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Happy Holidays



The Members of City Council join me in wishing you and your loved ones a great holiday season filled with joy, sharing and love.

May this period of celebration create sweet moments with family and friends, in addition to creating memories that will always be treasured.

Jacques Gariépy, Mayor





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On behalf of all
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like to wish you,
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holiday season
and a happy New
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N'hésitez pas à joindre mon équipe :

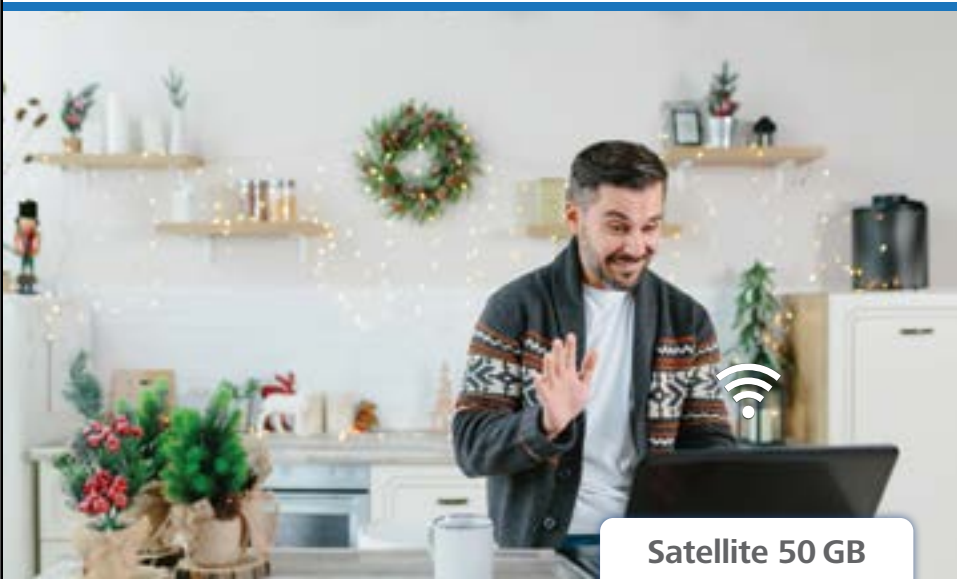
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December 2021

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What's On My Mind... All I want for Christmas...

Susan MacDonald, Editor

It's the most wonderful time of the year, and this year, my wish list for the holidays is indeed extensive. I would like to hear resounding joy echoing through each and every one of our households. I wish to hear children laughing, to listen to old and new Christmas tunes on the radio and curl up under a warm blanket to watch my favourite holiday classics on TV.



I want to drive past brightly lit houses, see decorations on doors and nativity scenes through the windows and, hear carolers singing in the streets. I wish to see happy shoppers with arms filled with last minute presents, puppies wearing silly Santa hats, and people holding hands as they skate around the local rinks. I want to smell those tantalizing holiday aromas of good food, sweet desserts and mulled wine wafting through the house. In short, I wish for Christmas and the holidays to be as they were, in times long past.

As we move into the New Year, I hope it will be with renewed hope and positive energy. I wish that we will continue to support our local businesses and community organizations which have stood by and supported us throughout the difficult times with their generosity and resources so that they will stay with us down the road.

Most of all, my biggest wish is that we remember that the true spirit of the holidays is far more than presents and pretty baubles; it's about sharing joy, peace and good will. This is the most important gift we should all consider giving. As always, this holiday season will be particularly difficult for the marginalized and disadvantaged members among us, and for the charities and food banks that provide aid and support, which are essential services in our communities. They will be highly visible during this time, so please give generously when given the chance to make a donation.

For a short while, we will have the opportunity to turn off the news and embrace each other, our friends, families and neighbours. I wish you all a warm and wonderful holiday season filled with peace, joy and love. To our extensive Jewish community, I wish you a belated, yet heart-felt Happy Hanukkah.

Enjoy the read and see you next year...



IGA Wishing you a
Morin-Heights Happy Holiday Season



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Happy holidays



Holiday hours

December 24	Closes at 1 p.m.
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December 29 and 30	Regular schedule
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January 3 and 4	Closed

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Viking Ski Club plans for its 50th Loppet anniversary

The Morin-Heights based Viking Ski Club plans to once again compliment the municipal Fest’ Hiver weekend by holding its classic cross-country ski race event, the so-called Loppet, on Sunday, February 20, 2022. (Note: Loppet is Swedish for “The Race”)

Past events have shown that the distance options give appeal to all ages and skiing abilities from young family members to seniors alike. The three classic-style events on offer are: the Jan-Nordström 5-km, The Jack Wahlberg 10-km and the Smith-Johannsen 20-km. All races will take place on recently upgraded Viking Ski Club’s Sheldon Racing Trail network. Participation will be limited to 200 skiers. Complete information and registration details can be found at: www.skiloppet.com




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Founder: Jack Burger
Advertising Sales: Susan MacDonald,
Publisher/Editor: Susan MacDonald
Associate Editors: June Angus
Art Director: Laurie Roch

Contributing writers: June Angus, Louise Bloom, Lys Chisholm, Chris Collyer, Ron Golfman, Joseph Graham, Lori Leonard, David MacFairlane, Mat Madison, Marcus Nerenberg, Sue Rich, Janet Thomas and many other contributors from the Laurentian community at large.

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**Susan MacDonald
450-533-0222**

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Palliacco’s Trek Under the Stars 2022

Following last year’s success, Palliacco’s Trek Under the Stars’ rally will be back, along with the famous Torchlight evenings.

From January 8 until February 18, 2022, we invite you, at your convenience, to complete the rally on cross-country skis, snowshoes or on foot at the Domaine Saint-Bernard in Mont-Tremblant, the Camping et centre de plein air Sainte-Agathe-des-Monts and at the Chalet Bellevue in Morin Heights, during the opening hours of these venues. Seven posters will be displayed along the route for participants to answer rally questions and learn more about Palliacco.



Additionally, three Torchlight Evenings are on the programme for the three Saturdays: February 19 at the Camping et centre de plein air Sainte-Agathe-des-Monts; February 26 at the Chalet Bellevue in Morin-Heights and March 5 at the Domaine Saint-Bernard in Mont-Tremblant.

The Trek can be done on cross-country skis, snowshoes, or on foot along 3km, 5km, 7km and 8km trails. Registration is by teams (10 participants, maximum) or individually with the team ‘La Camaraderie’.

The minimum contribution for A Trek Under the Stars and the rally is \$100 per participant. To qualify for the Prestige team title, a team must raise a minimum of \$5,000. Teams are encouraged to use sponsors and donors to meet or exceed these required minima.

A Trek Under the Stars, Palliacco’s major fundraising event, is organized annually in partnership with the Caisses DESJARDINS in the areas serviced by Palliacco, namely the Pays-d’en-Haut, the Laurentians and the Southern Antoine-Labelle MRCs, their municipalities and activity centres participating in the event. Palliacco is active in these territories and offers, free of charge, in both French and English, accompaniment, respite and support services in the home, for persons with cancer, those at the end of life, their caregivers, persons grieving, and children with cancer and their parents.

Mrs. Aline Robillard, President of Palliacco and event organizer, is very pleased to announce that Mr. Christian Gélinas, accountant and co-founder of the Group Amyot Gélinas and a member of Palliacco’s Board of Directors in the early days, has accepted to be the Honorary Chair of A Trek Under the Stars, 2022.



Mr. Christian Gélinas, Honorary Chair of A Trek Under the Stars, 2022

“Having previously used Palliacco’s services, I know how essential they are. So, I am very proud to be the Honorary Chair of the 2022 Trek Under the Stars! With the continuing pandemic, people need Palliacco’s support more than ever. A Trek Under the Stars is an opportunity to make a difference in the lives of many people. The money we raise will help Palliacco develop a new service this year, to accompany and support children and adolescents with cancer at the palliative stage or at the end of life, to support children and adolescents grieving the loss of a loved one, or an impending loss, and finally, to provide support to parents caring for these children and adolescents.” (Christian Gélinas, Honorary Chair)

Our fundraising goal this year is \$150,000. In the context of the pandemic, Palliacco’s services are essential. In participating in A Trek Under the Stars, you are helping significantly to ensure the sustainability of this major and necessary organisation in the region.

To register and get all the details about the rally and the Trek, to make donations or to volunteer, visit www.palliacco.org/randonne or call 1-855-717-9646.



Sustainable Food Transport Plan

After two years of concerted work, the Carrefour bioalimentaire Laurentides (CBL) is proud to share the first results of the implementation of the Sustainable Food Transport Plan in the Laurentians - food safety component.

Optimizing access to healthy food for all

In search of collective solutions to reduce the costs associated with the transportation of foodstuffs, the CBL and its partners have mobilized to design a Sustainable Food Transportation Plan in the Laurentians in order to implement concerted actions throughout the region.

Resulting from the work of the Sustainable Food Transport Worksite - Food Safety Section of the Laurentian Biofood Strategy 2018-2023, this plan aims to optimize access to healthy food for customers in vulnerable situations in the Laurentians by improving logistics, pooling of resources and harmonization of practices.

Tools to better serve

Since the spring of 2021, the implementation of the plan has been rolled out in five major actions making it possible to equip some twenty food safety organizations in the Laurentians. A sum of \$86,640 was distributed to organizations identified by the food security officers of the 8 territories in order to support pilot transport projects and the purchase of equipment.

- 1: the organizations benefited from the recommendations of the logistics firm InnovLOG to facilitate the handling of foodstuffs such as redevelopment of warehouses
- 2: Toucan Solutions supports organizations in the implementation of IT tools to facilitate the management and networking of data relating to supply and distribution
- 3: a reference framework for the harmonization of good practices is being drafted
- 4: LGC logistics consultant validates the feasibility of developing a regional biofood transport service to ensure reliable transport and share the associated costs
- 5: Financial partners

These various resources and support are offered free of charge to organizations participating in the implementation of the logistics and sustainable transport plan for foodstuffs thanks to the financial support of the MAMH Regional Outreach Support Fund, the PAGIEPS fund of the management of the public health in the Laurentians and the Alliance for environments conducive to healthy lifestyles in the Laurentians.

About the Sustainable Food Transport Worksite:

Coordinated by the Carrefour bioalimentaire Laurentides, the Transport Worksite is a process led by a monitoring committee comprising: Moisson Laurentides, REGAL + / Concertation, Public and adapted transport Antoine-Labelle, Public health department, CISSS des Laurentides, Center Regain de Vie, Centraide Laurentides, The Alliance for environments favorable to healthy lifestyles in the Laurentians and Vivre en Ville.

