

# MAIN STREET

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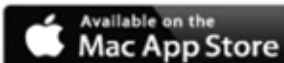
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# Another great season for garden tours!

For a fourteenth season, the Jardin de François, one of the most beautiful private gardens in Quebec, had a season full of success! During the 7 weeks of the 2023 season, the Jardin de François welcomed 1442 visitors. The involvement of our exceptional volunteers, each one more dedicated than the other, has enabled us to raise the sum of \$40,000 for the Société Alzheimer Laurentides. We would like to warmly thank all our generous visitors as well as our precious volunteers, it is thanks to you that we have had such success for so many years.

### About the Garden of François

The fabulous country spaces of this large garden of more than 7 acres offer exceptional horticultural displays, bordered by a cascading river and majestic bicentenary trees. Numerous sculptures and original works, arranged on the floral trays, add to the charm of the beds of 8,000 perennials in this exceptional estate. The panoramic scenes of nature, the Bridge of Love and the Garden of Memories with its words of hope and love, make this Garden a most moving place.

### About Francois

Having started his horticultural passion with David Thompson hardy roses from the state of Maine, François Marcil has been developing every corner of his vast Saint-Sauveur estate for 30 years. With his incessant creativity, he went so far as to acquire the neighboring residences in order to be able to enlarge his garden. Since 2010, he has generously opened the doors of his Garden to the public to raise funds for the Alzheimer's cause and share his love of nature.

François Marcil is president of Immobilier Marcil and former president of the 17 Marcil renovation centers. Beyond his garden, he supports several organizations through his annual fundraising dinner. Mr. Marcil donated more than \$2 million to the community through his various charitable activities.



# Presentation of a scholarship for two graduates

The elected municipal officials and the general management of the Municipality of La Conception met on August 9 at the offices of the Municipality, 1371 rue du Centenaire.

The municipal council is happy to encourage graduates who reside on the territory of the municipality by giving them a scholarship in the amount of one hundred (\$100) dollars each.

Katy-Rose Mandeville-Levasseur and Evangeline Cavarroc each received a certificate and the student scholarship from Mayor, Mr. Gaëtan Castilloux.

The Municipality wishes to extend to the two students, its congratulations, a good continuation in their studies and success in the realization of their projects and their ambitions.

For more information about the event and to view the photos that were taken on the day please visit our website at [www.municipalite.laconception.qc.ca/actualites](http://www.municipalite.laconception.qc.ca/actualites),



Photo L-R: Councilors Hossein Falsafi and Georges Bélec, Katy-Rose Mandeville-Levasseur (graduate), Roxanne Lajoie (counsellor), Evangeline Cavarroc (graduate), Richard Harland (councilor) and Gaëtan Castilloux (mayor).



# Making it Work in the Laurentians

## The pros and cons of remote work

Maya Khamala

Until a few short years ago, the idea of working remotely was firmly planted in “must be nice” territory for most employees, with just 20% of people whose work could be done remotely actually working remotely. Fast-forward to the post-pandemic landscape of 2023, and remote work has become the new normal. But, as many employees are fast discovering, remote work arrangements have their pros and cons. It’s worth considering both before deciding what works best for you!

### Pros

- **Greater flexibility:** You may find that your daily life is easier to manage when you’re not beholden to a fixed schedule. You can book doctor’s appointments as needed, eat when you’re hungry, and even work around your kids’ schedules, if necessary.
- **No more commuting:** There is no longer any need to spend precious time commuting to and from the office. This also means that expenses like gas, parking spots and public transit are a thing of the past.
- **Comfort:** It may be easier to get comfortable, both physically and mentally, in your own space.
- **Less expensive:** In addition to saving on commutes, you’ll spend less money on food, coffee and diverting errands overall, simply because you’re not out and about.

### Cons

- Work-life balance challenges: It may be difficult to separate work hours from non-work hours when you constantly see reminders of your work (i.e., computer, printouts, reports, etc.).
- **Disconnectedness:** Even with Zoom calls galore, it’s easy to feel isolated, which may make the purpose of your work seem abstract.
  - **Less inspiring:** A dearth of in-person collaborations can result in less creativity, lower motivation and a waning interest in the work at hand.
  - **Distractions:** Let’s face it: you’re surrounded by your usual household distractions - temptations like the TV, or diversions like the basket of laundry just waiting to be folded and put away.
  - **Relationship strain:** If your significant other also happens to work from home, the lack of space and time apart can place strain on even the best of relationships.
  - **Lack of boundaries:** If your boss is a micromanager, their lack of boundaries may be particularly stressful in a remote work scenario.
  - **Unreliable tech:** With no dedicated IT staff, you may experience a lack of much-needed tech support, which can add to your workload.

- Want to go remote? Be sure to ask yourself the following questions first:
- What are your reasons for wanting to work remotely?
  - Do you have the discipline to manage your workload alone?
  - Would working alone every day work for you?
  - Do you possess the skills and experience employers look for in remote employees?

Once you have answers, you’ll be that much better equipped to transition into the work arrangement best-suited to your needs and goals, be it in-person, remote, or hybrid.

Need more guidance and support in finding the right job for you? YES Employment Counsellors are here to help! More information is available on the YES website: <https://yesmontreal.ca/>

# Music in Arundel

Guy Melhuish

Last weekend, one might have thought that the Montreal Music Centre had moved to Arundel. Here is the scene that residents, visitors and tourists enjoyed...

**Friday Night**, the Arundel legion hosted David Leask who showcased his beautiful acoustic songs as he joins the local music scene. Originally from Scotland and still proud to wear his kilt, David has recently moved to the Laurentians.

**Saturday Morning**, at the Arundel Market, Dara Weiss sat with Glenn Patterson and played guitar, fiddle and banjo adding perfect tunes to enhance the Village Market morning.

**Sunday afternoon**, featured another fabulous Jam session at P’tites Follies, located in the center of Arundel, with countless musicians playing folk, country, rock and even some jazz - strangers coming together with different stories and different languages to play music. Many of the magic moments were when unannounced and unrehearsed musicians would just add themselves into whatever performance caught their ear. The best Sunday EVER in Arundel!

**The next Arundel music event** will take place on September 9 at the United Church as it continues its summer concert series with opera favourites performed by Nils Brown, followed by another jam session on September 24 at Petites Follies. So yes, Arundel has become a Musical Mecca offering everyone something special. Come join in the fun!







# Laurentian Personality

## Michel Blain - wildlife wood sculptor

Lori Leonard – Main Street

I met Michel Blain recently at one of the Morin Heights Legion sales. His unique and beautiful wood sculptures really caught my eye. So, of course, I had to visit his booth and ask him some questions. Being a humble, shy person is definitely part of his personality. He completes fascinating rustic sculptures out of recycled wood and various other recycled pieces and is modest when asked questions about his hobby, which is so refreshing.

Michel moved to Laurel in Wentworth Nord in 2004. He loves water and the countryside and bought a place near the lake. He is retired now from his graphic arts position and does wood carving as a hobby because he enjoys creating wildlife pieces so much. Michel has also worked in gardening since 1990 and has a gardening degree. So, it is not a surprise that many of his beautiful, unique wooden pieces belong in a garden setting. Michel first started carving wood in 2008 and has been passionate about his hobby ever since. He is self-taught and borrowed some books from a friend and combined this knowledge with his own background.

Michel’s first sculpture was a cedar bench. Since then, his favorite carvings include various types of wildlife: his famous herons, deer heads, fish, ducks, geese and more. Sometimes people use them as attractive address signage, to enhance their gardens or to place on their lakefront property. Others use them to decorate the interior of their homes. No matter where they are placed, his rustic pieces certainly enhance any environment.

One thing is for certain, when people see Michel’s work, they are in awe of his artistic creativity and ability. Usually Michel gathers leftover cedar, pine, hemlock and hardwood from a local saw mill. He has promoted his wooden sculptures at local craft shows, boutiques and garden centers. Several have been sold in local boutiques due to their popularity.

Michel would like the community to know that he really enjoys creating these wooden masterpieces and each and every one is different and unique. If you are interested in purchasing a recycled wooden sculpture from Michel, contact him at 450 226-5514 or by email at leheron1947@gmail.com

Michel, keep up the fantastic work. I am certain that many gardens, lakesides and home interiors will be embellished with your amazing wooden sculptures.



# The other side of getting old

## I forgot...

Florian Gaudreau

More often than not, I walk into a room and forget what I was there for. How spooky is that? Fighting off my fear of Alzheimer always comes up even though there are no signs of this disease in my family. I doubt there's any reason for me to be concerned. Worrying about such things just creates more stress in my life; truth is, worrying about something that is a normal part of life isn't helpful. Various things such as being preoccupied with other thoughts can also cause forgetfulness. Stress, believe it or not, can bring on a loss of thoughts as well.

I went to my grocery store the other day to buy eggs & coffee filters for my breakfast. I came home with \$70 worth of groceries and no coffee filters. You'd think I'd be smart enough not to go shopping while in the state of starvation. Driven by the thought of eating rather than shopping, hmm, maybe that's why they say, "don't do that!" What can I say? I'm slow but sure.

