guest speaker for the day, and will be having a look back at notable events in the Church's history, as well as looking to God for the future of the church.
The service will be followed by a pot-luck lunch to which all are invited.
"Praise the Lord! Great things He has done!"
For information, please call Eddie Buchanan at 450 533-6729.

ANNUAL HARVEST SUPPER

Margaret Rodger Memorial Church, 463, Principale, Lachute Lachute Chapter # 56
Order of the Eastern Star
Sept 18: 5 pm – 7 pm
Entertainment supplied by Victor Courte
Adults: \$10; children under 10 years: \$5.
Tickets: Elaine Wilson: 450 562-2077 / Dorothy Gauley: 450 562-8244 / Freda Gordon: 450-533-4862

BENEFIT CONCERT

Avoca Community Centre, 192 Avoca Rd, Grenville-sur-la-Rouge
Sat, Sept 19: 7 pm
Folk Country music with Victor Courte and Kevin, Jon & Mike, all musicians from Harrington.
Tickets: \$10 at the door.
Proceeds will go to install an access ramp at St-Andrew's Church

ANNUAL SOUP LUNCHEON ARGENTEUIL COUNTY WOMEN'S INSTITUTE

Margaret Rodger Memorial Church 463 Main St, Lachute
Fri, Sept 25: 11:30 am – 2 pm
Soup and assorted desserts
Home-bake table & used books.
Donation: \$7
EVERYONE WELCOME

BENEFIT CONCERT

Holy Trinity Anglican Church, 12 Préfontaine West, Ste-Agathe-des-Monts.
Sat, Sept 26: 7 pm
L'Ensemble vocal Cantivo, under the direction of Patricia Abbott and l'Ensemble vocal Artémis, under the direction of Danielle Maisonneuve, will give a joint benefit concert. You will hear music from the Renaissance up to the present day. Entrance is free with a voluntary contribution of \$10 or more. Donations will be given to the church.

FUNDRAISING BAZAAR

Lakefield / Mille Isles Women's Institutes Community Hall, 2 Cambria Rd, Lakefield
Oct 17: 10 am – 2 pm
Craft table & home-baked goods
Coffee & muffins: 10 am / luncheon: 11:30 am.
Anyone wanting to rent a table call Jean Edwards 450 566-2552

Fundraising Concert
Starring **Oliver Jones** and friends
Sept 27 2015
7pm to 9pm
Tickets: \$50.00
Oscar Peterson Concert Hall
7141 Rue Sherbrooke ouest
Montreal, QC H4B 1R6
For information please call
450-218-3227
suptoliver@131@gmail.com
"Light refreshments included"
Bernadette Short Irish Dancers
For tickets visit:
www.seniorsactionquebec.ca

BACK TO ART SCHOOL!
923-B, rue du Village, Morin-Heights (Qc)
450 226-7771
Starting Sept 15
Henry Giroux teaches his oil painting technique (cours de peinture à l'huile)
Tues, Wed & Thurs: 1 pm - 4 pm / Sat & Sun: 9 am - noon.
\$200 per 5-week session
h.girouxcgocable.ca
www.henrygiroux.com

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

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info@4kornerscenter.org 4kornerscenter.org

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www.organismepaix.ca

Alcoholics Anonymous
Helpline: 1 877 790-2526

Help for compulsive gamblers
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866 484.6664
gam-anon.org

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or email: recyclefur98@gmail.com

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Please contact for more information or to make an appointment

Le Campagnard Day Camp

This summer, the day camp of St. Adolphe d'Howard had the pleasure of welcoming 83 children, who enjoyed tons of activities offered by the Campagnard team.

During the 9-week program, children of all ages participated in the creation of a giant mural (with the guidance of artist, Myriam Fontaine) and enjoyed several excursions, including trips to the St. Sauveur aquatic park, 45 Degrees North and camp Boute-en-train.

Plenty of other activities kept the children well entertained throughout the summer and everyone had a wonderful time. See you next year!



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613-632-8133

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450-419-6777

Lachute
89, av de la Providence
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Seniors and Families at the Heart of Argenteuil An array of tools on the PREL's website

Parents: Key players in the academic success of their children

Evelyn Bergeron – Main Street

Summer vacation is over. For thousands of children and teens in Argenteuil, it's time to go back to school. School is in session!

For many, it means the anticipation of reuniting with friends, the excitement over meeting their new teacher, and the thrill of learning new things. For others, back to school is more synonymous with stress, anxiety, and nightmares. Regardless, if the student is in control of his/her journey, parents also have a major role to play in the academic success of their child.

At the end of the last school year, the Partenaires pour la réussite éducative dans les Laurentides (PREL) posted five columns for parents. They are short texts, along with web-capsules, that offer advice to help them support their child over different key periods of their schooling.

The fear of going back to school, parental involvement in school, work-study balance, the pleasure of reading, and exam stress are five themes discussed in the column entitled "Parents complices de leur réussite" (French only). Several sources are also provided to learn more about the subjects. www.prel.qc.ca

Throughout the school year, PREL's website should figure in the favourites list of students and parents alike. By clicking on the toolbox image, you'll access a ton of information, resources, and references to help and guide learners of all ages.

Honouring Seniors

Argenteuil will have the honour of hosting the largest gathering for the Laurentians' International Day of Older Persons. Under the honorary chairmanship of historian, Marcel Tessier, this event, during which a brunch will be served, will be held on Thursday, October 1, from 10 a.m. to 3 p.m. at the Lachute Golf Club. Tickets are on sale for \$12 at various locations.