For more information visit www.carrefourbioalimentaire.org





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158-160 RUE PRINCIPALE, SAINT-SAUVEUR ASKING PRICE \$1,250,000
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7 RUE SUNSET, MORIN-HEIGHTS ASKING PRICE: \$329,000
Ms. Lucyne Farand was recommended to me, She has such a nice smile. She was very respectful of my needs and my pace. I felt confident from our first conversation. Thank you again for your dedication and good work Lucyne! I am now dreaming of my future home. Very satisfied client... Anne

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Arundel News

CHRISTMAS FOOD AND CRAFT MARKET ON THE FARM

Pascal and Bettina's Farm
115 Chrystal Falls Road, Rte. 327, Arundel
Saturdays: Dec. 4, 11, and 18
12 pm – 4 pm

Buy your Christmas gifts locally and support craft and food artisans from our region. Crafts include embroidery, soaps, pottery, kids crafts, jewelry, gift cards, art prints, Christmas decorations, wood boards and puzzles, stained glass, crochet items, gift baskets, special gift wraps, scarves and more. You can also treat yourself to tasty food products for the holidays. In addition, two beautiful quilts will be auctioned to the highest bidder.

This market is held European style, indoors and outdoors, with music around the bonfire. And yes! - There will be plenty of hot food and drinks in cooperation with our Arundel and Brebeuf food vendors to make your bellies smile and keep you warm!

CHRISTMAS CONCERT WITH THE MARKY B BAND

Arundel United Church
Sunday, Dec 12
Family Concert 2:30 pm & Adult Concert 5 pm – 7 pm

Ring in the holiday season with some jazzy holiday tunes brought to you by the Marky B Band (Marc-Antoine Filion Lebel) and Loisirs Arundel. An early 2:30 pm performance for families, with a few sing-a-long tunes to warm up your holiday spirits, followed by a concert for adults from 5 - 7 pm that includes homemade appetizers (courtesy of Darlene Bette) and a glass of holiday cheer! Tickets for the Family Concert \$20 pp or \$30 / family; tickets to the Adult Concert \$30 pp. Places are limited so call early to reserve your spot: 819-425-0898. Payment in advance is required: loisirsarundel@gmail.com. Don't forget to mention you attended the Rob Lutes concert in October for special VIP access. Proof of vaccination, masks, and hand sanitizing will be required.

MEET THE LINCENZ FAMILY

When Mat and Taessa first rented the Arundel farmhouse for a week in the winter of 2017, they had no idea they would soon leave Toronto to live here permanently. A year later, the farm was listed for sale and they leaped to buy it as a refuge from their busy lives in the city. Mat works in industrial design and Taessa owned an atelier for custom-designed clothing. Then Covid hit. Their daughters were out of school, so the family escaped to Arundel, still "temporarily".



About Sainte-Adèle

Chris Lance - Main Street

Joseph Maalouf's project over at La Rolland might be in default due to loans on the land that he purchased to develop the mega-park. The idea started in 2015, but since the land purchase not much has happened, some buildings gone, others in disrepair, boarded up and a pile of old bricks. Time will tell the story of La Rolland in the New Year.

The new town council met on November 22, at La Place des citoyens, led by Mayor Michèle Lalonde. Bonne chance à tous, you will have a cross to bear.

All the local venues of entertainment, including the Salle Augustin-Norbert-Morin and la Place des citoyens, have been up and running this past summer and are offering a new slate of shows; for ticket sales, just check out the town website for times, costs and dates.

These winter temperatures seem to open our paved roads and spawn potholes, forcing drivers to slalom up and down the roads, dodging snow-covered holes and exposed water and sewage drains. Unbelievable that the road going south, leaving Sainte-Adèle near the Metro, has a 3-4 inches round sewage cover that just tears into the passing car tires. Also, heading north on the 117 and the 15, there are exposed potholes that you have to skirt when you take the overpass into town. The little bridge over the North River, near Hotel Alpine heading east, has a growing pothole almost impossible to miss when there's traffic going both ways. Oh well, perhaps the new mayor Lalonde will get those shovels out and fix the pot-holed roads.

Looks like the alpine skiing is up and running. Saint-Sauveur group and Mont Habitant are all open now. There are still COVID rules and protocols to follow when it comes to skiing – so make sure you have your COVID passport ready on your phone to enter the lodges, restaurants and to buy your season pass and tickets. The same rules apply to tennis at InterClub. Outside skating rinks and cross-country trails will be free of COVID cops. Indoor skating rinks will have rules for skaters, hockey players, parents and others.

So far, schools up here are functioning. But what's ahead for the school year is anyone's guess. With no day care, and possible problems throughout the Quebec system, what with shortages of staff, stress, and Legault's old-school thinking, who can know what to expect over the winter.

Hope and caution in what you do over the holidays should keep you safe from the flu or COVID. All the best to my readers, wishing you a safe holiday and a great time to get outdoors – ski, skate and snowshoe en famille.

Happy Holidays.

HAPPY
Holidays

**Merry Christmas to all my clients, family and friends.
Wishing you and your loved ones peace, health and happiness in the new year.**

JOYEUSES
fêtes

Joyeux Noël à tous mes clients, ma famille et amis. Je vous souhaite, ainsi qu'à vos proches, paix, santé et bonheur pour la nouvelle année à venir.

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NEWS BITS FOR DECEMBER

Increased financial support for community organizations in the Laurentians

The Integrated Health and Social Services Center (CISSS) des Laurentides is pleased to announce that 93 community organizations in the region have recently benefited from an increase in their recurring funding for the global mission.

Following an announcement by the Ministry of Health and Social Services last June concerning the increase in the envelope of the Support Program for Community Organizations (PSOC), a recurring sum of \$708,856 has been awarded to the Laurentians region in order to support the overall mission of organizations recognized by the PSOC. Thus, organizations eligible for this upgrade received additional financial support of up to \$19,327 per organization.

The PSOC is a program specifically created for community organizations whose primary mission is to work mainly in health and social services. Over the years, community organizations have developed expertise in supporting target clientele in different settings by offering them a multitude of services to improve their quality of life while creating a social safety net within their community.

The CISSS des Laurentides wishes to emphasize the major role that community organizations play in the region. "We are delighted that several organizations in the territory can benefit from this financial increase. Since the health and well-being of our population are our priorities, the involvement of organizations in our community is crucial and necessary. We are grateful to be able to count on their experience and their direct intervention with vulnerable people from our various backgrounds. These are important partners who make a significant and positive contribution to the social fabric of our region," said the President and CEO of the CISSS des Laurentides, Ms. Rosemonde Landry.

The mayor of the Township of Gore, Mr. Scott Pearce, is re-elected prefect of the MRC d'Argenteuil Lachute

During the regular meeting of the MRC d'Argenteuil held on November 24, 2021, the council of the MRC proceeded to the election of the prefect and the deputy prefect, in accordance with the provisions of the Law on the 'Municipal territorial organization. Mister Scott Pearce, Mayor of the Township of Gore, was elected by acclamation by his colleagues on council and will thus begin a fifth term in the prefecture. The mayor of the municipality of Mille-Isles, Mr. Howard Sauvé, was also elected by acclamation by his peers for a first term as deputy prefect. Mayor of the municipality of the township of Gore since November 2004, Mr. Pearce previously served as deputy prefect of the MRC d'Argenteuil for two consecutive terms, from November 2009 to November 2013. Actively involved in the community municipal, Mr. Pearce has also been a member of the board of directors of the Federation of Canadian Municipalities (FCM) since 2009, where he currently holds the position of second vice-president. He has also served on the board of directors of the Fédération québécoise des municipalités (FQM) since December 2013, as representative of bilingual municipalities in the province and Chairman of the Standing Committee on Land Use Planning, Agriculture and 'environment.

Mr. Howard Sauvé began his involvement in municipal politics in 2013, when he held the position of municipal councilor for two consecutive terms, from October 16, 2013 to January 8, 2020 . A very committed businessman in his community, Mr. Sauvé would like to thank the members of the MRC d'Argenteuil council for placing their trust in him by electing him to the post of acting prefect. The term of office of the prefect, like that of the deputy prefect, is for two years, ending in November 2023.

New lighting in Mont-Tremblant dog park

A partial closure of the Mont-Tremblant dog park recently took place for the finalization of the lighting work. Dog owners will be happy to learn that they can now enjoy the dog park after dark. In fact, the installation of the lampposts took place on November 19.

Once the lampposts are turned on, users will have to press a push button to activate or deactivate the lighting system. The lights will automatically switch off at 11 pm. Please note that the dog park is open from 7 am to 11 pm.

For more information, contact the Public Works Department at 819 425-8614 / travauxpublics@villedemont-tremblant.qc.ca.



STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Guillaume Taillon and **Aragorn Gaulin**, owners of the well-loved **Le Rusé Renard restaurants** located in Val David, Mont-Tremblant and their newest location at 3029 boul. Curé Labelle, Prévost. Open for delicious breakfasts and lunches currently and will offer dinner choices early in 2022. Breakfast choices include their famous "Duck Benedictine", homemade pancakes, waffles and fresh fruit to name just a few. They feature a variety of excellent specialty coffees. For lunch, popular choices are the duck grilled cheese sandwich and poutine with red wine and pepper sauce. There are many other delectable choices. Gift certificates are available and make lovely gifts. A special holiday menu will be featured from mid-December until January 2. We are so happy that you decided to open a new branch in our neck of the woods. Best of luck Guillaume and Aragorn! 450 224-0143 / leruserenard.com / Facebook: Le Ruse Renard.



Pollo Mio, 10-A Filion St., St. Sauveur (adjacent to Trattoria Demitrio).

This new resto will offer finger-licking homemade fried chicken along with a number of delicious, tasty side dishes such as mac 'n cheese, mashed potatoes, french fries, coleslaw and a chef's choice. Poutines, salads and desserts are also available. The resto opened in mid-November and is ready to serve its customers now and ready to help with your Christmas requirements. 450 227-1001.

Congratulations to:

Mother-daughter team **Danuta Kusnierz** and **Adamina Balut** who recently opened **La P'tite Polonaise Boutique**, 105 rue Principale, St-Sauveur. They have wonderful European treats: polish charcuterie and sausages (kabanos, ham, myszliwska, romanian mici, kaszanka blood sausage etc.), sauerkraut, pickles, horseradish, beets, mustards, many soups (pickle, mushroom, cabbage, veggie, beet) syrups, jams, honey, compotes, cookies, chocolates and candies.