Memory loss becomes embarrassing when you meet someone you've known for a long time, but forget his or her name. The frustrating part is you know you know their name, just not when you need to know it. If, miraculously, I get through the conversation without embarrassing myself, the name usually comes to me at 2 am.

I recently found out that I have a pleasant singing voice but have also come to realise that I really don't know all the words to any of the songs I've listened to countless times over the years. Like the lyrics of those songs, I can't remember what I was going to say next.

Go with the Flo...



# In the Anglosphere

## They fly through the air - it's circus time!

Kathleen Hugessen | Penny Rose

In days of yore, starry-eyed children ran away to join the circus. There, they'd be trained on the flying trapeze, the bare backs of horses, the ways of clowns, the taming of big cats or elephants, trampoline or high wire. The dream was some day to perform one or more of these achievements under the big top in a three-ring circus with a larger-than-life ringmaster.

Those days are gone. Today's child no longer needs to run away and live the dodgy life of a vagabond. Today, there are circus schools. One such is the Flip Circus School, founded in Sainte-Adèle in 2012. Owned and operated by Dominique Major and her husband Martin Varallo, the school has a range of offerings for both sexes and all ages.

Major has performed, competed and coached trampoline for more than 30 years, in addition to being an accomplished gymnast. She describes her husband as “on the ground and comedy”. He performs as a physical comedian and actor, and chair balance and handstand artist - understating the physicality of such work would be a mistake.

Major met Varallo, who is from England, during a circus festival. They started to perform together and he moved to Canada. They have two daughters, 21 and 15 years, both elite performers. The eldest has just graduated from the École Nationale de Cirque in Montreal, where her parents have worked as coaches. Major has also been a talent scout for Cirque du Soleil. The family, Varallo says, “Goes regularly on tour, performing in festivals and shows across Canada and in Europe.”

The couple was (and are) living in Morin-Heights when they went seeking the ideal place to set up their circus school. They found a church in Sainte-Adèle that had been renovated and was being operated as a dance and music studio. It was perfect: spacious with the high ceilings required for aerial work and huge windows offering plenty of light. Courses include aerials, German wheel, trampoline, tightrope, clowning workshops and more.

Flip offers several levels of training for children and teens. Recreational is for kids four years and older who train once a week. The next levels require an invitation: bronze for eight years and older, again once a week; silver based on ability, with twice weekly sessions; and the elite gold level for teens who train five hours a week. Courses for adults are also available.

Major says, “Our gold group has competed in and won national and international competitions.” Major allows that finding good coaches can be a challenge. Gold level students may gain coaching experience by teaching recreational and even bronze groups.

Flip also has after-school programs, birthday parties, Saturday training and week-long (Monday to Friday) summer camps.

For more information about Flip Circus School, visit the website at [flipcirque.com](http://flipcirque.com) / email [flip@flipcirque.com](mailto:flip@flipcirque.com) or call (450) 512-8436.



# An investment of \$366,632 in the Laurentians for the prevention of sexual assault

On the fringes of the back-to-school season, the minister responsible for the Laurentians region, Benoit Charette, announces financial assistance to two assistance Centers to fight against sexual assault (CALACS) in the Laurentians, namely CALACS L'Élan, which receives \$217,000, and CALACS l'Ancrage, which receives \$149,632. This substantial support will help support the deployment of initiatives aimed at making secondary school students aware of the unacceptable nature of violence sexual.

This investment is in line with the Government of Quebec's priority to fight against sexual and domestic violence. The sums will be granted via the Empreinte program – Acting together against sexual assault, which aims to better equip high school students, their parents and staff schools in order to prevent sexual violence and reduce social tolerance towards of this phenomenon. This program includes six workshops for young people, a one-day training for school staff and video capsules for parents.



# Arundel News

Janet Thomas

**OPERA FOR ALL WITH TENOR NILS BROWN & FRIENDS**  
**Arundel United Church**  
**(17 rue du Village)**

**Sat, Sept 9: 7:30 pm**

O Solo Mio! Verdi! Professional opera tenor Nils Brown will serenade you with famous Italian arias and songs, accompanied by Mark Peetsma on contrebasse and Peter Haye on mandolin and guitar. This concert will be so much fun! Don't miss it! Tickets \$20 at the door and by reservation. Contact janet.thomas700@gmail.com

**P'TITES FOLIES FINAL MUSIC JAM OF THE YEAR**

**1, Rue du Village, Arundel**

**Sun, Sept 24: 11 am – 6 pm**

Join us for the final jam of the year where you can enjoy smoked local corn and great local music. Hosted outside at the P'tites Folies Café, local musicians play their best tunes for your enjoyment: Folk, Country and Western, Jazz, Bluegrass, and more. Free admission. The “garden party” begins at 11 am and runs right through the afternoon. Join your friends at the picnic tables on the lawn. Come for the music and stay to eat. What better way to spend a fall afternoon? All welcome.

**COUNTRY AND WESTERN WITH MARIO PRÉVOST**

**Arundel United Church (17 rue du Village)**

**Sat, Oct 14: 3 pm**

Love Country and Western music? You will love “Mister Western” Mario Prévost. This concert will be sung in both English and French, 50/50. Tickets \$20 at the door or by reservation at janet.thomas700@gmail.com

**BRAYDON ODELL FUNDRAISER GOLF TOURNAMENT**

Thank you to everyone who made the annual golf tournament fundraiser for AVM research another successful event.

We raised over \$14,009 and are still counting! We sold out and had so many sponsors on every hole. We had a lot of food and beverages on certain holes for the participants. The Silent Auction was a hit too! The two spokespeople for AVM research spoke inspiringly. One was a woman from Laval who told us about her daughter's experience, which sadly ended exactly like Brayden's story. The other was a 15-year-old who is an AVM survivor.

Thank you everyone who participated in our fundraiser. With your help, future research will ensure that more young people will survive arteriovenous malformation.



## About Sainte-Adèle

**Chris Lance - Main Street**

Our summer was very rainy this year. In spite of the rain, at the very least we have not had to endure forest fires in our part of Quebec. In fact, our forests were green and shady when we took walks along our trails. The forest floor was soft, damp and cushiony. On the golf courses around our area the fairways were very soft and muddy when disturbed by walking or carting. But, on those sunny days it was a beautiful 4-hour journey – lush greenery spattered with full ponds and wild life.

Over the past summer seasons we have lost golf venues in our area of the Laurentians: Golf Esterel, Shawbridge, Victorien and Bonniebrook to name a few. Golf Alpine's 9-hole gem is now going to become a 51-house development despite a petition signed by 1500 citizens. The municipal councillors finally adopted the major subdivision project, which will transform the Alpine golf course into 51 lots for residential development. The elected officials explained that they were forced into this decision. They have not found a way to slow down the project, since it complies with the regulations. This did not satisfy the citizens present who, until the last second, hoped for more time to protect the heritage golf course. The residents present at the latest council meeting expressed many fears regarding the development of a residential project at Golf Alpine. This would encourage urban sprawl, go against environmental protection, jeopardize the water quality of the North River, increase road traffic beyond the capacity of the infrastructures, and destroy the heritage value of the site. Despite the need for housing in Sainte-Adèle, we have lost a historical piece of our history.

As our summer season slowly turns to autumn, the leaves are turning, hydro is sending notice of payment increases, the schools have reopened, ski resorts are vying for season passes and our new sports center is gearing up for swimmers and skaters. The nights are cooler, time to stack the wood and find the fall clothes.

If you are interested in our local activities and sports, you have until September 10 to register online or call 450 229-2921 ext. 7244. The list of activities is available at Place des Citoyens or visit ville.sainte-Adèle.qc.ca

It is also time to get flu shots, RSV shots, COVID shots and time to stock up on the covid tests as we come indoors for the next seven months. COVID seems so long gone until you visit a local hospital.

Enjoy your autumn as you prepare for our long winter.



## Cancer Support Group Meeting Sept 16: Maintaining a healthy environment

The next Laurentian Region Cancer Support Group meeting on September 16 at 1 pm at Chalet Bellevue in Morin Heights will feature a presentation by Susan Cohen on “Maintaining a Healthy Environment.” Susan is a Heilkunstler and Health Coach. Option also to attend the meeting via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the September meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.

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# NEWS BITS FOR SEPTEMBER

## Name change for Laurentian hospital

The Integrated Health and Social Services Center (CISSS) des Laurentides wishes to notify the public of a change in the name of one of its facilities.

The Laurentian Hospital, located at 234 rue Vincent in Sainte-Agathe-des-Monts, will be called henceforth Sainte-Agathe Multi-Service Health and Social Services Centre.

“We would like to point out that this will not result in any change to our service offer within this facility. As several types of services are under this same roof, and not only the services hospitals, the new official name will better represent reality,” explained the president and director General of the CISSS des Laurentides, Ms. Rosemonde Landry.

In order to raise public awareness of this change, the CISSS des Laurentides, over the next few weeks, will add to its communications the mention (formerly Hôpital Laurentien) following Center multi-service health and social services of Sainte-Agathe.

