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# What's On My Mind...

## The approaching holiday season

Susan MacDonald, Editor



With the Holiday Season approaching quickly, many of us are deeply concerned as to how the COVID virus, and all that goes with it, will impact our traditional celebrations. Over recent months lockdowns, masks, distancing, and hygiene protocols have changed how we behave with one another in ways nobody could have imagined before this all began. Due to the restrictions, Thanksgiving was a disaster this year, and now we are being informed that Christmas may very well follow suit. Should this be the case, the holidays will be emotionally devastating for many.

The mental health of our citizens and their families has been a casualty of the protocols imposed as a result of the pandemic, and I know that many people are seeking ways to escape their confinement and the constant barrage of negative news. People are struggling with these restrictions due to the physical and psychological cost of compliance, and the constantly changing rules for social inter-connections with friends and family. These emotions will grow more intense over the holidays and many will find it difficult to continue to comply. However you choose to celebrate the season this year, please do so safely.

On behalf of the entire Main Street team, I take this moment to honour the passing of our beloved Ilania Abileah, who was the arts and culture journalist for almost as many years as Main Street has been in publication. In her column, Out and About, she brought us the highlights of the Laurentian cultural scene each month. Oftentimes, already surpassing her word count limit, she would gently beseech me to include one or two more small performances. Who could say 'no' to her and her passion for the arts? Ilania was truly dedicated to the cultural scene, a world in which she was highly respected by all. She was loved by everyone who knew her and is missed profoundly. Our thoughts and prayers are with her, and the family and friends she left behind.

As usual, in this edition, you will find all the community news and other contributions from our team of writers and community members.

Enjoy the read...

**Editor's Note:** The views and opinions expressed in the various columns are those of the individual writer and do not necessarily reflect those of the editor or this publication.

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# Observations View from the other side

David MacFairlane - MainStreet

Much of the developed world is in various stages of lockdown due to this virus. In the EU, it's particularly bad, while in the UK, almost the entire country is closed till mid-December, the US is in COVID and election turmoil, and in Canada, most of the largest cities have restrictions of various degrees of severity in place. Our Prime Minister has warned that Christmas might be a washout for family gatherings. For 9 months, this has been a spirit-crushing tragedy, and there's no end in sight.

The Great Barrington Declaration, named after the city in Massachusetts, where it was published on 5th October 2020, is an international declaration, written with concerns for the entire world. It was written for the public, fellow scientists, and government officials. It was authored by 3 of the foremost scientists in the fields of medicine and epidemiology from Harvard, Stanford and Oxford Universities, and co-signed by 34 other pre-eminent doctors and scientists from around the world. Since its release, to date, this document has been counter-signed by 621,529 citizens and 46,026 other medical and public health scientists and practitioners.

The Declaration was written from a global public health and humanitarian perspective, with special concerns about how the current COVID-19 strategies are forcing our children, the working class and the poor to carry the heaviest burden. The response to the pandemic in many countries around the world, focused on lockdowns, contact tracing and isolation, imposes enormous, unnecessary health costs on people. In the long run, it will lead to higher COVID and non-COVID mortality than the focused protection plan called for in the Declaration.

For those interested, the Declaration can be read at ... <https://gbdeclaration.org/>

The pushback came almost immediately (of course, it would!) in a document titled "The John Snow Memorandum", published by The Lancet (establishment mouthpiece) and sponsored by 6,900 scientists and health professionals, suggests that any pandemic management strategy relying upon immunity from natural infections for COVID-19 is flawed, and transmission of the virus can be mitigated through physical distancing, use of face coverings, hand and respiratory hygiene, and by avoiding crowds and poorly ventilated spaces. Rapid testing, contact tracing, and ISOLATION are also critical to controlling transmission.

This Memorandum can be read at ... <https://www.johnsnowmemo.com/>

Not long after, the lead author of the Great Barrington Declaration, after being intimidated and shamed by an outburst of hatred and hysteria, and receiving threats to her physical safety, published an open letter to world leaders explaining the motivation behind this document. Due to space restrictions, it's only possible to reproduce an excerpted version.

These are the words of Dr. Sunetra Gupta, mother of two children, infectious disease epidemiologist and a professor of theoretical epidemiology at the Department of Zoology, University of Oxford. She has performed research on the transmission dynamics of various infectious diseases, including malaria, influenza and COVID-19, and has received the Scientific Medal of the Zoological Society of London and the Rosalind Franklin Award of the Royal Society.

"Lockdown is a blunt, indiscriminate policy that forces the poorest and most vulnerable people to bear the brunt of the fight against coronavirus. As an infectious disease epidemiologist, I believe there has to be a better way. That is why, earlier this month, with two other international scientists, I co-authored a proposal for an alternative approach - one that shields those most at risk while enabling the rest of the population to resume their ordinary lives to some extent.

I expected debate and disagreement about our ideas, published as the Great Barrington Declaration. As a scientist, I would welcome that. After all, science progresses through its ideas and counter-ideas. But I was utterly unprepared for the onslaught of insults, personal criticism, intimidation and threats that met our proposal. The level of vitriol and hostility, not just from members of the public online but from journalists and academics, has horrified me.

I am not a politician. The hurly-burly of political life and being in the eye of the media do not appeal to me at all.

But Covid-19 is not a political phenomenon. It is a public health issue - indeed, it is one so serious that the response to it has already led to a humanitarian crisis.

We are already seeing how current lockdown policies are producing devastating effects on short and long-term public health. The results - to name just a few - include lower childhood vaccination rates, worsening cardiovascular disease outcomes, fewer cancer screenings and deteriorating mental health. Such pitfalls of national lockdowns must not be ignored, especially when it is the working class and younger members of society who carry the heaviest burden.

I was also deeply concerned that lockdowns only delay the inevitable spread of the virus. Indeed, we believe that a better way forward would be to target protective measures at specific vulnerable groups, such as the elderly in care homes.

I am certainly not pretending I have all the answers, but these issues need to be discussed and thrashed out thoroughly. It is perplexing to me that so many refuse even to consider the potential benefits of allowing non-vulnerable citizens, such as

the young, to go about their lives and risk infection, when in doing so, they would build up herd immunity and thereby protect the lives of vulnerable citizens.

Yet, rather than engage in serious, rational discussion with us, our critics have dismissed our ideas as 'pixie dust' and 'wishful thinking'. The Great Barrington Declaration represents a heartfelt attempt by a group of academics with decades of experience in this field to limit the harm of lockdown. I cannot conceive how anyone can construe this as 'against the national interest'.

On social media, meanwhile, much of the discourse has lacked any decorum whatsoever. I have all but stopped using Twitter, but I am aware that a number of academics have taken to using it to make personal attacks on my character, while my work is dismissed as 'pseudo-science'. But this pandemic is an international crisis. To shut down the discussion with abuse and smears - that is truly dangerous.

It hurts me profoundly that anyone who knows me, or has even a passing professional acquaintance, could believe for a minute that I would accept a clandestine payment for anything. When I signed the Great Barrington Declaration, on October 4, I did so with fellow scientists to express our view that national lockdowns won't cure us of COVID.

Clearly, none of us anticipated such a vitriolic response. The abuse that has followed has been nothing short of shameful. But rest assured, it won't do anything to sway me."

A commentary on the above documents can be seen at ... <https://www.aier.org/>

It's obvious that our government has shut down all debate about how to deal with this virus. No dissenting voices are allowed on the news networks. The Liberals, under Trudeau, an unabashed globalist, are firmly on the side of lockdowns and strict government control of the message. The Opposition are a bunch of gutless sycophants.

When asked what we could do to take back control of our future, Vaclav Klaus, former President of the Czech Republic replied, "It is quite simple. The people should say "NO" to all of it. Otherwise, what lies ahead is a real-life approximation of the dystopian "Brave New World" of Aldous Huxley."

"Maybe this world is another planet's hell." (A.H.)



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Jim Warbanks - Main Street

Despite very generous Federal and Provincial subsidies and substantial advertising/promotion campaigns, electric vehicle (EV) sales will not even reach the moderate goals set by government authorities.

I chuckled at a poster found online that claimed: "Switching from gasoline to electricity to stop pollution is like switching from rum to vodka in order to stop drinking." Wind and solar power sources are touted as having the potential to lower pollution levels drastically by reducing our heavy reliance on fossil fuels. These innovative developments may not prove to be the energy panaceas anticipated.

A conservative, right-wing, non-profit organization, financed in part by fracking interests, which is not an accredited academic institution, though it is known as Prager U (University), recently released a video examining the potential impact of further wind and solar project developments. I do not subscribe to most of the tenets put forward by this organization, founded by Allen Estin and talk show host Dennis Prager, but have found it instructive to examine certain of the statistics presented.

#### Efficiency

The maximum rate at which the sun's photons can be converted to usable electrons is 33%. The current best technology achieves an efficiency of 26%. For wind turbines, the best capture is estimated at 60%. Our current top efficiency is around 45%. Solar and wind only work when the sun shines and the wind blows. We need a fairly constant energy supply. The battery storage option put forward would require incredibly massive storage arrays to bank our energy needs for a single day. Wind and solar currently account for less than 3% of the world requirement.

The materials required to construct the proposed alternative energy machines are far from negligible, of course, and this includes significant non-renewable components. A single electric car battery may weigh 1/2 ton. But fabricating it requires digging, moving and processing 250 tons. A 100-megawatt wind farm needed to power 75,000 homes requires 30,000 tons of iron ore, 50,000 tons of concrete and 900 tons of non-recyclable plastics. The materials (cement, steel, glass) needed for a comparable solar power complex are 150% greater.

#### Rare earth minerals

In addition to the basic materials, sourcing required "rare earth" and other minerals (lithium, cobalt, copper, iridium and dysprosium) would demand a gigantic mining endeavour, judged to be at least a 200% increase in activity. The locations include remote, bio-diverse and wilderness areas, which brings up serious environmental concerns. Other proposed mines are in hostile or politically unstable locations across the globe.

The mining alone absorbs massive conventional energy. Then the required intensive industrial refining and processing demands a great deal more. At this point, we have yet to build the wind/solar hardware needed to bring each of these projects online in order to produce the first unit of alternative energy. The total energy expenditure, prior to start-up, must be assessed and accounted for to fairly and accurately claim gains in efficiency.

#### Waste

The envisioned wind, solar and battery technologies all have relatively short shelf lives, estimated at twenty years. Therefore, no analysis would be complete without factoring in the eventual waste. The International Renewable Energy Agency has forecast that, by 2050, the disposal of the remnants of worn-out solar panels will constitute double the tonnage of today's global plastic waste. Worn-out wind turbines and battery waste products will add millions more tons of waste.