They also offer homemade veggie and meat cabbage rolls, Gulasz meat stew, Bigos sauerkraut and sausage stew, meat and veggie croquettes. You can eat a hot pierogi, or smoked meat sandwich, with a traditional polish plum donut and coffee. Christmas baskets, log cakes and many delicious European desserts. If you wish to serve something different to your family/friends at Christmas or for a party, they also have charcuterie, hors d'oeuvre platters and a wide variety of pierogis. Powodzenia! (Good luck!). Open Tuesday - Wednesday 9 am -5 pm, Thursday-Friday 9 am -6 pm, Saturday 9 am -3 pm. 450 227-7071 / laptitepolonaise.com

Did you know that:

If you are interested in visiting a unique boutique with high-end quality products and artisanal items, you can check out **Station 210**, 210 rte. du Long Sault, St. André d'Argenteuil? The boutique is located in what was once an operating fire station. **Karen Feiertag** and partner **Louis-Robert Frigault** are the owners of this beautiful boutique. The concept of the boutique is a general store with a twist! It is comprised of 4 different sections - **health and beauty** (local soaps, creams, artisanal items), **gourmet food** (specialty imported items such as olive oil from Sicily, seafood from Spain, locally made tourtières, artisanal sausages, an impressive selection of Quebec cheeses and artisanal cheeses from around the world, delicious flatbread and so much more), **Maison** (includes lovely, colourful 100% certified European linens, specialty wood cutting boards, fine imported décor items and kitchen/dining tools, designer lamps, many other items created by world-renowned designers) and **Loisirs** (vast selection of beautiful puzzles, camping cooking utensils, light weight Nordic camping gear and durable wooden toys for children, etc.) They have the largest collection of French Opinel knives in Québec. They also have handmade 4- foot long walnut cutting boards. Drop by and visit Karen and Louis-Robert and seek out treasures and Christmas gifts at this well-hidden gem. Open Wednesday- Saturday 10 am - 5 pm and Sunday 10 am - 4 pm. 514 814-3685 / info@station210.co / www.station210.co

If you are thinking about a new hair style, hair colour or fresh cut, you can visit **Salon Valentin**, 505 Bethany, Lachute (in the Carrefour Argenteuil shopping center)? Owner/hairdresser **Olivia Spathis** and hairdresser **Lynn McArthur** have several combined years of experience and will make you feel and look like a brand new person. It is best to make an appointment, although they do accept walk-ins if time allows. They both love what they do and it shows! Updos for weddings/parties, perms, colour suggestions, streaks and much more. Stop by to visit Olivia and Lynn, you will be glad that you did. Olivia 514 705-1155 / Lynn 514 913-0574.

I would like to wish everyone a very Merry Christmas and much happiness and good health for 2022!



Laurentian Region Cancer Support Group Cancer Support Group Next Meeting Dec 11

The next monthly meeting of the Laurentian Region Cancer Support Group is Saturday, December 11 at 1 pm at Chalet Bellevue in Morin Heights. Option also to attend via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place, receive the Zoom link for the December meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.



COVID-19 Vaccination and mandatory testing: the autonomy of community groups will be respected

The Table of provincial groupings of community and voluntary organizations (Table) and the CA\$\$\$ H Campaign (Autonomous Community in Health and Social Services - Increase funding) welcome with relief the withdrawal of community organizations from the application of compulsory screening, as well as compulsory vaccination. This is what emerged from the analysis of the ministerial decrees of November 14 (2021-080 and 2021-081).

“In addition to formalizing its decision to focus on screening rather than compulsory vaccination, the government is finally responding to our requests by removing all references to community groups in the field of health and social services (OCASSS). We would like to thank Minister Christian Dubé, Minister of Health and Social Services, for recognizing the need for this correction,”said Gaëlle Fedida, President of the Table.

Remember that the government compromised the autonomy of the OCASSS in particular by including them in the decree of September 24 on compulsory vaccination. This applied to people, employees or volunteers, working in OCASSS premises who had signed a certain type of service agreement, as well as to groups whose premises were located in an establishment of the network. These could be supervised injection sites, sites pertaining to substance abuse, support for people experiencing homelessness, community support in social housing, respite, accompaniment, etc.

The Table documented the direct and indirect negative consequences of the decree on the population and on the entire community movement, since by depriving groups of their human resources, it would have caused a surplus of requests for support from other groups in the community, without providing a concrete solution. “The OCASSS should never have been included in the initial decree, because the government is not their employer. We celebrate this victory, but must remember that it was still necessary to deploy considerable energy to ensure respect for what should go without saying: “Community groups are autonomous and the state must not interfere in their administrative functioning, nor transgress the prerogatives of their boards of directors,” underlines Jean-Pierre Ruchon, of the board of directors of the Table and of the coordinating committee of the CA \$\$\$ H campaign.

The ministerial decrees of November 14 contain two other corrective measures requested by the Table and the CA\$\$\$ H campaign, with regard to the access of caregivers to establishments where their loved ones reside and to the responsibilities of people receiving support to residence. The Minister thus relaxed the rules applicable to caregivers, offering them the screening test as an alternative to compulsory vaccination. He also withdrew the obligation that was to be done.

As for people receiving home support services, they will no longer be responsible for enforcing the vaccination rules of the people providing them with these services. “We thank Minister Dubé for considering our requests. The state must support these people and not impose on them rules and responsibilities, which would only increase the already existing situations of vulnerability, ”added Mercédé Roberge, coordinator of the Table.

Since the beginning of September, the issue of compulsory vaccination then that of compulsory screening, have created a lot of concern among the OCASSS and the people who use it and have been a source of confusion for managers. It is now important that the Ministry of Health and Social Services promptly notify all OCASSS that they are not targeted, neither by compulsory vaccination nor by compulsory screening and that the message also be transmitted to all levels of the network in every region.

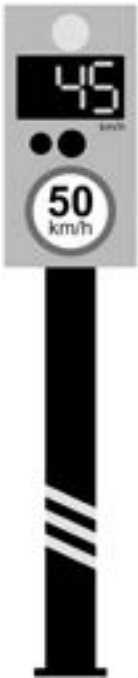
Reduced speed limits on several roads

Mont-Tremblant will reduce speed limits from 50 to 40 km / h by spring 2022 on the majority of roads in rural areas (for example Chemin Saint-Bernard and the roads around some lakes). This change aims to harmonize speed limits throughout the territory and to respond to the concerns expressed by the population.

In total, 139 roads will be affected by this measure; exceptions will apply depending on the specific characteristics of some roads. To consult the complete list of public roads concerned, visit villedemont-tremblant.qc.ca/A15 (appendix A of by-law A-15, pp. 16 to 23).

The new speed limits will come into effect as the new road signs are installed.

For more information, contact the Public Works Department by dialing 819 425-8614 or by email at travauxpublics@villedemont-tremblant.qc.ca.



Outstanding Community Spirit and Generosity

By Lori Leonard

Oftentimes when we pick up a newspaper, the news is negative. Well, there is much to be said on a positive note about the wonderful spirit and kind generosity of the Laurentian community members.

A heartfelt and warm thank to Jennifer Turcotte and her husband Riccardo Frattolin who worked so diligently on the Purse Project. I worked alongside Jennifer on this beautiful project and we collected well over 100 purses filled with hygienic products. These purses have been distributed to women at three women’s domestic abuse centers: La Citadelle in Lachute, La Maison D’Ariane in St. Jérôme, and La Coulombe in Ste. Agathe. Of special note, members of the Lachute Women’s Curling Club donated more than 25 purses, along with hygienic products. A huge thank you to Carol Doull and the seniors from the Glen Apartments in Morin Heights who hand-wrote warm wishes inside Christmas cards for the women. The children from Morin Heights Elementary School also hand-wrote Christmas cards for the women. We would like to thank the many people who donated money, purses and products for the Purse Project, and extend our gratitude to Susan MacDonald of Main Street for donating \$100 towards the Purse Project. There were also several people who donated money and toys for the children of the women who suffer from domestic violence. I cannot possibly name each person, but you know who you are.... Thank you!

Melissa Massie drove from the Laurentians to Montreal to ensure that 100 needy people on the streets had healthy lunches to enjoy. Melissa and her husband Emmanuel Campeau have also collected clothing, boots and sleeping bags since last August and brought all this to Montreal, which was quite an undertaking. Jennifer Turcotte was also a key player in the lunch project as she made several lunch boxes. Thank you once again Jennifer and Melissa. You have made a true difference in the lives of many people. Both ladies would like to thank all of their wonderful donors for their generous contributions.

A huge thank you goes out to Don and Rose Manconi and their wonderful group of volunteers for organizing Christmas gift baskets for needy recipients in Gore. Don and Rose have been responsible for this project for several years and are involved with many other important community projects. Thank you Don and Rose!

I would also like to thank Carol Blackburn MacDonald from Gore who kindly donated 22 beautiful handmade scarves for bingo prizes and gifts for the women at Lachute Residence. Thank you Carol!

Thanks to all the volunteers in each and every community who, despite inclement weather, were outdoors collecting money and canned goods. Thank you to all who helped make Christmas baskets or raise funds to help those in need.

I know that many of you dedicate your time, effort and money not only at Christmas, but year-round to help others in the community. Thank you!



Fiber Argenteuil inc. and the MRC d’Argenteuil

It is with great excitement and pride that Fibre Argenteuil inc. and the MRC d'Argenteuil unveiled the identity of their 1,000th client at a festive event held on the premises of the non-profit organization, in the presence of elected officials and members of their respective staff. Gustavo Labbé and Esther Guérard, residents of the Canton of Wentworth, recently became the 1,000th customer to benefit from an Internet service that is efficient and 100% local.

A major success in Argenteuil

The high-speed Internet issue has been a major project carried out by the MRC d’Argenteuil for a little over ten years. The determination, daring and leadership of the MRC made it possible to obtain very significant financial assistance from the governments of Quebec and Canada, totaling \$26 million for a global project valued at \$34.6 million. The Argenteuil RCM would also like to reiterate its sincere thanks for this financial assistance, which is essential to the realization of its ambitious project.

Thus, in the fall of 2022, all Argenteuillois, through the MRC, will own a vast fiber optic network of nearly 1,000 kilometers, which will provide high-speed Internet access to nearly of 8,000 households.

As part of its business strategy, the MRC d'Argenteuil created the non-profit organization (NPO) Fiber Argenteuil inc. in 2018, to which it entrusted network management and maintenance, operations and customer service. Fiber Argenteuil inc. The result of the initiative of the MRC and its mission is to facilitate and provide telecommunications services to the greatest number of citizens.

