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# What’s On My Mind... Setting the facts straight

Susan MacDonald, Editor

During the past few months, it was brought to my attention that some information and hypotheses proposed in articles submitted by our writer, David MacFairlane, particularly in the December 2020 and July 2021 editions, came from sources listed by Mediabias.com as being unreliable and, sometimes, dis-informative. These sources included Zero Hedge, which they, Mediabias, rate as an extreme right-biased conspiracy website, and Natural News, which they claim as being one of the most discredited sources on the Internet.



In the end, we printed some now discredited parts of the “Big Lie” (the false claim that the US election was stolen through electoral and voter massive fraud), as well as incorrect information attributed to several professors of medicine in an article on vaccines. In the July 2021 article, (The Great Game Continues), Mr. MacFairlane wrote: *In the U.S. meanwhile, clinical scientists and immunologist-virologists from seven universities, including Stanford, Cornell, and the University of California, are suing the US Centre for Disease Control (CDC) for massive fraud.* At the time, no action was ever taken.

For the lack of fact-checking that led to the publication of these inaccuracies, I do apologize to our readers. As well, a retraction should have been published, as quickly as possible. In the future, I will endeavor to be more diligent.

Another issue that was brought to my attention was a perceived reference to anti-semitism in the same July article mentioned above. As editor, I regret sincerely any statement that may have been perceived as such. Main Street, the writer, and I, personally, respect all people and would not tolerate anti-semitic insinuations in any way. My apologies to our valued Jewish community and all who may have been offended.

For the past 20 years, Mr. MacFairlane has been a valued contributing writer for Main Street. While his topics of choice covered controversial subjects, his intent was always to express his personal opinions on these matters, provide an alternative perspective, and indicate sources of information to our readers that were not readily available. Hence the titles of his column “Observations” and, previously, “Opinion”. Never, was any misdirection intended.

There will always be controversy over conflicting opinions, perspectives and agendas but, at the end of the day, truth can be determined only by actual facts.

In these continuing difficult times, it is the responsibility of our governments, health professionals and we, the media, to report the truth with openness and full transparency. As we step into another challenging year, let’s pray that objective will be achieved.

Enjoy the read...

# Top 10 reasons to



By Tad  
<http://www.thelocalparrot.com/>

“Going local does not mean walling off the outside world. It means nurturing locally owned businesses which use local resources sustainably, employ local workers at decent wages and serve primarily local consumers. It means becoming more self-sufficient and less dependant on imports. Control moves from the boardrooms of distant corporations and back into the community where it belongs.” – Michael H. Shuman, author of the book Going Local.

- 1. Local Economic Stimulus.** When you purchase at locally owned businesses rather than nationally owned, more money is kept in the community because locally-owned businesses often purchase from other local businesses, service providers and farms. Purchasing local helps grow other businesses as well as the local tax base.
- 2. Non Profits Receive Greater Support.** Local business owners donate more to local charities than non-local owners.
- 3. Unique Businesses Create Character & Prosperity.** The unique character of your local community is defined in large part by the business that reside there, and that plays a big factor in your overall satisfaction with where you live and the value of you home and property.
- 4. Environmental Impact Is Reduced.** Small local business usually set up shop in the town/village center, providing a centralized variety that is much friendlier to a community’s walk score than out of town shopping malls. This generally means contributing less to sprawl, congestion, habitat loss and pollution.

- 5. Most New Jobs Are Provided By Local Businesses.** Small local businesses are the largest employers nationally. Plus the more jobs you have in your local community the less people are going to have to commute which means more time and less traffic and pollution.
- 6. Customer Service Is Better.** Local businesses often hire people with more specific product expertise for better customer service.
- 7. Local Business Owners Invest In Community.** Local businesses are owned by people who live in this community, are less likely to leave, and are more invested in the community’s welfare and future.
- 8. Public Benefits Far Outweigh Public Costs.** Local businesses require comparatively little infrastructure and more efficiently utilize public services relative to chain stores.
- 9. Competition And Diversity Leads To More Consumer Choices.** A marketplace of thousands of small businesses is the best way to ensure innovation and low prices over the long-term.
- 10. You Matter More.** We talk a lot about exerting influence with your purchasing choices, or “voting with your wallet.” It’s a fact that businesses respond to their customers but your values and desires are much more influential to your local community business than the large big box stores. To read more about going local check out Ecolocalizer, a great site that provides news, ideas and inspiration to “Think globally, act locally.”







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## VIKING LOPPET 2022

### Viking Loppet update:

Current sanitary conditions are creating significant uncertainty in Viking Loppet planning. Because of this, the Viking Loppet committee has decided to delay opening registration until sometime in January when more information becomes available.

Please check back in January and THINK SNOW.

The Viking Ski Club is proud to announce the upcoming 50th anniversary of this historic event. Come join us Sunday, February 20, 2022.

The Loppet February 20 is dedicated in the memory of Dr. Huntington ‘Skip’ Sheldon, past president of the Viking Ski Club and chairman of the Canadian Ski Association, whose generosity, foresight and unwavering support of cross-country skiing has assured skiers access to the Viking’s historic Racing Trails for decades to come. All three Loppet events will take place on these trails.

We invite you to learn more about Skip and his generous donation of 310 acres of picturesque property to the SPFSA (Société de protection foncière de Ste-Adèle) and Morin Heights.

The start and finish of all Loppet events will be at the newly renovated “Skip’s Hut”, with parking and waxing located at the Viking Ski Club’s clubhouse on Jackson Road in Morin Heights.

We very much look forward to seeing you on February 20, 2022.



## Koko Lee’s Whalecome Home Journey

### Part 2 – Sailing from Montreal to Quebec City

On the morning of Friday 13, after two days of waiting at Promenade Bellerive, on the East side of Montreal, Koko and her father set out on the waterway of the St. Lawrence River. There were many unknown elements, no matter how well they thought they had planned for the trip. On the first day, there was already a big decision to be made. They needed to have access to land for docking. Her boat could not dock anywhere, unlike her father’s kayak, so they had to look for a sandy shore to land Koko’s boat. Her father had to ask for permission from private waterfront property owners for access. A river-side family was very hospitable, and not only gave them permission to land, but they even offered their back yard for Koko and her father to spend the night.



Photo: Trois-Rivières Bridge

That overnight stay was most uncomfortable due to the numerous mosquito bites that kept them up and swatting for most of the night. Between them, they estimated they received over a hundred bites that even mosquito repellent could not protect against.

For the first three days of sailing, Koko had relatively fair wind and, before Trois-Rivieres, there were almost no tides to consider. The big challenge was to navigate beside the giant ships, and to identify landmarks while sailing in open water. Another challenge was to learn how to navigate across the 30-km long stretch of Lac Saint-Pierre, from Sorel-Tracy to Louiseville. These were all new experiences, and much different from Koko’s past experiences, since she had mostly sailed in familiar lakes or pre-set regatta courses.

From Trois-Rivieres onward, the navigations were mostly concerned with high and low tides during the day, and sailing in concert with the strong currents, all of which were new experiences for Koko and her father. In order to avoid the high tides and take advantage of the low tides, there were days when Koko needed to start sailing before dawn and finish after sunset. The high tides and no-wind days often resulted in Koko making no progress at all, unlike her father’s kayak which could go against the tides by hard paddling. However, there were many days without sufficient wind to power Koko’s boat. She also needed to work smartly with the low tides to take her downstream.

However, in some areas, navigation was difficult due to rocks exposed by low water. At one point, while trying to navigate through some rocks, the tide went out so fast that she was left surrounded by rocks and unable to move.

When Koko arrived at Deschambault Rapids, it was during the low tide and the water level was so low that that the only available passage was the shipping channel that was large and deep enough for the cargo ships to pass through. This situation forced Koko to sail in the channel and take her chances of not encountering shipping traffic. Luckily, at that time, there were no cargo ships in the channel, and her speed, due to the fast current, was as high as 15km/h, which made for a very exciting ride through the rapids! Such a nerve-wracking course left Koko wondering how that baby whale made it so far upstream against the rapids, the same channel that Koko was sailing in herself.

There were days that the water was as calm as a mirror. Often, the morning mists made sailing impossible and the daytime direct sun, with little wind, made it too difficult to sail. Koko had to learn the art of waiting patiently for the right conditions for sailing. Those were the times when Koko and her father had opportunities to meet the local folk along the river. They were treated hospitably everywhere they stopped, and the people were very interested to learn about Koko’s unique journey in her little sailboat.

The day she arrived at Baie De Beauport, in Quebec City, was a difficult leg of the course to navigate. Not only was it a busy section of the river, with recreational boats, huge cargo ships, and many water-related activities, but it was also an area with dynamic winds and strong currents. For a few hours, Koko had to struggle to navigate through that section of about 3.5km, just to advance from Old Quebec to Baie De Beauport. When she arrived, finally, at Baie De Beauport, at the end of the day, it was a time of indescribable joy for the whole family!

Next month we will follow Koko on the final leg of her journey as she cycles from Quebec City to Baie-Sainte-Catherine.