Journée 50+ Bouger+: Discover New Physical Activities

To emphasize the importance of being active, seniors 50 years and older are invited to try new physical activities at the 8th edition of the Journée 50+ Bouger+, which will take place Saturday, November 7, in Lachute. More details to come.

For any questions or suggestions, contact Evelyne Bergeron at ebergeron@argenteuil.qc.ca or by phone at 450 566-0530.



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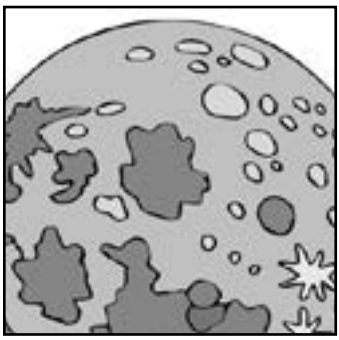
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Zach Factor An inconvenient artist

Lys Chisholm & Marcus Nerenberg -
Main Street

Pete Seeger holds a place of honor in the music world. His life influenced and shifted the course of musical, political and environmental history in North America and beyond. He was born in Patterson, New York, in 1919. With his father, a music professor and pianist, and his mother, a concert violinist, he must have been destined to a musical life.

Traveling with his dad in 1936, collecting and documenting southern folk music, Pete first fell in love with the banjo. With banjo in hand, he spent the next several years, during high school and college, mastering its intricacies. He sang folk songs to everyone, encouraging all to join in.

In the 1930s, the Great Depression impoverished millions of people for whom there was no work, and even the employed were frequently unable to earn a living wage. Pete joined the union movement and the Young Communist League and took part in rallies, marches, protests and concerts, singing labour songs to inspire the striking and unemployed workers. In 1940, he met activist-songwriter, Woody Guthrie, and crossed the country riding freight trains, singing at strikes and labor meetings. At 21, he became a founding member of the Almanac Singers, and along with Cisco Houston, Woody Guthrie, Lee Hays and others, recorded several albums of union songs critical of industry and government for labor and racial inequalities. In 1942, after Pearl Harbor and the entry of the US into World War II, Seeger joined the army and dropped his political activities in favor of concentrating his energies to defeat Hitler and the Axis powers.

After the war, Seeger continued to use his music to advocate for human rights on a broad front, but no one had anticipated the cold war and the paranoia that swept the western world concerning the "commie red menace". Senator Joe McCarthy, and the House Committee on Un-American Activities, conducted a witch-hunt to expose sympathizers and participants in the communist conspiracy to overthrow America and create a communist world. Although Seeger had ended his affiliation with the Communist Party in 1949, he was subpoenaed, in 1955, to testify before this Committee. He refused to answer questions and reveal names, claiming First Amendment Constitutional protection. He was convicted of contempt of Congress in 1961, but an appeals court overturned the conviction a year later.

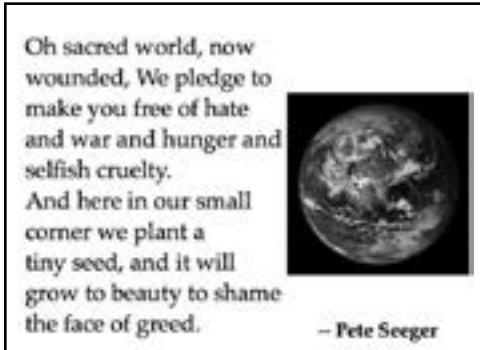
In 1950, his band, the Almanacs, was reconstituted as the Weavers. It became highly successful with commercial hits like Goodnight Irene, Tzena Tzena Tzena, and Wimoweh (later covered as The Lion Sleeps Tonight). At the height of their success the group was black-listed for its communist roots and they lost their bookings, record contracts, TV show and sponsorship. For 17 years, Pete was barred from television, which ended in the mid-1960s when he hosted the music show, Rainbow Quest.

He said that if you love your country, you'll find a way to speak out about what is right. Through the 50's and 60's, banned from major media, he sang instead at concerts in colleges, coffee houses, country camps, civil-rights events, de-segregation marches and later, anti-Vietnam War protests. Folk music clubs sprouted like mushrooms on campuses, and the FBI's relentless hounding was credited with starting the folk music revival. He inspired Bob Dylan, Peter Paul and Mary, The Kingston Trio, Phil Ochs, and later, Bruce Springsteen, The Dixie Chicks, and many more. Defiantly, in 1967, The Smothers Brothers had him on their show. He never sold out his integrity.

He disliked fancy hotels, and preferred to couch surf at the homes of people with whom he shared common values. One night, many years back, in the early 50's, Seeger sang at Beaver Camp, a socialist enclave near Shawbridge. Returning to Montreal that night, he stayed at Marcus' house as a guest of his parents in their modest duplex. His mother remembered very fondly washing his clothes and worrying over their threadbare state.

He died in 2014 at the age of 94. He had a remarkable influence on several generations, spanning eight decades. He was awarded one of America's highest performing Arts honors at Carnegie Hall, where a full house stood in ovation. At that concert in Pete's honor, Bill Clinton referred to him as "An inconvenient artist". Seeger sang his way through his entire life, getting people to join in with him and open their mouths and hearts in song. Where there is intolerance or inequality, his songs are a map of the high road that humanity might take to navigate successfully towards a sustainable world; one in which our grandchildren can thrive, breathing clean air on a renewed earth, with political, social and spiritual freedom for all.

We shall overcome some day.



A video worth taking the time for. (YouTube)
Pete Seeger, Bob Dylan, at Newport Folk Festival 1963.
Seeger influenced many high profile artists in his lifetime.
Photo Credit: Friday Night Boys



Tools of peace. Seeger and his infamous banjo. Public domain photo.