## Invitation to clean up waterways!

The population of Mont-Tremblant is invited to participate in the clean-up of waterways, which will take place on Saturday, September 16, from 8:30 am to 2 pm. Year after year, this activity, which aims to remove as much waste as possible from the shores and bed of the Rivière du Diable and the Ruisseau Clair, takes place in an atmosphere of mutual aid and conviviality. Interested persons must register using the online form available at [villedemont-tremblant.qc.ca/corvee](http://villedemont-tremblant.qc.ca/corvee) and choose between cleaning up the Clair stream on foot or cleaning up the Diable river aboard a boat.

Volunteers will be expected at the assembly site behind City Hall to receive instructions, garbage bags and latex gloves (on request). At the end of the activity, a dinner will be offered to the participants, at the Parc au Fil-de-l’Eau, courtesy of IGA Mont-Tremblant.

## On the way to a new strategic plan:

In 2023, Mont-Tremblant began developing its strategic plan for the coming years. After carrying out a first stage of consultation with elected officials and service managers, the City now invites the population of Tremblant to participate in this process in order to develop a common vision of the future of Mont-Tremblant and reflect together on the means to be put in place to achieve this.

Two consultation dates are proposed: Saturday, September 16, from 9 am to 12 pm, at City Hall (1145, rue de Saint-Jovite) and Wednesday, September 20, from 6 pm to 9 pm, at the village church (1829, chemin du Village).

The meetings will take place in person only in the form of workshops and will be led by Humance, a consultant appointed by the City to support it in this collaborative approach.

To participate, you must be 16 years of age or older and be a resident (permanent or vacation home) or owner of a commercial building. Reserve your place now at [villedemont-tremblant.qc.ca/consultations](http://villedemont-tremblant.qc.ca/consultations).

“In a collective effort, we are seeking the participation of residents to reflect with us on building a healthy, balanced and sustainable future for the current population and future generations. You are invited to share with us the aspirations you have for our beautiful region as well as to identify the issues that concern you and the needs that remain to be met to improve your daily quality of life. Well beyond essential services, Mont-Tremblant offers first and foremost an inspiring living environment; let's give ourselves the opportunity to dream even bigger for the years to come”, explains Dominique Laverdure, municipal councilor and deputy mayor.

## Participate in Firefighters’ Day

The Mont-Tremblant Fire Department invites you to participate in its second edition of Firefighters' Day on Saturday, September 9 from 10 am to 4 pm, in the schoolyard of the Fleur-Soleil pavilion (439, rue Labelle). This special day aims to raise awareness of the equipment and trades associated with the fire safety service, as well as to answer questions regarding fire prevention and disaster preparedness. Representatives of the Sûreté du Québec and ambulance services will also be on site.

### Activities for the whole family

On the site, participants will be able to enjoy multiple activities, including inflatable games, a photography kiosk, the presence of a mascot and earn the chance to win one of the door prizes. Admission is free and open to everyone. The activity will be maintained in the event of rain, but canceled in the event of a storm. In the event of cancellation, the information will be disseminated on our platforms.

For more information, contact the SSIMT at 819 425-8614 or [fire@villedemont-tremblant.qc.ca](mailto:fire@villedemont-tremblant.qc.ca).

# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Congratulations to:

Owners of **Radis Noir Pub Nordique & Café**, **Frédéric Duchesne** and **Sylvain Proulx** who recently transformed their space, style and services. Radis Noir Pub Nordique & Café is located at 728 chemin Ste. Anne des Lacs, Ste. Anne des Lacs. Pick up a steaming hot coffee and delicious croissant for breakfast or a tasty sandwich for lunch to go. Or, stop by for dinner and enjoy one of **Chef Sylvain's** signature molecular cooking specialties such as braised beef with mashed potatoes and veggies or one of his delectable desserts such as Crème Brulée with a specialty coffee. Looking for a place to meet with friends for a drink? Stop by and enjoy the crackling fire in their outdoor fire pit or listen to local musicians. They feature a diverse collection of artisanal beer and outstanding cocktails as well. Frédéric is well-known as an amazing triathlete and Sylvain as an incredible snowboard champion. Now they are champion restaurateurs! Wishing you both all the best of luck! Open Wednesday to Sunday from 8 am until late evening. 450 327-5600 / [radisnoir.ca](http://radisnoir.ca)

**David Constantineau**, the owner of the new **Toujours Mikes Restaurant**, which will open its doors in September, 2023, at 110 avenue Guindon, St. Sauveur. David is also the owner of Toujours Mikes, Ste. Agathe.

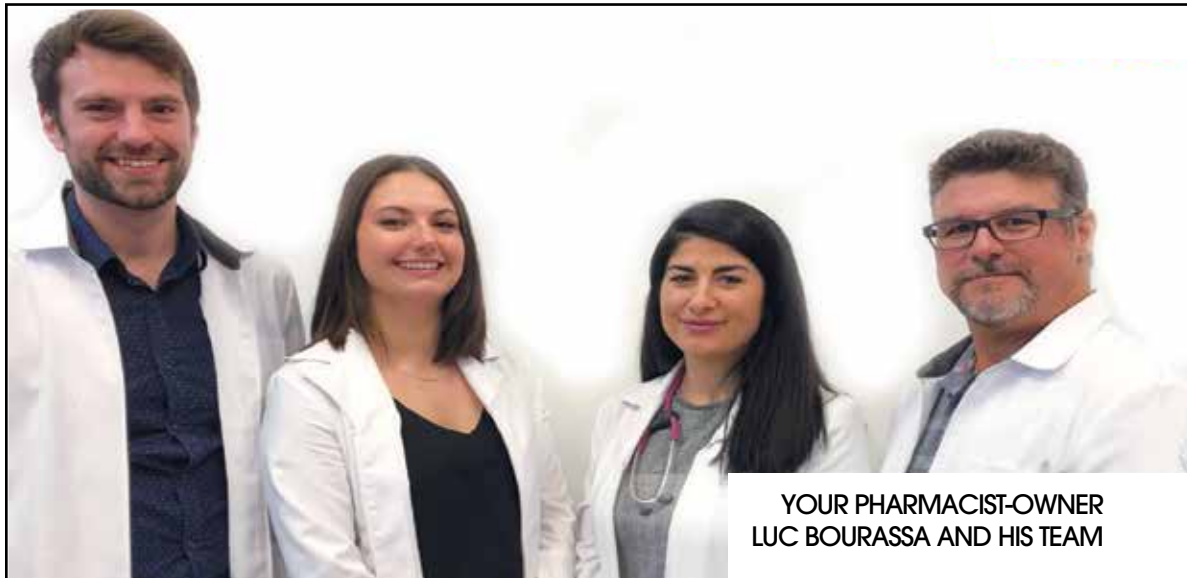
Toujours Mikes has something special for everyone, whether it be simple or for the gourmande! Toujours Mikes is known for their delicious submarines (especially their famous Superstar), pizzas, pasta dishes and duettos. They also offer an array of delicious desserts, mocktails and alcoholic beverages.

450 227-0707 / Restaurants Toujours Mikes Saint-Sauveur / Facebook: Restaurants Toujours Mikes Saint-Sauveur.

### Did you know:

The **Laurentian Quilter's Guild** will host a wonderful quilt show at the Royal Canadian Legion, 127 Watchorn, Morin Heights on Saturday, **September 30 from 10 am to 4 pm** and **Sunday, October 1 from 10 am to 3 pm**? Attendance is free. Lovely cuddle quilts and quilts made by members will be on display. The Laurentian Quilting Guild started up in 1997 and currently has 20 members. New members are always welcome! Raffle Tickets are now on sale for \$2 for a unique hand-made quilt, created by the talented members of the LQG group. The quilt features a light gray background with a colourful Celtic design. Tickets will also be available at the quilt show. All proceeds from ticket sales will go to purchase fabric to make cuddle quilts that are donated to hospitals and women's shelters. The raffle will take place at a quilt guild meeting on December 5 at 10 am. For more info or to purchase raffle tickets call Eleanor Dunford at 450-226-3055.

That if you are looking for storage space anytime of the year, that **Ideal Mini Storage** has space for you? Different sizes of storage units are available. Great storage space for furniture, appliances, household items, furniture, etc... and may be used for commercial storage. They are located at 4880 Rte. 329 North in Ste. Agathe des Monts. Phone: Sam Levinson at 819 325-4000.



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# 4Korners

## 4Korners fall kickoff!

**Jude Hussain**

After a relaxing summer over at 4Korners, we are BACK with our classes and activities! From Deux-Montagnes and all over the Laurentians, 4Korners has returned to its weekly and monthly programming, which supports the Laurentian English-speaking population.

Our newly-formed Youth Mental Health Team will be in the Lake of Two Mountains High School and Rosemere Highschool facilitating workshops meant for young people and their mental health. Part of these workshops will focus on the Dependency Prevention Program, which is about engaging with teens and educating them on some of the many challenges they may face while connecting them to the right resources.

September also saw the re-opening of 4Korners Senior Wellness Centers (SWC) in Deux-Montagnes, Harrington, Sainte-Agathe-des-Monts and Mille-Isles. Seniors are welcome to come to our SWCs and participate in a wide variety of weekly activities and classes such as painting, yoga, tai-chi, drawing, community lunches and more! Additionally, they can expect weekly live-streamed or in-person presentations from accredited organizations and professionals about health and social service-related topics.

