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
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What's On My Mind... Signs of the holidays

Susan MacDonald, Editor

It was with a smile, recently, that I read an email asking when Main Street would be closed for the holidays. Closed for the holidays... is it really that time of the year again, already? After double-checking the current date, I realised that we were only a mere seven weeks away, and that the signs of the upcoming season were already in play.

It's still early November, and the first signs announcing local food drives are appearing in our towns as community groups in our region begin their marathon efforts to ensure that everyone will enjoy a warm holiday meal or two this season. Soon, firefighters and other groups will be collecting donations at street intersections, and most grocery stores will have their in-store donation boxes, ready to be filled with non-perishable contributions from generous shoppers. Door-to-door collections over the next few weeks will add to the inventory but ... will it be enough to feed all those who need help? Not without your participation and generosity.

Also, signs for local fairs, bazaars and craft shows in nearly all municipalities across the Laurentians are starting to appear. The resident talent in the Laurentians is astounding, and these local shopping opportunities should not be overlooked. It is a great way to show support for your community members. Be sure to check out the ads and articles on pages 3, 4, 12 and 16, as well as our community section, on page 11, for a partial listing of some of the local events.

As you will see, on page 10, many of the churches have listed their upcoming Christmas services, and more information will be included in next month's edition. Times of these events vary, so be sure to take note of them if you plan to attend.

The holiday season is a special time that provides an opportunity to be generous and kind towards others. Remember that this is the true season for giving. Sharing with others is a gift we can all give freely. We can help to make a difference in the lives of others more needy than us by supporting local community events, groups and organizations.

Please, open your hearts and give generously.

Enjoy the read...

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Observations Poor Greta

David MacFairlane - MainStreet

Yes, indeed, poor Greta, because she is only a symbol of the “Zero-Carbon” climate warriors who have captured the imaginations of millions of mostly young people, demanding an end to the use of fossil fuels and carbon emissions. Greta Thunberg, the young activist from Sweden, is the tool of this movement – the point of the spear. She is not alone in her campaign for climate and ecological action, although she is presented as such. Behind her is a large organisation that provides chaperoning, security, food and accommodation, public relations, transport, counseling and other support services. She does not speak spontaneously but reads from written speeches that have been composed carefully for maximum impact. Sorry, but an autistic 16-year old does not possess that level of political sophistication.

On November 1st., after the venue of the UN Climate Meeting was switched from Chile to Spain, Greta tweeted, “I’m so sorry I’ll not be able to visit South and Central America this time, I was so looking forward to this. But this is of course not about me, my experiences or where I wish to travel. We’re in a climate and ecological emergency.” Then, in a perfect example of behind-the-curtain micromanagement, Greta displayed a sudden moment of clarity in her next tweet: “This of course no problem. People are suffering all around the world, and I’m fine whatever I do and wherever I am.” Zero Hedge summed it up perfectly, “We’re sure Greta will find her way to Madrid over the next four weeks, where she can guilt the UN into action with more stories of her ruined childhood.”

As described in Encyclopedia.com, the green movement is a diverse movement that forwards the concerns of environmentalists, comprising people who see the integrity of the non-human world as worthy of preservation both for its own sake and for the sake of human survival. Since the 1980s, global climate change has been one of the green movement’s main concerns. Other important concerns include organic agriculture, pollution, preservation of multi-use undeveloped landscapes, wetlands and wild places, protection of endangered species, oceans and freshwater, resistance to genetic modification of crops and livestock, and opposition to nuclear power. Environmental concerns have become ubiquitous in modern global culture.

However, conflating environmental protection, climate change and zero-carbon goals into one, single protest movement is where the cognitive dissonance exists and why it will never succeed.

You see, (and I have presented this idea before) the climate is changing all on its own. There is nothing we, humans, can do about it. The climate is cyclic, and has changed continuously throughout the ages, from warm to cold and back again. It depends on the activity of the sun and its own, natural cycles. When the sun is active, the intense magnetic activity causes solar flares and massive coronal ejections from sunspots, resulting in periods of warming for the Earth. When the sun’s activity declines, as it is now, magnetic activity weakens, and a period of cooling begins that can last for many years. That is where we are now, in a time of cooling that brings with its gradual arrival huge changes in climate and weather patterns, and very unusual weather events across the globe. That’s the climate change situation in a nutshell. To try to stop it is akin to King Canute standing at the seashore and commanding the incoming tide to retreat. Of course, he nearly drowned! Let’s stop fighting climate change folks; we have something else to do that can save the planet.

The next illusion is eliminating carbon emissions, (and again, I have suggested this before) because without carbon dioxide, we are all dead. Carbon dioxide is important because it is used in photosynthesis, a process that is necessary for the survival of life on Earth. Carbon dioxide is also a vital greenhouse gas that helps trap heat in the atmosphere, and it plays a key role in Earth’s carbon cycle. Carbon dioxide acts as a climate buffer, because feedback in the carbon cycle helps to maintain global temperatures so Earth’s climate does not get too hot or cold to support life. Anthropogenic carbon emissions do not cause climate change, and CO2 is not a pollutant. Did anyone tell you that, Justin?

In fact, a recent report by Bernstein Research, a Wall Street premier firm with activities spanning the world, described both Greta and her ostensible buddy, Alexandria Ocasio-Cortez, the far-left, US Democrat nutjob, as the unlikely heroines of the global mining industry – the much-maligned and hated extractive corporations that rob our precious Earth of its treasures. Well, that’s the case presented by the prosecution. What is not understood is that mining is an activity also vital for our survival as a species. The report outlines how a fundamental restructuring of the global industrial economy would be necessary to achieve even a fraction of this goal to reach 100% of the power demand in the United States through clean, renewable, and zero-emission energy sources. Greta would want that for the whole world before she hits drinking age! The stark reality is that renewable energy demands an abundance of raw materials to build the infrastructure needed. That involves cop-

per, cobalt, steel, lithium, manganese, platinum, and rare earths, like neodymium, promethium, dysprosium, oil, gas and on and on. The quantities required are so enormous, so eye-popping grotesque, that prices would have to rise over 10-fold just to be able to get the stuff out of the ground profitably. We have barely sufficient reserves today for current needs. More must be found, but new discoveries require a long and very expensive trek into the unknown. Reserves are finite and declining. New mines can take up to 20 years from discovery to production.

No, it cannot work. This Zero-Emission crusade is akin to the tragic Children’s Crusade of 1212, led by a young boy who wanted to defend Christendom during the tumult of the Middle Ages. He motivated a large crowd of people to follow him to Italy, and then to the Middle East, where those young Crusaders were ultimately captured and sold into slavery.

So, what’s left that can be done? The last of the three conflated movements. This is what we can achieve – commit to reach the authentic goals of a real green movement, without the zero-emission and climate change nonsense. This we must do, or we become the architects of our own demise. Stop polluting and poisoning the land and our waterways, clean up the oceans, protect all species, minimise consumption, and live lovingly and respectfully with one another. If war and weapons of mass destruction were declared illegal universally, there would be enough wealth available to feed the hungry, educate every citizen, house the poor, provide free, universal medical care, with enough left to rebuild the parts of the world that insanity and greed have destroyed.