The Story Behind Salamis of Samos, Part II

Joseph Graham - Main Street
joseph@ballyhoo.ca

It was in Basil Salamis's nature to make things work. Having taken over the Fairyland Theatre in Griffintown, in the depths of the Depression, he had to make it feed his family. Working together, Basil and his wife, Pota, and the rest of the family, made the theatre viable, but the conversations around their kitchen table focused more on academics and sporting events than on the theatre. As Basil's son, Constantine (Con), grew up, he wasn't encouraged to join the family business. Basil sorely missed his earlier profession of electrical engineering and wanted his son to follow into the applied sciences. In the meantime, Basil and Pota saw new opportunities for their children, Marika and Con. Baron Jean-Louis Empain had gone to take care of his responsibilities in Brussels and left Basil to take over the cinema in Esterel, allowing his family to enjoy the Laurentians year-round. There were sure to be other opportunities with the Baron, and in the meantime, there were the lakes in summer and skiing in winter. His whole family benefited, but unknown to them all, one of those things that changes everything was just about to happen.

On May 10, 1940, the German army invaded Belgium. The young Baron Empain moved from the peace of Canada into the vortex of war as the Belgian government called up all available young men. Reporting for duty, he participated in the heroic "Campaign of 18 Days," a series of battles that slowed the German advance, giving the surprised Allied troops precious extra time to evacuate Dunkirk. The Baron was captured and taken prisoner by the Germans. The Canadian government reacted very poorly to the situation, sequestering his Canadian holdings because of his status as a prisoner and subsequently as a citizen of an occupied country. Empain never forgave the Canadian government and ultimately abandoned his projects in Canada, but Basil, loyal to the project the Baron had created, maintained the Laurentian theatre for many years, affording his family some escape from the city. Pota loved the Laurentians and they maintained a year-round vacation residence close to Lac Masson. They were one of the first Greek families to take up skiing in the thirties.

Later, in high school in Montreal, Con worked occasionally at the Fairyland candy counter making popcorn and serving customers. He recalls how rough the crowds were and how they hired Marcel "Rocky" Brisebois to act as a bouncer. Rocky was one of those Griffintown French Canadians who was so tough he was adopted by the local Irish gangs. Even his English had an Irish lilt. About five years older than Con, his career as welterweight boxing champion had not yet begun, though he was still a teenager when boxing took him away from the theatre.

In the early hours of October 28, 1940, five months after the collapse and surrender of Belgium, the Italian ambassador rudely awoke the Greek Prime Minister, Ioannis Metaxas, and demanded strategic access to Greek soil and some ports. Metaxas, a dictator, who had modelled his government on Benito Mussolini's Italian regime, knew Greece was at a crossroads. To maintain his authority, he was dependent upon the Greek king, George II, as well as the military, both of whom were favourable to the British-French alliance. Acceding to the ultimatum, on that early morning in October, would have made Greece a part of the Axis and his government would have become a puppet of Mussolini. He is purported to have answered the Italian ambassador with the French words "Alors, c'est la guerre," but his official response was "Ohi!" (Greek for "No!"), reminiscent of more current events. His statement also served as a battle cry and, within hours, the Italians invaded through Albania.

At home, the Salamis family listened and read the news as the poorly equipped and outnumbered Hellenic army pushed the Italians sixty kilometers back into Axis territory in Albania. Metaxas was a dictator who had a reputation for ruthlessness inside Greece and had taken complete control of the media, burning and prohibiting books - including Plato's "Republic." Even so, Greeks everywhere, including Basil and his family, were proud of the repulsion of the Axis forces that winter and when Metaxas died suddenly in late January of 1941, the defensive line the Hellenic Army had established was named in his honour. A week before what would have been his 70th birthday, in early April, the powerful German army broke through the Metaxas Line and another Axis power, the Bulgarians, also crossed into Greece as occupiers.

Once the German, Italian and Bulgarian occupation was complete, Greek resistance kept their occupiers busy, while Greek nationals elsewhere helped any way they could. From the moment of the invasion, all food had been requisitioned for the occupation forces and death was the penalty for anyone hiding supplies. It wasn't until 1942 that the British accepted to lift their Mediterranean blockade, allowing neutral Swedish and Turkish ships through with aid. Not able to stand by idly, Basil, together with four other Greek-Canadians, co-founded the Greek War Relief Fund in Canada, eventually succeeding in sending Canadian wheat, on neutral Swedish ships, through the British blockade. Forty thousand people died in the German-occupied greater Athens area alone, and the country was pillaged, leaving Greece impoverished and split among occupiers, as well as among contending resistance groups. By the end of the war, a third of the country was dependent upon aid.

From the beginning of the war, Pota worked diligently for Greece also, becoming president of the Greek section of the Canadian Red Cross. After the war, some 100,000 Greeks immigrated to Canada. Both she and her father, George Kalfas, dedicated themselves to helping Greek immigrants establish themselves in Canada. Even her daughter, Marika, worked as a volunteer.

At the end of the war, Basil Salamis was honoured by the Greek government, being named Commander of the Greek Order of the Phoenix, and was also recognized with the highest decoration from the Hellenic Red Cross Society, the Golden Cross with Laurels.

During the war, Basil's mother, and his sister, who remained in Greece, experienced serious deprivation and one can only imagine the concerns Greek Canadians would have had for family members in their occupied country. The population of Greece, just one of the many countries destroyed by the war, declined by three million people.

Long after the war had ended, Basil's whole family remained involved with Greece and the Greek immigrants who had found their way to Canada.

It was well after the war, too, that the young Con, a graduate in engineering from McGill, met Katherine Schoolarios, daughter of another family that had immigrated to Canada from Sparta, Greece, in 1912.