Laurentian families are also in luck, as September also sees the recommencement of tons of child, toddler, and infant focused 4Korners classes! These include our Pre-natal classes, Parenting Circle, Tiny-Tots, Play-to-Learn, Baby Sensory, Community-Kitchen, Fall Kids Club, Social & Emotional Learning and new activities specific for dads.

Do you feel like learning how to draw or paint? Ever wonder what the benefits of yoga or tai-chi are to one’s wellness? Want to connect with other young moms/families and learn valuable parenting skills? How about learning cheap yet delicious recipes that can be enjoyed by your whole family? The learning and support possibilities with 4Korners are endless, and all our programs are open to anyone interested in attending!

To see what kind of programs we offer, you can sign up to our monthly newsletter at 4korners.org. You should also follow our Facebook page for daily posts about our events or other important resources at Facebook.com/4KornersCenter. For more information, or if you would like to register for one of our programs, please contact info@4korners.org or call 450-974-3940.

## Local lad appointed ambassador to Ethiopia

Our local community is honoured to announce the appointment of Joshua Tabah as Canadian Ambassador to the Federal Democratic Republic of Ethiopia.

Josh, the eldest son of Steve and Mallory Tabah, longtime residents of the Morin Heights region, attended Morin Heights Elementary School then Laurentian Regional High School in Lachute. He went on to earn a BA Honours in Philosophy from the University of Ottawa in 1996 then a Doctorate in Philosophy from the University of Toronto in 2002.

He joined The Canadian International Development Agency (CIDA) in 2003 and worked at the headquarters in Ottawa on a variety of multilateral and humanitarian issues. While there, he held two prestigious positions: Director General for growth, governance and innovation partnerships and Director General for global health and nutrition. He also served overseas as Head of Cooperation at the Embassy in Colombia from 2008 to 2012 and as Counsellor for Humanitarian Affairs at the Permanent Mission in Geneva from 2012 to 2016.

Josh, along with his wife Patrycja Maksalon, and their children, Isabel, Anaïs and Leo, recently moved to Addis Ababa, Ethiopia. We wish them a safe, productive and fascinating adventure in their new life.





## LAURENTIAN QUILTERS GUILD QUILT OPEN HOUSE AND EXHIBIT



OUR EXHIBIT IS AN EXCITING AND DIVERSE COLLECTION OF QUILTS CREATED BY OUR MEMBERS DURING THE PAST 3 YEARS

**SATURDAY, SEPTEMBER 30 FROM 10 AM TO 4 PM**

**SUNDAY, OCTOBER 1 FROM 10 AM TO 3 PM**



TICKETS FOR THE DRAW OF OUR RAFFLE PRIZE “CELTIC FANTASY”, A LOVELY HAND-APPLIED QUEEN-SIZE QUILT WILL BE AVAILABLE.  
**TICKETS \$2 EACH**

---

ADMISSION TO OUR EXHIBIT IS

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**MORIN HEIGHTS LEGION**  
127 WATCHORN RD.,  
MORIN HEIGHTS  
INFO: (450) 226-3055



## Upcoming church services

**Grace Anglican Church, Arundel**  
(7 route Church, Arundel, QC)  
**11am on Sundays: 11 am**  
Trinity Anglican Church,  
Ste-Agathe-des-Monts  
(12 rue Préfontaine O.,  
Ste-Agathe-des-Monts, QC)  
Sundays: 10 am  
Services are in English



# COMMUNITY UPCOMING events

## MUSICIANS' JAM NIGHT

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

Monthly event from May to October

Open-mic, jam-style evening

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

Info: Guy Melhuish. Guymelhuish@gmail.com

## ART EXHIBITION - COULEURS

3094 Charette, Ste-Adèle (Mont Rolland section)

Weekends until Sept 10: 11 am – 4 pm or by

appointment (581-578-5033)

## ESPACE PUBLIQUE

885, rue de Saint-Jovite

Sat, Sept 9 - closing performance with Les Tireux d'Roches, a group firmly rooted in Quebec, which skilfully fuses traditional music, folk and world music. Free entrance, no reservation required!

## TENOR NILS BROWN AND FRIENDS SING OPERA “OPERA FOR ALL”

Arundel United Church (17 rue du Village)

Sat, Sept 9: 7:30 pm

Professional opera tenor Nils Brown will serenade you with famous Italian arias and songs, accompanied by Mark Peetsma on contrebasse and Peter Haye on mandolin and guitar. Tickets \$20 at the door and by reservation: janet.thomas700@gmail.com

## OPERA WITH A TWIST

Trio sings Verdi and More

Arundel United Church (17 rue du Village, Arundel)

Sat, Sept 9: 7:30 pm

Tickets \$20 at the door and by reservation at janet.thomas700@gmail.com

## RICKKSROOM CONCERT SERIES

Sat, Sept 16: Jerry Leger

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

RSVP: rickksroom@gmail.com

Address details upon RSVP



## MUSICAL GARDEN PARTY IN ARUNDEL – FINAL JAM SESSION

Petit Folies (1, rue du Village)

Sun, Sept 24: 11 am – 6 pm

Hosted outside at the P'tites Folies Café, local musicians play their best tunes for your enjoyment: Folk, Country and Western, Jazz, Bluegrass, and more. Free admission.

## HARRINGTON GOLDEN AGE

Fri, Oct 13: 6 pm: Cook's Night Out

On the menu: Bratwurst with roasted vegetables and apple pie for dessert.

Members \$15 / non-members \$20

Beer/wine: \$4

## THANKSGIVING DINNER

Morin-Heights United Church

(831, ch. Du Village)

Sat, Oct 7: 5 pm

On the menu: Traditional turkey dinner with turkey& stuffing, mashed potatoes, vegetables, cranberries, apple or pumpkin pie, coffee or tea.

Adults: \$20 / children \$10.

Reserve your meal by Oct 2 by contacting Lucille

Green: 450-226-6681 or Catherine Davis: 514-712-8863 / dcatiam@gmail.com Take out orders available.

Sat, Oct 21: 1 pm – 4 pm: Harvest Tea & Craft Sale

7 vendors

Tea & Sweets: \$7

Everyone welcome

## COUNTRY AND WESTERN WITH MARIO PRÉVOST

Arundel United Church (17 rue du Village)

Sat, Oct 14: 3 pm

Bilingual French/English concert for western music lovers. Tickets \$20 at the door and by reservation at janet.thomas700@gmail.com

## THOMAS MORE INSTITUTE FALL SESSION FOR SENIORS

The Thomas More Institute's senior distance learning topic for this fall is "Exploring the Relationship Between Literature and Childhood". Fridays, October 13 to December 15, from 1:30 to 3:30 pm at the Gore Community Center, 9 ch. Cambria, Gore. To register or for more information: <https://thomasmore.qc.ca/> or call 514-935-9585.

## UPCOMING CHURCH SERVICES

ST. SIMEON'S ANGLICAN CHURCH

445, rue Principale, Lachute

Sunday morning services at 10 am



**ROYAL CANADIAN  
LEGION**

**LA LÉGION  
ROYALE CANADIENNE**

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

## BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)

Wed: 3 pm – 7 pm

Thurs: 3 pm - closing

Fri: 3 pm – 7 pm

## LACHUTE – BRANCH #70

634, Lafleur (450-562-2952)

Open Thurs – Sat: 4 pm – 9 pm

## MORIN-HEIGHTS BRANCH 171

Open Wed – Sat: 3 pm – 6pm

Darts every Thursday at 3 pm

Hall rental / Location de salle:

[legion171@cgocable.ca](mailto:legion171@cgocable.ca)

Info: 450-226-2213

Email/Courriel [legion171@cgocable.ca](mailto:legion171@cgocable.ca)

Web site: <https://www.legion171.net>

[legion171.net](https://www.legion171.net)

Facebook: legion171

Music shows Facebook:

[morinheights live](https://www.facebook.com/morinheights)

## ARUNDEL – BRANCH 192

79 Rue du Village, Arundel

(819-687-9143)

Open daily from 3pm



## On With the Show

## Hidden treasures

Florian Gaudreau

I have many interests in my life, but music and garage sales are at the top of the list as both carry hidden treasures. One day I was driving home on the Rouge River Road when I came across a garage sale. I noticed an ancient machine with a crank

on it. As it turned out, it was a 1926 sock-making machine. I was so fascinated I bought it, not knowing what I was going to do with it. Now, many years later, I went to the Twist Festival this year and discovered a whole sock making machine community. These "go with the Flo" moments bring me down the rabbit hole to places & people I never knew existed. Now, I'm looking forward to learning how to operate this ancient machine.