No, Greta, it’s not about you or your ruined childhood. As you said, it’s really about the suffering world, caused by our refusal to acknowledge the harm we are doing to the planet and to ourselves.

Amen.

“All generous minds have a horror of what are commonly called ‘Facts’. They are the brute beasts of the intellectual domain. Science is the knowledge of consequences, and dependence of one fact upon another. – Thomas Hobbes 1588-1679 – English philosopher, historian, author.



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Simply Words on Paper Preemies still face challenges but nothing like back then

Jim Warbanks - Main Street

Being born premature, as I was, many, many years ago was far from the ideal way to enter this world. I weighed a paltry 3 lbs. 14 oz. at birth. I like to proudly claim that this was all solid muscle. My father made a more realistic assessment describing his first-born as “just a bag of bones.” I was fortunate to be under the care of Dr. MacDonald, our family physician, who had previously worked in China and may have known the controversial Canadian pioneer, Dr. Norman Bethune.

I was slated for release from hospital when I attained a weight of five pounds. However, I lingered stubbornly around four and a half pounds, so I was sent home. There, my maternal grandmother took charge. She placed me in a wicker basket on the open oven door to simulate an incubator. If I am here today, it is due to the attentive care that I received at a time when preemies were considered expendable in the medical health care system.

Tiniest humans

Therefore, I was both amazed and delighted to read an article entitled Caring for the Tiniest Humans in a recent issue of Montréal en Santé, a magazine published by the McGill University Health Centre (MUHC) profiling nurse practitioner Louise Gervais, who is the team leader at the 52-incubator Neo-natal Care Unit of the Montreal Children’s Hospital. It receives 900 admissions yearly. She noted that our hospitals only began investing in incubator facilities in the 1950s.

She referred to the pioneering work of Dr. Martin Couney who rescued many of these premature babies and ultimately established an innovative incubator facility linked to a Coney Island sideshow from 1903 to the early 1940s where the general public paid 25 cents to view the little humans. The public funding paid for the expensive care, which cost about \$15 a day in 1903 (the equivalent of \$405 today) per incubator.

At that time, premature infants were considered genetically inferior weaklings whose fate was a matter for God. Without intervention, the vast majority of infants born prematurely were destined to die. Couney was an unlikely medical pioneer. He was shunned by the medical establishment, and condemned by many as a self-publicist and charlatan.

Innovative care

The incubators, kept at 96 or so degrees, were a medical miracle made of steel and glass standing on legs, about 5ft. tall. A water boiler on the outside supplied hot water to a pipe running underneath a bed of mesh, upon which the baby slept, while a thermostat regulated the temperature. They offered a standard of technological care not matched in any hospital of the time.

As new children were dropped off by panicked parents who could not afford their care but knew Couney could help them, they were immediately bathed, rubbed with alcohol and swaddled tight, then placed in an incubator. Every two hours, those who could suckle were breast-fed by wet nurses who lived in the building. The rest were fed by a funneled spoon. Couney encouraged his nurses to take the babies out of the incubators to hug and kiss them, believing they responded to affection.

The smallest baby Couney handled is reported to have weighed a pound and a half. His nurses all wore starched white uniforms and the facility was always spotlessly clean. He employed a cook to make healthy meals for the staff.

No charge

Race, economic class, and social status were never factors in his decision to treat premature infants entrusted to him. Couney never charged the parents for their care. Their names were kept scrupulously anonymous. He claimed to have saved nearly 6,500 babies with a success rate of 85 per cent.

Throughout his decades of saving babies, Couney tried to sell, or even donate, his incubators to hospitals, but they didn’t want them. He even offered all his incubators to the city of New York in 1940, but was turned down. It was as late as 1943 that Cornell New York Hospital opened the city’s first dedicated premature infant facility.

Raised families

At reunions he staged, adults who were treated by him testified to having lived fulfilling lives, raised families. “I was a sickly baby,” said Kathy Meyer, who was born eight weeks premature in 1939. “If it wasn’t for Dr. Couney, I wouldn’t be here today. And neither would my four children and five grandchildren. We have so much to thank him for.”

Today, one in 10 babies born is born prematurely, but their chance of survival is vastly improved, thanks to the Incubator Doctor, and the carnival babies.



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Readers’ Voice Short Term Rental -bylaws based on fear, not facts

By Ericson Martin

Recently, I received a registered letter from Dave Roy (Inspector for the Urbanism Department of Morin-Heights) stating that I was violating the short-term rental bylaw (defined as anything under 31 days).

Mr. Roy explained in a phone call, “There are issues with Airbnb in every place I've worked. It creates a lot of problems. If you ask me the noise ratio, I don't know.”

Articles, such as Anne Marie Lecomte’s, in which MRC officials cite noise disturbances as being the reason for their restrictive by-laws, shape public perceptions about short-term rentals.

Noise disturbances can be dealt with through a simple call to the local police. The Surete du Quebec has no statistics on alleged noise disturbances caused by short-term rentals.

Airbnb is a home-sharing service, allowing people to access beautiful areas while generating money for the communities by bringing in more tourists.

Helene Dumas, from the Ministry of Tourism, stated, “It would be great for tourism if all municipalities allowed short-term rentals.”

Historically, short-term rentals, in the form of farmers renting out rooms in their homes, built up tourism in the Laurentians.

Short-term rentals help the elderly afford repairs and to pay property tax; it's helping one unemployed woman I know, in Morin-Heights, to meet her financial obligations.

Airbnb is self-monitored. Guests and hosts are reviewed. If house rules are broken, guests can be told to leave.

Short-term rentals generate revenue for municipalities, which can issue permits and regulate occupations, as opposed to imposing outright bans.

St. Adolphe d'Howard is unique in this regard, by allowing its citizens the right to request use of their principal residence for short-term rentals. It costs \$500 and both a committee and the town council review the application.

At a recent town meeting, I asked the Morin-Heights councillors if they'd consider adopting a similar policy. Mayor Watchorn replied: “For now council is not going to change our bylaws for short-term rentals. We have had multiple problems with short-term rentals. St. Adolphe had to hire Garda to apply their bylaws for short-term rentals, which is hugely problematic...if you have any other evidence that might convince us...”

“Mr. Mayor,” I interjected, "I'm asking you to present me with evidence that short-term rentals are detrimental to the community.”

“We don't have to present evidence. We base ourselves on what our citizens tell us,” the mayor replied.

Which citizens are those? Vocal minorities who pressure the town to enforce their bylaws in the absence of any tangible evidence that short-term rentals create problems?

St. Adolphe does hire Garda, from June 28 to September 28, on Fridays and Saturdays only, from 10 pm to 2 am, which doesn't seem as “hugely problematic”, as mayor Watchorn claims.

Mayor Pierre Poirier of Saint Faustin-Lac Carre stated that not all short-term rentals are a problem but, because of a few bad apples, everyone has to pay.