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# Cancellation of the 56th games final from Quebec to Rivière-Du-Loup

SPORTSQUÉBEC, in collaboration with the Ministry of Education, the City of Rivière-du-Loup and the Organizing Committee of the 56th Finale des Jeux du Québec, announces the cancellation of the next Quebec Games Final which was scheduled for March 4 to 12, 2022 in Rivière-du-Loup.

This difficult decision was taken in order to protect the health and safety of athletes, staff and volunteers, as well as members of the community, following the significant increase in COVID-19 cases in the province. The intensity with which the pandemic and the Omicron variant hit Quebec recently left no other choice for the various partners. The main partners will be exploring different options over the coming weeks. The viability of postponing the Quebec Games Final in Rivière-du-Loup to March 2023 will be assessed.

Currently, the Quebec government does not allow any major indoor events. Indeed, the pandemic has significant impacts on the organization of a gathering of the size of a Quebec Games Final which takes place over 10 days, welcomes more than 3,300 athletes from 19 regions, 2,500 volunteers and 18 provincial sports competitions, without counting the spectators and partners present. Indoor sports competitions are prohibited until further notice.

To date, within the framework of the Regional Games, only 16% of sports qualifications have been completed and the deadline for holding qualifications is February 13, 2022. A return to training before a return to competition is essential to ensure adequate preparation of the athletes, it appears unlikely that qualifications can be held within these deadlines.

Sport teaches us to surpass ourselves, beyond our limits and the obstacles that stand in our way. "The Quebec Games are of great importance for Quebec athletes, as well as for those who wish to achieve excellence in their discipline. This program represents 50 years of history and dedication. This complex decision was not taken lightly, it is a decision that breaks our hearts. We are working hard to get athletes back to their sport. A special thank you to the partners, volunteers and employees for their support in the adventure of the Quebec Games. They are essential to the success of such an event. For the moment, we are meeting this summer in Laval, in July 2022!" stated the president of SPORTSQUÉBEC, Ms. Julie Gosselin.

The mayor of Rivière-du-Loup, Mr. Mario Bastille, confirms: "The City of Rivière-du-Loup is united with the sports community. The Finale des Jeux du Québec is an important milestone in the lives of athletes and Rivière-du-Loup was proud to welcome it 50 years after the very first edition in history, in 1971. I would like to thank the local partners, as well as the volunteers and employees who believed in this significant project for our community. Your commitment over the past few months is an important source of motivation for us to dream of realizing great events in the future. This great adventure, which began more than 6 years ago, has brought a very positive wind of change in our community. We will build on this momentum of partnership and collaboration between the various players in the field."

Despite a first postponement to 2020 and months of hard work in an unpredictable context, the Organizing Committee of the 56th Finale des Jeux du Québec - Rivière-du-Loup 2022 did everything in the hope of achieving a historic multisport event. The co-chairs of the board of directors, Ms. Marie-Pier Boudreau-Gagnon and Mr. Christian Pelletier, would like to thank the Louperivois community for its unwavering support since the announcement, in 2016, of the return of the Quebec Games to their city. "We would like to underline the enthusiasm of our local, regional and provincial partners, who accompanied us until the end. The population also rallied vigorously around our team in order to provide a memorable event for all participants. We are deeply saddened to stop the train, as it sped off at full speed with the hope of a return to the track for young athletes, "say the co-chairs.

The Quebec Games program has been part of the Quebec sports community for more than 50 years and its annual competitions represent a rite of passage for a large majority of high-level Quebec athletes. We understand the impact on the sport community and will do everything in our power to ensure that athletes from various disciplines can resume their activities. We sincerely hope that the situation will improve quickly to allow the athletes an optimal physical and mental preparation for the competition.

SPORTSQUÉBEC prioritizes the health and safety of athletes, and will continue to work so that SPORT can resume its normal course as quickly as possible in the life of every Quebecer. The next Quebec Games Finals, scheduled for next summer in Laval and summer 2023 in Rimouski, are being held. SPORTSQUÉBEC and the Organizing Committees are closely monitoring the pandemic to adapt to the situation that will prevail at that time.





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## Château de Neige Challenge

Loisirs Laurentides is pleased to announce that the 2022 season of the Snow Castle Challenge has been officially launched! From January 10 to March 14, residents of the Laurentians are invited to enjoy winter fun by building a snow castle. In 2021, 574 snow castles were built in our beautiful region. Let's take out our shovels and buckets without delay to beat this record. No need to build a masterpiece! The main objective is to play outside and have fun while indulging in a great Quebec winter classic. Participants also have the chance to win fabulous participation prizes.



**A free challenge open to everyone**  
To participate, simply build a snow castle in the location of your choice, take a photo and share it by entering it on the Snow Castle Challenge website at [www.defichateaudeneige.ca](http://www.defichateaudeneige.ca). Prizes will be randomly awarded, both at the provincial and regional level, among those who have registered their castle between January 10 and March 14, 2022.

When you register, you will have the choice to list your build in one of four categories:

1. Family: for everyone
2. Early childhood: for daycare services and CPEs that supervise children from 0 to 5 years old
3. School: for primary and secondary schools
4. Organization/municipality: for organizations (both NPOs and businesses) and municipalities

**Promote the safety of all**  
In these times of pandemic, where the opportunities for physical activity are more complex and less numerous, the Défi Château de Neige (DCN) presents itself as an option of choice because of its playful side and its outdoor performance. However, any construction "work" comes with its share of safety measures. This is why we do not recommend the construction of castles that include roofs and tunnels as they could be extremely dangerous for the participants.

**About the Snow Castle Challenge**  
Adopted by Quebec regions in 2014, the DCN is an outdoor challenge aimed at developing interest in physical activity and healthy lifestyles among children and families. Provincial in scope, it is an easy way to have fun and get kids moving outdoors, even in winter! Nearly 4,500 snow castles were built across the province of Quebec in 2021.

**About Loisirs Laurentides**  
Created in 1971, Loisirs Laurentides is a non-profit organization whose mission is to mobilize, support and act as a facilitator with local, regional and national actors in their individual and collective efforts to promote, enhance and encourage the practice of recreation of the citizens of the Laurentians.



# Arundel News



## AMÉLIE MORIN-BASTIEN RELEASES NEW EP

Our Amélie is a talented young woman. Trained as a translator, she also sings like a bird. Now Amélie has written and recorded her first EP: four pop-folk songs flavoured with a hint of country. Playing banjo behind her, Léandre Joly-Pelletier brings his magic to the music. The EP was recorded and directed by Marcus Quirion, the talented musician behind Bolo Tie Studio.

Amelie says she finds inspiration for her lyrics in nature, her daily life, listening to people talk and reading. These themes are explored in her songs, which express love for her life in Arundel, appreciation of the beauty she sees around her and inside others, the strength needed to overcome mental health issues, and the grief of loss.

Growing up in Prévost, Amélie discovered her passion for music in her elementary school choir. As a teenager, she took private singing lessons. Then, in 2019, having graduated from Université de Sherbrooke as a translator, she pursued her love of music at the École nationale de la chanson. This EP is the natural outcome. It is available on all platforms (Bandcamp, Apple Music, Spotify, Deezer, YouTube, etc.) under the name Amélie M. Bastien. It is also available as a CD on Bandcamp, but you need to be quick to snap up the few remaining copies!

## A DAY IN THE LIFE OF DIANE GRAHAM

Do you remember when Arundel had a bank? The Bank of Montreal was located where now Elaine Munro and Denis Giroux live, opposite the Municipal parking lot. Do you remember how regularly it was robbed?

It was June 1965, a clear summer morning. In Montreal, two men awoke, stretched, and thought “Let’s go rob the bank in Arundel”. Bizarre but true!

They stole a car and drove the gravel roads from the city. After the heist, their stolen car refused to start. Panicking, the robbers hot-footed it up the hill towards Huberdeau, then cut through the fields behind Dr. Henry’s farm. Creeping through Norman Graham’s back fields, they soon arrived at George Kuester’s house.

Guns in hand, they threw open the door, surprising three children at play: Gloria, age twelve, Barrie, age six, and four year old Jim. The masked men pushed the children into a bedroom, but Gloria yelled for all her worth. George came running. He was caught and tied to the bed. The farm hand came running. He was knocked unconscious with a blow to the head.

At home on the farm, Diane heard the cries, hopped in her car, and drove down the hill to investigate. The bandits saw their escape. They grabbed Diane. At gun-point, they forced her and the two boys into the car, and took off back to Montreal. Kidnapped, terrified and expecting the worst, Diane nevertheless knew she could show no fear, for the sake of her sons.

Arriving in Pointe aux Trembles hours later, the robbers handed Diane a few dollars for gas, and told her and the children not to watch as they made their escape. Jim was asleep in Diane’s arms. Barrie obediently closed his eyes. As soon as they had disappeared, Diane drove calmly to the police station. The bandits were soon apprehended and later convicted.

Diane got home in time for dinner.