Fiber Argenteuil offers Internet, telephone and television services and offers attractive packages at competitive rates. To obtain more information on the services of Fiber Argenteuil or to subscribe, visit www.fibreargenteuil.ca



Photo:L-R: Howard Sauvé, acting prefect of the MRC d'Argenteuil, Benoît St-Jacques, President of Fibre Argenteuil inc., Gustavo Labbé and Esther Guérard, 1000th client, Denis Huberdeau, Director General of Fibre Argenteuil.



Dads helping dads

Andie Bennett

When I spoke with our new project coordinator for dads, father of three Michel Hogue, he confirmed that he has heard the comments, “Oh, you’re babysitting,” or “Where’s the mom - you must be having a tough weekend!” while being out with his kids, and feels there is a lot of work to be done regarding the way co-parenting is perceived. The starting point he says is first having dads recognize their importance outside the role of provider. “For me, being a provider meant financially, not emotionally, or with the emphasis on developing a relationship.” Two things shifted his perspective. The first was receiving his own diagnosis for ADD that affected how he saw himself and encouraged him to learn more about neuropsychology and child development, and the second was realising that his parenting style was not yielding the results he wanted as a father. He took a step back to see what needed to change regarding how he related to his children.

Michel is using what he has learned through his own journey, as a father and over 15 years of coaching where he worked with kids and parents, to build a 4Korners program just for dads. The goal is ultimately to provide a more supportive environment for kids by building fathers’ confidence in the important role they play in the lives of their children as well as helping break the isolation some dads may feel.

Losing his own father when he was 14 impacted Michel’s self esteem as a parent. “I had no one to show me what a father was after that point.” Every dad will be coming from a different place – whether they did or didn’t have a role model, whether they want to be different, or whether they want to be the same as that role model -- but he is hoping that the program will create a type of community among dads where they feel surrounded by peers and supported.

The systemic differences between men and women, including societal conditioning and how we were raised, is also something Michel says needs to be considered when planning activities for dads. “If I set up a workshop called “lets talk about the pressures we feel about being a good provider,” I don’t think a lot of men would sign up, but if we do a casual outdoor or sports activity with the kids, maybe, by the second or third day, we would be talking about it.” To help Michel create this space and develop new programming for men, please get in touch at: michel@4korners.org 450-974-3940, ext. 225



Ville de
MONT-TREMBLANT

Le Conseil et l’ensemble de l’équipe municipale se joignent à moi pour vous souhaiter bonheur, harmonie et plaisir durant cette période de réjouissances ainsi que pour la nouvelle année !

I wish you, on behalf of the Council and the municipal team, joy, happiness and harmony during this holiday season and throughout the new year!



Luc Brisebois
Maire | Mayor

*Joyeuses fêtes !
Joyous Holiday Season!*

JARDIN CÉLESTE

Présenté à l’Espace public jusqu’au 8 mars 2022, de la tombée du jour à 23 h (885, rue de Saint-Jovite).
Located at the Espace public until March 8, 2022, from nightfall to 11 p.m.

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Le maire, les conseillers et les employés du Canton de Harrington expriment leurs vœux les plus chaleureux pour des vacances joyeuses et une bonne année !

The Mayor, Councillors and employees of the Township of Harrington extend their warmest wishes for a Joyful Holiday and a Happy New Year !

*The Madden family and all
of our employees wish you
and yours a Merry Christmas
and a Happy New Year.
Thank you for your support.*

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Essential Oils

Oils for the holidays

Susan Rich



It's the most wonderful time of the year!! Sadly, not everyone feels this way. We tend to put a lot of pressure on ourselves with family obligations and gift giving, decorating and the list goes on. So, in this article I'm going to give you a few little tips and tricks to lift everyone's mood and make it a more joyous time of the year.



When we think of the holidays, one thing that comes to mind is the scents we encounter, such as cinnamon, clove, orange and pine. Not everyone goes out and buys a fresh cut tree; many people have artificial ones, which obviously lack the aroma of the real thing. Essential oils also come from trees so whether your favourite tree is pine, spruce or a fir, you can make a spray by combining a few drops of your favourite essential oil with distilled water. Then, all you have to do is shake and spray your artificial tree every few days to keep it fresh and inviting.

There is nothing more inviting than walking into someone's house when they are baking for the holidays. Perhaps you're not a baker or simply don't have time. Turn on your diffuser and add a few drops of cinnamon, clove and orange essential oils and before you know it your home will smell like you are baking the most amazing holiday treats.

Now your house smells amazing and you are ready to receive guests, however, sometimes that also means dealing with certain family members who would perhaps not normally be welcome in your home. Holidays can bring a lot of tension between people. Here is where your diffuser becomes your very best friend! Essential oils work directly on our emotions so by finding a happy combination of essential oils to diffuse, you are sure to have a more pleasant experience with even the most difficult of personalities. Citrus oils are a sure winner for happiness, particularly when combined with calming oils such as lavender or, roman chamomile. Try various combinations until you find what suits you best, then sit back and enjoy the season.

Wishing you all a very happy holiday season.

For more information on how to get 100% pure CPTG oils, and how to integrate them into your healthy lives, please feel free to contact me at 819-421-2253

Panetonne Casserole

Here's a delicious easy breakfast casserole that can be prepared the night before and that will be ready to pop into the oven the next day.

Ingredients

Butter for greasing the dish
1 large panettone
1 ½ cups fruit jam of your choice
8 oz. cream cheese (room temperature)
3 ½ cups half-and-half
6 large eggs
¼ cup granulated sugar
1 tsp. vanilla extract
½ tsp. ground cinnamon
¼ tsp. salt
Confectioner's sugar for dusting



Directions:

Grease a 3-quart casserole dish with butter, set aside
Cut the panettone into 1-inch thick slices (5-6)
Spread the jam on half the slices and the cream cheese on the other half
Press 1 slice of each together to form sandwiches.
Cut the sandwiches into 1-inch squares and arrange in the dish.
Wisk together the half-and-half, eggs, granulated sugar, vanilla, cinnamon and salt in large bowl.
Pour evenly over panettone. Cover with plastic wrap and refrigerate 6 hours or overnight.

Preheat oven to 350 degrees. Remove plastic wrap from dish and press down on the casserole. Sprinkle almonds on top and bake until puffed and golden brown and the custard is set, about 1 hour (times will vary).

Cool for 20 minutes before serving warm or at room temperature with a dusting of confectioner's sugar.







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- Pierogi (cottage cheese / meat / cabbage & mushrooms / feta & spinach)
- Stuffed and breaded crepes (pork & beef / cabbage & mushrooms / feta & spinach)
- Grilled polish sausage / smoked meat sandwich
- Gulasz / Bigos / Latkes
- Fresh cold and smoked charcuteries
- Desserts (poppy seeds rolls / cheesecake / plum donuts / apple strudel and many more)
- Soups / marinated mushrooms / natural pickles & sauerkraut / jams / honey / chocolates
- Christmas treats and baskets

Opening hours:

- Sunday & Monday - closed
- Tuesday & Wednesday - 9:00AM to 5:00PM
- Thursday & Friday - 9:00AM to 6:00PM
- Saturday - 9:00AM to 3:00PM

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Laurentian Wildlife

Animal tracks

Susan MacDonald

Other than a few opportunistic creatures, most of the wildlife living in our area are secretive and prefer as little human contact as possible. They pass by unseen after dark or when there is little activity or noise. Yet unknowingly, they do leave signs behind that if explored, tells the story of which creatures are passing by when we're not looking.



Winter is the easiest time to learn how to read the animal tracks that you may come across out in the woods or in your own backyard. With a little experience, you will recognize not only which animal has passed, but perhaps even what it was doing there. Was it foraging for food or hiding from predators? What speed was it traveling at? Once you know your tracks, you will notice other signs in the woods around them that previously lay hidden to you. Nibbled branches could be rabbit or deer – follow the tracks.

There are many excellent field guides available that will open up the hidden world of wildlife to you in a way you have never experienced before. Many contain full detailed images along with track measurements (front and back feet), variances that depict speed rates, tail dragging marks (if any) and claws or number of toes to look for. Most of these trail guides offer other signs as well such as droppings, chewed branches and places where you are most likely to find these animals in fields, forests, near rivers and ponds and possibly in your own back yards. My favourite guide is one of the Peterson Field Guides, Animal Tracks written by O.J. Murie and Mark Elbroch. It gives informative details, provides clear photos, is easy to read and takes you on a learning journey into the hidden world of animals. It is also small enough to carry with you. A few nature references on birds and native wild animals are also helpful for further references. After checking out many, my personal library stocks the entire National Audubon Society series.

Footprints are the most abundant tracks found in the snow but there are other “stories” as well. Once, after a particularly heavy snowstorm, I found where a ruffed grouse had been weathering out the storm and had burst through the snow in a panic when disturbed by one of the night predators. The depth of snow left the hunter’s prints too deep for me to determine, but what I did see was the perfect imprints of feathered wings on snow.

Winter is coming and we all will be spending more time outdoors, so now is the perfect time to pick up a field guide or two to take with you when out on your daily walk. They also make wonderful Christmas gifts for nature enthusiasts.

Happy trails...

Work from anywhere with a portable office setup

(NC) As the world continues opening up and workplaces shift into a hybrid model, your office will need to move with you. From working in a traditional office to being productive from the couch, here are a few ways to set up your portable office for success, no matter where you are:



Create an easy-access grab bag

No one likes digging through a backpack to find snacks, charging cables or that one pen that always seems to make it to the bottom of your bag. Consider creating a smaller grab bag with frequently accessed items such as pens, your phone charger, sticky notes and snacks. You can place this inside your larger bag so the days of wasting precious time rummaging through your backpack are gone.

Schedule breaks

It’s easy to get in the zone, especially when the coffee shop you’re working from ensures the perfect blend of background noise and caffeine bursts. To avoid burning out and losing inspiration, make sure you schedule your breaks, no matter where you are.

On the road? Look at a map and see where you can plan a rest stop to stretch your legs. Café hopping? Take 15 minutes to close your laptop and savour your beverage. Working from home? A 20-minute play session with your kids or furry pal might be just what you need to keep going. And, if it works for you, try going into the office occasionally to socialize with your colleagues.

Find a laptop that adapts with you

Whether you’re in the office or working from the passenger seat on a family road trip, you’ll need a laptop that adapts to your changing needs. The LG gram 16” two-in-one laptop easily switches from laptop to tablet mode, giving you ultimate flexibility for your work setup.

It also comes equipped with a powerful battery that lasts up to 21 hours, so gone are the days of frantically searching for an outlet. At just over three pounds, this laptop moves with you from office to café to cottage.

Seasons Greetings! To all our precious customers.