I prefaced the above assessment with a disclaimer concerning the impartiality of this new technology assessment. I can readily imagine loyal readers guffawing, even happily or, perhaps, sadly, concluding that "he has truly miscalculated this time." So, to humour those who may disagree for any reason, I urge you to cut each of the proffered statistics in half, making them considerably less damning, even if still not fully credible.

#### Measurable costs

I will not attempt to do the math here, just remind you that both conventional and alternative energy projects must bear unavoidable, measurable costs: design, real estate, materials, construction, operation, maintenance, efficiencies over time and, ultimately, disposal.

I do expect that wind, solar and battery technologies will continue to evolve and each will play a useful role, perhaps even in ways unimagined today. However, I remain convinced that none of these will become the energy panacea as envisioned by some among us.



## Making it over the wall

Andie Bennett

Recently, I read an amazing twitter thread (they exist!) from Dr. Aisha Ahmad, an assistant professor of political science at the University of Toronto, about what people may be experiencing as we pass the 6-month mark of the pandemic. Ahmad has lived and worked on conflict dynamics in Afghanistan, Pakistan, Mali, Kenya and Somalia. She says that although this is her first pandemic, this is not her first 6-month wall. The thread talks about common emotions, and the stress people feel at this time, and advise people to put the focus on their mental and emotional health. (If you would like to read the full thread, here is the link: <https://tinyurl.com/y5vm06a6>)

This article got me thinking about how crucial support services are right now, especially for people who are caregivers. The feedback we have received from caregivers is that the pandemic situation makes it harder for them because they feel even more isolated. There are three main reasons: Diminishing respite options; For example, no more going to Tim Hortons to sit down and talk to people, restrictions on their movements because they provide care to vulnerable people, and moving in to care for loved ones that has caused them to become 24hr/day caregivers.

4Korners is trying to make sure that we can offer a sympathetic ear, as well as direct people to support and/or respite services that are still operational, as we wade through our new reality. We have individual telephone support for caregivers and an Online Caregivers Support Group once a month. We can also refer you to other caregiver support services in English that are available in your area. To register, or for more information, call us at 1-888-974-3940 ext. 601 or [info@4korners.org](mailto:info@4korners.org)

The 4Korners after-school drawing program is another area where we have been working hard to support parents and schools hitting the 6-month wall, while trying to maintain some sense of normalcy for our children. We have three schools participating and more kids joining in from home. It's a great option, now that all activities have been cancelled in red zones, and the feedback from the parents has been wonderful. The artist who leads the classes, Carol Lyng, has been described as patient, encouraging, kind and engaging, and one parent even wrote to us to say the classes "were the most consistent and positive thing that came out of the COVID situation."

For more information about caregivers' support or our after-school art programs, please visit <https://www.facebook.com/4KornersCenter/>

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# The Dunany Studio Artists “Virtual” art show on facebook

By Barb McCullough Scales

The Dunany Studio Artists have always held a group art show each year and received rave reviews. This year, because of the pandemic, they have decided to go “virtual” by launching their show of new works on Facebook, with 11 of their 17 members participating. November 1, 2020, marked the official launch of this “virtual vernissage” to the public.

Visit: [www.facebook.com/DunanyStudioArtists](https://www.facebook.com/DunanyStudioArtists)

The decision to go virtual has many benefits:

1. For the first time in their history, the extraordinary creativity of the Dunany artists **can be viewed by anyone world-wide**, instead of just the people who attend their exhibitions annually from the surrounding area.
2. The Facebook site is a portal that anyone will be able to visit year-round, rather than just a limited exhibition organized through a gallery.
3. The site will be updated continuously, so everyone will be able to view new works by each artist, thereby keeping the on-going art show “fresh.”
4. This art show requires no masks, no washing of hands and no infectious germs will be spread – definitely one of the only positive things this pandemic has forced upon us!

What makes the Dunany Studio Artists so unique? These 17 talented artists are long-time friends! Over a 20-year period, since their formation in 2000, they have always worked together weekly and, rather than competing, they have made a point of helping each other. They all live within 5 kms of one another within the small, historic community of Dunany, in the Municipality of Wentworth (13 kms north of Lachute). It is rare to have so much artistic talent flourish in such an isolated area. Dunany encompasses four small lakes and, at the centre, is the acclaimed Dunany Golf and Country Club. In 2022, the club will be 100 years old!

This group of creative women and men is committed to the beauty of art and the pursuit of learning and improving individual talent. Their inspiration comes from each other and their natural surroundings. They produce works in watercolour, pastel, oil, acrylic and mosaics, plus sculptures in clay and wood. Prior to the pandemic, they offered professional watercolour classes, featuring well-known artist-teachers, such as Jacques Hébert, Renée Dion, Art Cunanan and Doug Mays. The caliber of talent and the professionalism represented by this group has always been extraordinary.

This year’s virtual exhibition will be no exception. The Dunany Studio Artists invite all art lovers to visit the Facebook site at their leisure and hope they enjoy the show!

Participating artists include - **Coreen Berry, Maureen Cameron, Judy Hammond, Marion McGill Hodge, Angie Macleod, Joanne Moore, Jane Pilon, Caroline Roy, Revilla Sauvé, Barbara McCullough Scales, and Annabelle Wood.**

Future participating members include Steve Darlington, Nancy Farha, Careen Heggie-Latt, Susie Leger, Ginette Masson, Jacqueline Shelly and John Vanstone.

For more information: [dunanyartists@gmail.com](mailto:dunanyartists@gmail.com) or <http://dunany.ca/activities/dunany-studio-artists>



Annabelle Wood

# Scott Pearce elected 3rd Vice-President of the Federation of Canadian Municipalities (FCM)

The Mayor of the Township of Gore, Mr. Scott Pearce, was elected third Vice-President of the Federation of Canadian Municipalities (FCM) by some 1,600 mayors and city councillors across Canada.

His new status will lead him to sit on the Executive Committee of FCM, where he will join his voice to that of elected municipal officials and affiliate members from all regions and all types of communities across the country to establish strategic priorities that reflect concerns of municipal governments. The announcement was made official on October 15, 2020 at the FCM Annual General Meeting, after the process surrounding this first election had been virtually carried.

"I would sincerely like to thank all the delegates from Canadian municipalities and, more especially, the members of the Quebec caucus, for their unwavering support and confidence. I will fulfill my new responsibilities by sharing with my colleagues the dedication necessary to serve the best interests of Canadians with vigor and pride. In addition, I would like to congratulate the new president, Mr. Garth Frizzell, as well as all members of FCM’s executive committee and board of directors,” said Mr. Pearce.

Mr. Garth Frizzell, City Councillor for Prince George, British Columbia, will chair the FCM Executive Committee, and will be assisted by the First Vice-President, Mrs. Joanne Vanderheyden, City Councillor for Middlesex County, Ontario, Second Vice-President, Mr. Darren Hill, City Councillor in Saskatoon, Saskatchewan, as well as Mr. Scott Pearce, as Third Vice-President.

Committed to the common good, Mayor of the Municipality of the Township of Gore, since November 2004, Mr. Pearce also has served as Prefect of the MRC d'Argenteuil since May 2014. He had previously served as Deputy Prefect during two consecutive terms, from November 2009 to November 2013. Actively involved in the municipal sector, Mr. Pearce has been a member of the board of directors of the Federation of Canadian Municipalities (FCM) since 2009, where he held the positions of the president, the first, the second and third vice-president, elected by the general membership of the FCM, and vice-chair of the rural caucus and the Quebec caucus until early fall 2020, in addition to being a member of several strategic committees.

He also sits 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.

# The First Edition of the Index Plus Golf Tournament - a Real Success!

The golf tournament, held for the benefit of the Argenteuil Hospital Foundation, and organized by L'index Plus - Creator of events, was held on September 23. This tournament was an initiative of Mélanie Tardif, owner of the company and vice-president of the FHA, in order to support the Foundation in these times of the pandemic.

During this day, at the Ste-Adèle Valley Golf Club (partner of L'index Plus), \$11,686 was raised for the FHA. It is thanks to all the participants, volunteers and valued sponsors of the event that this success was possible! All proceeds raised will go directly to the operating room at the Argenteuil Hospital, for reimbursement of the mini C-Arm. Thanks to the purchase of this device, valued at \$204,000, more than 400 to 600 day surgeries have been performed at our Hospital each year since September 2019.

To donate to the Argenteuil Hospital Foundation, visit our website ([www.fhargenteuil.com](http://www.fhargenteuil.com)) or call us at (450) 562-3761 ext 72100. Each of your donations is important!

**About the Foundation:** The FHA is entirely dedicated to developing means to collect donations in order to support the Argenteuil Health and Social Services Center (CMSSS) in its projects and needs. It is recognized as a key player in the support and development of the care offered by the Hospital and our 3 CHSLDs, in particular, to improve the state of health of our community.



## In Flanders Fields

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

John McCrae





# NEWS BITS FOR NOVEMBER

## Quebec - The government of Quebec and Filaction launch a fund aimed at tourism entrepreneurs

In order to support the development of the tourism offer throughout Quebec, the Quebec government and Filaction are pleased to announce the creation of the Tourism Business Development Fund. This initiative, combined with an investment of \$11.5 million over ten years, will support projects that target new clienteles, or that extend the operating life of tourism businesses.



This is what the Minister of Tourism, Caroline Proulx, and the Managing Director of the Filaction Development Fund, Mr. Milder Villegas, announced recently.

The objectives of the Tourism Business Development Fund are to improve the tourism offer in Quebec, to provide additional funding to existing financial levers, to create favorable conditions for increased capitalization in tourism from private investors, to promote the emergence of innovative products and improve the competitiveness and innovation of the tourism businesses with a view to strengthening Québec's positioning.

The Tourism Business Development Fund is funded equally by the Ministry of Tourism and Filaction, which each contribute \$5,750,000.

## Brownsburg-Chatham - Nearly \$32,500 to improve infrastructure and outdoor play areas from the CPE Rêve de Caillette

Argenteuil MNA, Agnès Grondin, is pleased to announce two financial aid grants totaling \$32,472.58 to support the implementation of two CPE Rêve de Caillette projects within the framework of the Subsidy for infrastructure investment projects (SPII) in the Argenteuil district.

Initially, a grant of \$25,078.29 was awarded to CPE Rêve de Caillette for the redevelopment of the outdoor play area at its facility in Gore. Starting this fall, children can have fun in a safe way, on a grassy surface. And from next spring, the play area will be enhanced, with a shade cloth and a climbing wall.