# Grenville Women’s Institute celebrates milestone birthday

In early December Grenville Women’s Institute celebrated member, Alda Oswald’s 102nd birthday. Happy Birthday to Alda, a treasured member of the community !



Photo: L-R: Linda Rodger (daughter), Alda Oswald (celebrated member), Darlene McCart (granddaughter)



# 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, and since the land purchase, not much has happened, some buildings are 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. Bon 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 and, reent protocols.

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. It’s unbelievable that the road going south, leaving Sainte-Adele near the Metro, has a 3 to 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, with Mont Saint-Sauveur group and Mont Habitant all open now. There are still COVID rules and protocols to follow when it comes to skiing, so make sure you have your COVID passports ready on your phone. The same rules apply to tennis at InterClub, providing they are still open with the new protocols. 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 spectators.

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

All the best to my readers, and wishing you a safe holiday and a great time to get outdoors – ski, skate and snowshoe en famille. Happy Holidays.

Happy New Year

*Editor’s note: rules and regulations may have changed since the writing of this article so please check with the individual venues before visiting the various sites.*

# Val David Maison Phoenix

Maison Phoenix is starting the new year with great enthusiasm. The efforts of the members and supporters of our project are bearing fruit and we will see more concrete achievements in the coming months.

Already, the intergenerational component is in operation. During the fall, the 1st and 2nd grade teachers at École Sainte-Marie set up a very special reading activity. Thus, children used their new talents to read, face-to-face or virtually, according to public health recommendations issued by the government, to community elders. The students drew great motivation from mastering the texts and then sharing them with the generations that precede them.

## Three major supports

Maison Emmanuel, an organization that works with people living with an intellectual disability, now accepts donations of \$1,000 or more for Maison Phoenix. This allows generous donors to obtain a receipt, while we obtain our own charity number. This collaboration opens new perspectives for our organization.

We are also very proud to highlight the financial contribution of Ms. Nadine Girault, our provincial deputy; \$1,000 that we can use for the intergenerational component. The Gaspé Beaubien Foundation, gave us \$20,000 to hire a resource to coordinate intergenerational activities. This contribution is major for our organization. We look to the future with great hope and gratitude to all the people and organizations that financially support our mission. Thank you very much!

## A first contractual employee for Maison Phoenix

Geneviève Beauchamp, a teacher on break from school, accepted the mandate; she will be assisted by Marie Garel. They are both bubbling motivation and creativity!

## In search of land

An ideal land to build Maison Phoenix has been found! As it is too big for our needs, we were unable to develop a financial package to buy it for now. Since the purchase offer was accepted, it allowed us to submit our project to the Société d’Habitation du Québec. It still remains to convince governments of the importance of granting further funding!

We are exploring two other sites that have strong potential for a residence for the elderly with services and we will meet in the coming weeks with the new team of elected municipal officials to discuss possible solutions.

Thank you to everyone who supports us, from near or far.







## Events in Mont-Tremblant are going green!

Mont-Tremblant recently unveiled the Support Policy for Public Events and the Eco-Event Guide for Responsible Practices, an initiative rewarded with the Vivats Prize - Event City within the framework of the Vivats gala organized by the Quebec Council for Eco-Responsible Events.

These documents set eco-responsibility requirements to be met by event organizers, while providing them with the tools to reduce their ecological footprint. The Policy includes a Charter of eco-responsible commitments for organizers which requires the implementation of eco-responsible measures to obtain authorization and support from the City for holding events.

This is a first in Quebec! "As a world-class destination, we had a duty to act as leaders in event eco-responsibility. I am proud of the work done by the Environment and Sustainable Development Department and the Culture and Recreation Department to develop these new tools that will ensure that the events that take place in Mont-Tremblant are greener and more respectful of the environment ", declared the mayor of Mont-Tremblant, Luc Brisebois.

Developed with the support of the Quebec Council of Eco-Responsible Events, the Guide écoévénementiel is to date the most comprehensive guide written by a municipality in Quebec. Indeed, it aims not only to raise awareness among organizers, but also to give them easy-to-use tools for planning and implementing concrete actions to improve and measure their eco-responsible performance. Oriented towards reducing the environmental footprint of events, in particular by reducing greenhouse gas emissions, the Guide also aims to optimize the local social and economic impact of events.

The Eco-Event Guide for Responsible Practices, the Support Policy for Public Events and the event organization form are available at

[www.villedemont-tremblant.qc.ca/ecoevenementiel](http://www.villedemont-tremblant.qc.ca/ecoevenementiel)

## Protection of personal information The population monitored by the federal government Laurentides - Labelle

Marie-Hélène Gaudreau, Member of Parliament for Laurentides - Labelle and President of the Bloc Québécois caucus, is concerned about the opacity and the aims of Health Canada's approach which, after collecting the data location of more than 33 million cell phone users, would have launched a call for tenders to select a supplier who can provide anonymized data. The Bloc Québécois is asking that this call for tenders be deferred until the House of Commons can study this file with the attention it needs.

"Discreetly launch a call for tenders of such importance on the privacy of Quebecers and Canadians on the day the House of Commons ceases to sit, while demanding that a supplier be appointed before the House sits again , appears to me to be a more opaque than transparent process, "points out Marie-Hélène Gaudreau. "We have the power to request the suspension of the call for tenders and to investigate this matter, in order to reassure citizens about the use, which is made of their personal information, and to protect them from surveillance and intrusion not necessary in their private life by the federal government," continues Ms. Gaudreau.

Without wishing to condemn the Health Canada project in advance, Marie-Hélène Gaudreau warns the government and the population of a call for tenders, which raises a large number of questions that remain unanswered until now. "The personal data of the population is a precious asset that must be protected. It is essential to shed light on this matter as quickly as possible, "concludes the Bloc member.

## Outdoor activites in Mont-Tremblant

Our Mont-Tremblant trail network, brings together the municipal network, the Domaine Saint-Bernard and the P'tit Train du Nord - Mont-Tremblant sector. It has something to satisfy all outdoor enthusiasts whether they are cross-country skiing, skating, on a fatbike, on snowshoes or ... in boots!

Info: 819 425-8614 (24/7) / [cultureetloisirs@villedemont-tremblant.qc.ca](mailto:cultureetloisirs@villedemont-tremblant.qc.ca)

For trail maps and conditions check out the new TrailHub on our website!



### Let's shop local

1. Order pizza from a local pizzeria rather than a large restaurant chain.
2. Order meals from local restaurants, pick them up at their locations or use delivery service. Remember to provide a decent tip to delivery people.
3. Use local catering companies for your healthy, fresh or frozen meals for family gatherings. The food is much healthier and more convenient if you don't have lots of time to cook.
4. Encourage local artisans by purchasing lovely, unique items through their websites or at local markets.
5. Local produce markets provide farm-fresh eggs, meat, fruits, vegetables, honey and more. Buy from them instead of large grocery stores. The same applies for locally made wines.
6. Buy healthcare items, such as creams, ointments, soaps, tinctures, essential oils from local artisans.
7. Most boutiques and small shops in the area provide gift certificates. Buy these as gifts for family and friends.
8. Buy local artisanal beers brewed in our region rather than mass-produced beer from huge breweries.
9. Rent bike and ski equipment, snowmobiles, etc... from local suppliers.
10. Do an outdoor family activity such as ice fishing or x-country skiing locally.
11. Attend local theatre and musical shows to promote actors and artists
12. Use local companies for your printed material needs, office supplies, etc...
13. Visit local spas, encourage local sports and art activities.
14. Take a mini-vacation at a small inn or B & B close to home.
15. Have your hair cut, coloured or curled at a local beauty salon.
16. Use local electricians, plumbers, contractors and other service providers.

By encouraging and buying from local entrepreneurs, you will reap the following benefits:

1. Reduce fossil fuels and use less plastic.
2. Use the land in a more productive way.
3. Increase local community wealth.
4. Connect local community people to others in the community.
5. Enhance local agriculture.
6. Create and retain jobs for people
7. Support regional culture and economy

I would like to point out that despite the many difficulties local entrepreneurs have faced recently, they have still shown incredible generosity and kindness in a variety of ways. Now it is our turn to show we care about them and our community. Please remember, we cannot have a buoyant, strong community without strong small businesses. Let's shop local!



## Laurentian Region Cancer Support Group Cancer Support Group Next Meeting Jan 15

The next monthly meeting of the Laurentian Region Cancer Support Group will take place Saturday, January 15 at 1 pm. Due to current public health measures we will meet via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To receive the Zoom link for the January meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca).











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## Essential Oils

# Post holiday detox

Susan Rich

Okay, who is feeling like the holidays have been a huge amount of over eating and sugar overload? I know I feel that way. I sadly do this to myself every year, and once January rolls in, I feel bogged down and lethargic. Our livers are the organ that cause this feeling. We tend to eat less healthily over the holidays; diets that are excessively rich, lots of starchy foods and sweets; diets that contain very little green vegetables, salads and low sugar fruit. Not to mention prescription drugs, recreational drugs, alcohol and environmental pollutants, all of which take a toll on the liver.