Thanks to Con and Kathy Salamis for sharing their family history.

Obituaries

DEWAR, Fraser Charles

Peacefully at the CISSS des Laurentides, Lachute, Quebec on Friday, August 14, 2015 at the age of sixty-two. Beloved husband of the late Vivian Comeau. Dear father of Angie (Paul) and Connie. Loving grandfather of Randi, Kate, Hunter and Hudson. Survived by his fiancé, Johanne De La Barre, his brothers, sisters, brothers-in-law, sisters-in-law, uncles, aunts, nephews, nieces and many friends.

A funeral service was held on Friday, August 21, 2015 at 2 pm at Ste. Anastasie Church, 174 Bethany Ave., Lachute. In lieu of flowers donations to the charity of your choice would be appreciated by the family.

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

MORRISON, Edna (nee: Gray)

Peacefully at the CISSS des Laurentides, Ste. Agathe, Qc. on Monday, August 10, 2015 in her eighty-seventh year. Beloved wife of the late William Morrison of Arundel, Qc. Dear aunt of Gloria, David, Susan, Della, Debbie, Edward and Earlene. She will be missed by her sisters-in-law, her family and friends. A memorial service was held on Saturday, August 22, 2015 at 3 pm at the Grace Anglican Church, Arundel, Qc. In lieu of flowers donations to "Victoria's Quilts Canada Laurentian Branch" or the Canadian Cancer Society would be appreciated.

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

JONES, Thomas A.

Passed away suddenly on August 7, 2015 at the age of seventy-two. He is survived by his spouse, Lynn, and his sister Debbie and family. He will be greatly missed by friends and neighbours alike, for he would always have time for a chat and a laugh. There will be a celebration of Tom's life on Saturday, October 3, 2015 from 1 pm - 3 pm at the Royal Canadian Legion, Morin Heights, Qc.

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



THANK YOU TO THE COMMUNITY

Herb Montgomery and family thank all of our friends who sent cards and food, phoned and visited, and attended the Celebration of Life when my wife, Marjorie, passed away on July 8, 2015.



Quit Smoking - It's possible and easy with the help of a professional

Do you want to save money, stop coughing and enjoy life more? Stop smoking! Whatever your reason, this is the best decision you can make for your health.

To help you, the Centre intégré du santé et de services sociaux (CISSS) des Laurentides offer you free group meetings in St. Jérôme (450 432-2777, ext. 25470), St. Sauveur (450 227-3447, ext. 77034), Ste. Agathe-des-Monts and Mont Tremblant (1 855 766-6387 ext. 2178).

While group meetings offer strong support, there are other effective measures to help you quit smoking. You may also try calling (toll free) 1 866 JARRÊTE (527-7383) for guidance, to arrange a telephone support call or to make an appointment at a quit smoking centre near you. You may also visit the interactive web site www.jarrete.qc.ca. For text messaging go to www.smat.ca.

There are also medications that could help you improve your success at quitting smoking. Certain ones are covered by health insurance. Consult your doctor or pharmacist to see if these medications could help you.



Who is a caregiver?

Caregivers can be anyone; a son, daughter, sibling, friend or spouse of any age who cares for an aging loved one who requires extra attention.

With funding from l'APPUI Laurentides, 4 Korner's has, for the last four years, been able to assist caregivers to gain information, manage their stress, and learn how to take care of themselves while taking care of others. We are pleased that the funding is in place for another year and that we will be able to continue providing support to caregivers.

We have been busy organizing conferences and workshops to offer to the English-speaking caregivers of Argenteuil. Following is a list of the events that we will be offering:

- September** 7-week workshop for Caregivers in Lachute (beginning September 29)
Tuesdays 9:30 am - 11:30 am
Location: 508 rue Principale, Lachute.
Sign up now, spaces limited
- October** 7-week workshop for Caregivers in Grenville-sur-la-Rouge (tentative start date: October 19)
Mondays 1 pm - 3 pm
Location: Grenville sur la Rouge.
Sign up now, spaces limited
- October** Conference on Caregiving
Location: Lachute.
Call 4 Korner's for more information
- November** Caregiver Recognition Day (November 5)
Information kiosks in the morning with representation from various organizations in the Argenteuil area, lunch, then an afternoon conference.
Location: Oasis Golf Course, 424, route du Nord, Brownsburg-Chatham
Cost: \$10.

For more information, or to register for an event, please call Melanie Wilson at 1 888 974-3940 or email at melanie@4kornerscenter.org.

Community Health Education Program (CHEP) videoconference

Lachute High School
Wed, Sept 23: 10 am - noon
Tics & Lyme Disease

Moderated by Jo Ann Jones, The Montreal Children's Hospital

Lyme infected tics can be found across Canada, and the tic population is expanding. Infected blacklegged tics can spread Lyme disease to humans through their bite. Tics are very small and as their bites are usually painless, you may not know you have been bitten. Blacklegged tics are most often found in forests and the overgrown areas between woods and open spaces. Lyme disease is preventable. By taking the right precautions and spreading the word, you can effectively protect your family from Lyme disease.

Info: Edith Ury, M.Ed., CCC / 450 562-1701 / edith@4kornerscenter.org



Palliacco offers support and respite services to cancer patients, patients at end of life, caregivers and the bereaved. Services offered to all municipalities of the MRC des Laurentides

Any time, (Day, evening and night)
Info: 819 717-9646 / 1 855 717-9246

Mont-Tremblant: 2280 Labelle Street | Sainte-Agathe: 99 St. Vincent Street - Local 2

Upcoming Activities

Conference with Professor Richard Béliveau
Église du Village (1829, chemin du Village)
Sun, Sept 13: 3 pm
Preventing cancer through proper nutrition and changing life-style
Tickets: \$20.