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A Successful First Edition For The Brownsburg-Chatham Festive Market

The first edition of the Festive Market, organized by the Town of Brownsburg-Chatham, which took place at the Municipal Campground, met the expectations of exhibitors and visitors. More than 2,000 people strolled through the magical paths of the market with the 59 exhibitors present. In addition to the kiosks, visitors were also delighted to discover the talented musical group "Les Bas De Laine" on the unusual stage of the Mixbus and were captivated by the magic of the pyromusical fireworks.

The Town of Brownsburg-Chatham is delighted with the success of this event and would like to thank the many visitors who have shown great generosity for the Guignolée in addition to presenting themselves with a contagious good humor as well as the exhibitors who, through their active participation and their original ideas, have been a driver of success.

The City of Brownsburg-Chatham also thanks the MRC d'Argenteuil, the provincial deputy for Argenteuil, Mrs. Agnès Grondin, as well as the federal deputy for Argenteuil-La Petite Nation, Mr. Stéphane Lauzon for their financial support as well as the support received from The Argenteuil Chamber of Commerce and Industry.

It is also essential to underline the dedicated work of the employees of the City of Brownsburg-Chatham, who demonstrated an incomparable team spirit to meet the gigantic challenge to set up this event in less than 3 months.



Real Estate News December, is it time to sell?

Lucyne Farand

December, the days are short and the wind bites. Is this a good time to sell a property? Let's look at the facts.

- First, we are currently in a seller's market
- Second, the most important factor to consider is inflation. At 4.7% right now in Canada, inflation is the highest it has been in thirteen years.
- Third, will the Central Bank of Canada hike interest rates in April 2022, as planned? Probably.

We are currently facing inflationary pressure on real estate and will possibly be facing deflationary pressure and possibly an increase in interest rates, in the spring. The answer to our question is clearly, YES!

In my opinion this is currently the best time to put a property up for sale.



Laurentian Personality Benjamin (Ben) Lachapelle Talented artist with a generous heart

Lori Leonard – Main Street

Benjamin Lachapelle (fondly called Ben) is a young, autistic artist who is passionate about animals. Ben, his brother Max (an excellent musician), and their mom, Julie Chou, live in Mirabel. Ben Animalia is a social enterprise inspired by Ben who is on a very special mission to spread joy and make the world a more caring place for animals and people (especially those with different abilities).

Ben is a "speedy" artist. People always comment on how fluid and effortlessly he creates his unique masterpieces. Ben draws in one shot, no need to erase or revise (often in one continuous stroke, his pen never leaves the paper). His art always involves animals, because this is what he loves best. He cares deeply for the environment and well-being of all animal species and also about his community. He donates his time and artwork to various charities and local initiatives. When not creating or collaborating, Ben enjoys reading (about animals, of course), walking his dogs Hershey and Callie, riding his bike, paddling and cross-country skiing. He is also proficient at making all sorts of animal sounds and is a "darn good whistler".

Ben calls himself an "Animal Knower." Diagnosed with classical autism at age 3, he is an emerging artist and published author-illustrator of numerous children's books. He draws, paints, sculpts, illustrates and writes animal stories from his own unique perspective. Through his art, Ben expresses himself and engages with the world around him. His work has been commissioned by McGill University, Inspirations Newspaper, English Montreal School Board, Fondation Autisme de Laurentides, 4Korners and many other community organizations. He was a featured artist at the 2019 Autism Festival RTSA-TACC. Ben's work adorns the walls of numerous establishments, businesses and private collector's homes throughout North America.

Ben's mom, Julie Chou, is very proud (rightly so), and supportive of Ben and his art. In fact, Julie is Co-founder of the fabulous Autism and Arts organization in the Laurentians that supports and encourages young, English, autistic Laurentian people to be creative and to express themselves freely to display their artistic or musical talent.

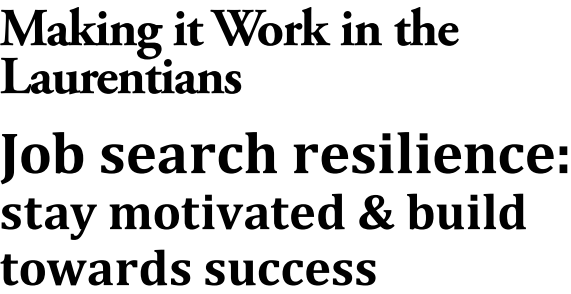
Ben's work is currently displayed at the 2021 Autism Festival and is also exhibited at Maison de la culture Pointe-aux-Trembles from November to early 2022. Ben has many children's books on Amazon and gives back to community organizations (by donating paintings for charity auctions/events, Christmas card design for McGill University for 4 years). With Ben's big heart, he decided to donate three of his Yeti book series to many schools in the area. His mom sums Ben up nicely, "not bad for a 19-year-old, autistic kid from the Laurentians!" Never mind "not bad", Ben, your art is fabulous. Thanks for caring about Mother Nature Ben! Check out BenAnimalia.com.



Happy Holidays to all! May this year's celebrations be filled with joy and love.

Stéphane Lauzon

Federal MP for Argenteuil-La Petite-Nation
450-562-0737 stephane.lauzon@parl.gc.ca
505, Bethany Street, Suite 204, Lachute, QC J8H 4A6



In life, as in the hunt for a suitable job, resilience is the ability to deal with the hand you're dealt with and press on, even in the face of stress and unforeseen change. The good news is this is a skill that can be developed over time. And, if the pandemic has taught us anything, it's that the ability to adapt to change, particularly in the labour market, is a skill that's worth investing in.

One way to take control in your job search is to stay well-informed on economic growth and hiring trends across industries. For instance, IT and engineering currently offer the most in-demand jobs. Better understanding what the employment landscape looks like and having an action plan that takes the real-life job market into account can help you set more realistic, smarter goals. Setting SMART goals (Specific, Measurable, Achievable, Realistic, and Timely) can go a long way toward keeping you on track and motivated, helping you successfully fulfill your big-picture goals.

One of the best ways to welcome new opportunities is to be open to revising your expectations of yourself as well as how you define success. Although the bulk of literature on 'success' focuses almost exclusively on criteria based on earnings or accumulated wealth, Psychology Today aptly points to the meeting of personal goals as a more accurate measure of success. Your personal goals might pertain to your professional or personal life, and should be unique to you rather than based on societal norms. In other words: your life, your definition of success. What others may think of your definition is beside the point.

While “climbing the career ladder” still has some weighty historical precedence, this approach to plotting one’s career trajectory is less and less relevant. Rather than slogging your way to the “top of the ladder” in one company or industry (without any real protection should economic downturn hit), consider climbing trees instead! The Tree Approach supports sustainability for the long haul by prioritizing professional development, exploration, agility and a willingness to change or evolve. The many branches and leaves on a tree are the perfect visual metaphor for exploring myriad directions, possibilities, and revenue streams throughout our lifetimes.

Call to Laurentian artists

Arts

The Fabriqu   chez nous collection will be launched in the fall of 2022 during the 24th week of Quebec public libraries and will be accessible in shelving units created especially for the project. This new kind of outreach tool aims to bring together the works of citizens and then to attract curious eyes. A presentation sheet for each artist including a biography, explanation of his/her artistic approach and a photo will accompany each of the works. Finally, three favorite artists will have the chance to present their work during a cultural mediation activity. These activities will make it possible to become familiar with different artistic practices and approaches while creating a privileged link between artists and their audiences.

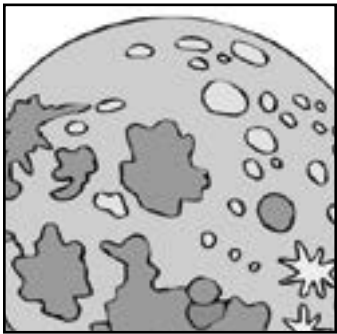
This project is being carried out by the Centrale des Artistes with the financial support of the Government of Quebec and the City of Saint-Jérôme within the framework of the Cultural Development Agreement.



- Bundt pan
- Large pot
- Wide ribbon
- 3 blocks rendered suet (available at garden centers)
- 1/2 cup additive-free nut butter
- 9 cups bird seed
- Dried fruits and berries

1. Over low heat, melt three blocks of suet in the pot. Stir consistently and do not boil.
2. Once the suet melts, add nut butter and stir until fully melted. Remove from heat.
3. Add the birdseed to the melted suet.
4. Spray the bundt pan with cooking spray, sprinkle the bottom with berries and fruit, and fill with liquid suet.
5. Refrigerate overnight to harden, and then remove the mold from the pan.
6. Tie a ribbon around the wreath and hang outside three feet or less from a window to prevent deadly post-meal collisions.





Zach Factor

La Befana - The Christmas Strega

Lys Chisholm & Marcus Nerenberg - Main Street

The mention of the word ‘witch’ to a child will conjure up an image of an ugly old lady, with a pointed hat, riding on a broomstick. Ask if she is kind, the child will hesitate and say “maybe”- drawing on the knowledge that there are good and evil witches. The modern world has buried the Solstice Witch and replaced her with the cola-contrived fat guy in a red suit. Children today, frequently disappointed when expensive toys don’t materialize, are even less convinced of “Good” St. Nick.

In our family, the women are asking the others to put aside the patriarchal and materialistic symbols that litter our festive season. Instead, they long for a different celebration of family that is inclusive of nature and the feminine. To that cause, meet La Befana, the Christmas Witch.

The earliest recorded Christianised story of Strega La Befana dates from medieval Italy, but her existence is likely far older. It tells us how an old woman, in a small town on the route to Bethlehem, hosted three weary men travelling on camels from Persia. This woman, known today as La Befana, was informed by her guests that they were astrologers and the portents showed that the birth of the Messiah had occurred. They invited her to accompany them to see the baby, but she refused, saying she had to stay and clean for the upcoming Roman New Year. They travelled on and, shortly after, La Befana, regretting her decision, gathered up figs and sweetcakes for the baby and travelled to Bethlehem using her broom as a walking stick. Alas, the family was not to be found. Instead, as the legend goes, she passed out her sweets to the children she met. She spent the rest of her life looking for the Christ child on each anniversary of the visit. Later legends have her using her broom to fly with a pack on her back and go down chimneys at midnight to fill children’s stockings with sweets, while the naughty, or misbehaving, would get a lump of coal. The legend now celebrates the Epiphany, the twelfth day of Christmas, and how the name Befana is related. Her ancient name is Strina, which means ‘strength’ and ‘gifts’.