The liver is what keeps us filtered and functioning in a healthy manner. It filters blood coming from our digestive tract before it moves through the rest of the body, by getting rid of harmful chemicals, metabolizing drugs, secreting bile and more. The liver performs about 500 crucial body functions including, but not limited to, producing enzymes and hormones, synthesizing protein, regulating glycogen storage, breaking down and recycling tired blood cells. The liver also holds onto emotions, like anger, grief, hate and negativity, and we all know the holidays can bring up a lot of those emotions.

So, if the liver is overloaded and can't do its work, we end up feeling tired, grumpy, lethargic, and, often times, we might even have physical pain. We all know that there is a plethora of products out there to cleanse the liver and do a detox but, for simplicity's sake, I'm going to name just a few of my favorite oils to give our livers some help.

- Ginger:** Helps to reverse fatty liver and stimulates liver secretions.
- Cypress:** a diuretic, which helps the body to flush the toxins from the liver.
- Geranium:** helps the liver by expanding the bile ducts, making elimination easier.
- German Chamomile:** helps with liver detox and aids in stimulating bile secretion.
- Peppermint:** aids with a healthy bile flow.
- Juniper berry:** wonderful for helping to purify the blood and lessening the burden on the liver.
- Rosemary:** increases bile flow.

Please always use only 100% pure essential oils when taking them internally. It will be clearly written on the bottle if it is for internal use.

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.



## Laurentian Personality

# PEP's – Caring about customers and community

Lori Leonard – Main Street

If you have ever visited Lachute, I am sure you noticed PEP's store, 484 Main Street. While their window display is always attractive, the best part is their customer service.

PEP's was founded in 1946 and called Esquire Shop, at 450 Main Street, a stone's throw from its current location. Paul's grandfather, Paul-Émile Pariseau, was the original owner and sold quality men's outer wear, suits, shirts and accessories including socks, scarves and, of course, stylish hats. Prior to opening the store, he was a bookkeeper. His father Émile Pariseau was also an entrepreneur. Early in the 1900's Émile decided to move the family from Sarsfield, Ontario to Carillon, Québec, to open a General Store when he heard about the forthcoming construction of an electrical dam.

Paul's father (Pep Jr.) took over the business in 1967. Pep Jr. married Anne Lafleur, followed in his father's footsteps and was municipal councillor in the 1970's. Before getting involved in the clothing business with his father, Pep and Anne ran a chip stand on the first floor of the Lafleur residence on Bethany Street. Later, in 2004, Paul and his wife, Guylaine Quesnel, purchased the business, although Paul had been involved in the business since 1981 (age 19).

When I asked Paul if he had a motto for their store, he said, "We don't have a motto, but our attitude is, we don't simply sell clothing, we sell joy and happiness!" It is easy to see Paul enjoys what he does; he is on a first name basis with most customers. He offers wise advice on choosing the right piece of clothing, the best colour, style and fit. The store completes necessary alterations to ensure customer satisfaction and pays attention to small details. It even provides a fun selection of toys for children to play with while mom and dad shop.

Paul was born in Lachute (at the old hospital on Princess Street) and was raised in the area. He has been married to his wife Guylaine for 35 years. In his spare time, Paul enjoys a good round of golf, skiing or reading. Paul's two sons Pierre-Étienne, 30 and Paul-Alexis 34, are implicated in both the retail and corporate side of the business.

The Pariseau family has always been involved with local organizations to support community. Paul is a Knight of Columbus and proud member of the Lachute Lion's Club. In 2004, Paul was honorary Co-President (with Dr. Much) for the Lachute Hospital Foundation fundraising team. Paul and his family also participate in many local fundraising events: golf tournaments, dinners, concerts, festivals etc... in person or as sponsors. Pierre-Etienne, Paul's youngest son, joined the Lion's Club 3 years ago and is also involved with the Chamber of Commerce events and meetings.

PEP's customers come from many different backgrounds, but they all value quality. PEP's currently offers business and casual men's clothing and shoes and women's clothing. They carry many Canadian products. Paul recently opened a corporate division to cater to corporations and businesses for promotional items, printing and embroidery. This was a saviour when the store had to close for 13 weeks due to government legislation related to covid.

Paul says "We simply want people to know we love what we do and that shopping locally to support a business makes a huge difference in a community."

Thank you Paul for all that you do at PEP's and for your community. Contact info: modepep.ca / Facebook: Mode PEP Lachute.

## Outdoor activities this winter in the MRC d'Argenteuil

With the winter season well established, the MRC d'Argenteuil invites citizens to take advantage of the outdoor spaces to recharge their batteries, have fun and indulge in outdoor activities in accordance with the health regulations in force. Walking, cross-country skiing, snowshoeing, sliding, skating: let's take every opportunity to move and get some fresh air!

Please note that access to the majority of these activities is free. The \$ symbol indicates paid activities.

For further information and a full listing of all venues and activities please visit the MRC website at <https://argenteuil.qc.ca>







## Making it Work in the Laurentians

### Growing your business 101

Maya Khamala

Although growth is the most commonly discussed topic in the entrepreneurial universe, the top 3 reasons that startups fail (being outshone by your competitors, offering a product or service not geared towards your target market, or a lack of funds) are all related to a palpable lack of growth.

In a nutshell, businesses that stagnate fail. By better understanding what it takes to successfully instigate growth, your business will be better equipped to deal with a range of scenarios and ultimately come out on top! Here are some of the most common ways to grow your business:

**Growing your top line sales. You can do that by:**

- **Expanding your client base:** fold in new sectors, target markets, and distribution channels while keeping any expansion of your team, production, and distribution aligned with one another.
- **Increasing your value per client:** offer complementary services or products, incentivized training programs, or irresistible tiered bundles.
- **Increasing your price per unit or service:** adding value will justify this! You might also consider changing your business model (i.e. from sales to leasing) as a way of boosting revenues.

**Growing your profit margins. To do that, you can:**

- **Find the most efficient route:** streamline and optimize operations wherever possible; this may seem like more work, but it's ultimately less!
- **Raise your selling price:** again, make sure to add value to justify an increase.
- **Utilize economies of scale:** increase production in order to lower costs.
- **Offer high margin services:** to achieve higher overall margins. Check out some of the most profitable businesses for inspiration!

**Growing your product mix:**

- **Listen to your clients & watch your competition:** What needs remain unfulfilled? What do your competitors do well, and what can you do better?
- **Go wide:** broaden your offerings (think of lifestyle companies that offer accessories, apparel, shoes and protein shakes).
- **Go deep:** increase your variety (think of drink companies offering soft drinks, juices, shakes, water).

**Growing your market share:**

**Dominate your niche:** work on achieving recognizable branding and delivering a quality offering, alongside having a strong marketing and customer engagement strategy.

- **Keep a finger on the pulse of your client base:** keep up with and respond to their evolving needs.
- **Acquire competitors (if you can):** both within your market and in new markets, but always be sure to assess if/how your new company will help you to achieve your long-term growth goals.

**Bottom line:** as a general rule, sustainable growth is gradual, but continual. It takes courage to grow, and mistakes will be made—but as long as you're committed to evolving, you've got this!

A YES Business Coach can help you create a successful growth strategy. Visit [yesmontreal.ca](http://yesmontreal.ca) to book your first appointment.

## Opening of two clinics for clients without family medicine

The Integrated Health and Social Services Center (CISSS) des Laurentides announces that as of January 11, 2022, people without a family doctor who need minor health care will have access to two clinics in the Laurentians. Thus, two of the three designated pediatric clinics opened last September for children without a family doctor will expand their service offer to also accommodate adults without family medicine.

Citizens will be able to contact them for various health reasons, whether they are related to COVID-19 or not. The clinics are accessible by appointment only in Boisbriand and Saint-Jérôme.

Those who wish to obtain an appointment must meet the following criteria: Not have a licensed family doctor, pediatrician or nurse practitioner and have a minor physical health problem (the list of exclusions can be viewed online).

For details, visit [www.santelaurentides.gouv.qc.ca/soins-et-services/cliniques-designees-pour-la-clientele-sans-medecin-de-famille/](http://www.santelaurentides.gouv.qc.ca/soins-et-services/cliniques-designees-pour-la-clientele-sans-medecin-de-famille/) . To make an appointment, dial 1 888 222-5075, option 1 People who do not have a family doctor are invited to make a registration request directly on the website of the Guichet d'accès à un physicien de famille (GAMF) at [www.quebec.ca/sante/trouver-une-ressource](http://www.quebec.ca/sante/trouver-une-ressource).



## Riding the shifting sands

Andie Bennett

Writing a look-ahead to the coming year in the middle (end? beginning?) of a pandemic is a little tricky. But this is life now, tricky as all get-out. The moment we get solid footing, we suddenly find ourselves trying to work out the correct pronunciation of Omicron. Existing on shifting sands has become the new normal for many of us and, at least for the time being, we must be ready to respond to an ever-changing situation. It is in this current situation that 4Korners is excited to announce the opening of a seniors' wellness day-centre in Sainte Agathe, and the return of in-person seniors social activities in Argenteuil, Pays d'en Haut and Laurentides MRCs.....hopefully in January.