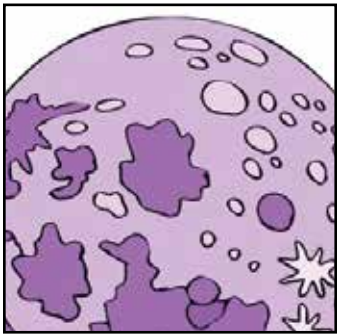
That's what I like about Folk music venues such as the Yellow Door, Back door, Blues Café (Ste Anne de Bellevue), Rickksroom and, The Arundel United Church – they are venues where listening to music is the end game. These are the places to meet the musicians and the people who share this musical passion. The juice for me, are those treasured moments discovering new music, which is worth getting excited about. Often these musical treasures don't get the recognition they deserve. Very few hit the fame & fortune of Joni Mitchel, Bruce Colburn, or Gordon Lightfoot but that doesn't mean the talent or originality isn't there. Musicians such as David Leask, Rob Lutes, Victor Courte and Harry Maxx, who recently played the Mont Tremblant BluesFest, and Alan Gerber, who played SuperFolk this summer, are all hidden treasures who 'play' the Laurentians.

My heart goes out to these hard-working and talented musicians who have dedicated their life to this craft. Knowing you are as good as you are, yet never reaching the national or international fame you rightly deserve must be disappointing at best. I truly believe the calibre of these musicians equals or surpasses many others we hear on the radio daily. Making music and having an appreciative following is what most musicians settle for - that's what makes it so exciting and a little unbelievable to have such talent in our own backyard.

I was fortunate to be given a ticket to see Gordon Lightfoot the last time he was in Montreal at Place Maisonneuve where the sound was amazing for the size of the venue. Imagine going to a quaint venue like Rickksroom and listening to the next Gordon Lightfoot, now that would be something to write home about.







# Zach Factor

## Aliens among us: medicinal mushrooms 101

Lys Chisholm & Marcus Nerenberg

Meet your professor, Paul Edward Stamets- mycologist, speaker, author, medical researcher, and entrepreneur. Paul, a student of biology and electron microscopy graduated out of Evergreen State College in Olympia, Washington in 1979, is an expert in the strange world of fungi, its habitat, medicinal uses, and production. Today his lectures and presentations garner audiences of hundreds of thousands and they show us how significantly mushrooms can help the planet and benefit people's health.

Born in Salem, Ohio in 1955, Stamets stuttered from an early age. He credits his discovery of mushrooms to stuttering. Shy and embarrassed by it, he stared at the ground most of the time, and thus noticed mushrooms. His introverted world would shift after using a psilocybin at age 18. Under its influence, an unusual storm encounter, forcing him to seek shelter in a tree, left him cured.

After graduation, Stamets began his company, Fungi Perfecti selling exotic culinary mushrooms and giving seminars to educate the public on growing and cultivation. His mission was to widen our understanding of the health benefits beyond the little white cap variety that graced our markets since the early 1930's. In 1983 Paul traveled to China where he was inspired to extend his research work into Asian varieties of medicinal mushrooms used for thousands of years.

Stamets began collaborating with scientific organizations and research institutes such as the National Institutes of Health, Washington State University, and the US Department of Agriculture. Sadly, most pharmaceutical companies veered away from the promotion of fungi; they exist in low-cost beneficial competition to their own products. Stamets had to create his own research center in collaboration with cancer research organizations to see the needed clinical tests developed.

Here is a short list of the top medicinal fungi with outstanding international reputations that may drastically change western medical practice:

**Turkey tail** grows on dead logs almost everywhere. It contains a compound called polysaccharide-k (PSK), which stimulates the immune system. It is so effective **that it is an approved anticancer prescription drug in Japan.**

**Cordyceps** is the zombie maker of the mushrooms. Its spores penetrate the body of an ant and take over its brain and eventually a mushroom will grow out of its head! For humans, this mushroom has many beneficial properties. The cordyceps we use today grow on a medium of plant matter with readily available benefits. It helps the body more efficiently utilise oxygen. It enhances athletic performance and muscle recovery.

**Chaga** mushrooms grow on mature birch trees in more northern regions. They are harvested, dried, and ground into a powder, which is very often brewed into tea. Like most medicinal mushrooms it has been used for centuries. It has the highest quantity of Superoxide Dismutase (SOD) an enzyme that supports general health and encourages a long, vigorous life by maintaining the integrity of cellular DNA. Chaga has 215+ phyto-nutrients, B and D vitamins, is anti-inflammatory, anti-aging, rich source of minerals, aids adrenal glands and digestive organs, supports cognitive functions and memory, helps lower bad cholesterol, helps to stabilize blood pressure and boost energy.

The **Reichi** mushroom has been used for hundreds of years, mainly in Asian countries, for treatment of infections. More recently, they have also been used in the treatment of pulmonary diseases and cancer. Reichi has also been used for high blood pressure, high cholesterol, cardiovascular disease, viral infections, and building strength and stamina.

**Lion's mane** mushrooms are large, white, shaggy mushrooms that resemble a lion's mane as they grow. They contain bioactive substances that have many beneficial effects on the body, especially the brain, heart, and gut. Medical interest at present probes its ability to protect against dementia and relieve mild symptoms of depression and anxiety. It speeds recovery from nervous system injuries, protects against ulcers in the digestive tract, reduces risk of heart disease, helps manage diabetes symptoms, may help fight cancer, and boost the immune system.

Medicinal mushrooms have been approved adjuncts to standard cancer treatments in both Japan and China for more than 30 years and have an extensive clinical history of safe use as single agents or combined with chemotherapy. Traditional uses of many of these ancient fungi are now being investigated vigorously by universities and research institutes, including use for space travel, and pharmaceutical companies. Stamets has written several books including "Psilocybin Mushrooms of the World" and "Mycelium Running: How Mushrooms Can Help Save the World." More information on Stamets and his work is available on the Fungi Perfecti website. His 2008 TED Talk, "6 Ways Mushrooms Can Save the World" has been viewed over 4.5 million times.



Paul Stamets with a specimen of the forest fungi 'trametes versicolor' or "Turkey Tail". Note that there are other species in the forest that mimic this medicinal mushroom. Do your homework. Photo credit: <https://www.youtube.com/>



# The Story Behind Phase Change

Joseph Graham joseph@ballyhoo.ca

Did you have an odd summer? Do you ever remember so many thunderstorms? Has something changed?

As a small farmer, I have never faced so many new problems in a single season. We have been growing food here in the same gardens since 1979, but this year the rules changed. And we don't know the new ones – nor do our neighbours. The neighbours I refer to are deer, groundhogs, hare, and many other creatures who have moved into our gardens. Trying to work outside after dark, I think I understand their point of view. With all the rain, the biting bugs were as intense in late August as the worst period of spring. The neighbours in the woods are going nuts.

The birds have been changing for years. Now we get blackberries because the birds that used to eat them no longer do. I noticed that one of the songs of the white-throated sparrow has changed, too. I grew up calling these the "weather birds." One of their songs began with a single low note followed by five identical higher notes, all nicely spaced in time. It was predicting improved weather. The other started high, then followed with five low notes timed identically, indicating the opposite. Of course, it was based on nothing, but I listened for the songs and always felt uplifted by the chance of improved weather. I didn't know the real name for the weather birds, but I knew they were a type of sparrow. The Audubon Society has a website where you can listen to birdsongs and watch a short video which identifies the singing bird. I listened. I heard several sparrow songs that I had heard years before. I don't hear those songs anymore, though.

A lot of the chipmunks were drowned in the early spring floods this year and then the forest fires started, as though trying to smoke us out. That was followed by heavy rains and tornado warnings. Odd. What next? We group it all under the heading of Global Warming. What is it, exactly?

Chris Hatch, who writes the Zero Carbon blog for nationalobserver.com described on June 18 how the oceans have absorbed 90% of the excess heat that the petroleum age has produced. He mentioned the figure 396 zettajoules, but acknowledging that it is not something he easily groks, he translated it as the equivalent of 25 billion Hiroshima-sized atomic bombs. Of course, the oil companies are reassuring, just like the tobacco companies were until they were sued, and many of us have pensions that are dependent upon oil revenues.

On July 26, the New York Times published David Wallace-Wells's opinion piece on Canadian forest fires. The title tells the story: "For all our plans to control emissions, humans are no longer fully in charge." We have lost control.

Peter Russell is a Cambridge-educated revolutionary futurist, eco-philosopher extraordinaire, and author of a long list of fascinating books. His latest book, Forgiving Humanity, sums it up. This is from its back cover:

Why has the most innovative of species become so dangerous? The answer, suggests Peter Russell, lies in humanity's accelerating pace of development. He shows how innovation breeds further innovation-a positive feedback loop that leads to exponentially increasing rates of change. But our minds cannot grasp the full implications of exponential growth. This creates a blind spot on the future. We think more in terms of linear change rather than exponential change.

However fast the pace of change may be today, it will be much faster in the years to come, bringing ever more rapid scientific and technological advances. But ever-accelerating change also creates stress on the systems involved-personal, social, and planetary. The greater the pace of change, the greater the stress and the more likely systemic breakdown. We are heading into a future with technology beyond our dreams, but in a world that is breaking at the seams.

Russell proposes there is no blame for this. Spiraling rates of development, with all their consequences, positive and negative, are the inevitable fate of any intelligent, technologically-empowered species.