Folk Healer, Lisa Fazio, tells us that, in Italian, the word ‘witch’ translates as “strega”. It is a derogatory term for women who practice herbal medicine, or who are midwives, or live alone and are widowed, old or poor. Going back thousands of years, we find local wisewomen repetitively disempowered and oppressed, especially as they grew older. In prehistory, Goddess culture was the prevalent form of worship, and each seasonal change was represented by various forms of the Divine Mother- The Samhain period, from Halloween to Solstice, belonged to Hecate, the old Crone of Death. The Celtic author, Judika Illes, says “Befana may originally be a Deity of ancestral spirits, forests, and the passage of time”. La Befana stoked the fires of the Winter Solstice. Traditional burning of the Yule log for 12 days honored the Goddess, our ancestors, and celebrated the return of the Solstice light. Befana is the midwife to the birth of the New Year. With her broom she symbolically sweeps away the problems of the old year.

Although church and state, for several millennia, worked together to eradicate the worship of the Divine Mother, we still buy Yule Logs at the grocer, and we still put the circular green wreaths on our doors and hang lights. Burning the Yule log was a ritual that included prayers and herbal offerings often given by the village Strega. The ash and the coals from these fires were considered sacred. They would be scattered in the farm fields or placed under front doorsteps for protection. The prayers were simple, with hopes for love, good crops, and health of loved ones. Today, we light candles at family gatherings with similar affirmations.

The western church failed to eradicate the enthusiastic celebration of La Befana. In parts of Italy, her arrival is more keenly anticipated than Christmas Eve. Children eagerly put up their own stockings for the tattered and soot covered Befana to fill with tangerines, candies, and chocolate coins and, sometimes, parents throw in a lump of coal to tease.

The emergence of La Befana symbolizes the rediscovery of nature celebrations without the plastic materialism that saturates holidays today and is a lighter way to experience a smile of delight from a child.

Happy Holidays Zachians! Beannachdan air do thaigh!



Clusters of La Befana lucky kitchen witch dolls hang in a Christmas market in Piazza Navona in Rome. La Befana celebrations are growing in popularity around the world to promote ecofriendly gifting alternatives during the Solstice season. Photo credit: <http://www.grandvoyageitaly.com/piazza/la-befana-the-christmas-witch-italian-children-love>



The Story Behind Kenneth Gordon Savery, 1955 – 2021

Joseph Graham - Main Street
joseph@ballyhoo.ca

Kenneth Gordon Savery, known simply as Gord, was born in Papineauville at the end of March 1955, but he always saw himself as a person from Val Morin who had moved to Sainte-Lucie. Gord, a key player in countless people’s lives, was a modest person who never saw himself as the centre of anything. His sister, Sandra, said he would be very surprised to think that he would be praised in a write-up.

Gord was the animator of a Rube Goldberg balancing people’s needs and we were a part of it. He explored deeply into the meaning of each of us and kept things going, balancing this and that, sometimes just making sure that we knew how to finish building the bathroom, or posing insightful questions about our personal interests, regardless of their complexity. He would report back to us over a beer... our friend and sounding board.



Gordon Savery painting his tower

Gord could be anywhere in his finely balanced social construct. Everywhere he was, he kept us laughing – reflecting us back to ourselves. Like the time he was building a Formica-covered cabinet and our five-year-old son, David, watched, explaining to him with a son’s swagger: “My Dad would use a chain saw.” “He knows his dad,” Gord added, opening another beer.

Gord also travelled the world, and as his brother-in-law John Richard recalls, explored North America in his green Scout, converted into a camper complete with denim curtains. John also observes that he was an early environmentalist, repurposing almost anything. Gord’s colleague on many jobs, Claude Plouffe, referred to his stockpile as Reno-Gord. He often arrived with stuff that he proposed we re-use. He had a huge collection of things, because he didn’t want to see them discarded. If everyone thought like Gord, our whole society would go through a paradigm shift that would save our planet.

I remember calling and checking with every appropriate store for a modern propane adaptor to attach to my old gas stove. No-one could be bothered to help. When Gord dropped by, I told him what I had been looking for. “Oh,” he responded, “I have a couple of those in the back of the car.”

We could not find a small stainless-steel sink for the screen porch. Gord came to the rescue again, inviting us to drop by his place at the lake and choose one. He guided us through the various departments of his warehouse and its displays – under the trees – until we came to the one that consisted of small, stainless-steel bar sinks. Most remarkable, and no doubt a huge challenge for Kerry, his daughter, is that Gord knew exactly what he had and where it was in his incredible collection of... things seeking a loving home.

Gord built the porch, rebuilt most of the house and added a tower that looks like a silo on our gambrel-roofed house. We travelled to Ireland and brought Gord and Kerry a map of the Kingdom of Kerry in Ireland. He and Kerry made a map for us, showing the addition to our house and calling it “The Kingdom of the Tower.”

Regardless of the emergency or the situation, Gord never seemed fazed. John recalls that, back in the old days of Auberge Mont Sauvage, a rambunctious friend pushed Gord into the pool before the last call was to end a Friday post-work 5 à 7. Gord calmly climbed out, shed his wet clothes and made it to the bar for the last round.

A generation after David bragged about his father’s skill with a chainsaw, David’s daughter, Ozara, learning to talk but having trouble with her Rs, began calling him “Go-d.” We all laughed of course, and Gord took it in stride. Go-d was, after all, her ‘uncle’ who in her eyes could do anything and loved us all.

Having a beer... or a couple of beers...with Gord was a ritual. I figured when I stopped drinking beer, switching to shandies, and then just ginger ale, that Gord might feel our ritual was threatened.

He was too practical for that. He was concerned that, with his occasional few beers and no help from me, our supply would not stay fresh. Whether we were home or not, Gord would come by and replace our beer with a fresh supply. “It doesn’t keep, Joe. You have to use it up.”

He respected and valued things in his own clear way. I found some items in the recycling bin and asked Gord about them, saying they’re not on the list of things that can be recycled. “I recycle those...” he quipped.

At least I thought it was a quip until I heard a Quebec environmentalist on the radio saying in answer to a caller’s question, “Put them in the recycling bin. If enough people do, they’ll find a way to recycle them.”

One of the challenges in our relationships with Gord was that we had to share him. He was driven by emergencies. Urgent jobs would be completed...to a point. Then he risked being called elsewhere, to another emergency, in his huge social matrix.

Many people depended on Gord. Our dependency was also punctuated with emergencies and was one of friendship, but Gord went where he was needed the most, and in our need, we imagined – projected – a long friendship with some rocking chairs and a few cold beer awaiting. I am sure all who knew him had similar expectations.

Still, when the animator stopped suddenly on November 5, the Rube Goldberg stalled, and it took a while to realize that we must remain animated with or without Gord’s attention. To move forward in the big machine that Gord oiled and pampered (and always had the replacement parts for) is what we must do to honour our friendship, to honour Gord.



Garden Talk

Colourful winter gardens

June Angus - Main Street

After the snow turned the Laurentian landscape white this year, instead of looking monochrome, I noticed some dazzling patches of colour popping up here and there in the neighbourhood. Along with traditional evergreen trees and shrubs, I spotted many colourful branches and twigs on deciduous shrubs and trees that had long since lost their leaves.

Strategically placed, these plants make a wonderful addition to any garden. Not only do they look great during our prime growing season, but winter reveals an eye-catching, colourful display set against the backdrop of our snowy weather.

Consider adding some of these plants to your garden to add a splash of colour that will last even through the long winter months.

Dogwoods such as some Tartarians have brilliant red stems and twigs that are absolutely dazzling against white snow. Other varieties of Tartarian dogwoods have purple/black or brilliant orange stems that really stand out on a winter landscape. These hardy dogwoods are easy to grow in our Laurentian climate zones. They make great privacy hedges and do well in garden borders, foundation plantings or planted on slopes where erosion control is important. They prefer full sun or partial shade. They also tend to be disease, deer and rabbit resistant.

Another favourite of mine is a burning bush. The rich dark green summer foliage turns to various brilliant shades of red during the fall. But once the leaves are gone, the unique multi-sided-shape of the branches is revealed along with crimson berries that seem to hang around all winter. These shrubs can be used in groupings but look great as stand alone specimens. They will tolerate bad soil and are drought and deer-resistant.

Another deer-resistant variety is the increasingly popular willow or salix shrub. They produce light green and white variegated leaves tinged with pink in summer. But once the leaves are gone, the exposed branches and twigs range in colour from coral red to various hues of orange and yellow making for another eye-catching display. These fast-growing shrubs can become large and very bushy so are ideal for providing privacy or hiding unsightly poles, fences or sheds.

While most deciduous trees lose their leaves in the fall, beech trees and some oaks will hang onto their golden brown dead leaves all winter, making for what appears to be interesting dried leaf arrangements on the landscape. There are several theories about why this happens. It may be a way of retaining and recycling nutrients for next spring. Also the dead leaves are not very tasty to winter browsing animals such as deer, so this may act as a deterrent to keep winter nibblers away from the slender branches. Come spring, the new buds push off any dead leaves that remain.

Finally bunches of ornamental grasses that dry to golden brown or straw yellow in the fall are generally hardy enough to hold up even under rather heavy snow. So wait till spring to cut them back, and enjoy these dried garden bouquets all winter long.

While the time to plant any of these suggestions is still months away, now is a great time to take a good look around to see how colourful nature can be even in the dead of winter. Offering a gift certificate for some of these shrubs or even your labor to help with planting next spring might be just the right gift for that hard-to-buy-for gardener on your holiday shopping list. All the best of the season....



*The best Christmas present has
no price tag to see
Nor is it wrapped or placed under the tree.
It comes from the heart and is given for free
To those who are graciously willing to see.
Author unknown*



Word Play

In light of the dark

Louise Bloom - louisebloom@me.com

Today, November 21, 2021, the sun rose at 7:04 am, and will set locally at 4:19 pm. The days are short. The daily darkness is long and getting longer as we approach the Winter Solstice on December 21. Currently, we have only 9 hours of daylight. On December 21 we will enjoy a mere 8 hours and 15 minutes of daylight.

What kind of effect does prolonged darkness have upon us? Much has been written about the effects of light deprivation on mental health. In humans, a direct correlation between the severity level of Seasonal Affective Disorder (SAD) and length of exposure to natural light is well documented.

People who work in windowless cubicles are known to suffer from various difficulties, disturbance of sleep patterns, lethargy, and a tendency to overeat. The most obvious effect of the shortened day is precisely that it is shortened, and we have less time to complete the tasks that are assisted for daylight.

As an artist, I have always been very interested in light and dark from a creative standpoint. When learning to draw, the observation of light is primary. Without rendering both, the light and the dark therein, an object has no volume, in fact, no existence beyond a simple contour line, a shadow. Light and dark co-exist in varied proportions, always affecting our visual field, contributing constantly to our perceptions.