Support training in palliative care and support for caregivers
Weds, Sept 23 and 30 & Oct 7. (18 hours)

Tai Chi and Qi Gong (Ste-Agathe)
Mon, Sept 28: 10:30 am - 11:30 am (until Nov 23)

Comforting Tea (Ste-Agathe)
Fri, Sept 25: 10 am - 11:30 am
Rejuvenating Yoga (Mont Tremblant)
Starts Mon, Sept 28: 3:30 pm - 4:40 pm

Stress reduction program (Ste-Agathe)
Starts Oct 1: Mon & Thurs.

Coffee meeting for the grieving (Ste-Agathe)
Wed, Sept 16: 1:30 pm - 3:30 pm

Group Bereavement
Mon, Sept 28: 1:30 pm - 3:30 pm - Ste-Agathe
Mon, Oct 5: 7 pm - 11 pm - Mont Tremblant

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As our summer church is coming to the end for another year, I would like to thank all those who supported us, and a special thanks to those who helped with our fundraiser and other events that took place over the summer. We have had our best year ever and our last service for the year will be September 13. We ask God to bless all those who blessed us with their participation and look forward to a bigger and better year in 2016. Look for our announcement in the May issue of Main Street.

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I'm Just Saying Don't think of a camel

Ron Golfman - Main Street

Of course, once someone says to you, "don't think of a camel," your first instinct is to imagine one, and as we head into the last leg of this endless federal election campaign, the shell games never seem to end. Our national elections have not had any excitement to them since the days of Pierre Elliot Trudeau, and this one is all about diversion and getting John, and Jane Q. Public, to not think of, well, you know.

Looking at the parties, and their leaders, is akin to eating at a no-frills tofu restaurant - bland, mediocre, and the memory of a variety of unremarkable tastes in one's mouth. I can't say enough about my disdain for Stephen Harper's contempt for the public interest. His focus appears, exclusively, on three subjects; the economy - one he had imagined would be booming, but is now stuck in the mud or, should I say, the tar sands; his motto is "Stay the course," a direct quote from George W. Bush senior. The second issue is terrorism and national security, evoking another remarkably troubling resemblance to the rhetoric of the senior Bush, and we all saw where that landed everyone. His final agenda item is to get one more term in office, in spite of his cabinet emulating rats jumping off a sinking ship. We should have "woken up," once he admitted to being a rabid Toronto Maple Leaf fan.

Then there is Thomas Mulcair, and the NDP orange. I suspected the motives of this idealistic and socially conscientious party when they elected a bearded leader. Who can remember a fur-faced leader in this country, in recent memory, to say nothing of the fact that, right or wrong, bearded men have become suspect figures since 2001? Tommy is bright, and his party policies have become the ones that the Liberals used to promote, but he looks too much like a cross between actor Sebastian Cabot, of Family Affair (the butler), and an uncle who wouldn't allow you to touch anything when you visited his house. Control freak material.

We now come to Justin, whose campaign ads refer to him as if he only had a first name, like Cher or Sting. I believe that the more he attempts to distance himself from his famous father's legacy, the more we notice the absence of Trudeau-mania, and end up being disappointed by that. I have met him, and he is a truly nice fellow who is bright and sincere, but one is left feeling that all of his father's friends are telling him what to do, and that he feels obliged to listen.

I do hope that by the time election day arrives, we will not be trying to decide between Justin the good, Harper the bad, and Tommy the hairy. The point of all of this is to take note that, while we should be asking Harper how he is going to pull us out of a recession without a plan, we, and the media, have been hypnotized by this stupid Mike Duffy episode. I would prefer if they made this scandal into a TV drama series, where Patrick Duffy [Bobby Ewing from Dallas] played Mike, and Harper could be, considering their money came from oil, cold J.R.

At the same time, we should be asking Tommy what we always worry about with the NDP; where are all these trees planted that grow money to pay for all those promises, and what have you done for Quebec lately since your "orange crush" here, the last time around? Most of the candidates who won here needed GPS navigators to find the ridings they won.

I'd say more about Elizabeth and the Green Party, noble and ecologically astute, but, there are many issues in Canada, not just one. They serve as our conscience, and we need them around just for that! As for Gilles Duceppe and the BLOC, give me a break! Quebec folks don't want independence, they've said so loudly. They [we] want a government, which gets this province from out of a 6.8% unemployment rate. Gilles, and his party, know this, and it is my guess that they are typically doing what they always do; take salaries and pensions from the Feds, while bashing them all the way to the Caisse Populaire, like a kid stealing from his mom's purse.

In the end, run these candidates and the parties through a strainer and throw away the crap, but don't forget to VOTE, because we are lucky enough to do so freely.



The English Link A Great Way to Save on Groceries

By Kim Nymark - Main Street

The Good Food Box program, better known as Bonne boîte, bonne bouffe in Quebec, is a collective purchasing endeavour that buys large quantities of affordable garden-fresh fruit and vegetables to be distributed at very low cost to community drop-off points. It operates throughout the year with individuals able to place orders for fruit and vegetables every two weeks. The boxes are sold at a set price and contain a variety of top quality products and, depending on the size selected, in a quantity that is sufficient to last one full week.

The Good Food Box is the next best thing to having a fruit and vegetable stand right on your corner! The produce is as ripe and juicy as you would find at your local grocery store and it sells at a not-for-profit price, often saving you as much as 1/3 to 1/2 of your usual produce bill.