As a second step, the CPE will carry out maintenance work on the infrastructure of its building in Brownsburg-Chatham. Renovation of the exterior access ramp, replacement of hot water tanks, as well as plumbing work are scheduled for the coming months. Financial assistance for this project is \$7,394.29.

## Lachute -COVID-19 pandemic Support of nearly \$4.3m to reduce the financial impacts of the pandemic from the municipalities of the district of Argenteuil

Argenteuil MNA, Agnès Grondin, is pleased to announce that a total financial assistance of \$4,290,372, funded equally between the governments of Quebec and Canada, will be granted to the 17 municipalities in the Argenteuil district.

With this assistance, municipal governments will be able to directly cover their expenses caused by the pandemic, such as cost increases related to public safety, building adaptations, the operation of municipal day camps and democratic processes in municipalities (municipal councils, partial and general elections). This support also aims to compensate for the loss of municipal income, such as income from permits, duties on real estate transfers, fines and penalties and parking.

## Highlights

- Financial assistance for all municipalities in Quebec is \$800 million. It stems from an agreement between the governments of Quebec and Canada, under the Security Relaunch Accord. Thus, an envelope of \$2.3 billion will be made available to municipalities and public transport organizations to offset the loss of income and expenses caused by COVID-19. An announcement to this effect took place on September 25.
- For each municipality, the amount of aid was determined using a mixed approach, taking into account two factors, namely the demographic weight and the impacts of the pandemic.
- This aid can be used by each municipality, both in 2020 and 2021, at its convenience.
- A sum of \$100 million has been set aside to meet any specific needs that may be established in the coming months. It will allow the regions to consider the future repercussions of the pandemic. The use of this reserve will be specified in winter 2021.

Related link:

Representatives of municipalities and municipal organizations as well as the population are also invited to consult <https://quebec.ca/coronavirus>. Information can also be obtained by calling 1 877 644-4545.

# STRICTLY BUSINESS

## A TRIBUTE TO ILANIA ABILEAH

By Lori Leonard - Main Street

These are “unusual” times, which led me to write about an “unusual” woman who was close to my heart. Although I usually write about local businesses, I thought this month it would be fitting to write about Ilania Abileah, an 83-year-old community icon, who, if you knew her.... meant business!

Ilania passed away on October 13, 2020. I met Ilania several years ago, and she made an immediate impression on me. Being a strong women's advocate myself, Ilania opened my eyes to what it meant, really, to be a strong woman and an advocate for women.

Ilania was a woman with heart, who had a larger-than-life smile and an amazing sense of humour. She was passionate about life and love. Ilania was the only 83-year-old woman I knew who could teach me “a thing or two” about Facebook, and other social media platforms. She always kept up with the times and took pride in doing so. She was an artist herself; she painted, sculpted and created her own, unique, ceramic pieces. Ilania always made time to mentor and help others who were starting their own careers in the art world. She often had young “woofers”, from various places around the world, who stayed at her home. Ilania took these young people under her wing and taught them about gardening, music, art, good food, and life in general. She was fond of all of them, and proudly introduced them to her friends. She kept in touch with many of them for years.

I don't know how Ilania did it, but each month she wrote long, highly detailed articles for Main Street about the local music, theatre and art scenes. At times, she also wrote restaurant reviews. It was truly a challenge to keep up with all of this knowledge, but Ilania met the challenge, each and every month. She attended many of the concerts and theatre performances herself and had extensive knowledge about the arts. In particular, she enjoyed Festival des Arts, St. Sauveur.

Ilania was passionate about cooking and always made time to share meals with her family and friends. It was always a special occasion to be there. I had the good fortune to share many cups of tea and lunches with Ilania. She taught me something new each time I was with her, whether it was about art, music, or just life. I had great admiration and respect for this woman who was seen about town with her black cap and big smile.

These last couple of years, although she endured much pain, multiple surgeries, and other health problems, she never complained. She loved her son Rami and enjoyed her extended family and friends.

Ilania, we miss you greatly. There will never be another like you!

## Expansion work on the Sainte-Agathe-des-Monts ecocentre

On October 15, the Council of Mayors of the MRC des Laurentides authorized the awarding of the contract for the expansion of the Sainte-Agathe-des-Monts ecocentre. Open since 2012, the Sainte-Agathe-des-Monts ecocentre has grown in popularity year after year and the influx of visitors is constantly increasing the quantities of materials brought to the site.



For example, in 2019, the ecocentre was visited by more than 25,000 citizens and nearly 4,000 tonnes of residual materials transacted on the site. Such an influx of people and materials means that the ecocentre is functioning at its functional limit and that an expansion of its surface is more than necessary. Thus, following the development of plans and specifications to meet current and future needs, the MRC awarded the expansion contract to Monco Construction Inc. de Sainte-Marguerite-du-Lac-Masson, for the sum of \$2.3 million.

Concretely, the Sainte-Agathe-des-Monts ecocentre will triple its surface area, allowing the availability of a greater number of containers for sorting materials and ensuring more efficient and safe circulation on the site for citizens and staff, and trucks carrying containers.

The expansion will take place over a 21-week period and in two separate phases. The first, from November 2 to December 18, 2020, will be devoted to deforestation and excavation work. During this period, the ecocentre will remain open, according to the scheduled opening hours. The second phase, between March 15 and the end of June 2021 will be devoted to major infrastructure work. During this period, the ecocentre site will be completely closed and temporary ecocentres will be made available to citizens of the MRC des Laurentides.

In this regard, information will be announced in the coming months.







## The English Link

# Finding PAIX

Andie Bennett

PAIX is a non-profit organisation that helps people struggling with problems of domestic and/or family violence, with the aim of preventing any future acts of violence. PAIX also provides consultation and support to people dealing with violence, regardless of their gender or age. When PAIX opened their doors in 1988 their main target was men, but, as the organization has grown and evolved, they now fill the unique role of welcoming women as well, not as victims of violence, for which there are a number of services available, but as individuals who may be struggling with controlling their own anger.

Brigitte Mathieu is the director and a counsellor with PAIX and she explained to me that in the type of services and support they offer, the fundamental starting point is accountability. Once someone takes responsibility for his/her actions the real work can begin. One of the ways individuals can dodge responsibility is to fall back on the old tropes “I just lost control” or “it happened in a flash.” Brigitte says PAIX doesn’t believe in losing control. In fact, what happens is that an individual uses violence to try and control a situation. PAIX helps them chose a different path. One of the ways they do that is by helping people recognize the surging adrenaline that can explode in a violent fashion. Brigitte shows the power of taking a time-out when a person feels that build-up, which allows the brain to disconnect from the survival hormone of adrenaline and extend that ‘flash’ to give one’s brain enough time to respond differently.

Alcoholism and drug use may be fertile grounds for violence, but Brigitte tells me this is not the blueprint for a violent person. Buried emotions, especially in the case of men who have been taught from an early age not to express sadness or vulnerability, are often a precursor to violence. Brigitte says the people that come to them are “Everyone and no one. They can be wearing work boots or a bow tie, and be 22 or 74” There is no real profile for someone who is violent. PAIX is there to help you make a different choice.

PAIX headquarters is in Sainte-Agathe but they serve the communities in the Pays-d’en-Haut and Laurentian MRCs. Pre-pandemic, they offered group sessions for men in Sainte-Agathe, Sainte-Adèle and Mont-Tremblant and for women in Sainte-Agathe and Sainte-Adèle. They meet teenagers one-on-one. For now, everything is operating via telephone or zoom. Visit their soon-to-be bilingual website at <http://www.organismepaix.ca/>



Laurentian Resident Welcomes Local Visitors  
Thank you to Claude Jouhaud for submitting this amazing photo of a flock of wild turkeys visiting his front yard.



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## About Sainte-Adèle

Chris Lance - Main Street

On October 15, two people were shot in Sainte-Adèle, and their truck ended up at Spago’s front door. One survived, the other died from his wounds.

The new CHSLD in Sainte-Adèle seems to be open and running, as cars are parked in the lot at night. I can’t imagine anyone wanting actually to live there, as we gear up to the winter months of flu and pandemic, offsetting your chances of surviving as a resident, based on the recent past and the Health Care department’s continued employment and staffing situation.

The snow is falling outside my window on the seating arrangement we’ve been using since last April, and now, it’s damp, cold, windy, and our dwindling Kleenex supply is filling up waste baskets and pants’ pockets. The sun’s warmth has headed south for the winter.

My collection of snow shovels is still packed away in the shed with the Xmas lights and decorations, tucked beside the snow brushes, winter tires, battery charger, winter windshield wipers, skis, skates, used hockey sticks, opened salt and sand bags, and used right-handed ski gloves (I only lose left gloves). On the shelf, in the cupboard, are tuques, winter gloves, mittens, hand warmers, scarves of all shapes and sizes. The winter boots are still hidden away, as are the winter jackets, ski jackets, (it seems that I have misplaced my blue ski jacket,) dress and casual wear overcoats.

It’s as though Fall never happened. On October 25 – 26 we were playing tennis in Sainte-Adèle, and now we are securing ski passes for the winter season. I keep thinking of standing in the ski towline, seeing the condensation of people’s breath surrounding me, and wondering why this virus is happening. At least, in the summer you couldn’t actually see the virus spreading.

Activities are free when you use Le P’tit Train du Nord this winter, from Sainte-Jérôme to Val David. There still will be patrollers enforcing rules and offering guidance.

As of October 19, our local high school has reported only 12 positive cases; 9 students and 3 staff. Of course, it would be great if the positive cases were zero.

The latest mural painting is an effort celebrating our collective strategy in our fight for community health. This now makes our mural count to a total of 16 around Sainte-Adèle.

Town councillor, Pierre Lafond, has been temporarily banned from town meetings while the Surete du Quebec leads an investigation into his conduct. The file of the embattled outspoken councillor is also being tried in municipal court.

If you walk by the BMO, near our library in the shopping center, you can see into the office of a bank employee and even read what’s on his computer. It gives you a pretty clear picture of the file and the client in the BMO office. It’s been bugging me for years and, perhaps, a word to BMO about privacy etc. would correct the situation.

That’s it – please stay safe and try to enjoy the transition to a long winter at home, skiing, work, and lots of patience.

### Laurentian Region Cancer Support Group

*Groupe de Soutien du Cancer de la Région des Laurentides*



## Learn about Quebec Cancer Foundation on Nov 14

The Laurentian Region Cancer Support Group will host a public meeting via Zoom with a representative of the Quebec Cancer foundation on Saturday, November 14 at 1 pm.