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About Sainte-Adèle

Chris Lance - Main Street

In 2015, Canada was hoping for change and elected the Liberal Party, including David Graham up here in Laurentides-Labelle. But, unfortunately for Justin Trudeau, due to an over-dressed trip to India, black and brown face caricatures, and, of course, the SNC Lavalin scandal, Quebec has managed to reintroduce the sovereigntist party, Block Quebecois, and an undercurrent of separation. It's too bad for Trudeau that in 2019, Canada was looking for another change. Wishing the best future to David Graham and, perhaps, the best future to Sainte-Adèle as we work our way through a minority government and another election. Hopefully the Habs will get to the playoffs, and politics will stay in the back rooms while we cheer for Les Canadiens in our living rooms.

Hats off to Louis Desjardins and Angela Klein of Restaurant Spago for their help in contributing a breakfast to the kids of l'Ecole Ste-Joseph. The gift of \$3000 was given to la Fondation des Gens Heureux.

For those 65 and up, you can get into Cinema Pine to catch a flic for \$10.44 – thanks Tom!

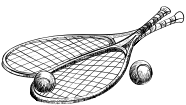
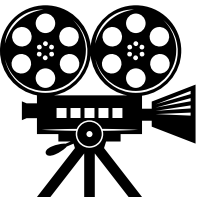
If you are planning to visit the Chambre de Commerce de Sainte-Adèle, the office will have moved as of November 1 to 1960, boul. Sainte-Adèle.

If you haven't managed to get an appointment for your flu shot through the Quebec government website, try a local pharmacy, or your doctor, if you are lucky enough to have one.

It's time to put away all the summer stuff and prepare for winter. Put the shovels by the door, find your car ice scraper and snow removal gear, put the extra shovel in the trunk and remove the golf clubs and tennis gear from the car, roll up the water hose, put away the rakes, find the salt pellets and sand bags (maybe you have leftovers from the spring flood), stack the wood, buy the eco-logs, check your heating system, clean the gutters, find last year's snow boots, gloves, hats and tuques, sharpen your skates and skis (check the sales), see if you can fit into those ski clothes (after all those barbeques and boozy dinners), if you haven't bought those ski passes, you will pay a little more and, best of all, check how much it costs to fly to warmer climes. Check with the relatives to see who's coming for Christmas. Better yet, choose where you'll be going for the Xmas holidays. All those ski packages look good – just ask Kenny R. if he's ready to ski in Jackson Hole this ski season. Tennis Pro Greg is heading south for the winter as are so many avid tennis players.

More members will move their tennis season to Mont-Gabriel next year, as the mayor plans to pave the tennis courts in Mont-Rolland and have noisy pickle-ball instead of clay tennis courts. Saving money and maintenance, our Mayor Briere is opposed to kids learning tennis. Good luck with getting the kids to play pickle-ball.

Let's all just survive the November weather. Let's bowl, play pool, Inter-Club tennis, walk when you can, join a club, watch movies, plan Christmas and New Year's parties, paint a room, make soup or stews, and think happy thoughts. The days are getting shorter, but winter sports will be up and running soon enough.



I'm Just Saying Houston, we have a problem

Ron Golfman - Main Street

Disassociation; perhaps the Webster's dictionary which, sadly, in recent years, has included modern jargon, such as 'doh' and 'twerk', as legitimate words, should consider, in their hipster ambition, including 'disassociation', with the description being: one who is alone in public. In the modern world, as people search for external definitions of who they are, and how they feel, this word is not too much of a stretch to consider.

The obvious commentary we know all too well is to point out the zombie-like hordes who walk the streets, faces down, staring hopelessly at their 'smartphones', as if actors in a Night of the Living Dead sequel, hungry for validation.

The more subtle feature here, and vastly more disturbing, is that many people have forgotten how to live in the present, alienating their contemporaries by the real threat of losing the very social skills that initially brought them together.

The width and breath of this disturbing trend can be found anywhere one looks in Québec. Well, that's not entirely true, as Montréal seems to be inclusive and open to the world, whereas in the rest of the province people appear to support not using both "Hi" and "Bonjour" when welcoming the rest of the planet. Disguised as protection of the language, the net effect is alienation of others at a time when inclusion is woefully at risk.

Globally, in a world where Putin, Assad, the Brexit effort, and the reckless politics of the Trump administration, push for an Orwellian outcome that promotes blind faith or, more accurately, the demise of independent thought, we are losing ourselves.

I can remember spending time with people I cared for deeply, who ignored my angst over my fruitless attempts to spend precious moments in conversation, while they poked away on their phones endlessly. Their dull response of "what's the problem?", meaning that they could do two things at once, speaks to the lack of respect for the intimacy that forged the relationship originally.

I will admit speaking to inanimate objects occasionally, half expecting an answer, such as when I ask my refrigerator out loud "what do I want to eat?", but that's the worst of it. In the end, and I'm just saying, my social and personal conscience is best challenged when I look in the mirror, because the person looking back won't let me lie, hide, or become a lemming.



Arundel News

Janet Thomas

Arundel Concert Series presents: Julianna and Jesse
Arundel United Church

Saturday, November 9: 7 pm
DO NOT MISS THIS EVENT! This pop / R&B duo is now so popular on the larger music scene that this may be your only chance to see them in Arundel!
Advance tickets \$20 at Arundel Provisions; \$25 at the door.

Arundel Lecture Series: Hiking the East Coast Trail, Newfoundland
Arundel Municipal Garage Hall
Friday, November 15: 7 pm.
The East Coast Trail unites 336 km of wilderness hiking with richly historic communities along the Avalon Peninsula coastline. Patti will share photos and stories from her recent trip.

Grace Church ACW Christmas bazaar and soup lunch
Grace Anglican Church, Church Road
Saturday, November 23: noon - 1:30 pm

Huberdeau Expo-Vente de Noël - Huberdeau Community Centre
Saturday, November 23, 10 am - 3 pm and Sunday, November 24: 10 am - 4 pm
We'll have 30 artisans and surprise gifts on Sunday morning from 10 am to noon.

Arundel Christmas Market - Arundel United Church Hall
Saturday, December 7: 10 am - 4 pm
Everything from Christmas baking to the perfect Christmas gift. Please join us!

Arundel Childrens' Christmas Choir and soup lunch - Arundel United Church
Tuesday, December 10: 11:30 am
Children of Arundel Elementary School will treat us to a medley of Christmas songs. The audience is warmly invited to join us afterwards for a hearty soup lunch and dessert. Free-will donations only. Please come!

Loisirs Children's Christmas Crafts - Rouge Valley Legion
Saturday, December 14: 1 pm - 2 pm
Bring the kids to make a Christmas craft project. Free!



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

Gala MercadOr

The Gala MercadOr is an awards ceremony to honour achievements in exports and celebrate the successes of exporting companies from across Quebec. The event is an opportunity to give regional and provincial visibility to these companies and promote exports among players in economic development in Quebec.