Getting a Good Food Box is simple:

- Each community drop-off site has a volunteer coordinator who collects advance cash payment for the box except in Lachute where you pay when you receive your box.
- On your delivery day, your box will be ready for pick-up at a specific time. Three box sizes are available: \$7 for one person, \$11 for two people and \$17 for a small family.
- You also get a sheet that provides recipes and tips on how to use the contents.



Making it Work in the Laurentians Networking using informational interviews

Liz Ulin, MBA - Main Street

Did you know that over 60% of all jobs are never advertised? This doesn't mean that these jobs are a secret, but some employers don't relish sifting through hundreds of resumes and prefer to hire someone from within their network. This is referred to as the "hidden job market." So, how do you access these networks? Often it's through informational interviews.

The informational interview, or coffee meeting, is a great way to network with key individuals in a variety of industries. These meetings allow you to research potential career options and make contact with people who can offer future opportunities and help you to build your network.

Why bother with an interview that doesn't lead to a job?

Consider it a foot in the door. Many people will readily agree to a coffee meeting, or informational interview, even if they're not openly hiring. They'll be happy to offer guidance if that's all you're asking for. Then, if a job becomes available, and you've established a good relationship, you'll have a leg up on other candidates.

Also, in an informational interview, you're not competing with many other aspiring employees. You can be more relaxed. With this technique, you can get special insight into the industry and its players; inquire about essential industry events and get the names of individuals you should meet. This way, you'll expand your network exponentially.

So, what is an informational interview?

It's important to stress that it's NOT a job interview. Essentially, it's a 15 to 20 minute meeting with someone in your field of interest. The intention is to educate yourself about a certain industry or company. The goal is to get advice and information - not a job.

Great! How do I set up these interviews?

You'll want to start with friends and family. Who do you know that has connections in your field of interest? Give them a call. Invite them for coffee. Develop a list of written questions. Don't try to wing it, even if it's your brother-in-law. Take notes. You may be given some very specific information, like names, numbers and dates. You won't want to forget these.

The meetings may be relatively informal, but you'll need to make a good first impression, like you would at a job interview. And the standard job interview advice holds: dress professionally, be on time and start with a firm handshake and pleasant smile.

It's also extremely important to stick to the time limit you've been granted. If you agreed on 15 minutes, stop at the 15-minute mark. This shows professionalism and respect for their time.

Last, but not least, remember to send a thank you note or email. It's professional, polite and will set you apart from the average business acquaintance.

How many of these interviews are recommended?

You should aim for about a dozen meetings but, in some cases and industries, it may be less. You may have only 3 or 4 names to start, but each one of those should be able to provide you with other contacts. Be assured, as your network and confidence grow, so will your opportunities!

Join YES by phone at 514 878-9788 or 1 888 614-9788 on Facebook or connect with us at info@yesmontreal.ca, or visit us at www.yesmontreal.ca.

Here is a list of locations that offer the Good Food Box to residents of the areas served by Main Street:

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Argenteuil Centre d'Entraide d'Argenteuil

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email: bbbb cea@videotron.ca

Café l'Entre-Gens

1006 rue Valiquette, Sainte-Adèle
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Tel: 450-229-2211 /
email: entregen@cgocable.ca

Café Partage d'Argenteuil

55 rue Harriet, Lachute
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(Café Partage d'Argenteuil offers drop-offs in Harrington, Calumet and Gore. Orders must be placed with them in Lachute).

The Good Food Box is available to everyone. This collective buying project is aimed at making top-quality fresh fruit and vegetables available to the general public and more particularly to those most vulnerable.

For more information and details on the contents of each box, you can consult the website at: <http://www.bonneboitebonnebouffe.org/> available in English. Bon appétit!

kim@4kornerscenter.org for the English Communities Committee of the CSSS des Sommets and 4 Korners Family Resource Center: 1-888-974-3940 / 819-324-4000 ext. 4330.

Open Letter from David C. D'Aoust

August 2015

President, Quebec English School Boards Association

The time goes by so quickly. Here we are at the beginning of a new school year. The Quebec English School Boards Association (QESBA) hopes that everyone had a great summer break.

The first day of a new school year is filled with excitement and trepidation. Students can't wait to reconnect with friends while wondering what awaits them in the new school year. Teachers are anxious to meet their new classes, and parents ready themselves and their family to adjust to new schedules, new demands, new expectations, new adventures, and more.

One thing is for sure, the students in the English school system of Quebec will be met in all schools and centres by the most dedicated, able, and willing teaching, support, and administrative staffs to be found anywhere. Our school boards are focussed on continuous improvement and our elected Commissioners have already put in hours of time to make decisions that will support the system in ensuring continuing high standards of excellence and increased student success.

On top of all that is involved with the opening of a new school year, our Minister of Education has decided that he needs to dismantle a system that has produced some of the highest student success rates in Canada. A system that has developed some of the most advanced student, parent, staff, and school board collaboration. A system that focusses squarely on student needs and staff support. A system that does all that while recording the lowest (4%) overhead cost of any level of government.

QESBA does not believe that a massive overhaul and disruption is necessary or advantageous. There has been no indication of how the Minister's potential proposals would improve student success, teacher or administrative support, or even would cost less than the current system. What is clear is that we have few rights as a linguistic minority community. What rights we do have are firmly entrenched in the Constitution and supported by a series of clear jurisprudence from the Supreme Court of Canada and it is up to all of us to ensure the preservation of those rights.

The government's blind determination to centralize all authority to Quebec City is misguided, at best. Do not be fooled by the Minister's empty rhetoric. If school board authority is diffused throughout our dispersed population, the Quebec English community will lose the guaranteed control and management of its school system that is promised in the Canadian Constitution. This is not about Commissioners trying to save their jobs. It is about the vitality and future of our community, of democracy, of universal suffrage, and of our right to be in charge of our education system. No government has the right to tell us who can and who cannot vote, and we must not let them.