How do we live with exponential change? How can we prepare for a world that is becoming increasingly unpredictable? What does it mean for the future of humanity?

His point could be summed up as phase change. We are spiralling into a change so great that... fill in the blank. No-one knows.

A bunch of us were talking about this stuff together when we suddenly saw the impact it was having on a bright 11-year-old who was taking it all in. He was overwhelmed, as were we, as we understood what he was hearing. Many young people see no future for their generation. We can go on about it as though it is at a remove, as though it will all go to pieces some time after we are gone. They see more clearly. They see it already breaking down.

On a hopeful note, though, it is a phase change. We have been through it before, 570 million years back during the Cambrian Explosion. I looked it up because it has always reassured me. To my surprise, my information regarding the Cambrian Explosion is out of date. Thirty years ago, I learned that multicellular life – us mortals - formed because of the toxicity of oxygen being spewed out by cyanobacteria. New information suggests that it was not simply the steady accumulation of organically expelled oxygen but huge oxygen fluctuations. Clouds of it came and went, toxic to the immortals, the single-cell life forms that were the only life on the planet. Somehow, in the face of this existential threat, life changed its form to harness oxygen, creating our more complex life forms. That was a much bigger challenge than we face today. Life rose to the occasion, turning oxygen to its advantage, and the new phase stabilized oxygen levels at 21 % where it has stayed ever since.

Encouraging. I hope the new phase needs humans.







# Garden Talk

## Rain Gardens good for the environment

June Angus - Main Street

Abundant precipitation this summer made it feel like most of our yards turned into rain gardens. However, the official label “rain garden” describes a landscape feature that replaces an area of lawn or yard where storm water that runs off grass, roofs and driveways can be collected and absorbed.

A rain garden generally contains native shrubs, perennials, and wildflowers planted in a small depression that occurs naturally or that you create on a gentle slope. It can fit into any style of landscape and can be adapted to your personal preferences.

How do they work? In a nutshell, a rain garden supports the environment, local biodiversity and helps to mitigate the effect of storm water runoff by mimicking natural ecosystems such as those found in a forest. Following a heavy rainfall, water is absorbed by the soil and humus found on the forest floor where it hydrates plants or trickles into underground aquifers within a day or two.

A rain garden imitates this process by temporarily holding the runoff rainwater. Along the way some chemicals caught up in the runoff are removed and much of the water naturally soaks into the ground. As in the forest, the process should only take a day or two, so this does not allow for standing water that can become a breeding ground for mosquitos.

There is a real push these days to create home rain gardens especially in urban areas where there is little exposed soil but plenty of concrete, asphalt and other non-absorbent materials. During heavy downpours, unchecked runoff water can damage city infrastructure and flood neighbourhoods. All too often this has become a fact of life even in places such as Montreal. But in our country villages, towns and rural properties, we also need to pay attention to what happens to runoff water as most of it eventually flows into our local streams and rivers.

To get started, observe where water seems to come from during downpours (downspouts, patios, driveways etc.). From there select a dry area that is at least 10 feet away from the foundation of your house and preferably on a downside slope of your property. Always avoid placing a rain garden where you may encounter underground utilities, or are over/near a septic tank, drainage field, or wellhead.

Whether using a natural depression or creating your own trough, remove six to twelve inches of soil and then mix the soil with some compost, sand or peat to improve drainage. Ideally the rain garden should be shaped longer than wide and positioned perpendicular to the slope. Replace the soil mixture in the area dug up. Note that clay soil does not offer good drainage so more amending might be required. If you are not sure about your soil type or condition, consider getting a soil test through your local garden centre.

In your rain garden, plant native species rated for our growing zone. They must be both moisture-tolerant and drought-resistant. Some good examples include: chokecherry, elderberry, blazing star, bee balm, hosta, Joe Pye weed, various types of sedge and even golden rod (but you may need to control its spread). However, avoid very invasive species such as purple loosestrife, which can choke out your other plants.

As climate change continues to impact our gardens, erratic amounts of precipitation may be the new normal. A rain garden is just one more strategy to help us cope.



# Word Play

## About change

Louise Bloom - [louisebloom@me.com](mailto:louisebloom@me.com)

No one is immune to change. It is continual. Like a river whose source is infinite, all that is change flows around us. Sometimes, as a result of those changes we ourselves change. How do we live with the current tsunami of extreme social, cultural, economic and environmental change, and how can we create a beneficial atmosphere in this time of upheaval?

I myself resist change as if it were a menace. I skirt around all intimations of changing circumstances so that my home, my bed, my habitual meals, stay within the bounds of my control, familiar and therefore safe, secure. At the same time, and with Buddhist doctrine as an exemplary influence, I know that change is the primary substance forming the steady stream of life. Benjamin Franklin said, “Nothing is certain except death and taxes.” To that I add, change.

### The definition of CHANGE as a verb:

- 1 - make (someone or something) different; alter or modify.
- 2 - replace (something) with something else, especially something of the same kind that is newer or better; substitute one thing for (another).

### And as a noun:

- 1 - the act or instance of making or becoming different.
- 2 - coins as opposed to paper currency.

Even these dictionary definitions seem out of date, a time when the impetus to alter or modify or replace something with a better substitute has passed us by. In the 1950's, improvement of product and excellence of service were the main elements that promoted purchase. Today, many of the things that motivate the manufacturer have changed course. The idea of diminishing production costs while charging as much as possible has resulted in an inferior product profile. The new normal and a shorter life span for most vehicles, appliances, furniture and general household goods, have suffered change as a reversal in quality. If quality is the goal, the price point is well beyond the reach of the general public.

The current trend towards the use of AI is another example of change as a substitution, which seems only to profit the seller who is no longer committed to the employ of good people in service to the public. Rather, they have decided that a recorded voice, generated by computer programs, is an economically better option in a myriad of circumstances. This sadly diminishes the regular human contact that might nourish our everyday experiences.

How do I change from the state of complaint and discomfort to one of creative impetus? What can I do to inspire myself at this time in our history?

If I accept that change is the continual state of all things, I realize that nothing is permanent, independent, or singular. Clearly then, there is no permanence at all in this world, neither structure, idea, emotion nor life itself. All is transient and impermanent. And, if I entertain the reality of interdependence, I come to see that no single thing exists on its own, that all that lives and all that appears to us in a lifetime is created and influenced by something else, encouraging the truth that there is no singularity, that nothing stands alone. This helps me to release my obsession with my own well-being, knowing primarily that perception can shift as I welcome change. The belief in the solidity of things and the effort to eradicate the winds of change causes us our greatest hardship.

A considered focus on impermanence and interdependence adds softness and a transparency to the beliefs that engender our sense of solid discomfort. Activating this focus can contribute to a dissolution of our stubborn sense that the self is unfairly subjected to the occurrences of this world. It provides for us a space in which we can shift our perception. As the dark clouds eventually give way to the sunshine, so can we regard with faith and patience, the winds of change.

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

# Have a Heart

## by David Sherman



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# Obituaries

**WILLIAM KEITH MOFFAT**  
**1939- 2023**  
 William Keith Moffat departed this earth on August 22, 2023, succumbing to cancer and heart failure, with his wife and two sons by his side.

Poet, author, artist, photographer, raconteur, sailor, teacher, wildlife and nature conservationist and so much more. But most of all, loved by all who shared his life journey and all at a loss now with the void he has left in our presence.

Keith began life on the edge of the Lake District of the northern UK, near the Scottish border in a town named Carlisle. His sense of adventure and curiosity for the outdoors found him wandering the dales and climbing the fells rain, shine, freeze or thaw. He attended the Eskdale Outward Bound Mountain School where he was awarded a gold medal, the youngest ever recipient of that award.

At the age of 22, Keith “flew the coop” and emigrated to the Wild Canadian North where he settled in the Laurentian Mountains. From then, every spare moment was spent sailing, skiing, hiking, biking, and tennis. Here he was to spend the next 60 years of his life.

In his teaching career, he was promoted to principal of an elementary and high school in the region and, later on, department head at the Laurentian Regional High School in Lachute.

After retiring from teaching, adventure kicked in one hundred percent. He logged many hundreds of hours sailing on Lake Ontario, the Gulf of St Lawrence, and up and down the east coast of North America. His

Canon SLR never far from reach, his photographs became a storybook of his travels.

Always in tune with nature, he began photographing wildflowers. In 2010, illustrated by his photographs, he wrote and published a book on the evolution from spring to fall of Laurentian wildflowers. The same book was released a few years later in the format of a trail guide. In 2013, he wrote about the history of Lac Brûlé and in 2014 published another book, Preserve and Protect, on the stewardship of Lac Brûlé. In 2020, inspired by the antics of his wife’s dogs, he published a book of children’s stories Tales from Red Fox Hill. At the time of his passing, the second edition is ready for publication.

Keith leaves behind his beloved wife Margaret Ann; his son Timothy, Tim’s wife Joelle and their children, Darcy and Claire; his son James and his children, Shay and Indi; his brother Neil; and many nephews and nieces.

He was preceded in death by his first wife Margaret (née Sewell), mother of his two sons.

A Farewell Gathering will be held at Arundel Grace Church on Thanksgiving Weekend.