On October 17, Lyse Denommé, president, Robert Renaud, director, and Claire Gaudet, director of strategic communications at La Maison Clayton Shagal, were presented the Innovative Exporter award at the 21st edition of Gala MercadOr for the Laurentian region.

The award recognized Clayton Chagal's innovation in researching and developing new products and the company's online visibility; the geolocation feature of its new, soon-to-be-trilingual website; the new management system for its distributors; its new and improved promotional tools and its international success.

The regional winners will represent the Laurentian region at the Gala MercadOr Québec, to be held on November 20 in Laval. Twelve awards will be presented to exporters among the regional finalists from across Quebec.

Val-David in call for projects for its celebrations of the Centennial 2021

The Municipality of Val-David is preparing to celebrate its 100th anniversary. With the collaboration of the organizations of the environment, the organizing committee of the Centennial has launched a call for projects to build a unifying program, for and by the citizens.

To ensure this achievement, the Municipality wishes to encourage community initiatives by offering financial support to non-profit organizations working in all areas of activity: artistic, nature, outdoor, community, historical, heritage, intergenerational, education, health, environment, etc.

"The projects in the community will be an essential part of the programming, the main directions of which were developed by the organizing committee. We want an exceptional representation of organizations to present the identity and image of our community," says Centennial Coordinator Marie-Claude Cossette.

The organizing committee has a maximum budget of \$ 45,000, which will be awarded to organizations, who will submit their projects by December 2, 2019, 4:30 pm. Eligible organizations are invited to examine all the necessary information and forms on the website: valdavid.com/centennial/project call.

Introducing the local population to outdoor activities

Loisirs Laurentides recently launched a new outdoor project, "The adventure is in your hands." This is an interregional initiative rallying three regional units of leisure and sport, namely those of Bas-St-Laurent, Gaspésie-Îles-de-la-Madeleine and the Laurentians. The goal? To ensure that the general population, especially young people and families, is introduced to outdoor activities near their living environment.

Sabrina Pelletier, an outdoor development officer, will work to build bridges between organizations offering outdoor activities and schools.

A practical guide to implementing initiation activities will be written at the end of this project and can be used by any outdoor organization in the province wishing to develop an offer for its local clientele.

Over the next few weeks, Loisirs Laurentides will be looking for outdoor organizations and schools wishing to participate in the project. They can contact Sabrina Pelletier directly to evaluate the feasibility of offering introductory activities in their communities.

This initiative is related directly to the areas of intervention set out in the 2017-2021 Laurentian Outdoor Action Plan. One of its objectives is to "Implement regional strategies for young people to develop outdoor skills and overcome the nature deficit in them."

Mont Tremblant provides new service

The City of Mont-Tremblant is pleased to announce that 39 firefighters from the Fire Safety Service will be able to act as First Level 2 Respondents (PR-2), starting November 18. This new service will cover the territories of the City of Mont-Tremblant and the municipalities of Brébeuf and Lac-Tremblant-Nord.

This structure of eight PR-2 firefighters per shift will provide rapid response time for people with cardiopulmonary arrest, anaphylactic shock or other traumatic events, which will significantly increase their chances of survival.

Because of their proximity to the territory and their presence 7 days a week and 24 hours a day at the barracks of 1250 Village Road, PR-2 firefighters will be able to intervene quickly with the help of emergency vehicles. 4, which will each be equipped with a full first aid kit, oxygen and a defibrillator.

To date, Brébeuf, Mont-Tremblant and Lac-Tremblant-Nord bring to 23 the number of municipalities served by a first responder service in the Laurentides region.

This service is in addition to the eight ambulance companies already in place, in order to better serve the population.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:
To the 6 incredible individuals who were recently inducted into the Laurentian Ski Museum on October 19.

Berryl Puddifer, Builder of the sport of skiing, Tremblant region
Eddy Butler, Builder, racer, coach and volunteer, Alpine Skiing
Erik Guay, well-known athlete and Super-G World Champion
James Jackson, Builder of Nordic Skiing, (Cross-Country skiing)
Marc Perrault, Athlete, Alpine skiing
Serge Couture, Builder of Alpine skiing industry, St. Sauveur



Each one of these individuals has an amazing, epic story to tell, and has promoted skiing and the skiing industry in the Laurentians. Congratulations, once again, to all of you!

Alexandre Goupil-Levesque and **Olivier Roy**, new owners of **Nouwee Boutique**, 200 rue Principale, Locale 3, St. Sauveur. This boutique offers amazing, colourful items for all your events and parties. Beautiful bright balloons of every type, custom birthday/event cards, paper lamps, plates, wooden cutlery, tablecloths, fresh flowers, everything you will need. They also offer custom made, delicious cupcakes and cakes for every occasion. Alexandre will extend a warm welcome and be pleased to fulfill all your party or event needs. Best of luck to both of you!
450 227-1685 /Facebook: Nouwee, / website at www.nouwee.com.



Caroline Bouchard, owner of **Galerie Cabo**, who celebrates her 1st anniversary. Galerie Cabo is located at 228 rue Principale, St. Sauveur. Caroline is best known for her painted abstract waves and trees, and paints colourful animals, such as tigers, elephants, bulls and horses. Caroline uses epoxy paint on large canvases. Drop by to see some of her outstanding artwork. Wishing you many more successful years! 514 974-2871 /Facebook: Cabogalerie, www.caboartiste.ca.



Did you know that:
The library **LU&RELU** is 6 years old? It is situated at 200, rue Principale, Suite 6, in St-Sauveur. They offer a complete selection of used books in French/English that are donated to them and sold at very low prices. The money goes to the "Laurentian Authors' Association (L'Association des auteurs des Laurentides) to support their activities. Open six days a week, from 10 am to 5 pm. Closed Mondays, open weekends, from 11 am to 4 pm. There are many bilingual volunteers. 450 744-0222 / auteursdeslaurentides@c gocable.ca / Facebook: lu&relu



If you require help with your natural gas appliances, radiant flooring, propane, gas heating or general plumbing, you can call STP Plomberie? Plumber Steve Taylor is an excellent, licensed plumber who undertakes plumbing installations and repairs. He provides plumbing services to residents in the Lower Laurentian region. For more info, call Steve at 514 715-1832 / stplomberie.com / info@stplomberie.com.



PLAYSAFE:

Don't Let It Happen to You

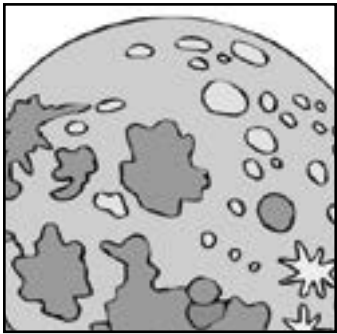
Adam

Rebecca

The War Amps new "kids-to-kids" safety video, featuring stories from young amputees who have lost limbs in accidents, delivers the hard-hitting but positive message: "Spot the danger before you play!"

Visit waramps.ca/playsafe for the video and safety resources.