The QCF focuses its resources on patient services in hospitals and in communities across Quebec. This includes information services (brochures and help line), psychological support, physical wellness programs and lodging centres for patients undergoing treatments far from home. The QCF is actively reaching out to improve its communications with its English-speaking clientele through better access to English information both online and by telephone. This is an ideal opportunity to learn about resources available to patients, loved ones or friends who may be in need. For more information call 450-226-3641 or email [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca).

**REGISTERED CHARITY - DONATIONS APPRECIATED**





# Laurentian Personality Pierre Desmanches, a store owner who cares

Lori Leonard – Main Street

When we visit our favorite grocery store, we rarely get to meet the owner. Pierre Desmanches is owner of IGA, Morin-Heights. It's no easy feat to own and operate a grocery store these days. Pierre opened his store in June 2007 because he believed in the values of Morin Heights, its strong sense of community and family spirit. Today, there are between 90 and 100 employees.



Pierre and his family have lived in Piedmont for the past 21 years. He has downhill skied since childhood, and still enjoys it! He also appreciates watching a good movie, and family and friends are important to him. Pierre, and his wife Yannick, have a grown daughter, Magaly, who attends college. He enjoys worldwide travel with his family, and has climbed Mount Kilimanjaro twice, once to raise funds for St-Jérôme Hospital Foundation, and again with friends.

IGA Morin Heights plays an integral role in the community. Pierre and his staff demonstrate their social involvement by being involved with Morin-Heights Elementary School, the local church, seniors and needy families by providing financial support for activities and food service. Pierre believes this is a winning formula for the community and his family.

Pierre says, "it continues to be a difficult time for our customers and employees during COVID. We have implemented safety standards established by Health Canada and the IGA banner. Employees rigorously follow these standards for the safety of employees and customers. Our success is due to our dedicated employees who work hard despite the risks, understaffing and fatigue. Like many businesses, we have to deal with a personnel shortage which causes work overload. There have not been any cases of COVID in the store."

Their mission is to support and be present for the community and provide outstanding personalized service and superior products. Despite non-gatherings or canceled activities, they increased annual sponsorship of the Morin Heights Soccer group and offer free delivery on Tuesdays to the local senior center. Throughout the school year they provide fruit platters weekly to children at Morin-Heights Elementary. They collected bottles on two Saturdays with volunteers and employees and donated the funds to community organizations.

Pierre and his family would like all customers to know they will meet all challenges to serve them the best way possible, and they thank the community for their trust.

Thank you Pierre for all that you do for the community!

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# Be there for yourself the way you're there for others



You are always there when your loved ones are going through difficult times. But don't forget about yourself—solutions exist to help you feel better.

The current situation may cause you distress. Experiencing various levels of anxiety in some spheres of life is normal. When this happens, you may find it more challenging to deal with your thoughts, emotions, behaviour and relationships with others. Most people succeed in adapting, but listening to your needs is vital. **Don't hesitate to do whatever is necessary to help yourself.**

## Take care of yourself

- Rely on your personal strengths and have confidence in your abilities.
- Remind yourself of the winning strategies you used in the past to overcome difficulties. There is no one-size-fits-all solution! Each and every one of us must take steps to foster our own well-being.
- Enjoy life's little pleasures, such as listening to music, taking a warm bath, reading, exercising, etc.
- If you live close to nature, make the most of it. Breathe deeply and slowly as you walk.
- Learn to delegate, and allow others to help you.
- Ask for help when you feel overwhelmed. **It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.**
- Lend a hand in your community in a way that respects your personal limits and public health directives. By helping others, you can improve their wellness and your own as well.
- Think about what has meaning and value for you. Reflect on the important things in your life that you can hold onto in hard times.
- Reduce the stressors in your life.
- While it is important to stay informed, limit the amount of time spent reading about COVID-19. Information overload can increase stress and anxiety, and even cause depression.



### The *Getting Better My Way* digital tool

*Getting Better My Way* is a digital self-management tool for emotional health. If you are experiencing stress, anxiety or distress, this tool can help improve your well-being by identifying practical things you can do to feel better. Learn more at [Quebec.ca/Gettingbetter](https://Quebec.ca/Gettingbetter)





## Give voice to your feelings

- Keep in mind that having a range of emotions is normal. Feelings play an important role in life, and it is essential to experience them without passing judgment.
- Use words to express what you are going through. Do you feel alone? Are you worried?
- Allow yourself to share your feelings with a trusted friend or family member. It might also be helpful to write down how you're feeling or call a helpline. Find what works for you!
- Those closest to you may not necessarily be able to "read" you. Express your feelings.
- Leave space in your life for your feelings and those of your loved ones.



## Make judicious use of social media

- Use critical thinking before sharing something on social media. Ill-advised information can have harmful effects and be detrimental to everyone's efforts in these times.
- Use social media to share positive actions.
- Watch videos that make you smile.



## Choose healthy living habits

- Try to keep to a routine for eating, resting, sleeping and other daily activities.
- Take time to eat well.
- Go to bed at an hour that lets you get enough sleep.
- Be physically active on a regular basis, while complying with public health directives.
- Reduce your consumption of stimulants like coffee, tea, soft drinks, energy beverages, chocolate, etc.
- Drink lots of water.
- Lower your alcohol, drug and tobacco consumption, or simply say no to them entirely. The same goes for gambling.

## Help and resources

We are all going through unprecedented times that can intensify our emotional reactions. For example, you might feel greater fatigue or have fears that you can't shake, or even have trouble just dealing with the day-to-day. Focus on these signs of a problem and, as soon as you can, contact resources that can help you to better manage your feelings and develop new coping strategies.

- **Info-Social 811**  
Info-Social 811 is a free and confidential telephone consultation service available 24/7
- **Regroupement des services d'intervention de crise du Québec**  
Provides 24/7 referral services for people in distress (French): [centredecrise.ca/listecentres](http://centredecrise.ca/listecentres)
- **Tel-Aide**  
Helpline that provides 24/7 assistance to people who are isolated, in distress or need someone to talk to: 514 935-1101
- **Écoute Entraide**  
Community organization that supports people experiencing emotional distress: 514 278-2130 or 1 855 EN LIGNE (365-4463)
- **Suicide prevention crisis helpline**  
Crisis helpline that provides suicide prevention services 24/7: 1 866 APPELLE (277-3553)

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

 **Info-Social 811**

Québec 



# Desjardins is there for you

**We've created various initiatives to help you in these trying times.**



## **RELIEF MEASURES EXTENDED**

We're extending our relief measures to support members and clients who've been hardest hit in recent months. This includes deferred payments for most of our financing products and lower interest rates for our credit cards.



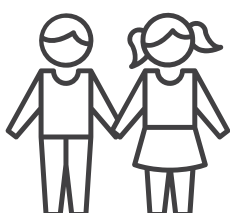
## **SUPPORTING LOCAL BUSINESSES**

As challenges arise, we're taking action to support local businesses.



## **ASSISTANCE FOR FINANCIAL WELL-BEING**

At any time, members and clients can obtain personalized assistance to regain their financial footing.



## **COMMITMENT TO YOUTH**

We're doing everything we can to help kids stay in school and succeed: drawing contests, caisse scholarships and Desjardins Foundation scholarships.

**Serving you is our priority.  
We're here for you during these challenging times.**





# From the Kitchen

## Apple Tart

### Ingredients

#### For the filling

- 5 apples, peeled, cored, and sliced
- 1/3 c. packed brown sugar
- Juice of 1/2 lemon
- 1 tsp. ground cinnamon
- 1 tsp. pure vanilla extract

#### For the crust

- 1 1/3 c. all-purpose flour
- 1/4 c. packed brown sugar
- 1/2 tsp. kosher salt
- 1/4 tsp. ground cinnamon
- 10 tbsp. butter, melted
- 1 tbsp. granulated sugar
- 2 tbsp. butter, cut into small cubes
- Melted apricot preserves

### Directions

Preheat oven to 350°. In a large bowl, toss apples, brown sugar, lemon juice, cinnamon, vanilla, and salt together.

In a large bowl, whisk together flour, sugar, salt, and cinnamon. Add melted butter and stir until dough forms. Press mixture into a 10” or 11” tart pan with a removable bottom, pressing until dough is smooth.

Arrange apples over crust, sprinkle with granulated sugar and dot top with butter. Bake until crust is golden and apples are tender, about 1 hour.

Brush with melted apricot preserves and let cool slightly before slicing and serving.



# Arundel News

Janet Thomas

### Meet Bettina Bolzer and Pascal Gauthier, new residents of Arundel

Wow, Arundel! Bettina and Pascal have brought a whole new dimension to our community! Bettina is a costume designer for live performances, loving to create contemporary, avant-garde pieces that she calls “crazy stuff” like wild over-sized accessories with LED lighting.

Previously, she travelled the world with Cirque de Soleil. She would love to share the creation of textile craft with others: knitting, tie-dye, felting, pattern-making - that’s her! Pascal is a costume supervisor who works mostly in the film industry. His love is period costuming. Together, they are thrilled to have left the city and settled into their squared-log fermette. Now they dream of gardens; specifically of expanding their own and opening shared gardens to create a gardening community. This young couple has energy, vision, a creative spirit, and tons of experience in the performing arts. Now they are asking how they can contribute to our community. Seriously? Let me count the ways!

### Local author David Lank releases book on birds of our area

Are you an emerging birdwatcher? Even veteran birders will enjoy this easy guide to our avian friends in the Harrington-Montcalm area. No more confusion with species, which only live in Florida or B.C.; this book limits itself to those you will find here. An additional plus is that it is conveniently organized by the seasons when you are most likely to glimpse them. This guide is beautifully illustrated and has bilingual text. The perfect Christmas gift at an affordable price. \$20/ each. To purchase a copy, please contact david.m.lank@mcgill.ca



# Amazing Split Pea Soup

### Ingredients

- 2 tbsp. extra virgin olive oil, divided
- \*1 (1 lb.) smoked ham hock
- 1 medium yellow onion
- 2 medium leeks (white and pale green parts only), thinly sliced
- 2 large shallots, minced
- Kosher salt
- Freshly ground black pepper
- 1 lb. dried green split peas
- 8 c. low-sodium chicken broth
- 2 sprigs fresh thyme, plus more for garnish
- 2 bay leaves
- \* Option: substitute ham hock for ½ pound chopped bacon



### Directions

In a large pot over medium heat, heat 1 tablespoon oil. Add ham hock and cook, turning occasionally, until golden on all sides, about 6 minutes total. Remove ham hock (bacon) from pot and add remaining oil.