In lieu of flowers, the family asks that you make a donation to the Canadian Cancer Society or The Nature Conservancy of Canada.

*“I must go down to the seas again,  
 to the lonely sea and the sky,  
 And all I ask is a tall ship and a  
 star to steer her by.”*  
 John Masefield



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September 2023

MAIN STREET



# Marie-Hélène Gaudreau calls for solidarity with our regional media

The MNA for Laurentides-Labelle, Marie-Hélène Gaudreau says she is disappointed by the irresponsible attitude of Meta regarding the blocking of news content on the platforms Facebook and Instagram. The MP recalls that according to a recent study, approximately 40% of Quebecers have become accustomed to consuming their news via social media platforms.

“News consumption habits have changed. People are now going to social media to check the news of the day from different media. This is no longer possible. Meta blocked the dissemination of information. We must relearn how to consume information differently. We will have to resubscribe to newsletters, to have the reflex to go directly to the websites of our local media to find out what is happening in our regions. The health of our media is at stake, but also the health of our democracy,” declares the member for Laurentides-Labelle.

“We are currently witnessing a denial of democracy. The Online News Act (C-18) has been passed by Parliament. The GAFAMs are not above the law and cannot do as they please. They did the same thing in Australia and act in this way to scare other states that would like to draw inspiration from Canadian legislation,”explains MP Gaudreau.

“The media sector is going through a crisis and that is why we, at the Bloc Québécois, supported this law and that is why I am calling for solidarity with our regional media. ” emphasizes Marie-Hélène Gaudreau

"Our local media are currently paying the highest price for GAFAM's stubbornness. We must therefore demonstrate our attachment to our local media, both the smaller players and the big media groups. This is why I invite Laurentides-Labelle business people to continue their advertising purchases in regional media and to increase their advertising budget, when possible. We must be in solidarity with our media. It has become a question of survival for many,"concludes Ms. Gaudreau.

Remember that the Bloc Québécois voted in favor of Bill C-18 and is actively working with the federal government to resolve the current situation with the GAFAM.



# Laurentian organizations are invited to submit their projects

The Ministry of Education has mandated Loisirs Laurentides for the management and coordination of the Financial Assistance Program for Local Initiatives and regional plans for physical activity and the outdoors (PAFILR). Known in the region under the name “With Loisirs Laurentides, we move!” “, this program aims to financially support local or regional organizations in the realization of new projects or enhancement of existing projects, to directly promote regular practice of physical activity by the entire Quebec population, regardless of age, people's gender, income, abilities, culture or background.

- Your organization wants to:**
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  - Increase practice opportunities by organizing activities or events offered to the greatest number of people;
  - Allow for increased opportunities to be physically active by providing or redeveloping public spaces;
  - Make accessible to the public equipment that is durable, in good condition and safe.
  - Create sporting events taking place in the Laurentians region.

Loisirs Laurentides invites you to submit your project as part of this program as of September 5, 2023. **The deadline to submit a project is Friday 29 September 2023, at 4 pm.**

Projects must be completed between November 1, 2023 and March 31, 2024. N.B. Gathering, hunting and fishing activities are not eligible for this program.

Other terms and conditions apply. For more information about the program and to obtain the financial aid application form, please consult the website of Loisirs Laurentides or contact Sasha Cardinal, Development Officer, at [benevolat@loisirslaurentides.com](mailto:benevolat@loisirslaurentides.com).

## News from Saint-Sauveur

The City of Saint-Sauveur highlighted the athletic performance of three Saint-Sauveur athletes during the August 21 municipal council meeting.

Nikita Painchaud, Maveric Lapointe and Thierry Pépin, were awarded a scholarship, as part of the sports excellence support program for young people.

“The various competitions in which these athletes participate can generate significant costs. The members of the municipal council therefore join me in presenting them with a cheque, which will be used to cover part of these costs. We congratulate these athletes and are very proud to be able to support their success,”underlines Jacques Gariépy, mayor of the City.

The three athletes took part in the 57th Final of the Quebec Games, which took place from July 21 to 29, in Rimouski. They have carved out places for themselves in their respective disciplines. Members of the Corsaire-Chaparral athletics club, Nikita ranked 10th in the Juvenile Women's Javelot event, while her partner Thierry rose to 8th place in the Juvenile Men's 400 and 800 meters events. The latter also completed the 4 x 400 meter relay event, at the end of which he arrived in 3rd position, thus winning the bronze medal. Maveric, whose discipline is mountain biking, earned not one, but three gold medals, in the XCO (Olympic), XCR (relay) and XCE (sprint) events, in the U15 Male Cross-country category.

The Quebec Games Final is a multi-sport competition that brings together the best athletes in the province aged 12 to 17. During this high-level event, young representatives from all regions of Quebec compete to win top honors in their respective disciplines.



### The Council on Palliative Care

## Forgotten Wisdom: reclaiming public understanding of dying

### Dr. Kathryn Mannix

Author of *With the End in Mind: Dying, Death, and Wisdom in an Age of Denial*. Dr. Kathryn Mannix is a British doctor who specialized in Palliative Medicine for 30 years before taking early retirement to campaign for better public understanding of dying.

Kathryn has worked with over ten thousand dying people over her career, in their own homes, in hospices and as lead of a large palliative care service in a major UK university hospital. Kathryn's campaign to normalize ordinary dying has received international attention; she has been invited to speak around the world.

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# Real Wine for Real People

## How to navigate wine room tastings like a pro

April Sirois – Sommelier - ISG

Well, It's fall and my favorite time of the year to visit wineries for an afternoon (or weekend) of wine tasting. Whether you're an experienced wine taster or you're completely new to the experience, this is always a fun trip and a great way to learn and enjoy. Here are a few tips on how to behave when tasting wines in a tasting room.

Be sure to be adventurous when wine tasting. It's the perfect time to experience something new or give a flavor you haven't liked in the past another try, when you're tasting, not committing to buying a bottle. You never know when a wine is going to surprise you, so go in open-minded and try a variety of wines.

Avoid strong soaps, fragrances and other scents. A big part of wine tasting is the aromas and, wearing strong scents is the fastest way to spoil that element of the tasting for yourself and others. It's best not to wear any fragrance at all when you visit a winery or tasting room.

Keep your palate rinsed. If water is provided, it's a good idea to take a sip between each pour to cleanse your palate of the previous wine. There may also be crackers or other small hors d'oeuvres. Just keep in mind that these are palate cleansers, they're not a meal.

Watch your consumption. Wine tasting is supposed to be fun, and it's perfectly fine to have a good time. But it's easy to drink more than you intended, and intoxicated tasters are notoriously annoying.

Savor the taste but do spit. Tasting rookies may be surprised to discover that it's perfectly fine to use the spittoon during a wine tasting. When you're visiting multiple wineries or tasting rooms in one day, it can actually be a good idea to restrain your wine intake by spitting and dumping. On more than one occasion I have had the host pull out all kinds of interesting, fun wines to try that weren't on the list once he/ she saw me spit and dump. It's like code for "I am here to taste and appreciate the wines, not here to get drunk."

No mauling the wine glass at a tasting, always hold your glass by the stem. Holding it by the bowl leaves unsightly fingerprints and warms the wine, both effecting how you enjoy the wine. Believe it or not, holding your glass by the stem is one of the absolute musts of wine-tasting etiquette.

Tip the host. Most wineries charge a small fee, which allows you to sip away guilt-free without leaving a tip. Even though it's not typically expected, at most wineries and tasting rooms, tips are always appreciated. Especially if you've had a great experience, tasted more wines than you expected to, or are with a large group, tipping your pourer is typically considered a classy gesture.

Now, time to get out there and fearlessly explore and enjoy some of Quebec's exceptional local wineries and cideries.

~ Cheers

“Wine is sunlight held together by water”. ~ Galileo



# I'm Just Saying Running on empty

## Ron Golfman - Main Street



As Canadians, in typical fashion as we approach fall with a breath of cold air, and a chill running down our spines, we start to discuss the preparation ritual for winter. I have used this subject in conversation and found, much like throwing a lit match into a gas-soaked pile of branches, this topic appears flammable to many of us.

In the last few years, we have experienced an increase in power failures as our Hydro grids age faster than we do. Gasoline at 1.80¢ per litre for no apparent reason or rationale, and diesel, the once better deal is also out of reach at the pumps. The roads are awful, like driving through moon craters with no improvement in sight. This situation of terrible roads is seemingly being filled in, if at all, with hot air. Quebec stands out, blaming the weather, which is shared by much of Ontario, New Brunswick, Maine, and New York. This does not fly well as simply crossing the borders finds one driving on smooth surfaces ONCE out of province, and back into Craterville, QC upon return.

In the present, fashionable conspiracy theories are running rampant so it could be that Quebec is in cahoots with tire makers and repair shops, passing more costs to the consumer, formerly known as the customer.

As we move forcibly towards electric vehicles, we can expect that while the governments try to figure out the eventual need for environmentally friendly EV batteries disposals, in our present structure, we can expect situations during power outages to disable the movement of people, if there's no juice.