The War Amps



Zach Factor

The much-maligned scientist

Lys Chisholm & Marcus Nerenberg - Main Street

On October 15, 1992, the Catholic Church finally admitted it was wrong. 350 years earlier, the Church had condemned Galileo Galilei, the astronomer, as a heretic for supporting the theory of Copernicus; that the Sun was the center of the solar system. His telescopes, with their superior lenses, revealed that the Earth was not the center of the Universe.

Galileo was punished for publishing his astronomical evidence on the accuracy of Copernicus. Because he was favored by very wealthy groups, like the Medici bankers, the Pope let him continue his work so long as none of his writings conflicted with church doctrine. Galileo was ordered to publish both points of view, but in his final treatise, Galileo implied subtly that the Pope was a simpleton. The insult did not escape the Pope, and Galileo was eventually condemned to house arrest and daily recitations of the rosary until he died.

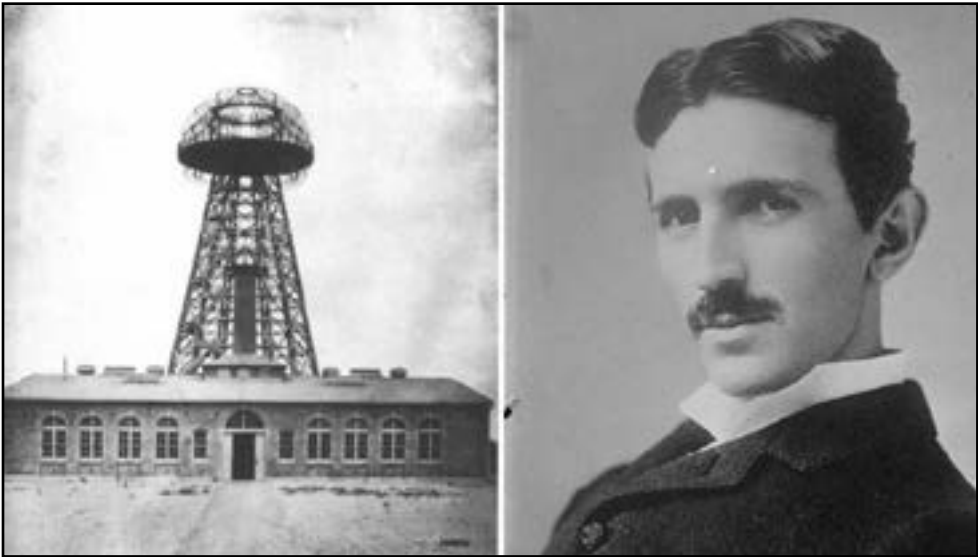
Gregor Mendel, an Augustinian monk, through his study of pea plants, posthumously became the father of Genetics. He was the first person to correctly identify the rules of heredity and demonstrate how specific traits are passed down through generations of living things. The importance of Mendel’s work was recognized only in 1900, sixteen years after his death. His work was ignored by the church and snubbed by the lay scientific community.

Jean-Baptiste Lamarck (1744-1829) was an early evolutionist, 50 years before Darwin, who proposed that life forms could acquire information from their environments and pass it on in their genes. He was dismissed and ridiculed by Darwinists for decades. The thrust of his theories has resurfaced today in the emerging science of epigenetics. Lamarck, now considered by many scientists as the true father of modern evolutionary theory, was once a name synonymous for bad science. Epigenetics is the study of the systems and processes by which gene expressions can be altered, not randomly, as in Darwinism, but by specific, predictable, repeatable, and researchable events, and then inherited by the next generation. The horrible stresses that our grandparents endured in the World Wars, or by migration, may be the very triggers on a cellular level that have caused the eating disorders, rampant diabetes, alcoholism and other chronic diseases so prevalent today.

Nikola Tesla, 1856 -1943 is famous for developing the alternating electrical current, while working for the Edison company in Europe, and later in the USA. In two short years after he emigrated, Tesla had his own Electric Light Company with the goal of developing the polyphase electric current motor. Tesla held nine of twelve patents that made possible the first power plant at Niagara Falls, in 1896, which transformed New York City. Tesla’s true passion was invested in the construction of his World Wireless Electric System. In 1901, he built a tower in Colorado intending to transmit free electricity utilizing natural systems in the earth. His financial backer, multimillionaire J.P. Morgan, realized that his personal grid plan to deliver measured and monetized amounts of energy to individual users was in jeopardy. Morgan pulled the funding that would have seen all of us have abundant free energy and be driving clean vehicles today. Tesla’s greatest dream was dashed by that treachery. However, Tesla was awarded another 300 patents, but never achieved the commercial success that he sought. He spent the last years of his life as a recluse and was dismissed as a crackpot by science. Elon Musk rebirthed the Tesla Electric car company in 2003.

It appears that throughout history, the “truths” that we are asked to accept are dictated to us by those who have money and power, and in particular, those who have stolen the work of brilliant women and called it their own. They include astrophysicist, Jocelyn Burnell, who discovered pulsars, spinning neutron stars; Rosalind Franklin, whose photos of DNA were responsible for establishing its double helix structure; Lisa Meitner, who was part of the team that discovered nuclear fission, leading to the Atomic Age; Jean Purdy, who went unrecognized for her work on the first IVF baby, in 1978. They were all passed over for the Nobel Prize, but not their male co-researchers.

Today, climate-change scientists are the new social pariahs. With the support of the oil and gas industry and Wall Street, the present administration in Washington is deep-sixing scientific reports to ensure that the evidence of human impact on a rapidly changing global climate disappears. Thousands of regulators and scientists are being fired, or gagged, and it now falls to students, like Greta Thunberg, to keep the alarms ringing. We do not have 350 years to correct this error.



In 1901 Tesla built the Wardenclyffe tower on Long Island to demonstrate how electricity might be transmitted wirelessly for free.
Photo credit: Library of Congress



The Story Behind Jigonsaseh

Joseph Graham - Main Street joseph@ballyhoo.ca

Momentous changes in society are built upon founding stories and very human prophets. One such story, told in many versions, is the creation

of the Great Law of Peace, the law code and constitution of the Iroquoian people, currently thought of as the Five (or Six) Nations of the Haudenosaunee. In their most ancient history, the Kahqua, or Neutral Nation, situated north of Lake Erie, held a special place, but other Iroquoian nations also figured in some form in the foundational story of the Great Law of Peace.

Almost a thousand years ago, before the time of the Crusades in Europe, there was intense infighting among the five Haudenosaunee nations. A strongman named Adodaroh, with snakes in his hair and the severed heads of snakes on the ends of his fingers, was terrorizing the people. The descriptions of this antagonist try to evoke the most horrible of monsters imaginable, creating a baseline of total social disintegration and chaos in the minds of those sharing it. Adodaroh had a following of like-minded, aggressive people who were destroying all of society through their actions and wars. They would stop at nothing, taking all for themselves, and even practised cannibalism. He was described as having an insatiable appetite, ready to consume everything. One of his followers was Aiewáhtha, whose name also takes the form Hiawatha. He had just lost his family to the wars and could think only of revenge. Having killed an enemy, he determined to eat his prize out of sheer anger and dragged it back to his empty home.