Add onions, leeks, and shallots to the pot and season with salt and pepper. Cook until tender, 6 minutes more. Add split peas, chicken stock, thyme, bay leaves, and seared ham hock to the pot and bring to a boil. Reduce to a simmer and cook, stirring occasionally until peas are tender, about 1 hour. (If the soup gets too thick, add water 1/2 cup at a time until desired thickness is reached.)

When peas are tender, remove bay leaf, thyme, and ham hock. Remove any meat from ham hock and shred. Use an immersion blender or countertop blender to purée roughly 1/4 of the soup. Return puréed soup to pot along with the shredded ham hock and season to taste with salt and pepper. Served topped with more fresh thyme and another crack of black pepper.

# Delicious Pan-Roasted Beef Tenderloin with Mushrooms

### Ingredients

- 2 pound beef tenderloin, trimmed and tied
- Kosher salt
- Cracked black pepper
- 1 teaspoon canola or corn oil
- 2 tablespoons unsalted butter, divided
- 2 tablespoons extra-virgin olive oil
- 1 box mushrooms, sliced ¼ inch thick
- 1/3 cup finely chopped shallots
- 3 large garlic cloves, minced
- 1/3cup dry sherry
- 1 ½ teaspoons finely chopped fresh thyme

### Directions

#### Step 1

Pat beef dry. Let stand at room temperature for 30 minutes. Position rack in center of oven, and preheat oven to 425°. Season beef on all sides with 2 teaspoons each kosher salt and pepper.

#### Step 2

Heat canola oil in a 12-inch ovenproof skillet over medium-high heat. Add beef and sear on all sides for 8 to 10 minutes. Transfer skillet to oven. Roast until internal temperature reaches 135°, 30 to 35 minutes. Transfer beef to a platter; tent loosely with foil while preparing mushrooms.

#### Step 3

Add 1 tablespoon butter and the olive oil to same skillet. Add mushrooms and a pinch of kosher salt. Cook over medium-high heat, stirring occasionally, until mushrooms begin to turn golden, 6 to 8 minutes. Add shallots; cook and stir for 2 minutes. Add garlic; cook and stir for 30 seconds. Season with salt and pepper. Carefully add sherry; cook and stir until almost evaporated, about 1 minute.

#### Step 4

Stir juices from tenderloin platter into mushrooms with remaining tablespoon butter and thyme. Slice beef and serve with mushrooms.



## Making it Work in the Laurentians

## Job search mentorship during COVID-19

Maya Khamala

Job searching requires fortitude even at the best of times, but during the ongoing COVID-19 pandemic,

the challenges can be overwhelming. If you’ve never considered seeking the guidance of a mentor, now may be the time. Whether you’re unemployed or growing your job prospects, mentorship is more vital than ever to help make beneficial connections in these isolating times.

### What is mentorship?

Think of mentorship as a mutually beneficial relationship, which can strengthen your knowledge, confidence, and ultimately your chances of finding the right job. A mentor is someone more experienced than you, and their role is to share knowledge and advice on their industry, labour market factors, their personal and professional experiences, your questions, or all of the above.

### What a mentor can do for you

Even if you’re not in need of job advice right now, it’s worth being aware of the many possible benefits of having a mentor:

- They help you organize your job search, guiding you through the industry/sector you are pursuing. You stand a better chance if you’re looking in the right place at the right time!
- They ensure you’re aware of all the available options that might help you advance your goals. This could include returning to school, a career shift, or exploring new jobs.
- They provide a fresh perspective when you’re facing a barrier or a tough choice. A mentor can draw from their own experiences to help you navigate issues they’ve dealt with before.
- They listen to your professional concerns or struggles at critical points throughout your career - not just at the beginning. This can be a long-term relationship.
- They help find answers to your specific questions. The one-on-one nature of the mentor-mentee relationship is very conducive to achieving this.
- They help you ‘get your foot in the door.’ For women and people of color who face more systemic barriers and discrimination in certain fields, a well-connected mentor can help forge a more direct route.
- They play a key role in protecting your job during COVID-19 (and other crises). Research shows those with mentors form stronger emotional bonds to their job, have higher job satisfaction, and perceive greater support from employers.

### Where to find a mentor

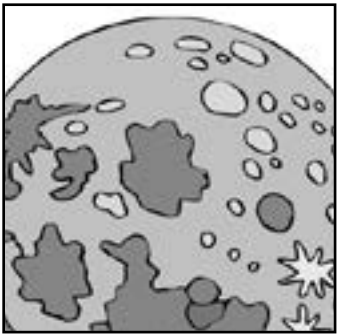
A strong candidate for a mentor is someone who knows you, is familiar with your work and abilities, and/or is in your industry. Of course, the right mentor for you may not check all these boxes.

If you have an informal mentor in your network (think professors, colleagues, employers, friends, or even family), you might consider formalizing the relationship. Otherwise, looking outside your usual circles may be fruitful too. Whether it’s someone you met through mutual contacts, someone from LinkedIn, or someone whose career you’ve always admired, be sure to prepare a strong elevator pitch before reaching out!

Bottom line: the right mentor can be invaluable to your professional development, both during COVID-19, and beyond.

Stumped? The YES Human Library at yesmontreal.ca allows viewers to scan the profiles of volunteer mentors with diverse backgrounds and request meetings with them.





Lys Chisholm & Marcus Nerenberg - Main Street

WW1, the War to end all wars, was over. The battle weary, shell-shocked (now PTSD) men (and women) were shipped home. The next battle, which killed more people than the Great War, would rage on for two more years. The “Spanish Flu”, that originated on a Kansas farm, and travelled to the European theatre of war, and then worldwide, returned through Spain, and infected thousands of troops coming home postwar to North America. That our children are able to hear this tale is a miracle in and of itself.

Lys’ grandmother, Pearlina Violet Soles, was a farm girl from Gananoque, Ontario. She and many other young women were drawn to the war effort. In 1915, when she turned nineteen, she was eligible to train as a nurse. Unfortunately, the CAMC (Canadian Army Medical Corps) only accepted women who were already qualified nurses. Canadian Nursing Schools, although excellent institutions, did not accept Catholics. Her only recourse was to leave Canada for New York. There, Pearlina attended St. Mary’s Catholic Nursing Training Hospital, the only Catholic Nursing hospital in Eastern North America.

Pearlina had a uniquely cheerful disposition, and a smile that could light up any gloomy day. She made many close friends while in training in New York. Imagine now the life of a student nurse in a bustling 1917 New York. A December 23 New York Times article reads that “15 women were added to State Committees” and, “local Republicans selected their first female County Chair”; not surprising as the push for national women’s suffrage was coming to fruition. The paper reads that, “Women were taking over men’s work as Army enlistments depleted the male labor force”; “Women became Postmen, and others became fare collectors for the trolleys at Broadway”. Women were clearly becoming empowered.

The Americans were late in joining the war effort. Even a year after they declared war against Germany, the American Expeditionary Force numbered fewer than 400,000. By May of 1918, thousands of soldiers were crossing the Atlantic monthly, tipping the balance against Germany. By November, the war ended.

As the war effort grew, fully certified Nurse P.V. Soles was engaged by the US Army and assigned to the Fort Dix Military Hospital in New Jersey and scheduled to move overseas with those troops. Pearlina was put on ship and struck off three times. Imagine how much mental stress and physical preparation it takes to board with hundreds of men, trained and anticipating battle.

The last troop transports also carried over the flu pandemic, where, it is hypothesized today, it morphed in the trenches of Europe into the deadly strain of H1N1 that spanned the globe and killed 30-50 million people.

In the end, the soldiers from Europe returned, bringing with them the now- altered epidemic. Many died on route home. Those who lived, made it to the care of Army nurses, like my Grandmother, who worked tirelessly against this invisible enemy. These healthy men arrived in the morning with a fever and were dead from asphyxiation as the sun set. This form of influenza had never been seen before, and it was taking the young and healthy, not just the elders and the babies. The epidemic filled every hospital, ship, port, and division as the panic grew.

At that time, the medical system had few tools to combat illness, like the antibiotics, steroids and ventilators used today. The strange story my Grandmother shared was only understood when a similar outbreak, called SARS (Toronto 2003), gave us insight to cause and ‘immune surge’ was understood.

Grandma said that “if they could get their hands on brandy, the men would survive”; the alcohol likely suppressing the auto-immune surge on the lungs. With mounting pressure for Prohibition, military zones such as Fort Dix were designated “dry zones” according to Historian Marian Moser Jones, of the University of Maryland. Surreptitiously, nurses shed their uniforms, and were sent out at night to bootleggers to procure the brandy.

Pearlina survived the Pandemic of 1918, when many of her dear friends and coworkers did not. She married her sweetheart, (a survivor of the RAF), in New York, returned to Canada, and settled in Quebec City. She continued to practice midwifery until routine birthing units were created in hospitals later in the next decade.

This Remembrance Day, please wear a Poppy to remember those unrecognised souls who gave up their lives, physically and mentally to a forgotten pandemic war in 1918 and for those fallen and still fighting today at the Front-lines of Covid 19 in 2020.



Fort Dix Hospital, Fort Dix, NJ, 1919. Nurse P.V. Soles with soldiers recovering from the Spanish Flu.  
Archival restoration: Randall Beaudin - ran.beau@sympatico.ca

Nurse Pearlina V. Soles at U.S. Army enlistment, NY., 1917.  
Archival restoration: Randall Beaudin  
ran.beau@sympatico.ca



Zach Factor

## One brave nurse; one forgotten pandemic



## The Story Behind Private Joseph Roussin

Joseph Graham - Main Street  
joseph@ballyhoo.ca

As we remember those we lost who served in our wars, we must not lose sight of the horrors. World War One was the time of the industrialization of modern killing methods. It was probably the last time young men signed up as much for the adventure and honour as for the need to protect, and that war brought in the participation of our most ancient warriors from the Indigenous communities across Canada.

According to the records of Library and Archives Canada, upwards of 4000 Indigenous people signed up. The Six Nations’ Council offered to join as allies, but the offer was rejected, in part because it would have acknowledged their status as Haudenosaunee rather than as Canadian, but even so, they formed the largest single group of Turtle Islanders to join the war effort. Many of them ended up with the Winnipeg 107th Battalion Engineering Brigade. It had 500 Indigenous members.

Joseph Brant’s great-great-grandson Cameron Grant lost his life leading a platoon of the 4th Canadian Infantry Battalion in a counter-attack near Ypres, Belgium, in 1915, and Edith Anderson, also of the Six Nations, served as a nurse with the U.S. Medical Corps in Vittel, France.