As both an art practitioner and art teacher, I discovered early on, that restricting materials and limiting the colour palette has always increased inspiration when approaching a project, both for myself and my students. These restrictions seem to increase inventiveness in support of the phrase, “necessity is the mother of invention”. I have had only positive results from this imposition of restrictions.

Our current awareness of the restricted light has illuminated a bright spot on the horizon, as the daily light diminishes. I am more aware of the passage of time, honouring the waning daylight, staying more present in each moment. And so, my daily activities have a more sacred feeling moving forward and, at the same time, preparing for the oncoming dusk.

As the darkness closes over us, we might curl up within its restrictive nature, and cozy up to our very selves. We can come to feel a tranquil intimacy that this time of the year affords. As darkness descends, engaging with the wisdom of the body, noticing end-of-day fatigue, and inviting rest at an earlier hour, is one of the advantages of the shorter day. Submitting to the darkness as a caring and quiet opportunity can help us to develop better habits with regards to self-care. We might think about the long night as an opportunity for a more profound and healing rest.

Considering the enfolding darkness, we might think of ourselves as bears, leaning towards the winter-long sleep that is hibernation. As our world approaches its time of the great freeze, we can learn from the natural tendencies of the animal kingdom, how to best experience this special season.

And then, for some of us known as ‘snow-birds’, migration is on the horizon, with southern warmth to raise our sense of well-being. Whatever the case, the holiday season that follows on the heels of the Solstice heralds in Christmas and the New Year and, as the daylight starts to increase, I send ‘best wishes to all, and to all a good, long dark night.’

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



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Anyone or anything...

Marie-Hélène Gaudreau invites organizations to submit their requests

The MP for Laurentides-Labelle is pleased to announce that applications under the New Horizons for Seniors Program (NHSP) can be submitted as of November 23, 2021. The deadline for submitting an application is December 21, 2021 by 3 pm.

The NHSP is a federal grants and contributions program. This program offers financial support for the realization of projects having a positive influence on the life of seniors in their community.

- The objectives of the PNHA are to:
- Promote volunteering among seniors and other generations
 - Engage the community with seniors as mentors to others
 - Increase awareness of child abuse, including financial exploitation
 - Support social participation and inclusion of seniors
 - Provide capital assistance for new or existing community projects or programs for seniors.

“These investments have a real impact on the community, and that is why it is important for me to promote them to our various organizations,”explains Marie-Hélène Gaudreau, MP for Laurentides-Labelle.

Projects are eligible for a maximum grant of \$25,000 per project over a one-year period. In 2021, \$317,574 was invested in the realization of 16 projects in the riding. The link below contains all the information relating to the program: New Horizons for Seniors Program - Canada.ca - <https://www.canada.ca/en/employment-social-development/programs/new-horizons-seniors.html>



The English Link Librarians, the first search engine.

Andie Bennett

Normally in this column we look at brick and mortar Laurentian based organizations that offer services and support to English speakers in the region. However, since the entire world seems to have moved online, why not us? I recently stumbled upon a fantastic online resource that began with the collaboration of the Charlemagne, Assomption and Repentigny public libraries. In 2006 they started a program called Biblio-Aidants. The Québec Public Library Association then extended the program to the rest of Québec and in 2021 changed the name to Biblio-Santé.

The idea behind Bilbio-Santé is to pull from the experience and knowledge of trained librarians to inform health system users and caregivers about various illnesses as well as the issues that they face. On the website you will find 15 thematic booklets covering various topics like autism spectrum disorder, seniors and aging, and mental health.

Each booklet includes a list of organizations and associations that offer support related to the subject matter. They also offer helpful tips to better equip people to critically assess information found on the Internet—an addition that made the journalist in me weep with joy. Next up you will find a resource directory, health information portals and health databases. Then you move into, in my opinion, the most interesting part of this online resource that is unique to Bilbio-Santé. Hand-picked, relevant reading selections including non-fiction, biographies, novels, COMICS!! (yes, comics) and youth literature.

Some of you may remember that libraries have long been a place to rent hard-to-find film titles for a fraction of the price that Blockbuster used to charge. The booklets remind you of the collections of DVDs and Blu-rays that can be borrowed along with access to online movies, series and programs. Each booklet closes with a few pages on empowering people to become active participants in their health care journey and gives them the tools to do so. The idea is called a patient-as-partner approach and validates patients as experts on their lived experiences of their illness.

There are currently over 780 participating public libraries and health libraries across Québec and every document for inclusion in a Biblio-Santé thematic booklet is evaluated with impartiality. Check out their website at: <https://bibliosante.ca/en> or if you know of a resource that that would be a good addition for one of the thematic booklets, you can send them an email at: bibliosante@abpq.ca. The booklets are reviewed and updated annually.



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Choosing the right life insurance solution for your situation is extremely important, but the process can feel overwhelming since there are so many different products available.

There’s term life insurance, which offers straightforward coverage for a specific number of years. There’s **universal life insurance**, which provides lifelong protection, and includes the opportunity for tax-sheltered investment growth. Often, less well-understood is whole life insurance, which provides lifelong protection, like universal life insurance, but with different features.

How does whole life insurance work?

Whole life insurance is what’s known as a permanent insurance policy. Regardless of how long someone lives and whatever health issues that person encounters, beneficiaries will receive the guaranteed death benefit. The only requirement is that premium payments – often referred to as modal policy payments – must continue to be made according to a set annual or monthly schedule.

With some whole life insurance policies, beneficiaries may receive more than the death benefit, which is the face amount on the policy. They may also get the amount of “paid-up insurance.” This is extra coverage the policyholder bought, either using the policy’s earnings, or by depositing additional payments. In some policies, paid-up insurance only increases the death benefit. In others, it also increases the policy’s “cash value.”

The cash value is an amount that accumulates inside the policy, which the policyholder can access while still alive. Not all whole life insurance policies have a cash value, but it is a useful feature that offers flexibility if the policyholder needs an extra source of funds. Some policies offer guaranteed cash values, providing helpful certainty for planning.

Many whole life insurance policies offer another useful feature: the choice to arrange to pay off the entire policy by a certain age (e.g., 90 or 100) or in a specific number of years (e.g., 10 or 20 years). The latter option, also known as limited pay, allows the policyholder to pay all the modal policy payments early on. This can help with planning because it ensures no more payments are due after retirement or at a time when someone anticipates needing funds for extra care at home or perhaps in a long-term care facility.

How do policies add value?

Different policies offer a variety of extras that can add value for policyholders, such as:

Like all life insurance, whole life insurance can be part of an overall strategy to maximize your legacy, providing a guaranteed, tax-efficient death benefit that you can pass on to the next generation. It can also fund a sizeable charitable donation.

The cash value makes it possible to access money if needed – for example, to pay for unexpected costs, such as home repairs, or home care services. Also, the cash value grows on a tax-deferred basis, meaning taxes are due only on withdrawn amounts, making this a tax-efficient way to build wealth.

Your advisor can help you decide what type of life insurance is most appropriate in your circumstances and explain the ins and outs of various whole life insurance policies. Once you’ve made your choice, you’ll know you’ve implemented a strategy that helps to optimize your estate plan and provide a secure legacy to your beneficiaries.

What’s a “participating” whole life insurance policy?

Policyholders “participate” in a participating whole life insurance policy by receiving dividend earnings from the life insurance company. The alternative is a non-participating whole life insurance policy in which policyholders do not receive dividends, but may, in some cases, receive a performance credit.

Christopher Collyer, BA, CFP
Investment Advisor, Manulife Securities Incorporated
Financial Security Advisor, Manulife Securities Insurance Inc.
200 – 9800 Cavendish Boulevard
Saint-Laurent, Quebec H4M 2V9

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Argenteuil Flavors and Culture Christmas Fair thrills visitors and exhibitors

The 13th edition of the Argenteuil Flavors and Culture Christmas Fair, organized by the MRC d’Argenteuil, was once again a resounding success. Taking place from November 26 to 28 in the reception hall of École polyvalente Lavigne and Lachute Reginal High School, this festive event attracted nearly 1,850 visitors and recorded significant sales revenue of just over \$80,000 for the 39 participating local artists, artisans, producers and processors. Despite a decrease in the number of visitors compared to the last edition, held in 2019, the average purchase per visitor increased considerably. The average sales revenue per exhibitor thus experienced a significant jump, demonstrating the unconditional support of the population for its artists and artisans. The great interest and undeniable loyalty shown by the population of Argenteuil year after year to the event make it an unmissable event as the holiday season approaches. Once again, the Christmas Fair welcomed many visitors to Argenteuil who were on their very first visit, in addition to attracting its share of visitors from neighboring municipalities.





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Real Wine for Real People

The champagne widow

April Sirois – Sommelier - ISG

Well, it's December and the holiday season is back again. It's that time for all things merry, bright and sparkling. Happily, that includes Champagne, the drink of happiness and pleasure. But, did you know that Champagne is the product that it is because of a sharp, business-minded, 19th-century widow? The champagne that we know and love might never have existed at all if not for the remarkable mind and strong spirit of that eponymous widow, Veuve Clicquot. She was truly one of the world's first international businesswomen who, after the death of her husband, brought his wine business back from near bankruptcy, and created the modern champagne and champagne market in the process.

The widow, or “Veuve” Clicquot, was born Barbe-Nicole Ponsardin, in Reims, France. Her family had a booming textile business and lived next door to the Clicquot family, who also ran a successful textile business. As was the practice of the time, in an attempt to consolidate the power of their two businesses, Mr. Ponsardin and Mr. Clicquot married two of their children together. When she was 21 years old, Barbe-Nicole married Francois Clicquot, Philippe Clicquot's only son.

Although this was an arranged marriage, they shared a deep love and partnership. After marriage, Francois, to his father's disapproval, became interested in his family's small side-business of wine. At this time, the Champagne region was producing more still white wines than its bubbly version, and neither was considered great wine compared to the rest of France. With his new wine business on the brink of failure in 1805, and six years after their marriage, Francois suddenly fell ill with a fever, and 12 days later he died. Barbe-Nicole was devastated both by Francois' death, and the announcement that her father-in-law, Philippe, had plans to end the unsuccessful wine business.

The widow was determined, and she put up the value of her inheritance, and asked her father-in-law for a loan to keep the winery open. Very surprisingly, for this time in history, he agreed with his strong, brilliant young daughter-in-law. The only condition made was that she follow an apprenticeship with the well-known winemaker, Alexandre Fournieux.