The prophet Deganwidah, born a Wendat on the Bay of Quinte to the north of Lake Ontario, felt he had to bring a message of peace to the neighbouring warring nations, so he crossed the waters and happened upon Aiewáhtha as he was approaching his home, dragging the body of the dead enemy. Deganwidah climbed carefully up onto the roof of Aiewáhtha’s home and peered down through the smoke hole. As Aiewáhtha prepared his cooking pot, filled with water, he saw Deganwidah’s reflection shimmering on its surface. Thinking the peaceful face was his own reflection, he smiled, and Deganwidah, sensing that he had an opportunity to approach the warrior, climbed back down and came to talk with him. After a long discussion, Deganwidah offered to conduct a condolence ceremony for Aiewáhtha’s loss. Aiewáhtha accepted, and Deganwidah told him of his mission to stop the wars and to help the Five Nations unite in peace. Deganwidah explained that he had consulted Jigonsaseh, leader of the Neutral/Kahqua, a separate but greatly respected sister nation, and that she had told Deganwidah she would support him, but that the women’s farming contribution should be acknowledged as central to their society and that families should descend through the mother’s line, respecting a matrilineal social structure. Deganwidah saw the wisdom of her conditions and accepted them. The three of them, Jigonsaseh, Aiewáhtha and Deganwidah, shared their vision with the people. There was a custom among the women to make sure all the warriors were fed outside of the villages, regardless of whose side they were on. The women would feed them to keep the fighting away from the villages, and Jigonsaseh told the women not simply to feed them, but also to talk with the warriors and encourage them to support Deganwidah and Aiewáhtha. Deganwidah elaborated the Great Law of Peace including the matrilineal structure, women’s collective ownership of agricultural land, the condolence ceremonies to mourn the loss of family members as well as the political structure of the Five Nations confederacy. Deganwidah envisioned 50 worthy men, chosen by the clan mothers, making decisions at the Council Fire. He even gave them their names, which names, he decreed, would return to the clan mothers when they died so that the women could give the same name to a worthy successor, as long as it was not that man’s son. The women could also recall a leader if they lost confidence in him. Acknowledging different but equal jurisdictions of men and women, their political structure contrasts sharply with the male-dominated early European democracies. Among the important agreements formalized in the law was the concept of “A Dish with One Spoon,” meaning that in time of need, resources would be shared and that no people would take more from nature than could be sustained. The Great Law of Peace is associated with a great pine tree, known as the Tree of Peace, situated on Onondaga territory in the middle of the Five Nations of the Haudenosaunee, and the five needles of the pine’s coniferous leaf represent those five nations. In this telling, it started in the agricultural period, the time when the women began growing corn, beans and squash and were able to feed the people from their crops.

Once the warriors accepted to support Deganwidah’s Great Law of Peace, they all approached Adodaroh together and, with Aiewáhtha as spokesperson, they asked him to join them as their leader, to accept the Great Law of Peace that Deganwidah proposed. Aiewáhtha is said to have brushed the snakes out of Adodaroh’s hair, untangling it, bringing him calm and reason and allowing him the space to make the decision to join – and lead – them. It is remarkable that in this foundational tale, the murderous dictator is not killed, but rehabilitated. Together they planted the Tree of Peace, and the Great Law came into existence. It has survived for centuries and has inspired many thinkers, including Friedrich Engels, co-author of The Communist Manifesto, and even the American Founding Fathers, but somehow, they all failed to remember Jigonsaseh and the powerful, separate role of women.



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*Based on monthly payment frequency. Or promotional finance purchases of new Hyundai vehicles, with the exception of the down payment, if applicable. **Restrictions apply.

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Lease for \$75 /weekly (208 weeks)	for 48 months* with \$2,195 down	Cash price: \$30,724
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OR STEP UP TO THE PREFERRED AUTO FOR **\$5** MORE WEEKLY*

Cash Price of \$20,624

hyundaicanada.com

*Lease offer available O.A.C. from Hyundai Financial Services based on the following new vehicle: 2020 Elantra Essential manual/2020 Elantra Preferred Auto/2020 Tucson 2.0L Essential FWD/2020 Tucson 2.0L Preferred FWD/2020 Santa Fe 2.4L Essential FWD with an annual lease rate of 0%/1.49%/1.49%/1.99%/1.49%. Total lease obligation is \$0,002/\$10,263/\$13,709/\$19,447/\$17,385/\$17,671. 156/261/261/208/208/250 weekly payments of \$45/\$40/\$45/\$70/\$74/\$75 for 36/60/60/48/48/48-month walk-away lease. \$1,895/\$1,995/\$1,995/\$1,995/\$2,195 down payment and first monthly payment required. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. Lease based on 16,000 km per year; \$2.4 per excess kilometer. Lease offer includes delivery and destination of \$1,710/\$1,710/\$1,710/\$1,610/\$1,610 and fees of \$135 (for tax at \$15 and air tax of \$100). Registration, insurance, RDPFM, license fees, taxes, charges and all applicable taxes are excluded. **Finance offers available O.A.C. from Hyundai Financial Services based on the following new vehicle: 2019 Sonata Preferred with an annual finance rate of 0%. Cost of borrowing is \$3, for a total obligation of \$30,724. 261 weekly payments of \$78 for 60 months. Down payment of \$0 required. Taxes and air conditioner charges of \$115 (\$18 and \$300 respectively for models with air conditioner) and delivery and destination charges of \$1,810 included. Registration, insurance, a maximum RDPFM charge of \$78 and all applicable taxes are excluded for all purchase financing offers and payable at delivery. \$500 winter tire credit available with the finance, lease or cash purchase of new in-stock 2020 Elantra/2020 Veloster/2020 Tucson/2019 Tucson/2020 Santa Fe/2019 Santa Fe models. Customer may decline the Winter Tire Credit and instead apply the credit amount to the purchase price of the new vehicle. Winter Tire Credit applied before taxes. Offer can be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. Tire installation and balancing are not included in the offer. See your local Hyundai dealer or visit hyundaicanada.com for details. **\$0 payments (payment deferral) for 90 days is available on promotional finance offers of in-stock 2019/2020 Hyundai models. Payment deferral applies to only promotional finance offers on approved credit. If the payment deferral is selected, the original term of the finance contract will be extended by 3 months (90 days). Hyundai Auto Canada Corp. will pay the interest during the first 2 months (60 days) of the finance contract, after which the purchaser will pay all principal and interest owing in equal installments over the remaining term of the contract. Payments on finance contracts are paid in arrears. ***For finance contracts payable on a weekly and bi-weekly basis, purchasers who select the payment deferral offer may have to make their first weekly or bi-weekly payment sooner than 90 days from purchase. Down payments are not subject to the payment deferral offer, and are due on the date the contract is signed. Hyundai Auto Canada Corp. reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. Ask your dealer for details. ****Offers available for a limited time and subject to change or cancellation without notice. Vehicle colour is subject to availability. Delivery and Destination charge includes freight, P.D.I. and a full tank of gas. Dealer may sell for less. Inventory is limited, dealer order may be required. Offer cannot be combined or used in conjunction with any other available offer. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. Visit www.hyundaicanada.com or see dealer for complete details. *****The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned or licensed by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. For further details, terms and conditions visit www.hyundaicanada.com/buyright or your local dealer. **Hyundai's Comprehensive Limited Warranty covers most vehicle components against defects in workmanship under normal use and maintenance conditions. **Android Auto™ is compatible with Android phones running Android Lollipop or newer. Android Auto may not be available on all devices and is not available in all countries or regions. Additional apps may be required. Visit www.android.com for further details and any applicable limitations. Android and Android Auto are trademarks of Google Inc. **Apple CarPlay™ works with iPhone 5s, iPhone 5c, iPhone 5 and later models running the latest version of iOS 7 and above. CarPlay™ may not be available on all devices and may not be available in all countries or regions. Visit www.apple.com for further details and any applicable limitations. Apple, Apple CarPlay and iPod are trademarks of Apple Inc.