Indigenous people, including Métis and Inuit signed up from across Canada. One third of able-bodied men joined the military effort and many reserve communities donated to the Patriotic Fund. Half of the eligible Indigenous men in New Brunswick and Nova Scotia and every male between 20 and 35 of the Lake Band in British Columbia volunteered for service.

Kanehsatake was no exception. Joseph Roussin was one of two notable military scouts with the Van Doos. The other, an Innu, was William Cleary from Lac St. Jean. Before signing up, Roussin had worked as a lumberjack. He was not a particularly large man, but he was clearly tough. He signed up with the 77th Battalion in 1915, served with 4 battalions and was injured and returned to service many times. Janice Summerby, writing for Veteran’s Affairs, described him in Native Soldiers, Foreign Battlefields.

On August 15, 1917, the opening day of the Battle of Hill 70 in France, Private Joseph Roussin, a Mohawk from Quebec’s Kanesatake Band, merited his medal for carrying out a successful solo attack against eight enemy soldiers. The former lumberjack came back with three prisoners and a gash in his arm from an enemy bayonet. Fortunately, the wound healed, and he returned to action one month later.

The battle for Hill 70 is perpetuated in the naming of a ski slope in St. Sauveur. On the Dutch and Belgian front, in the spring of 1917, the Allies bombarded Messines Ridge, but on the morning of June 7, the attack stopped. While the Germans awaited an infantry assault, the British ignited 450,000 kg of explosives that they had stuffed into 19 mineshafts right under the ridge, killing ten thousand young Germans. The Allies took the ridge, but by the end of July were bogged down at the next ridge while the German defenders controlled the no-man’s land between. The goal was Passchendaele and Field Marshall General Douglas Haig needed a diversion in August to draw German attention away from his proposed advance. It was decided to mount an attack on Lens in northern France. Canadian Arthur Currie, recently knighted for his role as one of the masterminds of the victory at Vimy Ridge, was assigned the task. His Canadian troops were seasoned – tough farm boys and lumberjacks from wood-heated homes in the Canadian hills, used to bad weather and the sight of blood. Some had grown up with homespun clothes and received their first real boots when they joined the army. Currie was a master tactician with a gruff demeanour who was known for his aggressive language. His troops respected him. Challenging direct orders, he argued that an attack on Lens would lead to heavy casualties and failure. He proposed instead to take the German base above the city. Allied maps described it as Hill 70, and its soldiers protected Lens. Field Marshall Haig had to deal with the insubordination, but he accepted Currie’s proposal, partly because the attack on Lens was considered diversionary and of little strategic importance. He also predicted Currie’s alternative would fail. Hill 70 was impregnable.

Currie prepared a mock-up of the battlefield and had his men rehearse the distances and the procedure. Having joined the army as a private himself, he believed that every soldier had to be ready to take over leadership. The bombardment began on the evening of August 14 and as the sun rose the next morning, troops, including Roussin, advanced under the curtain of their own artillery barrage, leading to ‘friendly fire’ casualties. Both sides depended on flesh-burning mustard gas, which sank into the Germans’ deep protective shafts while the Canadians dumped flaming oil into the trenches. German defences were breached within 20 minutes and within hours the Canadians held the hill, fending off 21 counterattacks over the next four days. Their ammunition and rations were exhausted by the time the Germans gave it up and the clean-up of the dead could be completed.

Summerby continued... In the history of the battalion, Roussin is remembered as one of the battalion’s “two famous military scouts” (Cleary is the other): “In the chaplain’s hut ...another casualty has just been given first aid. One of the scouts from the Van Doos has been wounded in the wrist. Roussin, an Indian, is the most wounded man in the Regiment, perhaps in the entire British Army. This one will earn him a ninth woundstripe. It’s starting to become old hat to him; he’s patched up and heads back to his post!” (quoted from Joseph Chaballe’s, Histoire du 22e Bataillon canadien-français).

This was the atmosphere in which Joseph Roussin of Kanehsatake earned his Military Medal for Bravery. He rejoined his wife in Kanehsatake at the end of the war.

Thanks to Richard Gabriel for the suggestion





# Garden Talk

## Plant-care equals self-care

June Angus - Main Street

For eight months, COVID-19 restrictions have wreaked havoc with our everyday activities and opportunities to socialize. There is plenty of talk recently in the media and among health care professionals about the toll this is taking on our mental health and well-being. Doesn't look like things will ease up much in the coming months. So, it's not surprising we're all being encouraged to find ways to deal now with the long hard winter that lies ahead.



Over the summer, many of us coped by spending a lot of time outdoors communing with nature; more people than ever got down and dirty creating gardens in their yards and on their decks and balconies. The act of nurturing and caring for plants helped us to cultivate a more positive outlook on things. But as winter looms we're spending a lot more time indoors.

One helpful strategy is to carry on gardening indoors. Researchers have been promoting the mental health benefits of horticulture for decades and for good reason. Their studies have shown that the act of tending for plants takes our minds off our worries, relieves stress and has an overall calming affect. Plants do this whether you're walking in the forest, digging in a garden, or simply tending to some houseplants.

Much research has focused on the beneficial impact plants have on recovering hospital patients, people living in seniors' residences, participants at day centers for those with physical or mental challenges, as well as for the inhabitants of closed, artificial environments such as the International Space Station.

On your home front, you can keep things simple by just surrounding yourself with a few low-maintenance houseplants. Aloe Vera, for example, fares well in most conditions, doesn't need much light and withstands both high and low temperatures. It offers added health benefits as a skin moisturizer or salve for minor burns. Simply break off a leaf and squeeze out the gel-like substance and apply to your skin. Other easy-growing specimens that withstand low-light conditions and minimal care include the snake plant, peace lily and English ivy. Red-edged dracaenas and others in the dracaena family are also simple to care for but need a bit more light. All of these offer the added benefit of helping to clean and purify your indoor air space.

If you're up for a small challenge, add a few salad greens, herbs or sprouts to your indoor garden scene. You can start herb plants from seed or even pick up parsley, basil, rosemary or thyme plants from the grocery store. You can keep them growing on a bright windowsill for months. You have the added bonus of fresh herbs to add to your favourite winter recipes. Growing consumables from kitchen scraps such as romaine lettuce, celery or green onions can also add a bit of flavour. It is also quite entertaining to watch these castoffs produce anew. Seeds for edible alfalfa sprouts, pea shoots and sunflower sprouts can be grown simply in jars to give a fresh boost to salads or other recipes.

It's also possible to create a more elaborate indoor growing space that can produce tomatoes, peppers and more. This usually requires a bit more space and some specialized equipment including lights. Even when a room seems brightly lit in the winter, sun at this time of year doesn't get high enough in the sky to produce the kind of light that fruiting plants such as tomatoes need. More about this topic next month.

Meanwhile, be proactive and get some greenery or flowering plants growing now. The simple act of watering and tending to them at least once a week will give a positive boost to your overall well being...and it's something we can control even in these trying times.

Finally, I also send along special thoughts about our dear colleague Ilania. She was not only a wonderful supporter of the Arts including our local amateur theatre troupe Theatre Morin Heights, but she was also an avid gardener. I will miss our many lively discussions about both theatre and gardening...



# Word Play

## The autumn of all things

Louise Bloom - lousebloom@me.com

When thinking about all the readers of our cherished Main Street, I would like to say, "Hello, how are you"? This greeting might seem trite, a greeting that has lost meaning through over-use or, perhaps, it's become a question that is far too broad to serve as more than a cliché. But, I am asking this with true interest, and with the hope that you are asking the same of yourselves.



The second wave of this long-term pandemic is difficult. As the weather grows too cold to arrange family meetings outdoors, I am, like many others, once again facing an extreme isolation that borders on disturbing. As a way of coping, I maintain a routine, which includes long walks along our road. In the outdoors, I am newly aware of the change of seasons, not as a sudden stroke of discovery, but rather as part of a daily round of keen observation. Since the month of May, I have become acquainted with the minute shifts that take a tree from its budding moments, its leafy flourishing, its subtle change in vibration, its transitions of colour, all the way to the time when the canopy falls, carpeting everything with an orange presence that fades slowly with the rain and the chill. Solitude has heightened my awareness.

In autumn, we have a rare opportunity to reflect on the deeper meaning that emerges when thinking upon the significance of this season.

At the autumn equinox, darkness and light are of equal measure. This might remind us to consider what it means to balance the darkness and light within us. The human tendency is to fear the darkness as a harbinger of the unknown. We should remember that darkness is a time when silent nurture and an opportunity for conscious understanding emerges. Therefore, darkness is a necessary element for human comfort.

Fall, and its fluttering leaves, is a time in nature that mirrors our lives. Here, we consider what needs to be let go, or relinquished, this being the act of letting the energy of spirit, rather than the force of our own will, take charge of our lives. Here, we might decide what is no longer useful, or our responsibility to continue carrying. Also, we might acknowledge the power of generosity because, that release of something we have created and carried, enables us to give more generously of our freed talents and time to others.

A third and compelling component offered by the nature of autumn is the true understanding of impermanence. This summer, I was keenly aware of my desire to stop time, to put the brakes on the beautiful weather and the bountiful flowering of the season. But, despite that need, autumn has come, underlining that during my most difficult moments, change is forever on the horizon. Jewish writer, Harold Kushner, in *The Lord is my Shepherd*, suggests that when we contemplate Fall's changes, we grow more appreciative of all the beauty that surrounds us.

Cynthia Kneen, author of *Awake Mind, Open Heart*, suggests that, when we are brave and open-hearted, we have a sincere affection for this world, the sun, another human, an experience. When these things touch your heart, you realize this world is very fleeting.

She shares that, "Hello means good-bye" and also, "My hope, hello again."

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

# THE FLU CAN CRACK YOUR DEFENSES.

## GET VACCINATED IF YOU LIVE WITH DIABETES, A WEAKENED IMMUNE SYSTEM, A HEART, LUNG OR KIDNEY DISEASE.

For the 2020-2021 flu vaccination campaign, vaccination is recommended and available free of charge to those most at risk of developing flu-related complications:

- Children from 6 months to 17 years old who have certain chronic diseases
- Adults who have certain chronic diseases (including pregnant women regardless the stage of pregnancy)
- Pregnant women, in the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters of their pregnancy
- People aged 75 and over.