Everything now comes with an unspoken - "IF" the public directives do not change. IF this is something the seniors feel comfortable doing. IF this can be done in a way that keeps our community safe. The only thing we can say for sure at this moment is that getting seniors back together in person is a top priority for everyone at 4Korners, and we will continue to offer all the activities virtually with growing attendance from across the Laurentians (and some Torontonians...sshh-hhhh). In the spirit of grabbing hold of a positive outcome on the Zoom incursion, this will work in a hybrid fashion once we are back in bricks and mortar to maintain access for isolated individuals, or those who have formed a deep attachment to pajama pants.

Community support worker, Lisa Agombar, has been coordinating hybrid Wednesday Wellness sessions since October from Deux-Montagnes that seniors throughout the Laurentians have been able to join via ZOOM. The groups outside of Deux-Montagnes however have yet to be coordinated in person. Program manager for seniors and caregivers, Melanie Wilson, laments the lost contact with members who would come in to enjoy a good meal and take part in presentations or activities, almost by happenstance. Melanie has a loose plan of how the return of in-person activities will roll out, but is ready to shift according to the wants and needs of the group. "We want it to happen, it's going to happen, it is just the dates that are up in the air."

Keep an eye on our Facebook page where the dates will land first. We also have new programming for fathers, (a by-you-for-you program led by father of three, Michel Hogue), growing support programs across the Laurentians for young families and, our new youth community table in Deux Montagnes is starting to gain momentum. There is no better time than now to become a member or sign up for our newsletter at [www.4korners.org](http://www.4korners.org).

## Canadian Migration Monitoring Network celebrates 20 years of science and conservation

### Stu Mackenzie, Director, Migration Ecology, Birds Canada

For more than 20 years, bird observatories across Canada have been banding birds and carrying out other meaningful research and monitoring activities as part of the Canadian Migration Monitoring Network. The network is a collaboration of 29 independently operated observatories, Birds Canada, and Environment and Climate Change Canada. Its goals are to: influence conservation by conducting and facilitating research on bird populations and migration ecology, make research results broadly accessible, and engage the public in bird science and conservation.

Member observatories undertake annual migration monitoring through daily visual bird counts and banding during seasonal migration periods. They also conduct and support research, train students and professionals, and educate the public. Most observatories participate in a Trend Monitoring Program. Trends calculated for Boreal-breeding birds are a uniquely valuable output of this program, since they account for species arriving at observatories from all parts of the breeding range, not just the more accessible parts of the Boreal that are covered by the Breeding Bird Survey or Breeding Bird Atlases.

Birds Canada supports the Network in several ways, including data management and trend analysis, and financially through the Great Canadian Birdathon and James L. Baillie Memorial Fund. Birds Canada also operates two observatories: Long Point and Thunder Cape.

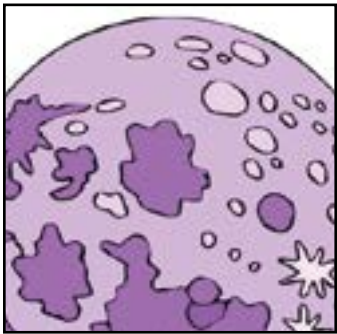
**Original research publications**

The Canadian Migration Monitoring Network recently published a 20-year report celebrating its journey to the well-established program it is today. Collectively, network observatories have banded over 2.5 million birds and contributed data to more than 150 original research publications on migration alone since 1998. The next decade will bring further refinements in programs and products, and efforts to secure the long-term sustainability of the Network and its member observatories.

Birds Canada extends congratulations and thanks to all across Canada who have helped to make the Network a success. You are making an important difference for birds, and touching many people's lives as well!

Please join us in celebrating 20 years of the Canadian Migration Monitoring Network by reading the report at [birdscanada.org/cmmn](http://birdscanada.org/cmmn). I also encourage you to visit, contribute to, or become part of the community at an observatory of interest to you.





# Zach Factor

## Predictions 2022

Lys Chisholm & Marcus Nerenberg -  
Main Street

### The Year of Inner Truth

Here we are again, once more around the annual clock, giving our readers a brief glimpse into the potential events of technology, housing, global weather, and astrology for this year and beyond.

#### Technology:

Anyone not familiar with the ‘Metaverse’ needs to revisit the 1988 sci-fi show Red Dwarf, 2nd episode, series 2, called “Better Than Life” for a crash course in the mayhem of living in an artificial world with avatars.

After Mark Zuckerberg’s Facebook team used the term “meta” 20 times in a quarterly report this past July, multiple digital enterprises poured billions into their own ascent into this ungoverned artificial world. Seems as if very soon, you will be able to choose a digital body in perfect form to be twenty-something forever. You can buy, sell, and resell everything, from your own personal art, or a certified Banksy (digitalized), or a virtual, private concert with Billy Eilish, or a house in the city of Genesis, Decentraland, perhaps next door to Taylor Swift (also digital). The use of digital crypto currency, or NFT’s (Non-Fungible-Tokens), will play a huge role with the value of goods, services and real- estate determined by scarcity, and desirability.

Headsets for AR and VR (Artificial and Virtual Reality) are improving by leaps and bounds, fueled by big companies, like Facebook, Microsoft and Apple, and a growing number of fashion, art, video-gaming, and box store operators. The development is as random and ungoverned as the early days of the Internet with no single person at the development helm, unlike the Warner Brothers’ Steven Spielberg 2017 movie, ‘Ready Player One’. But no joke, like the movie, people will soon have jobs in metaverse bureaucracies for genuine salaries, and clothes to purchase for their avatars, without ever physically leaving their residences.

**Housing:** Like ‘Ready Player One’, the actual physical habitats for people may soon be rusty trailers stacked onto one another in junkyards. Our housing situation will only worsen as Wall Street and Bay Street hedge funds continue scooping entire new housing developments to resell for profits or rental incomes. Homes listed in the lower Laurentians are often sold now in less than two weeks. In the US, hundreds of people line up for open houses when they come up. Another problem is that baby boomers are not downsizing; the cost to relocate surpasses any potential home sale profit.

**Global weather and the sun:** Expect greater numbers of severe weather events as the magnetic shield around the Earth weakens. Astrophysicists are exploring the fact that this shield has been weakening for the past several decades and impacting global temperatures. This magnetic envelope protects the planet from harmful solar and cosmic radiation. The Sun, now under direct scrutiny by the NASA 2018 Parker Probe, will arrive at the peak of the active cycle in mid 2020’s. Sunspots can be the source of large CME (coronal mass ejections) that unleash bursts of intense radiation. When an X-class CME hits the Earth, it unleashes brilliant auroras and can seriously damage satellites and communications. We are overdue for a large cyclical one - the last one was in 1859 - and it set telegraph offices on fire. Today, it would fry everything operating with microchips, knock out power grids, phones, data banks, and take planes out of the air. Our shields are going down Captain!

**Astrology:** Astrologer and Seer, Bracha Goldman, tells us to “hold on” and “look to life balance” as we continue to feel the impact of the long transit of Saturn (in Aquarius) square to Uranus (in Taurus), which has followed the pandemic. She reminds us how neither of these planets are “at home”, but rather very uncomfortable where they are, with next October - November being the peak, as these two nemesis planets square up yet again. The aspect inspires us to question our basic needs, calls to us to shed the complicated, and to simplify our lives. It also reflects the continued collapse of large institutions and the restructuring of society. As old markets, technologies, and systems collapse, new ones will rise to take their place. Neptune is in Pisces as of April, and reflects ongoing extremes of weather involving water.

In this time of extreme stress on the environment, food shortages for over a billion of our fellow humans, and numerous species being driven to the edge of extinction, we must, like Alice down the rabbit hole, know when to leave Wonderland and stay mindful, compassionate, and loving towards our unique planet and all who share it.

Happy New Year dear Zachians!



Virtual Reality instruction is underway in schools around the world. Here students using the new Oculus model are exploring the VR world in the regular classroom. Within two decades, physical classrooms and the need for school buildings may be obsolete. Many VR headsets are now under \$100. Photo credit: <http://virtualrealityforeducation.com>



# The Story Behind

## A Sleepy Town

Joseph Graham - Main Street  
[joseph@ballyhoo.ca](mailto:joseph@ballyhoo.ca)

Starting an early winter fire in my woodstove, I discovered I had used several pages of a Main Street paper from April 2011. I was scrunching page 58. It was a bit of a shock to be confronted with this weight loss by our community’s paper, as though we as a community are accepting to shut down.