HYUNDAI SAINT-JÉRÔME

www.hyundaistjerome.com

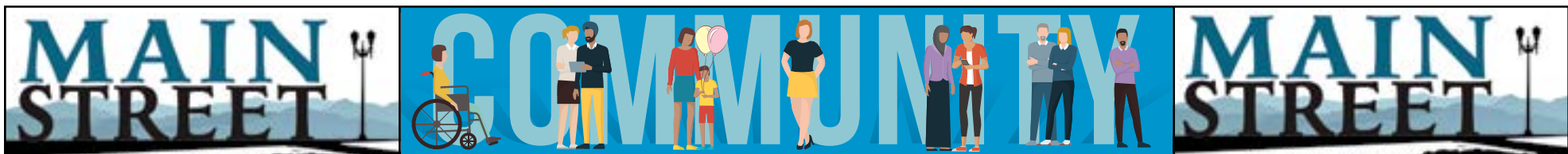
450 432-4252

16600, Montée Guénette, Mirabel

OPEN

Monday-Friday

9 am - 9 pm



**ROYAL CANADIAN
LEGION**

**LA LÉGION
ROYALE CANADIENNE**

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

Branch 171 Filiale Morin Heights

Sat, Nov 9: Remembrance Day Parade & Lunch
 Fri, Nov 15: 6 pm - TGIF Smoked Meat
 Sat, Nov 23: 8 pm - Paolo Stante Band
 Sun, Nov 24: 4 pm - Grey Cup Party & Chili Dinner
 Sun, Dec 1: 3 pm - Trim a Tree
 Sat, Dec 14: 6 pm - Quebec Traditional Supper
 Fri, Dec 20: 6 pm - TGIH Spaghetti Supper
 Sat, Dec 21: 7:30 pm - Posa Blue Christmas Party
 Darts: Thurs: 3 pm - new players welcome
 Check with the legion for daily bar hours
 Hall rental available at competitive prices
 Info: 450 226-2213
<http://www.legion171.net> / Facebook: legion 171

Branch 70 Filiale Lachute

Monthly bus trips to the Casino have resumed.
 Please call the branch for info
 Monthly Saturday night Military Whist Games – call for info.
 Tues: 1 pm: Euchre
 Thurs: 1 pm - Cribbage
 Saturdays: 2:30 pm – Darts
 For information call: 450 562-2952 after 3 pm
 634, rue Lafleur

Branch 71 Filiale Brownsburg

1st Tues of each month - Soup Luncheon
 4th Thurs of each month - Military Whist
 Bar open Wed - Fri 3 pm - closing
 Everyone welcome.
 Contact Sheila: 450 562-8728 / 514 909-8885

Branch 192 Filiale Rouge River

Wed: 1 pm - Bridge. Info: Connie: 819-687-2403
 Mon: 9 am - 10 am: Chair yoga
 Tues & Fri: 9 am - 10:30 am: Yoga Flow
 Everyone welcome
 Bar open daily at 3 pm
 For further info: 819 687-9143 /
arundellegion@gmail.com

FAUBOURG SUICIDE PREVENTION CENTRE

24 /7 HOTLINE
 1-866 APPELLE (227-3553)
 Intervention and help for all
 Laurentian residents.

For info and full services visit
www.cps-le-faubourg.org

RELIGIOUS SERVICES

THE CATHOLIC CHURCHES NOTRE DAME DES MONTS PARISH

Office 887, Chemin du Village, Morin Heights
 Huberdeau 10:30 am • Laurel •
 Montfort 11 am • Weir 9 am
 Info: 450-226-2844

CHABAD OF SAUVEUR

Jewish educational & social events.
 Rabbi Ezagui 514 703-1770, chabadsauveur.com

HOUSE OF ISRAEL CONGREGATION

27 Rue St Henri West, Ste. Agathe
 819 326-4320
 Spiritual Leader: Rabbi Emanuel Carlebach
 514 918-9080 • rabbist@ste-agathe.net
 Services every Sabbath,
 weekend, holidays

MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH

463 Principale, Lachute / www.pccweb.ca/mrmppc
 Rev. Dr. Douglas Robinson: 450 562-6797
 Sunday service and Sunday school 10:30 am.

MILLE ISLES PRESBYTERIAN CHURCH

1261, Mille Isles Rd.

ST. ANDREWS EAST PRESBYTERIAN CHURCH

5, John Abbot St., St. André d'Argenteuil

LOST RIVER PRESBYTERIAN CHURCH

5152 Lost River Rd., Harrington

DALESVILLE BAPTIST CHURCH

245 Dalesville Rd, Brownsburg-Chatham
 Pastor Eddie Buchanan - 450 533-6729
 Sun: 10 am - Sunday School
 Sun: 10:45 - Worship service

LACHUTE BAPTIST CHURCH

45 Ave. Argenteuil - 450 562 8352
 Pastor Rénald Leroux
 Worship Service - 10:30 am

TRINITY ANGLICAN CHURCH – MORIN HEIGHTS

757, Village, Morin Heights (450-226-3845)
 Sundays 11 am: Worship service
 We are a member of the Laurentian Regional Ministry.

ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH

94 Ave. St. Denis, St. Sauveur 450 227-2180
 Sundays: 9:30 - Worship services.

HOLY TRINITY ANGLICAN CHURCH

12, Préfontaine St. West, St. Agathe
 The Rev Josée Lemoine
 Sunday service: 9 am
 Fellowship in the church hall afterwards.

ANGLICAN PARISH OF ARUNDEL & WEIR GRACE CHURCH

Sunday services are held every
 Sunday at 11 am,
 followed by tea / coffee, refreshments &
 fellowship in the Church Hall.