When she finished, her business was still struggling and facing bankruptcy and the widow took a huge business gamble. She knew that the Russian market loved champagne and had a taste for the kind of extremely sweet champagne that she was making at the time. She also knew that if she could corner that market it would be very profitable for her. The only problem was that, during the war, blockades had crippled all commercial shipping, so our clever widow smuggled almost all of her best wine out of France and into Amsterdam, waiting there for peace to be declared, and the ports to be re-opened to trade traffic, so the shipment could finish its trip to Russia. This strategy put the arrival of her wine far ahead any competitors. Tsar Alexander quickly became very fond of her wine, and even announced that it was the only kind of champagne that he would drink. As in today's world of social influencers, the Tsar was a major influencer of his time and, when word of his preference spread throughout the Russian court, and then internationally, our determined widow grew from being a very small champagne house, to being recognized and coveted.

From that humble beginning, Veuve Cliquot has, today, become the second-highest selling brand of champagne in the world, with over 1,500,000 nine-litre cases sold every year worldwide.

So, this holiday season lets raise a glass to the “La Grande Dame” and make a toast to her tenacity and longevity.

~Cheers

I'm Just Saying

Touch and out of touch

Ron Golfman - Main Street

I have run into a moment in time wherein health has become an issue requiring both immediate attention and the need for a myriad of service centers. This article is not about my plight but rather the need to formally recognize people and the institutions they work in. While I had to reside at Ste. Agathe Hospital, utilize the hospital in St. Jérôme, have a lengthy stay at Sacre Coeur Hospital, and am currently frequenting Rosemont-Maisonnette Hospital, there are consistent themes throughout. I mention all these facilities to emphasize the common good experienced in many facilities The people who work in these institutions, while dealing with a pandemic and the frustrations of waiting lists for scheduled operations due to COVID, their demeanor and warmth in attention to the patient is outstanding, to say the least.

Sadly, the coincidental rhetoric from the CAQ government does little to recognize and place the value of these people where it belongs, at the top of the admiration list. From those who tirelessly sweep, mop, and pick up used materials, to the nurses, doctors and administrative staff, the clock never stops, nor does their ability to give comfort. This experience has ignited even more disdain I feel towards a government that does not pay properly, nor recognize the legal status of immigrants who largely do the grunt work so necessary for patients, and that does not understand the difficult nature of the work done.

Further to this disconnect, I listen to Legault and his cult focusing on false language issues as if they were a trauma, when most of us, both French and English, know this hysteria to be a wolf in sheep's clothing. Not one hospital employee denied me access to English, and when their bilingualism was as weak as mine was when discussing serious matters, or offering basic comfort, we had fun with teaching each other while forming relationships of unity.


Having been cared for by staff from Africa, Central America, Europe, Asia and North America was a precious gift, and a reminder that our hearts, and not our origins bond us all. To listen to Legault diminish and devalue people with insulting phrases, like 'historic English', are a slap in the face to all those that have built both who and what we are.

Simply look at the Montreal city flag, and the truth is that French, English, Scottish, Irish and Aboriginal people have been the foundation of the beauty we enjoy today, in spite of the attempts to divide us again. A government, which has no support in an international city, such as Montreal, only maintains its clout from the citizens of rural Quebec. It is they who feed the disconnect, which keeps the CAQ in power to propagate fear and alienation, and that is both dangerous and misleading at best.

I'm just saying that we need to recognize and reward appropriately all those who provide such extraordinary care and service in our health networks, and to remember that we are not distinguished by our differences, but by the beauty that, in the end, we are all united as people.

18 main.street@xplornet.ca

December 2021

MAIN STREET 

Sail for Life – Doing what she loves for the things she cares about.

As we are entering the frozen season of winter, looking back this past summer, it still feels like a dream!

Koko...

Part 1 – Cycling from Mont-Tremblant to Montreal

After studying the weather conditions of the past years, August looked statistically ideal for the temperature and wind conditions. Therefore, we chose to execute the challenge in August to avoid the heat and lack of wind in a typical July. However, when it was almost time to set out on the journey, the weather forecast was rather disappointing, predicting continuous heat waves in the greater Montreal area, with no sign of wind. This forced us to stand by for several days. Finally, we decided it would be best to hit the road and conquer le Petit Train du Nord first, while waiting for the right time to begin the ride to Montreal.

Originally, we wanted to finish the ride from Mont-Tremblant to Montreal in one day, meaning leaving at dawn and cycling for the whole day until we reached the destination in Montreal. However, in order to avoid cycling from Saint-Jérôme and onward through Laval during high temperature, or after sunset, we chose to take off at mid-day from Mont-Tremblant and spend overnight along le Petit Train du Nord and arrive in Saint-Jérôme during daylight. This meant that Koko had to begin the nerve-racking metropolitan route during rush hour traffic and to navigate the city streets without a bicycle path.

For the first 20km, Koko’s two younger brothers supported her by riding along with her, and her father was the escort. From Saint-Faustin onward, in order to advance as much as possible on the first day, Koko and her mother began riding at full speed, and rode late into the night for several hours. There were no street-lights along the road, and they relied on the escort car’s headlights to illuminate the way. This mother/daughter duo were the only riders on the road, and it was quite a unique experience. With just about one kilometer to go, we heard a very strange sound coming from Koko’s bike, and eventually discovered that she had a flat tire. Because the bike path and the road were separate, and Koko could not gain access to the spares in the car, she had to carry the bike the rest of the way.

The ride on le Petit Train du Nord on Day 2 was pleasant and easy, with forests and lakes along the way. One unfortunate situation was that there were several sections of deforested land along the bicycle path! It was a difficult reality for Koko to accept and, as parents, it was difficult to provide an adequate explanation to her. Deforestation is not just a problem in the third world and developing countries, it is happening here too, in our own backyard!

Koko's mother took the easy task as an escort on the bicycle path, and her father took the rather challenging job of escorting her on the highway from St-Jérôme to Montreal. There were several factors that needed to be considered. Koko had already covered 50 kilometers since early morning and her body was tired. The temperature was getting pretty high, and there were no trees to provide shade on the busy metropolitan roads, and the traffic was started to get heavy. Her father, driving escort, was constantly on high alert to make sure that Koko was following closely, to ensure her road safety. He said he had this image in his mind of a baby whale following her mother, just like Koko was following him, and he must not lose sight of her!

Her father asked Koko to choose between the easiest route and the shortest route, and Koko replied, “Take me there as fast as you can!” So this father/daughter duo travelled along the express-ways and finally arrived at their destination for that leg of Koko's journey, at night, in LaSalle.



TrailHUB: a new maps application and conditions for Sentiers Mont-Tremblant

Les Sentiers Mont-Tremblant announces the opening of the oversized tire bike (fatbike) season as of December 1, 2021! For this new season, Mont-Tremblant is innovating and teaming up with TrailHUB, an interactive trail maps and conditions application. The network thus becomes the third across Canada to deploy this tool, like Vallée-Bras-du-Nord and Sentiers du Moulin, whose reputation is well established.

To deploy this new system, the City collaborated with TrailHUB to franchise the platform. This initiative, specifically provided for in Orientation 4 of the 2019-2023 Strategic Plan | Destination 2030 for the enhancement of the natural environment is also part of Orientation 5 in terms of smart cities.

Available now, the web application can be viewed via villedemont-tremblant.qc.ca/sentiers. For full functionality, including on-map geolocation during a hike and notifications, visit trailhub.org.

Users will be able to find out about the trail conditions in real time for winter sports (winter walking and snowshoeing, cross-country skiing and biking with oversized tires or fatbike) and summer (walking and mountain biking), including the municipal network, Domaine Saint-Bernard and P'tit Train du Nord - Mont-Tremblant sector.

Optimize your experience

Go to trailhub.org/public-login, create your account, select your notification preferences, then search for Sentiers Mont-Tremblant. You can also add the website to your cell phone's home screen to turn TrailHUB into a mobile app. See the instructions at support.trailhub.org/phone-app (English only). Note that a smartphone application (iOS / Apple and Android) is in development and will be deployed soon.

The what3words app: the perfect complement for your safety on the trails

No one is safe from a bad fall! For safe outings, Sentiers Mont-Tremblant and the Mont-Tremblant Fire Department invite you to download the free what3words application now (via the App Store or Google Play). This will ensure you are ready at any time to quickly and easily report your location to emergency services in the event of an incident on the trails.

Minimum conditions for cycling

Although the Sentiers Mont-Tremblant network is open for cycling with oversized tires (fatbike), winter cyclists should expect to meet minimum conditions. Indeed, the quantities of snow received do not allow grooming and patches of ice are present in places. Be sure to monitor trail conditions on TrailHUB before venturing out on the network to identify open and closed trails as well as a wealth of information to help you get the most out of your rides and your safety.

Cross-country skiing, snowshoeing and winter walking

The practice of these activities is currently prohibited on the trails due to insufficient snow cover. To be notified when they open, watch TrailHUB or subscribe to notifications! Whatever the sport practiced, please stay on the designated trails and corridors, out of respect for other users.

Dogs

Remember that dogs are prohibited on the entire Sentiers Mont-Tremblant network for all sports and in all seasons, with the exception of the new Tour du lac de l'Aqueduc trail (snowshoeing and summer hiking) at Serge-Léonard Park, accessible via Chemin du Lac-Forget.

Artful living and giving

In need of a beautiful art piece to uplift your home or office? Are you looking for creative gift ideas this holiday season?

L'Art en Fête 2021 is a virtual art show offering a great opportunity to find beautiful artwork created by established and emerging artists in our region. This event is hosted on www.AteliersMuz.com, where you can view a wide selection of magnificent paintings, sculptures, photographs, digital art and more.

L'Art en Fête 2021 is organized by Ateliers Mûz, to encourage "artful living & giving" and to support the artists in the Laurentians and the surrounding areas. Ateliers MÛZ, a social enterprise based in Lac-Supérieur, will host this event on its platform from Dec 1 to Dec 24.

Visit L'Art en Fête 2021 from the comfort of your home and purchase unique artwork to delight someone special or to just treat yourself and support our talented local artists at the same time!

Simin Foster, Lac-Supérieur
Ateliers MÛZ,
simin@ateliersMuz.com



Elise Miron

We all have questions about the vaccine

Why should I get my
child vaccinated if they're
at lower risk of
complications from
COVID-19 than an adult?



While some symptoms of COVID-19 may seem mild,
others—like shortness of breath—can last for months.

Even though children are less at risk of developing
complications, they can still easily transmit the virus.

Vaccination is the best way to protect your children
and their loved ones.

Get answers to all your questions
about the vaccine at

[Québec.ca/YOUTHvaccine](https://quebec.ca/YOUTHvaccine)

Getting vaccinated is the best way to protect us all.