Over the past decade, I have been living under a rock, [finishing a book](#) that took years to put together, and I acknowledge that I have a much better understanding of how the mythical Rip Van Winkle felt, waking up after his decades-long snooze. The world is a changed place. It is easy to blame the growth of social media and the advent of COVID 19, but do we share no responsibility? Is there not more we can do as a community to reach out to each other and see who is still here? The energy invested in this publication gave it – and us – a sense of ourselves. It is true that 4Korners is taking up some of the slack, and they have helped many rural Anglos get online, reaching the isolated elderly, many of whose children have moved away to other provinces. It goes way beyond that with some interesting programming on ZOOM, but it is not a replacement for Main Street, the Laurentian Club and other initiatives of the past. Are we accepting that our small, rural community is simply dying out?

This autumn we attended an English play at Theatre Morin Heights. It was well-attended. One of the organizers told me that a lot of the audience were new English residents, part of the urban exodus triggered by the pandemic. These people are not yet integrated into the community, but Theatre Morin Heights managed to reach out to them, so it is possible. Perhaps we need that organization’s help for ideas of what to do to further our reach. As Jack Burger said when he reached out to us, our population would constitute the second-largest town in the Laurentians. Evidently the demographics have changed, but have we also changed? Are we, the English still here after all these generations, accepting the Legault picture that we don’t really belong? Is there no fight left in us?

The issue goes beyond the English community. We need to stand up again and fight back. This is not simply a problem for an aging cohort of the Laurentian English. It is an endemic problem with the current mentality that has come to accept that the majority has dictatorial power. It doesn’t. At the same time, “English community” is somewhat of a misnomer. It should at least be understood as the English Communities, or more pertinently in the face of a dictatorship of a homogenous majority, we should see ourselves as a part of the Minority Communities.

How will it help us to see ourselves this way? First, it establishes that we are genuine Quebecers, not tolerated guests. Second, as a part of a minority community in Quebec, we are the people for whom the Quebec Charter of Human Rights and Freedoms was written. Any modification of that document must be discussed with the minority communities that it was designed to protect.

Jack Burger’s Laurentian minority community has become a sleepy town, overwhelmed by cultural illusions promulgated by the Quebec majority. We must wake up, find our minority companion communities, and work together to fight back. Jack managed to find all of those communities, but it is a never-ending task to keep in touch with them all.

Here are some of the concerns we need to address:

- 1) The official rewriting of Quebec history for our school children. [See Sam Allison and John Bradley, in the Spring 2019 issue of Quebec Heritage News, page 20](#), in which they accuse our English educational leaders of collaborating in the dissemination of a false history of Quebec.
- 2) The erasure of our names. The first that comes to mind is the disappearance of St. Andrew’s East, but there are many, many more.
- 3) Bill 21 and Bill 96 of this government, telling us how to dress and over-riding our Charter rights in an attempt to suffocate the English language.
- 4) Local concerns: We must learn to reach out to all cultural and linguistic minorities, encouraging their voices.
- 5) English schools: for many years our school taxes were multiples of those in the French system, so people changed over, allowing the government to assume that we did not care enough to support our schools.

Quebec’s minorities have always risen to the occasion, to stop the tendency to homogenise that has been present in Quebec’s culture ever since Champlain invited the Recollet Brothers to come and administer the colony. Immigrants from non-French-speaking and non-Catholic areas in France were absorbed as French Catholics. French Huguenots, victims of violent ethnic cleansing in France, were forced to become Catholics here.

The English minority has been scapegoated for the sins of the Catholic Church. From the beginning of the transfer to the Protestant kingdom in 1763, French businessmen began to flower, some out-competing English and Scottish entrepreneurs, until the Catholic Church dropped its dark robe upon them in the 1840s. Today, the goals of the Catholic Church are being fulfilled through an aggressive program of secularization.

Join the conversation: What does it say about our region that we do not have a popular community organisation to represent us? Watch events posted on [Que-scren](#) and [QAHN](#). Our situation here is not unique and English-language groups are doing what they can to help us wake up to the situation and stand together for our Charter rights. Heritage Canada, and even the Quebec government are helping underwrite their costs. If we do nothing, then the Quebec government can demonstrate that they were there to listen, but we stayed silent. Our sleepy little town must awaken.

This article contains live links on the Main Street website [themainstreet.org](http://themainstreet.org).





## Garden Talk

# Orchid care refresher

June Angus - Main Street

Many of us acquire our first orchid as a gift – usually in a state of full blooming glory. Or we may have specimens that we’ve had for years. Either way, now is a good time to have a crash course or refresher about caring for these exotic beauties so they will thrive for years to come.

While there are many orchid varieties grown as houseplants – more than 100,000 – the most common one available for sale locally is the variety known as Phalaenopsis or moth orchid. Fortunately, it tops the list for ease in growing, making it ideal for beginners. It comes in various colours with large, showy blooms atop tall flower spikes that last from a few weeks to a couple of months. A mature plant stays about the same size with compact foliage, and as new leaves grow, older ones will drop off from the bottom.

The key to success with all orchids – including Phalaenopsis – is understanding how these plants differ from other houseplants. While the information here is specific to Phalaenopsis, it also applies generally to many other varieties.

For starters, most houseplant orchids are air plants, so they need plenty of air to circulate around their roots. They won’t grow successfully in traditional houseplant soil mixes. Instead, materials ranging from rocks, moss and bark to specialty perlite, vermiculite and other soilless mixes are used to mimic their growing conditions in the wild where they grow up among tree branches.

They need plenty of bright, indirect sunlight.

At home, place your plant near a sunny window but never in direct sun. Too much sun will burn leaves. Conversely, not enough light will inhibit blooming, so adding a grow light in a low light situation will be necessary.

While blooming, these plants prefer daytime temperatures 24°C to 30°C, with cooler nights, but not below 16°C. Once the flowering period ends, cut the old flower spikes off just above the first bract or node. During this period, slightly cooler daytime temperatures will help encourage the development of new flower spikes. These will appear between upper leaves. Patience may be required as it can take from 8 to 12 months for a plant to bloom again.

When new roots appear, they can be mistaken for flower spikes. To quickly tell the difference, note that flower spikes develop between leaves as long, thin stems. While roots may also develop between leaves, they are fatter and rounder. Roots can also sprout out around the base of the plant. Some roots will grow down into the pot; others will extend out over the sides, which is perfectly natural for an air plant.

Water once a week or so. While the growing medium must be thoroughly saturated, never let the orchid remain standing in water. It’s always best to allow the growing medium to dry completely before watering again. Too much water may inhibit blooming or kill the plant.

A Phalaenopsis needs just a little fertilizer to thrive. Best to use a well-diluted formula designed for orchids every month or so. If you have hard water, thoroughly rinse the growing medium monthly to leach out excess salts. Do this by carefully poring filtered water through the growing medium, allowing it to drain away immediately. Never use water from a water softener. Bottom line, too much fertilizer or salt is bad for the plant.

If you see signs of distress (yellowing leaves, wrinkled leaves or no blooms for a very long time), the best strategy is to move the plant to a different location and tinker with the variables such as lighting and watering.

Once the orchid finds its happy place to thrive, you will be rewarded with beautiful flowers year after year.



## Word Play

# Puttanesca and other truths

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

One of the great pleasures of writing under the subject of Word Play is the entertainment available when considering the etymology of words. Recently, during a cooking spree with one of my two daughters, I got to go on an adventure into the realm of pasta puttanesca, a particularly rich and delicious red sauce.

While exploring the story behind the name puttanesca, I began to think about the difference between fact and fiction, and the effect that certain tales have upon our belief systems and our prejudices.

Spaghetti alla puttanesca is an Italian pasta dish invented in Naples in the mid-20th century. The sauce is typically made with tomatoes, olive oil, olives, anchovies, chili peppers, capers, and garlic.

Puttana means whore or prostitute, and puttanesca is an adjective derived from that word. Thus, the theory that the dish was invented in one of many bordellos in the Naples working-class neighbourhood by women of the night. It is suggested that the strong scent of a cooking puttanesca sauce became synonymous with the professional sex workers, attracting clients to their lairs.

Alternatively, a known food historian suggests the name has more to do with the practical use of puttanesca in Italian, than with its literal definition: "Italians use puttana almost the way we use shit or stuff, as an all-purpose profanity. Pasta alla puttanesca might have originated when someone said, “I just threw a bunch of stuff from the cupboard into a pan”, or “facci una puttanata qualsiasi,” meaning “throw together whatever.”

These are two perfectly plausible origins, but if you grew up in Naples, your own understanding or association with the word puttanesca might depend on which one your grandmother believed, which you heard first, or maybe even which neighborhood you lived in.

Naples itself has a reputation for being a place rich with hot tempers, so one could even imagine fights erupting between friends and families around the dinner table on the topic.

You probably see where I’m going with this.

The stories that have arisen around the pandemic have awakened in us a conflict of opinions and a polarity of belief systems, pulling our lives in opposing directions. Tales have developed around the origins of the virus, the efficiency or inefficiency of the inoculations, the possible dangers of the vaccines due to their composition, and for some, the ultimate denial of the pandemic as a fact of life, presenting us with a whole new paradigm of conflicting elements.

The question arises: Is reality based on truth or is truth derived from an imagined reality? And if so, is there such a thing as truth?