At QESBA we are not opposed to the kind of change that makes things better. We are opposed to populist, unproven, and ill-advised change. We have indicated to the Minister that we are ready to work with him and his officials but he has so far refused our offer to collaborate and continue to enhance and improve our school system. We have ideas on ensuring greater access to voting, on new and better ways to communicate and collaborate with parents and community, new ways to become more efficient, and important ways to decentralize from the Ministry to local school boards to ensure equity of resources for all students.

Preserving our rights, ensuring universal suffrage, implementing creative, inspired, and positive change are key factors in ongoing improvement, student success, and staff support. We are committed to doing all we must to keep the English school system at the forefront of education.

The Quebec English School Boards Association wishes everyone a great 2015/2016 school year.

David C. D'Aoust



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Strings & Things In the year 2525...

Dale Beauchamp – Main Street

...if your guitar is still alive, chances will be that if it sounded good when you bought it, it will sound great by then, or any time in-between. After decades of discussions and debates, the general consensus is that a well-made stringed instrument's tone improves with age, as long as it is played regularly. It's also true, however, that a poor-sounding instrument will never sound good, no matter how old it gets, or how much it is played. My friend Mike has a well-played 1957 Martin D-18 that sounds like a piano. It's striking, even to someone like me, who hasn't the best ear for that sort of thing. While we can't be sure, it's doubtful that 300 years ago, a newly-built Stradivarius sounded as good then as it does today, after 3 centuries of being played, although it undoubtedly sounded fabulous when new.

A combination of factors accounts for this phenomenon. When a traditional, nitro-cellulose lacquer finish ages, it becomes drier as the solvents evaporate. Old acoustic guitars, and old furniture, often develop little cracks everywhere in their finishes, known as 'checks'; a term most will recognize. Checked finishes have become very dry, and while still offering some protection to the wood, allow it to 'breathe'. During this time, the guitar top, (or 'sound-board') in particular, is also going through its own, natural, aging process, as the sugar content crystallizes. Of course, again, playing the instrument helps as well. Some years ago, machines were used in experiments to 'age' instruments artificially, with various vibrations to simulate what would normally take years of playing to accomplish. Compact versions of this technology have been available for a while now, such as the Toneright apparatus you can attach to your guitar to age it while you're sleeping, or at work, or both. Old violins (as well as the new ones of today) normally have an oil-based varnish finish, and I will leave that discussion to the pros of the violin-building community.

Lately, many independent luthiers, and some guitar companies, have been experimenting successfully with a centuries-old technique, known as torrefaction, to age their spruce soundboards. Originally developed by the Scandinavians, the process was refined by the Dutch in the 1930's, as a way to increase wood's stability in outdoor conditions. Coffee aficionados know the term as well; it basically means roasting. In the acoustic guitar world, a soundboard is roasted at roughly 350 degrees F, in an oxygen-free environment to prevent it from burning and becoming charcoal. In the process, the sugars (hemicellulose) are crystallized much faster, resulting in a piece of wood that is, in effect, decades 'older' and much more stable. A kiln can also dry the wood, but torrefaction takes it to this other level. The resulting soundboard vibrates more easily, which translates into better tone and resonance. To quote the Taylor Guitar company's master luthier, Andy Powers, "You're basically subjecting a piece of wood to the same chemical process as a lump of dough, that when baked becomes bread. There's less resistance in the wood. It allows a more efficient energy transfer from the strings." The torrefaction also gives the soundboard an aged, amber sort of look, an aesthetic component many find attractive in older guitars with clear finishes.

These technologies are helping to make new instruments sound old and broken-in.



Healthy Channels Hives and Acupuncture

Christopher Garbrecht, Ac. – Main Street

A skin disease I recently treated in my acupuncture clinic was urticaria, better known as hives. About 20 percent of people will experience hives at some point in their lives.

Standard treatment is intended to relieve symptoms with antihistamines or a corticosteroid drug. What I like about acupuncture is that it addresses the underlying imbalances that cause this condition and stops recurrent outbreaks once and for all.

Hives are swollen red bumps, patches or welts on the skin that appear suddenly. Itching is the most common symptom. Hives can occur anywhere on the body. Hives are a sign that the whole body is experiencing a hyper-sensitivity, or allergic reaction, and an outbreak can occur due to a wide array of stimuli, such as intolerance to certain foods, additives, intense emotions, sunlight exposure, and medications. Unfortunately, in the majority of outbreaks, the exact cause remains unknown.

Hives can last for a few minutes, a few hours, or they can persist for several weeks. In addition to medications, applying cool compresses to the affected area and wearing light, loose-fitting clothing can help ease the discomfort.

In acupuncture and Chinese Medicine, because it dates back more than 3,000 years, all symptoms of diseases are diagnosed using terms which come from nature, such as wind, heat, cold, dampness, dryness, etc. With urticaria, for example, a Chinese Medicine diagnosis would most probably be "Wind-Heat" if the eruptions are red, or "Wind-Cold" if the eruptions were pale. Wind, because the hives come and go much like the wind, and heat or cold, depending on the color.

With acupuncture, treatments are directed at addressing both the root (cause) and the branch (symptoms) of the condition by providing immediate relief from the itching and swelling (the branch) and addressing the underlying imbalances and triggers that are causing the condition (the root).

If you have any questions about the topic of this article, acupuncture in general, or would like to schedule an appointment in Val-David or St. Jovite, call me at 819 322-3081.



Fit Tip #100 Empower yourself...