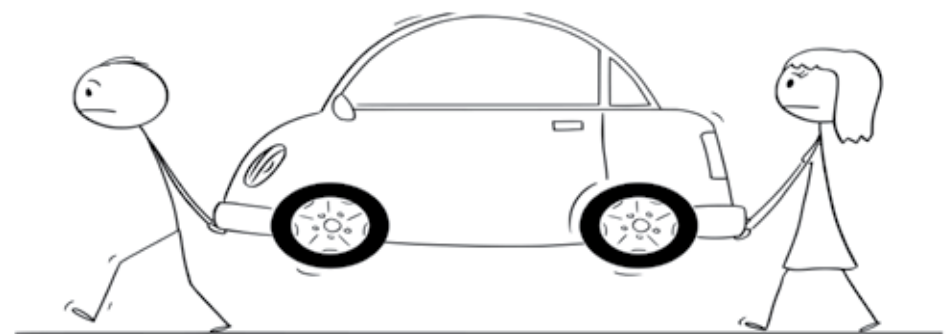
The long-suffering hotel and restaurant businesses can anticipate more losses as people won't be able to afford gas prices to travel. As Hydro often asks us to lower thermostats at home, will they expect EV's to be only allotted certain distances during blackouts or regional outages?

Sadly, even if you wish to buy an EV or a Hybrid now, you must pay high prices for a current model year, yet be expected to wait a year or more to actually get the ordered vehicle. Is the promise the currency?

Presently, the astronomical fuel prices are supposed to (flashback to toll booth mythology) aid in financing better roads. The next genius constructed by government and manufacturers was to impose catalytic converters designed to lower pollution, so why be easily accessible for thieves who are presently rampantly having a field day, costing the customer for heavy repairs and hiked insurance. The absence of wide-angle lens thinking seems to solve one problem while creating another, with the customer once again holding the bag, or costs.

Even the comprehensible attempt to reduce the use of plastic bags is flawed given that almost every single item to place in reusable bags is wrapped in plastic; another seemingly forward step is accompanied by two steps back.

The Federal and Provincial governments are spending OUR money like drunken sailors continuing to fund poorly designed global programs while our Native Canadians still don't have clean water or proper social services and support. While the province gives itself 30% plus raises, the roads remain awful and the schools, seniors' support and hospitals are short staffed. Even the SAAQ and, I'm Just Saying, isn't able to function properly, unless this itself is part of the 'master plan'. Perhaps before the next election, either provincial or federal, we should demand as many answers as questions posed before putting down the 'X'. We can carpool and effect change at the polling stations.





# Theatre Morin Heights to throw ShermanFest

## Two plays by local playwright

Theatre Morin Heights is going Full-Sherman in October presenting two plays by local playwright David Sherman at Chalet Bellevue, Morin-Heights.

Up first on October 1, Journées de la culture audiences will be delighted by “Nickey’s Café”, a play about the fictitious community of Lost Valley presented in the style of a rehearsed reading. Come out, watch this full-length play, and learn more about Morin-Heights’ own community theatre troupe. The presentation is at 2:15 pm and is free.

October 18-22, the stage is set for the theatre’s major annual production: “Have a Heart”, also by Sherman. This dark comedy navigates a father’s experience with heart disease and his family’s conflicting responses. Quick-witted and poignant, the story takes the audience along for the ride as the characters face issues related to aging, a fragile health care system and finding one’s place in the world.

Tickets \$20 for “Have a Heart” go on sale September 15 with 6 shows to choose from – four evening performances and two matinees. Purchase tickets online by visiting theatremorinheights.ca for the direct link; also available for in-person purchases at the reception desk of Chalet Bellevue.

Now well into its third decade, this community theatre troupe relies on local volunteers. The upcoming plays are cast and in rehearsals, but get in touch if you would like to be involved behind the scenes: theatremorinheights@gmail.com or 579-765-3999.



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- It is a great program because your capital and its growth are tax-free as long as you use them to purchase a home. If you decide not to purchase, you can transfer the funds to your RRSP, regardless of your contribution room.
- You will have to close the FHSA account after 15 years or before you reach 71.

The way I look at it, it is a great way to save for a home for qualifying purchasers, plus you can still use your RRSP, if you need more cash for the purchase.

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## PROFESSIONALS

**Soins Dentaires Prévost**

450-335-2990 / www.dentisteprevost.com

**Lori's Links**

450-224-7472 / lori.leonard@sympatico.ca / www.lorislinks.com

**YES Employment + Entrepreneurship**

Services offered: YES Employment + Entrepreneurship provides English-language support services to help Quebecers find employment, and start and grow businesses.

YES offers FREE career development and job hunting assistance to individuals 18-40 years old.

Open: Mon - Fri: 9 am - 5 pm. Evening workshops are held between 6:30 pm and 8:30 pm. All of our workshops and services are offered online: <https://yesmontreal.ca/>

**Desjardins Caisse de la Vallée des Pays-d'en-Haut**

218, rue Principale, Saint-Sauveur / 450-227-8780

**SADC des Laurentides**

1332 Blvd. De Sainte-Adèle, bureau 230 / 450-229-3001 / 1-888-229-3001 / www.sadclaurentides.org

## HOTELS

**Éco Spa Highland inc.**

18, Mountain Rd. Grenville-sur-la-Rouge  
1 855-5-ECO-SPA (532-6772) / (450) 613-3485 / www.ecospahighland.com  
Services offered: Hotel, spa, restaurant  
Open: 10 am - 9 pm

**Auberge Val Carroll**

50, Chemin du Val Carroll, Harrington  
450-242-7041  
<https://aubergevalcarroll.com>

## HEALTH & WELLNESS

**Studio Glow**

505B, Rue Principale, Lachute / 514-224-6775

**Clinique Dentaire Sainte-Adèle**

173, rue Morin, Sainte-Adèle  
450-229-8333  
[info@dentistesteadele.com](mailto:info@dentistesteadele.com) / [dentistesteadele.com](http://dentistesteadele.com)

**Uniprix Saint-Sauveur**

222-G, chemin du Lac-Milette, St-Sauveur  
450-227-8451

## FUNERAL

**Les Sentiers:** 1-844-565-6464 / lessentiers.ca

**Granite Nadon:** 514-262-6220 / 450-597-0521 / [info@granitenadon.com](mailto:info@granitenadon.com) / [www.granitenadon.com/en](http://www.granitenadon.com/en)

## AUTOMOBILES

**Automod**

2252 Ch. Jean Adam, St-Sauveur  
(450) 744-0122 / [automod.qc.ca](http://automod.qc.ca)  
Services: windshield repair and replacement, sale and installation of car accessories, tires and mechanical repair

**Centre De Formation Du Transport Routier De Saint-Jérôme**

17000 Rue Aubin, Mirabel / 1-877-435-0167

## ARTS & CULTURE

**Theatre Morin Heights**

202 Cameron Street, Hawkesbury (Ontario)  
613-632-8742

**Dunany Studio Artists**

202 Cameron Street, Hawkesbury (Ontario)  
613-632-8742

## HOME

**Lortie Refrigeration Inc.**

202 Cameron Street, Hawkesbury (Ontario)  
613-632-8742

Installation/repairs - heating and air conditioning  
Open: Mon - Thurs: 7:30 am - 4:30 pm / Fri: 7:30 am - 4 pm Closed: 12 pm - 1 pm

**Location Daniel Boivin**

270 Rue Principale, Saint-Sauveur,  
450-227-0079 / <http://www.locationdanielboivin.com>  
Services: Tool, equipment and truck rental, STIHL tool sales, propane filling  
Open: Mon - Fri: 7 am - 5 pm

**Location Madden:** 573 Lafleur, Lachute / 450-562-9142. Tools and equipment rentals

**Construction Stewart:** 591, ch du Village, Morin-Heights / 450-226-1313

## RESOURCES

**Palliacco:** [www.palliacco.org](http://www.palliacco.org)

Offers accompaniment, respite and support to people with cancer and, their caregivers

**4 Korner:** 450-974-3940 / 1-888-974-3940 / [www.4korners.org](http://www.4korners.org)

Community resources and programs

**Laurentian Region Cancer Support Group:**

450-226-3641 / [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca)

**La Traversée**

5100 Montée Ryan, Mont Tremblant  
819 421-2585 / [info@fondationlatraversee.com](mailto:info@fondationlatraversee.com)  
Services: palliative care for people at their end-of-life

**Laurentian Literacy Centre**

505 Bethany, # 302 Lachute / 450-562-3919  
[www.laurentianliteracy.ca](http://www.laurentianliteracy.ca)  
Services: private tutoring

## SPORTS & RECREATION

**Club De Golf Arundel**

60, Chemin du Golf, Arundel  
819-687-8383 / [www.golfarundel.com](http://www.golfarundel.com)

## EDUCATION

**Sir Wilfred Laurie School Board - CDC Laurier**

60, Chemin du Golf, Arundel  
819-687-8383 / [www.golfarundel.com](http://www.golfarundel.com)

## SUPPORT YOUR LOCAL ANIMAL SHELTERS & RESCUES



We are not a gift or a toy but a friend for life

*And all our other valued local establishments*