Because we tend to hold tightly to our stories, it is incumbent upon us not only to observe with diligence those things that we believe, but to begin to understand that truth (and our attachment to it) is fluid, movable, and ever changing.

As I relish yet another perfect pandemic pasta, I am encouraged to soften my own rigid thinking, aware that remaining in one track or another can create a divisive scenario. As with all things, one has to make a choice around their truth. But is there a way to stay open to another viewpoint to enrich our experience of others, rather than closing down around our choice, with identity and aggression? Once again, just something to consider.

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.



## Wildlife Pics

Local family: Grandma and her daughter with an adopted orphan fawn.



Photo credit: Susan MacDonald

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# Obituaries

**HAMMOND, Frances Allison**  
**(nee McOuat)**  
**1932 – 2021**

Passed away peacefully, with family by her side, at the CHSLD Résidence Lachute on December 7, 2021 in her 90th year. Daughter of the late Allan & Helena (Rodger) McOuat. Predeceased by her loving husband, Allan (2007) and great grandson, Nathan (2021). Loving and devoted mother to Ben (Kathy), Marjorie (David Roberts), Jim (Connie) and Susan (Gareth Harries), and proud “nanny” to 12 grandchildren and 3 great-grandchildren. Predeceased by her sister Isabel Bailly (2019). Survived by brother-in-law Bob Bailly and sister-in-law Ruth Hammond, as well as many nieces, nephews, cousins, and dear friends.

The simplest pleasures in life brought great joy to Frances. She was known for her fierce love of family and the family farm, an inspiration to her community, and her supportive, sincere and kind spirit. She was much loved and through our memories, she will always have life in our hearts.

The family is grateful to the staff at the Lachute Residence for the compas-

sionate and professional care given to Frances during the past year-and-a-half.

A graveside ceremony will be held in the spring. In lieu of flowers, memorial contributions to the Lachute Protestant Cemetery or the Lachute Regional Residence Foundation would be appreciated by the family.

Funeral arrangements entrusted to Salon Roland Ménard Inc., 395 Grace Street, Lachute QC J8H 1M3.



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You are forever in my heart  
Ron

## First case of SARS-CoV-2 detected in Canadian wildlife

**From: Environment and Climate Change Canada**

The Government of Canada continues to take strong, immediate, and effective action to protect Canadians from the impacts of COVID-19. New information on the virus emerges every day. Scientists in Canada and around the world are working hard to better understand the virus and its impacts on people, communities, and animals.

Environment and Climate Change Canada (ECCC), the Canadian Food Inspection Agency (CFIA), the Public Health Agency of Canada, Parks Canada, provincial and territorial governments, Canadian Wildlife Health Cooperative (CWHC), and academic partners have been proactively engaged in research to investigate whether SARS-CoV-2, the virus that causes COVID-19, has spilled into wildlife.

While there is limited information on animals and COVID-19, the virus has infected multiple species of animals globally, including farmed mink, companion animals (e.g., cats, dogs, ferrets), and zoo animals (e.g., tigers, lions, gorillas, cougars, otters, and others). Recent reports in the United States have revealed evidence of spillover of SARS-CoV-2 from humans to wild white-tailed deer, with subsequent spread of the virus among deer. There has been no known transmission of SARS-CoV-2 from deer to humans at this time.

On November 29, 2021, the National Centre for Foreign Animal Disease (CFIA) confirmed the first detections of SARS-CoV-2 in three free-ranging white-tailed deer in Canada. These deer were sampled between November 6 to 8, 2021, in the Estrie region of Quebec. Samples for SARS-CoV-2 were collected through a big game registration station in southern Quebec. Similar to findings in the United States, the deer showed no evidence of clinical signs of disease, and were all apparently healthy. The World Organisation for Animal Health (OIE) was notified on December 1, 2021.


As this is the first detection of SARS-CoV-2 in wildlife in Canada, information on the impacts and spread of the virus in wild deer populations is currently limited. This finding emphasizes the importance of ongoing surveillance for SARS-CoV-2 in wildlife to increase our understanding about SARS-CoV-2 on the human-animal interface.

Federal, provincial and territorial partners continue to monitor and assess the potential implications of the virus on Canadian wildlife.



COVID-19 remains largely a disease of human concern and typically spreads from human to human. Adhering to public health advice and getting fully vaccinated are key ways to protect against COVID-19. Until more is known and as an added precaution, it is recommended that you wear a well-fitting mask when exposed to respiratory tissues and fluids from deer, practice good hand hygiene, and avoid splashing/spraying fluids from these tissues as much as possible.

Additional information is available on exposure and transmission of COVID-19 in various wildlife species can be found at Animals and COVID-19.






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# Main Street Money

## Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

### Get to know emerging markets

#### Why this investment class is a growing opportunity.

As stock markets fluctuate, it can be challenging to make the right investment decisions. Good communication with your advisor is incredibly important, and the more you know, the better you can communicate about the best way to achieve your financial goals. Keeping up with the latest investment terms and trends is an important part of the process.

While not a new financial concept, you might be hearing more about emerging markets lately. If you're not quite sure what they are, consider this your guide to understanding this important investment opportunity.

#### What is an emerging market?

An emerging market is an up-and-coming economic force – a country experiencing significant economic growth, industrial growth and rising household incomes. Countries currently considered emerging markets include Brazil, South Africa, China and Taiwan, among others. Morgan Stanley Capital International (MSCI) is considered the industry standard for determining whether a country qualifies as a developed or an emerging market. MSCI currently classes 27 countries as emerging markets, based on economic criteria that include:[1]

- Three consecutive years where income levels are 25 per cent above the high-income threshold set by the World Bank
- Stock exchanges that include a certain number of companies with strong balance sheets and significant trading volume
- Stable, efficient markets that are open to foreign ownership[2]

#### Tech innovation

Twenty years ago, Mexico, Brazil and South Africa accounted for nearly 30 per cent of emerging markets. Today, Asia dominates, with China, India, South Korea and Taiwan accounting for nearly 80 per cent of the MSCI Emerging Markets Index. Technology and communication services are strong economic drivers, with companies that deliver e-commerce solutions, cloud computing services, data storage and online health care diagnostics experiencing a strong boost from the global pivot to digital escalated by the pandemic.

“There are some economies that benefitted greatly from the pandemic. For example, work from home meant increased demand for internet-related services for video conferencing, digital transactions, and enhanced server farms to accommodate the increased capacity of cloud computing,” says Philip Ehrmann, Senior Managing Director of Manulife’s Emerging Markets Fund. “As we see an increase in e-commerce and cloud computing, emerging markets such as Taiwan and South Korea are valued for their manufacturing of semiconductor chips, handheld devices and other electronic devices that we all take for granted.”[3]

#### Highs and lows

Emerging markets as an asset class is considered a high-risk investment and requires careful consideration. Countries within this group may be experiencing exciting transformations and rapid expansion. However, they are in the early stages of economic growth. A healthy dose of caution is required as short-term fluctuations can also occur.

Emerging market countries may have a higher risk for political instability, currency fluctuations, market volatility and less transparent financial rules and regulations. Investment portfolio managers who specialize in this sector spend a great deal of time examining the stability of a country’s economy, along with the strength of key corporate financials within that country. Because of the inherent risks, it pays to work with your advisor to identify opportunities with strong track records and portfolio managers who specialize in emerging markets.

When considering your portfolio, the most important thing is to evaluate your level of risk tolerance with your advisor. The emerging market asset class is considered a high-risk investment with short term fluctuations. Here are a couple of things to keep in mind:

- Consider your comfort level with risk and the length of time you are willing to stay invested. Emerging markets are countries at the beginning stages of economic growth and may also experience bouts of volatility. A long-term perspective may be required, along with a willingness to tolerate ups and downs in the market.
- Speak with your advisor about the emerging market investment options available and consider dollar-cost averaging. Regular contributions can help to offset market volatility. Check out this [article](#) to learn more about the power of dollar cost averaging.

Depending on your level of risk tolerance, emerging markets might be the right fit for your investment portfolio. Speak to your advisor about this and other investment opportunities that align with your long-term financial goals.

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This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell 514-949-9058 or by email at Christopher.Collyer@Manulifesecurities.ca

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## Real Wine for Real People

# Red wine for heart health

April Sirois – Sommelier - ISG

Okay, so we have all read the claims that red wine is good for you and, indeed, that it is even heart healthy. Have you ever wondered what exactly about your favourite red makes it heart healthy? Well, it would seem that the heart benefits come from naturally occurring compounds in the wine called “polyphenols” that have antioxidant properties.

Polyphenols have been linked to a variety of health benefits, including supporting cardiovascular health. How, exactly, do these compounds protect our hearts?

Well, it is suggested that these polyphenols...

- Boost good cholesterol (or HDL)
- Lower bad cholesterol (or LDL)
- Reduce blood clotting

Wines with high levels of Polyphenols are going to have the most benefit for your heart. It would seem that all red wines have some benefit, but that some have a much higher benefit than others.