To reduce the risk of contamination, the flu vaccine is also offered free of charge to:

- Family members who live in the same household as a child under 6 months of age or a person at higher risk of being hospitalized and their caregivers
- Health care workers

**Where to get vaccinated:**

- In a pharmacy; for more information, contact your local pharmacy
- During some appointments in CISSS des Laurentides facilities
- At the vaccination clinic chosen when making an appointment online or by phone

**Vaccination will be BY APPOINTMENT ONLY. It will not be possible to make an appointment on site.**

By visiting [clicsante.ca](http://clicsante.ca)

By calling 1-888-664-2555

Free vaccine for some people. For more information, visit:

[www.santelaurentides.gouv.qc.ca](http://www.santelaurentides.gouv.qc.ca)

Vaccination,  
the best protection

Votre  
gouvernement

Québec



ILANIA ABILEAH  
AUGUST 27, 1937 TO  
OCTOBER 13, 2020

Ilania Abileah, was born in Israel on August 27, 1937. Her mother was of Polish descent and her father was also of European origin. She was a true Sabra, raised on a traditional kibbutz.



Ilania served in the Israeli Defence Force (I.D.F.) where she trained as a nurse. She subsequently became a flight attendant with El-Al, the Israeli Airlines. She married, and she and her husband immigrated to New York City, where their son Rami was born, and then soon moved to Quebec, where her husband had family.

Ilania worked first in Montreal for the Molson Breweries, and then for the pharmaceutical firm, Bristol Myers Squibb, retiring at the age of 58, and moving to her home at Lake Dainava, in Morin Heights.

She was a consummate artist and she perfected her talents studying at Montreal's Concordia University, eventually graduating with a Bachelor of Fine Arts. She painted in oil, as well as expressing herself in printmaking, and in her later years, in ceramics, with a preference for Jewish themes.

Among her various rich contributions to our community, Ilania was a member of the local arts organizations, Arts Morin Heights, and Route des Arts, where she also served on the board in various capacities over the years. She wrote tirelessly for nearly 20 years for the Main Street newspaper, reporting on arts and culture throughout the Laurentians, and her column, Out & About, has been a major contribution. Her whole-hearted support of Main Street was outstanding. She was devoted to the artists and musicians that she encountered through her interviewing sessions and reliable attendance of all events, encouraging the arts in the region with a dedicated vigor, embracing both our English and French communities.

Ilania was an avid gardener, and shared the beauty of her property and her extensive knowledge with all her friends and neighbours. It is noted that Ilania had an extraordinary willingness to forgive those who had treated her unkindly, even to the point of genuinely extending them hospitality and comfort in her modest home.

She was a member of the WWOOF Association (Willing Workers on Organic Farms). She housed workers from all over the world, offering them her comforting cuisine and cultural visits, when possible, thus adding her innovative energy to their experiences.

Ilania's uncle, William Abileah, violinist and member of the Haifa Orchestra, was involved in the peace movement that encouraged peace between the Jews and the Palestinians which, at that time, was greatly appreciated. Ilania carried on in his spirit. Although she was attached to her Judaic roots, she displayed an openness of heart, accompanying her Christian friends to attend formal worship, and welcoming the sharing of Spiritual music and song in her home.

Ilania considered her friend, Herb Hart, a "Havrutah", or bible-study partner, comparing the Hebrew original with the English translation. Herb and Linda Hart contributed without limit to the care of Ilania during their many years as friends and, most especially, in her final year. Jan Kijenski, a friend and next-door neighbour, was a crucial companion and caretaker, and hugely significant in Ilania's life.

She is sorely missed by so very many.

A dedicated mother and grandmother, Ilania leaves behind her brother Ron, his wife Marlene Winograd of California, her son Rami, her daughter-in-law Tara, and her grandson Ethan.

ILANIA ABILEAH

At 9:20pm, on October 13, a Beautiful Flower fell from the Abileah family tree.

Ilania made a strong impression on virtually every life that she came into contact with. She brought light and humour to every occasion and, somehow, made every gathering special.

Born a Sabra, on August 27, 1937, to Hans and Halina Abileah, she had a life of living on the Kubutz with her sister, Ami Abileah (Z"L), and eventually acquired a beloved brother, Ron Abileah. As all good Israelis, she also served her time in the IDF as a nurse, after which she found her way to EL-AL as a flight attendant. While working for EL-AL, she met David (Z"L), and they got married, as David and Ilania Negev.

The two of them travelled, and landed in Italy, to link up with The Nacawa family, David's family, while on their way to Canada. By some fate, they needed to wait for immigration papers to be put in order and ended up in New York City for several months. It was in New York that Ilania gave birth to her son, Rami Negev.

Finally, after landing in Montreal, life was hard for both Ilania and David but, somehow, Ilania always made Holidays in our house special and creative. Ilania had managed to acquire many friends in those early years. After having parted ways with David, she found herself wanting to live in the countryside, like in her youth, and found a property at Lac Dainava, in Morin Heights.

She even continued her studies in university, and finally managed to get a Bachelor's in Fine Arts and pursued a carrier in painting and sculpture. She joined Arts Morin Heights and was a founding member of Route des Arts for the Laurentians. She also pursued a writing career, covering the art scene in the Laurentians and helping other artists trying to make a name for themselves.

Of course, holidays were always special at Lac Dainava, as Ilania was always prolific in the kitchen, and always gathered a good crowd of family and friends at her house on those occasions.

Ilania is survived by her son and daughter-in-law, Rami Negev and Tara Maharaj, her grand-son, Ethan Negev, as well as her beloved brother and sister-in-law, Ron Abileah and Marlene Winograd, as well as Ron's daughter, Rae Abileah. Also, sisters-in-law, Allegra Levy, with daughters Clair and Ruth Levy; Mary Nacawa, with her children Myrna, Lydia, and Andre, and Magda Nacawa, and her children, Dario and Deborah. As well as many cousins and in-laws - Uncle Benny (Z"L) & Ruth Abileah, Theresa Werbowski, and her son Michael Werbowski, Uri & Marlene Seiden, Adi Abileah, and Suzi Abileah, Amir Abileah and Hilla Barzillai-Abileah, Dafna Abileah, Danni Abileah, and Othniel Seiden ... as well as countless extended family and friends, all of whom Ilania considered family.



For Mookie

New Moon | 27 Tishrei, 5781 | October 15, 2020

Hinei ma tov umanayim

We gather in this tent, a patchwork of electronic squares, across the mountains, plains, oceans, continents apart but together, together as family of blood and of choice.

See how the night has no terror for the one who remembers.

May we bring Ilania's light into our intention to live our days with meaning, with creativity, with brilliance;

to gather together, to share traditions in our own interpretations

to open our doors on holidays and always to many people from many

traditions to make our tables abundant with dishes, like the pots of Morin

Heights to put a pomegranate on our altar and to make our good deeds as

numerous as the seeds of pomegranates.

Where there was never an empty seat,

there is now a space at our table

for this gregarious woman who joins us from across the veil.

She who once attended to the flights of El-Al now flies in the

company of Elohim.

She who chronicled family histories and art shows now shows us the

way to charter our own destinies artistically.

May we make each other feel as if we are part of each other's families al-

ways, joy inspiring, joie de vivre,

to be warm, unique, throw our own birthdays to bring together the cousins.

May those we talk to on the phone hear our smile through the phone,

a laugh from deep inside.

May we offer limitless support to those in need,

an open door policy,

what a policy for the Middle East that would be!

Here in these tents, virtual and across homes,

may Mookie's memory be a blessing all the days of our lives.

Ozi v'zimrat Yah vay'hi li lishuah.

May our Strength (be balanced) with the Song of God/Universe/Shechina

(and) be our salvation.

Oseh shalom bimromav, hu ya'aseh shalom aleinu

v'al kol-yisrael, v'al kol-yishmael, v'al kol yoshvei tevel, v'imru: "amen."

Rami Negev

BARRY WAYNE MACLEOD, OCTOBER 30, 2019.

Already a year since Barry left us. We would like to thank the Morin-Heights community and friends who showed us their support during a very difficult time. For your kindness and understanding, we will be forever grateful. Special thanks to Charles Bernard and his devoted team of First Responders, they were always just a phone call away and never let us down.

We thank all of you,

Sonia, Sophie and Leigh



Essential Oils

Anxiety, panic and stress

Susan Rich

It's so easy to get lost in all the bad news these days. The increase in suicide rates since the beginning of the pandemic is over the top. Mental illness is not

new and, while there is a place for drugs, there are also natural remedies that can help before you get to the dangerous phase of needing drugs.

For a very long time, aromatherapy and essential oils have been used in practice to treat sadness and depression with great success. The key is to recognize the need, and to start using them as soon as possible!

One of my favorite oils to help with sad feelings is Melissa, also known as lemon balm. This is the oil of light. It allows individuals who feel too weighed down by the burdens of life to let go and keep going. Literally, it helps the soul to lighten the load and move forward.

Roman Chamomile is the oil of spiritual purpose. It supports individuals in discovering and living their life's true purpose. With these changing times, many people find themselves out of work and not knowing how to move forward. Roman Chamomile can aid in awakening your soul and help you to listen to your heart and discover your true calling on this earth.

Bergamot is the oil of self-acceptance. It relieves feeling of despair, self-judgment and low self-esteem. It invites individuals to see life with more optimism. It teaches individuals to let go of self-judgment by learning to love themselves unconditionally.

Rose is the oil of divine love. This oil has the highest energetic vibration of any other oil on the planet. Many of us are feeling very lonely and unloved these days with social distancing taking away almost all physical contact. Rose oil allows one to feel loved and cared for even without the physical touch.

So, if you, like myself, are struggling with this new world and all the changes it is bringing, take out your oils, give them a sniff, put them in your diffuser, bathe yourself in them and let the light shine once more.

For more information on how to get 100% pure CPTG oils, please feel free to contact me at 819-421-2253 or join my public education page on Facebook at Éducation Publique Living Essentials Public Education





# Main Street Money Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

## Ditch the tax refund mentality Why that “bonus” cash isn’t really a reason to celebrate.

Is a tax refund really good news? The reality is that qualifying for a tax refund may be a case of poor tax planning. A refund means you paid more in tax than you needed to last year, essentially giving the federal government an interest-free loan.

According to the Canada Revenue Agency, 62 per cent of Canadians received a tax refund during the 2019 tax filing season. The average refund was in the range of \$1,700, which is no small amount. Some may look at it as an unexpected windfall to help cover post-holiday season credit card debt, or to fund a summer family getaway.

But rather than waiting for this annual lump sum, consider opting for a larger regular paycheck. If you typically receive a refund, a review of your household budget, earnings and investment portfolio with your advisor can uncover where adjustments can be made so that less tax is withheld from your earnings during the year.

### Refund reset

Registered Retirement Savings Plan (RRSP) contributions, child-care expenses and tuition costs for post-secondary education all add up to significant tax deductions and credits. By anticipating these deductions and credits, you can increase your take-home pay each month instead of receiving them in the form of a tax refund.