Lisa Mclellan – Main Street

Are you afraid of growing old? Evidence indicates that the way we age depends primarily on personal decisions,

choices and actions, which means that you can exert control over the way you age. But, you have to choose to do so. This is the power that intention holds. Intention is an aim, a purpose, or attitude you commit to. To set an intention is to act to make it happen. Ask yourself, "What do I really want in my life? Health, Love, Happiness, Comfort, Security, Peace?" You can have it. Intention is a seed you sow. Align your intentions with an authentic desire, and empower yourself to create your best life.

Clarity of intent, coupled with mindfulness and awareness, is the most powerful mental creative force you have. For your intent to be realized, you must support it with action. The energy and focus you commit towards manifesting your intention, combined with perseverance, will determine your future results.

Tips for setting intentions:

1. Have a quiet mind. The ideal state in which to plant your seeds of intention is in the silence of a quiet and peaceful mind. i.e. After meditation, prayer or feelings of gratitude, in nature.
2. Be positive. Shift your focus from what you don't want to what you DO want. Refrain from using negative words. Feel uplifted.
3. Allow your intentions to evolve. Your feelings and thoughts will become more clear and refined as you evolve in your understanding of what you desire. Focus on what your life will look like when your desire is achieved. Revisit your intentions often, but don't hold on to them. Leave room for Grace.
4. Track your progress. Keep track of the actions you take every day towards the realization of your intention. If you want to lose weight, track everything that you eat for 31 days. If you want your financial situation to improve, track every cent you spend for 31 days. If you want to improve your relationship with another, find something to be grateful about in your partner every day, and communicate it. Become aware of yourself, so you can consciously align your actions with your intentions.

The classic Vedic text known as the Upanishads declares, "You are what your deepest desire is. As your desire is, so is your intention. As your intention is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny." Set your intention, be clear and take the appropriate action to make it happen.

Overcome the fear of aging by using the power of intention to make your life more satisfying, meaningful and enjoyable. Become the master of your mind. Set an intention that you will commit to, will act on and track. And, in so doing, empower yourself to live a better, more satisfying and happy life.

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Garden Talk

Trouble with browning conifers

June Angus - Main Street

Since spring, I've noticed a lot of very brown-looking – and in some cases dead – cedars, junipers and other ornamental evergreen shrubs. Many appeared to be fairly new additions

to their gardens. In one case, a property owner lost a driveway hedge and all the shrubs planted along the house's veranda. There was nothing to salvage in the sea of "brown" amounting to total loss of the homeowner's investment in new landscaping.

While there are many possible causes for this apparent brown epidemic, the most likely culprit was last winter's prolonged extreme cold. It started in November and lasted through February. Combined with less than the usual amount of snow, a perfect storm was created for "burning" or drying out vulnerable evergreens, thus turning them brown.



Most well established evergreens will tolerate these climatic extremes. The majority of casualties are newly planted trees that didn't get enough water during last year's growing season. Also, some of the damaged trees are not rated for our climatic zones. Following a mild winter, they may be able to thrive in our region. But last year's conditions were too much for those rated close to or above our growing zone limits.

If a damaged tree is not completely dead, some careful pruning may give it a second chance. But many conifers become so deformed, especially the conical shaped ones, it is simply easier to start over.

As we approach this fall's prime evergreen planting season, how can you prevent a sea of brown next spring?

Start by choosing the best varieties for our growing zones; for most of our region they should be rated to include zones 4B and 4A. Closer to the Ottawa River valley zone 5 may be fine too.

When buying trees and shrubs always ask where they were cultivated. If they have been raised in nurseries further south, they may not have had a chance to acclimatize to our winters yet. So, locally grown is generally better. Native species, such as white cedars (*Thuja occidentalis*), are safe and always worth consideration. They make good hedges and thrive well in our climate.

When planting, the hole must be deep and wide enough to accept the entire root ball. Loose earth should surround the roots to allow easy spreading and growth of the root system.

Proper watering is paramount. The soil should be moist, but not soaked. Water new plantings for an hour or more, at least once a week. Continue the watering routine throughout the fall until the ground freezes. A well-hydrated plant stands a much better chance of resisting the drying affects of winter.

If you planted your evergreens last spring, they should be well established and thriving by now. We had plenty of rain this growing season, even during our few spells of extreme heat. Nevertheless, continue watering them too until the ground freezes. A dry fall could undo much of the good done by our rather wet summer leaving these plants vulnerable to winter damage.

Happy planting and watering!

Canoe-kayak championships

This year's CanMas experience, which took place in Ottawa on August 30, was an exciting day. Viking had 41 participants (out of a total of 444 from 24 clubs across Canada and 1 from the US) and we placed 3rd behind the Burgee-winning and host, Club of Rideau (79 participants), and 2nd place, Pointe Claire (49 participants).

The 2015 recipient of the Women's Kayak Award was Rebecca Macdonald from CCKV. Rebecca has contributed countless hours as a board member, volunteer, CanMas Registrar, and paddler, and Viking is extremely proud that her efforts have finally been recognized nationally.

There are many highlights this year, including novice paddlers going out to give their all and veteran paddlers who continued to shine. Many medals were won in all categories of canoe and kayak races.

The newly appointed Viking commodore, Trish Canty, expressed her pride, and thanked all Viking members who participated in this great event.



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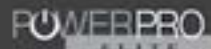
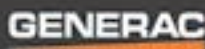


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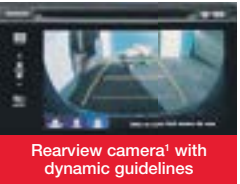
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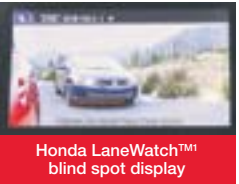
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