The most heart-healthy red wines share a few common traits. Red wines made in a dry style tend to have the most health benefits. Dry red wines are the wines that are fermented longer than sweeter wines, so that all the sugar has been used up to create the wine, leaving it with a “Dry” flavour. That doesn’t mean that these wines aren’t bursting with fruit flavours. Fruitiness and sweetness are not the same thing.

Red wines with high tannins seem to have more health benefits. Tannin gives wine that astringent, pucker-up quality that you feel as a bitter, drying sensation on your tongue and teeth like when you drink strong tea. It comes from grape skins and seeds. So, thick-skinned grapes have more tannin and more polyphenols. Wines with seriously high levels of these polyphenols can have that dry mouth feel and a slightly bitter taste.

The red wine that experts consider to be the “healthiest” actually has low tannin. The experts seem to agree that the healthiest red wine you can drink is our old friend, **Pinot Noir**. Unlike most of the other reds on this list, Pinot grapes have a thin skin, so this tells us that Pinot Noir has low tannin but still has high levels of polyphenols. Additionally, Pinot grapes, particularly those grown in cool-climate regions, start out with less sugar, so Pinot Noir has less sugar to ‘vinify’ than fuller-bodied wines.

Other wines that made the “Heart Healthy” list were:

**Merlot**: The second most popular wine grape in the world, Merlot can help to lower cholesterol and promote cardiovascular health.

**Cabernet Sauvignon**: In addition, and thanks to its particular flavonoid makeup, this wine helps to stimulate the production of a protein that also plays an important role in heart health.

**Malbec**: Has been linked to both heart health and immune health.

**Nebbiolo**: Along with its heart healthy benefits, it also has high levels of melatonin that helps as a natural sleep aid.

So, at the beginning of this New Year, let’s raise a glass of red to a good 2022 and to our health.

~Cheers

## I’m Just Saying

# The silk purses

Ron Golfman - Main Street

As we emerge, slowly, from yet another conclusion to a year nobody could have anticipated, and in the spirit of moving forward, it is important to recognize all the silver linings given to us.

While we all feel that society and our direction has blown a tire, there is much to be grateful for locally. I could start with the great book-borrowing program offered at the Saint-Sauveur library, but that is, and pardon this expression, just before the next paragraph; only one of many gifts we are receiving.

We got insult added to psychological injury on December 11, when the power went out during the ice storm, and the wind was blowing as if we were all in Kansas. While some, like me, lasted through thirty-three hours of cold and dark, the Hydro teams worked around the clock. As a community, so many of us received hourly checks from friends and family, asking if we were still in the dark, whether we needed anything, and more. A great example is my dear friends Anita and Jim, who not only managed to drop off hot soup and treats, but because my driveway was an Olympic skating rink, they dropped 66 pounds of sand/salt mixture so that I would not fall. Above and beyond indeed!

Meanwhile, both Morin Heights (Bellevue community centre) and Saint-Sauveur (Pauline Vanier) responded to the ice and lack of power by offering hot showers, heated places to go, and some warm food to get us through the difficulties. The sense of community and care was not lost on anyone, and the quick response in such a tender way has not gone by unnoticed. After the power came back, I went to Lachute to visit a traditional family store, J.B. Dixon's, to find a warmer jacket, gloves and hat, anticipating that the winter is only just beginning to challenge us. The staff was helpful, warm, and provided great deals on ‘top of the line’ apparel, leaving me with new duds and a warm feeling. Thanks to them!

Speeds reduced in and close to downtown Morin Heights were a welcome change, another sign of care. The local Joyful Noise Choir practiced by zoom, or distancing appropriately, so as to provide the community with some much-needed musical lifting of spirit.


The much talked about, new and improved, Basler Park, turned out to be exactly that. If you haven't been there recently, or have kids, or just want to get some exercise and fun in a package, this is the spot. The ice-hockey rink is excellent, the kids skating rink is well lit, offering sliding rails for beginner skaters, and making the park truly for everyone. Toboggan sliding for all ages is well maintained, trails for fat bikes and more, and parking, made it an Eden for so many of us. The sheltered benches are rustic and situated so one can enjoy watching skating, sliding and hockey. There are well-planned washrooms, not port-a-potties, and ample garbage and recycling bins to help us keep the integrity of this recreation Mecca. The town should be proud of this accomplishment, and I have not even felt the need to mention the famous Aerobic Corridor.

While I'm Just Saying, we know how difficult the challenges have been for two years, it is important to our physical and mental health to notice that where we live gives us so much to be grateful for. Mixing the kindness of friends and family with the community spirit and infrastructures designed to support us, I can't help feeling we'll come out of whatever 'this' is in good shape.

Happy New Year!

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January 2022

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7, Avenue de l'Église, St-Sauveur / 450-744-0471  
Smokehouse and fish shop

**IGA Famille Jasmin:** 1300 Blvd. Ste-Adèle

### **Pickrell's Mobile Ice Cream:**

514-777-5858 / www.pickrellsicecream.com

### **Brasserie Anorak**

2, Meadowbrook, Morin-Heights  
Tél.: (514) 576-8799 / brasserieanorak.ca / www.brasserieanorak.ca  
Food and prepared meals for take-out, ready to reheat Open: Wed - Sun: 12 pm - 8 pm.

### **STATION 210**

210 Rte. Du Long Sault, St. André d'Argenteuil / 514-814-3685  
Boutique | Caffè: Products for Home, Health, Leisure & Pantry  
**OPENING FEBRUARY 2 !**

## PROFESSIONALS

### **Suzanne Singleton – Assuruni Insurance**

Tel: 514-447-7903 / www.sue-singleton.com  
Services offered: Auto, Home, Business & Commercial Insurance Coverage  
Opening hours: Always get back within 24 hours / email or phone

### **Barbara Thompson, Notary**

707 du Village, Morin Heights / ba.thompson@notarius.net

### **Soins Dentaires Prévost**

450-335-2990 / www.dentisteprevost.com

**Clareo:** 68, ave. de la Gare, Saint-Sauveur / 579-995-0130 / www.clareo.ca/en/saint-sauveur

### **Lori's Links**

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

### **Noritech Centre Informatique**

365c rue Principale, Saint Sauveur (next to Rachelle-Béry)  
Services: Sales and repairs: desktop computer, notebook, printer, accessories, ink, toner.  
Open: Mon: 10 am - 4 pm / Tues - Fri: 10 am - 6 pm / Sat 11 am - 5 pm  
866-984-4848 / 450-227-4848 / support@noritech.ca  
Mask is mandatory, social distancing within store, disinfectant at entry way

### **Strathmore Creative:**

438-883-0962 / brent@strathmorecreative.com

### **YES Employment + Entrepreneurship**

Services offered: YES Employment + Entrepreneurship provides English-language support services to help Quebecers find employment, and start and grow businesses.  
YES offers FREE career development and job hunting assistance to individuals 18-40 years old.  
Open: Mon - Fri: 9 am - 5 pm. Evening workshops are held between 6:30 pm and 8:30 pm. All of our workshops and services are offered online: https://yesmontreal.ca/

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

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

### **SADC des Laurentides**

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

**G.E.N. Yoga** 450-472-9172 / genyoga@hotmail.com

## HOTELS

### **Éco Spa Highland inc.**

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

## FUNERAL

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

**Granite Nadon:** 514-262-6220 / 450-597-0521 / info@granitenadon.com / www.granitenadon.com/en

## AUTOMOBILES

### **Hyundai St-Jérôme**

16600, Montée Guénette, Mirabel  
450-432-4252 / www.hyundaistjerome.com  
Mon - Thurs: 9 am - 8 pm / Fri: 9 am - 6 pm

## HOME

### **Lortie Refrigeration Inc.**

202 Cameron Street, Hawkesbury (Ontario)  
613-632-8742  
Installation/repairs - heating and air conditioning  
Open: Mon - Thurs: 7:30 am - 4:30 pm / Fri: 7:30 am - 4 pm Closed: 12 pm - 1 pm

### **Lortie et Martin**

20, rue Saint-Paul E, Sainte-Agathe / 819-326-3844 / www.lortieetmartin.com  
Hardware and renovations  
Open: Mon - Fri: 7 am - 6 pm / Sat 7 am - 5 pm

### **Location Daniel Boivin**

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

**Poeles & Foyers:** 220 Chemin du Lac Millette (G) Saint-Sauveur / 450-227-0080 / www.poelesfoyersstsauveur.com

**Polar Maxima** 514-913-6391 / www.polarmaxima.com  
Services: kit sheds, garages & homes  
Open: by appointment only

**The Latvian Guy** - 1-888-359-3702 / Jan@thelatianguy.com. Home repairs, masonry and property maintenance

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

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

## RESOURCES

**Palliacco:** www.palliacco.org

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

**4 Korner:** 450-974-3940 / 1-888-974-3940 / www.4korners.org.  
Community resources and programs

**Laurentian Region Cancer Support Group:** 450-226-3641 / cancer.laurentia@yahoo.ca

*And all our other valued local establishments*





# 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.**