With your advisor’s help, work through the calculations to determine how much to reduce the tax amount coming off your earnings. Then it’s as simple as submitting Form T1213, Request to Reduce Tax Deductions at Source, to the Canada Revenue Agency (CRA), which authorizes a reduction in the tax deducted by your employer. It takes some time for the CRA to process your request, so consider filling out the form in late summer or early fall to ensure that tax reductions on earnings will be in place for the start of January.

In Quebec, Form TP-1016, Application for a Reduction in Source Deductions of Income Tax, must also be filed with Revenu Québec to reduce federal and provincial deductions.

### Smart savings

An annual refund of \$1,700 works out to about \$140 a month – a tidy sum that can go towards savings or paying down debt. Here are a few ideas to make your money work for you all year round.

### Credit cards

Carrying a credit card balance means your hard-earned money is going towards interest charges rather than savings. Reduce the cost of credit by paying down high-interest debt first.

### Mortgage repayment

Boosting your weekly, biweekly or monthly repayment amount has the potential to shave years off your mortgage with little to no pain on your part. Talk to your lender about the penalty-free options available.

### RRSPs

Grow that retirement nest egg through a larger monthly RRSP contribution. Even an extra \$25 a month can make a big difference in the long run.

### TFSA

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### RESPs

As the price of post-secondary education keeps increasing, making a regular monthly contribution into a Registered Education Savings Plan (RESP) can help offset tuition costs.

### RDSPs

A Registered Disability Savings Plan (RDSP) allows families to plan for the long-term financial security of a relative with disabilities. Regular contributions can add up over time thanks to the power of compounding interest.

Effective tax planning ensures your money is working for you throughout the year. Speak with your advisor to learn more about breaking the tax refund cycle. Christopher Collyer, BA, CFP

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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 Beaujolais Nouveau Day!

April Sirois – Sommelier - ISG

Beaujolais Nouveau Day has been celebrated in the Beaujolais region in Burgundy, France since the 1950's. It always falls on the third Thursday in November. This year, that would be on November 19.

The day is celebrated in France with food, music and parties. It is French law, that the wine be released at exactly 12:01 am. It is done with much fanfare and fireworks, fine local food, and, of course, a few glasses of the newly released Beaujolais. The wine drinking and party will go on until dawn. Officially ending that year's growing season because this young, fresh, fruity, wine arrives just a few weeks after the grapes have been harvested. The release parties, once held only in France, have picked up popularity and are now held throughout the world to celebrate this first wine of the season.

This tradition started when distributors began competing each year to be the first to deliver the first bottles to Paris. In the 1970s, Georges Duboeuf, one of the big producers of Beaujolais Nouveau, made up banners with the words "Le Beaujolais Nouveau est arrivé!" This quickly became the slogan for the whole event. The race to get the wines from Beaujolais to Paris every year attracted increasing media coverage. Curious people from around the world began to try this young "nouveau" wine, acquired a taste for it and anticipated the day of its arrival each fall.

To me the arrival of the Beaujolais Nouveau marks the beginning of the Holiday Season. It is not lost on me that this wine is perfectly suited for turkey dinner. It also pairs well with mild cheese, light appetizers, pâtés, terrines and rillettes, and even makes a great sipping wine, all on its own, without any food at all.

Beaujolais and Beaujolais Nouveau are unique wines made in a unique fashion. They are fermented by "carbonic maceration". This fermentation style is also called, whole-berry fermentation or intercellular fermentation. In order to make Beaujolais Nouveau, the grapes have to be in whole bunches, so the fruit can't be picked by machine. All grapes, (Gamay by law in this area) must be carefully hand picked, making Beaujolais Nouveau a true labor of love.

Once picked, bunches of whole red grapes are sealed in a large vessel that has first been filled with carbon dioxide. In the absence of oxygen, these intact berries begin an intracellular fermentation process, and begin to actually ferment inside the skins of the uncrushed grapes. The Gamay grape used in Beaujolais wines is the most common example. This style of fermentation gives a fresh, fruity, bright wine best consumed young, with a few exceptions. Some key aromas associated with carbonic maceration would be bubble gum, Kirsch, banana, strawberries, and jubes. The only down side is the limited quantities that are released and when they are gone, they are gone.

So you may want to get to the SAQ early if you want to try the first of this year's wine and join in the celebration.

~Cheers

# I'm Just Saying A dictionary for the disenchanted

Ron Golfman - Main Street

In the midst of year one of the COVID era, everyone has had to adapt to a different way of coping on a daily basis. Much of what we always thought to be the content of the colors in our lives, such as having dinner parties, meeting a friend at a local watering hole for an ale, or playing a team sport, has been suspended at the very least. For most of us, the necessity to find alternative ways of remaining vibrant and focused has been put to the test. In this new world, many of us have had the experience of noticing things we once never gave a thought about, primarily because our movements have been restricted, and our routines have been replaced by time on our hands. Not long ago we would have cherished such observations, but for many, the changes have promoted criticism instead of heightened critical thinking.

I, too, have fallen into this trap, particularly when it comes to the use of language in our daily experiences. Once upon a time, I would read messages from people and cringe when, for example, the misuse of the words 'there, their and they're' had contaminated the prose. Now, those errors are but a spit in the ocean of bastardizing vocabulary, because while those examples were either due to laziness, ignorance or error, the use of words to manipulate seems to have caught on as a tool for either good or evil. I am not talking here about TMI or LOL and such, shortcuts which I was never impressed with, but were deemed cute and trendy by most in an era before March 2020. People who use these expressions during the pandemic ought not to complain if they are bored, because they'd have less idle time if they simply spelled the words in full. With respect to TMI, if you are overwhelmed by too much information, the abbreviation is almost plausible, but LOL is a simple and personal joy, c'mon man!

There should be a movement, even a protest march downtown, with people wearing tee-shirts and carrying banners, which read 'Proper Grammar Matters'. As this article comes out after the American election, I can't help but take, hopefully, a last shot at the Republican fiasco before they are banished to their deserved exile into political and social infamy. For four years I have had to listen to The Donald speak to the minions almost entirely in superlatives and bad grammar. "Make America Great Again, Again", who accepts this? Or WTF? Trump describes everything in vague or abstract words, largely because specificity comes from the development of an idea, or some cohesive thinking. If the expression 'the devil is in the details' were appropriate, then King Don must be a saint as he never exhibits or utters a concrete plan.

Given the tough times we face, with no end in sight, communication is an essential key for us all to get through this in reasonably good shape. Take the time to dialogue with friends and family and try to do it with forethought; others will respect you for the effort.

As the weather forces us inside, I am just saying, keeping in touch is a form of human contact, and we all deserve a hug, even if only verbal, to get to the other side of this in good shape. Stay well!

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November 2020

MAIN STREET 



# Louis Babin new director of the Chœur Tremblant

The Chœur Tremblant is pleased to present its new artistic director, Louis Babin. Fans of choral singing may already know him as the artistic director of two choirs in Québec, including one in the Laurentians, Ô Chœur du Nord of Val David, which recognizes his excellent teaching skills, and a sense of humour that make practices lively and fun. This year, Mr. Babin is working on a master's degree in choral direction at the Université de Sherbrooke, adding it to his master's degree in composition and his training in viola and trumpet at the Conservatoire de musique de Montréal. He has also enjoyed a brilliant professional career as a trumpeter.



Over the years, Louis Babin has directed a number of ensembles and orchestras. He has conducted international youth orchestras at the Festivals Eurochestreries in France and China, the Orchestre symphonique des jeunes of Strasbourg, and the Orchestre à cordes des jeunes of Laval.

Louis Babin is also an internationally known composer, recognized for his modern, playful, accessible and cinematographic works. Several ensembles and interpreters have commissioned, or interpreted his works, notably the Toronto Symphony Orchestra, the Orchestre symphonique of Laval, the Festivals Eurochestreries of China and France, the Quatuor Molinari, and the French violinist Marie Cantagrill. Mr. Babin has won numerous awards and prizes during his career, including special mention for the World Music Competition IBLA Grand Prize.

Louis Babin has agreed enthusiastically to share his expertise with the Chœur Tremblant: "I can't wait to work with the choristers of this choir and to present to our audience a varied, high-level repertoire. Together, we'll make beautiful music." The choristers are also eager to begin practices again as, unfortunately, they were interrupted by the pandemic.

The Chœur Tremblant, backed by the Ville de Mont-Tremblant, is a four-part choir, founded in 1994, on which was conferred, in 2016, the title "cultural treasure of the Laurentians". Its members come from afar – from Sainte-Adèle to Mont-Laurier and beyond – to sing. Practices are held one evening a week, in the Village Church playhouse in old Mont-Tremblant Village, on Lac Mercier. Concerts are presented at Christmas and in the spring. New choristers are also very welcome!

For more information, see Mr. Babin's website at [www.louisbabin.com](http://www.louisbabin.com) and contact the Chœur Tremblant by email at [info@choeurtremblant.com](mailto:info@choeurtremblant.com), or by phone at 873 279-2848.

## Theatre Morin Heights takes a bow

Theatre Morin Heights delighted audiences with a series of staged comic play readings by David Tristram. The shows were performed three times a week from late September till early November at the Chalet Bellevue in Morin Heights while respecting all COVID-19 protocols. The plays chronicled the misadventures of an amateur theatre troupe in the imaginary town of Little Grimley. Audiences expressed enthusiastic appreciation for the chance to see live theatre and have a few laughs during these trying times. Special thanks go to the cast, crew and municipal staff at the Bellevue. Play reading evenings are planned for the new year. Details coming soon. For more information visit [www.theatremorinheights.ca](http://www.theatremorinheights.ca).



Cast of "Lockdown" Chris Schlachter, Nancy Brown, Rebecca Macdonald and David Townsend. Also performing during the festival Robert Rankin and David Sherman.

Ville de  
Saint-Sauveur

Ville de Saint-Sauveur: free online activities and open outdoor facilities

The City of Saint-Sauveur is continuing its contribution to the collective effort to curb the second wave of transmission of COVID-19 by suspending classes, events and face-to-face activities until November 23, 2020. It is thus participating in the 28-day challenge decreed by the provincial government. During this period, virtual activities will be maintained and municipal services and outdoor infrastructure will remain open.

FREE ONLINE ACTIVITIES

Residents are invited to take advantage of Saint-Sauveur's outdoor infrastructures, in particular the trails in John-H Molson Park, and to participate in online activities offered free of charge:

• December 14: Storytime "Special Christmas" with the elf Kassiopé

PUBLIC LIBRARY

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## Be there for yourself the way you're there for others

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

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