ST. SIMEON'S ANGLICAN CHURCH

445, Principale, Lachute
 The Reverend Josée Lemoine -
 Priest in Charge
 The Reverend Nick Brotherhood -
 Interim Priest
 Tania Lesack - Curate
 Sun, Dec 8: 9:15 am - Christmas Pageant
 Sun, Dec 15: 9:15 am - Service of Lessons
 & Carols
 Sun, Dec 22: 9:15 am - Holy Communion
 Tues, Dec 24: 4 pm - Children's Christmas
 Eve Service
 Tues, Dec 24: 9:30 pm - Christmas Eve
 Traditional Service
 Sun, Dec 29: 9:15 - am Holy Communion
 The Christmas Pageant and Children's
 Christmas Eve service are
 suited for children.
 Please join us to celebrate the
 Christmas season.
 Services are held every Sunday at 9:15 am.
 The second Sunday of each month is a
 fun Family Service
 Everyone is most welcome to join us.

ANGLICAN CHURCHES ALONG THE OTTAWA RIVER

Holy Trinity, Calumet,
 St. Matthew's, Grenville
 Holy Trinity, Hawkesbury
 Please call 613-632-9910 for
 information about Sunday
 service times.

UNITED CHURCHES OF CANADA

450 562-6161 or 514 347-6250

KNOX-WESLEY CHURCH

13 Queen Street, Grenville
 Contact: James Hocquard - 819-242-4722
 Sundays: 9:15 am - Weekly Sunday Worship
 and Sunday School

ST MUNGO'S UNITED CHURCH

661 Rte. Des Outaouais, Cushing
 Contact: Sandra Goorbarry - 819-242-5523

LACHUTE UNITED CHURCH

Hamford Chapel, 232 Hamford Street, Lachute
 Contact Pat Hodge 450-562-8365
 Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH

370 ch. Harrington, Harrington
 Contact: Eleanor Morrison: 819-429-1925
 Last Sunday of each month: 1 pm

ST ANDREWS CHURCH, AVOCA

150 Avoca Rd, Grenville-sur-la-Rouge
 Contact: David Elo 819-242-6559
 2nd Sunday: 1 pm - April - December

SHAWBRIDGE UNITED CHURCH

1264 Principale, Prévost (at de La Station)
 Contact Sandra Trubiano -
 450-224-5188
 Sunday service time is 9:15 am.

ARUNDEL UNITED CHURCH

17, du Village, Arundel, 819-687-3331
 Contact : Heather Hodge - 819-687-9230
 Sundays: 10 am: Worship service.

MORIN HEIGHTS UNITED CHURCH

831,Village, Morin Heights
 Contact Catherine Davis – 514-712-8863
 Sundays: 10:30 am -
 Weekly services

STE-ADELE UNITED CHURCH

1300 ch. du Chantecler, Ste-Adèle
 Contact: Jacques-Henri Honoré /
 450-512-8007 /
eglise.ste.adele@gmail.com

BROOKDALE UNITED CHURCH, BOILEAU

Info: 819 687-2752

PARISHES OF THE LOWER LAURENTIANS

Everyone welcome and we look
 forward to seeing you and your family.
 There will be no services on
 December 1

ST. AIDAN'S WENTWORTH

86, Louisa Rd - Louisa
 Sun, Nov 17: 11 am - Holy Communion
 Tues, Dec 24: 7 pm - Christmas Eve
 Holy Communion

ST. PAUL'S - DUNANY

1127 Dunany Rd, Dunany
 Tues, Dec 24: 4 pm - Christmas Eve
 Family Service
 Tues, Dec 24: 8 pm - Christmas Eve
 Lessons & Carols

HOLY TRINITY - LAKEFIELD

4, Cambria Rd, Gore
 Sun, Nov 24: 11 am - Holy Communion
 Sun, Dec 22: no service
 Tues, Dec 24: 4 pm - Christmas Eve
 Holy Communion followed by supper
 Sun, Dec 29: 11 am - Morning Prayer
 Bilingual services with gospel/
 bluegrass music

CHRIST CHURCH - MILLE ISLES

1258, Mille Isles Rd - Mille Isles
 Sun, Nov 10: 11 am - Morning Prayer
 Sun, Dec 8: 11 am - Holy Communion
 Tues, Dec 24: 11 am - Christmas Eve
 Holy Communion

VALLEY GATE CHURCH

Pauline Vanier, 33, de l'Église, St. Sauveur
 Info: porte.valle@gmail.com
 Website: <http://www.portedelavallee.org/>
 Please join us every
 Sunday at 10 am

VICTORY HARVEST CHURCH

351 des Erables, Brownsburg-Chatham
 Pastor Steve Roach 450 533-9161
 Sunday: 10 am - Bilingual Service

FABRIQUE DE LA PAROISSE ST-SAUVEUR

205 rue Principale, Saint-Sauveur
 Saturdays: 5 pm - The parish offers a
 bilingual mass
 Everyone welcome.

LAURENTIAN CLUB NOTICE

Holy Trinity Church

12 Préfontaine Ouest (corner of Tour du lac)
 Ste-Agathe-des-Monts, Quebec J8C 1C3

Guest speaker: Anne Lambert
 A Laurentian Murder Mystery – behind the Scenes

Lively discussion with Montreal playwright and novelist, Ann Lambert,
 Laurentian resident and author of The Birds That Stay. This novel is
 set in a Laurentian town and the West Island of Montreal, throughout
 which are woven a tantalizing 'whodunnit,' the fabric of past and pres-
 ent Quebec, and some of the darkest chapters of Jewish history.
 Come pull on these threads and unravel this thrilling murder mystery!

Tuesday, November 26: 1:30 pm
 Refreshments following the discussion
 Annual membership \$35
 Guests \$10

Info: 819 326 4401
www.laurentianclub.ca
[facebook.com / LaurentianClubofCanada](https://facebook.com/LaurentianClubofCanada)

LAURENTIAN CLUB OF CANADA

Laurentian Region Cancer Support Group

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

Next meeting for cancer patients,
 families and caregivers is

SATURDAY
November 16, 2019 - 1 pm
 Chalet Bellevue (main entrance)
 27 Bellevue, Morin Heights

**Nutrition & Cooking for Wellness
with Susan Campbell-Fournel**

Upcoming meetings: December 14, Jan 18

Meetings are conducted in English
ADMISSION IS FREE

For more information about meetings and the group's other
 services call June Angus 450-226-3641 Email: cancer.laurentia@yahoo.ca
 or mail PO Box 2645, Morin Heights QC J0R 1H0

REGISTERED CHARITY - DONATIONS APPRECIATED



COMMUNITY NEWS

AMI-QUEBEC PROGRAMS
ACROSS QUEBEC

Tele-workshops/Webinars
Info: 1 877 303-0264 (514 486-1448 in
Montreal) info@amiquebec.org www.
amiquebec.org

VICTORY SOUP KITCHEN / SOUPE
POPULAIRE DE LA VICTOIRE

351, des Érables, Brownsburg –
Chatham Saturday /samedi:
11 am – 1 pm / 11h – 13h
Corner /coin - des Érables & McVicar

WILLKOMMEN

Sind sie interessiert and der
Pflege der Deutschen Sprache?
Deutschsprachiger Klub sucht neue
Mitglieder. Treffen einmal im.
Monat: Kontakt: Luise 613 678-6320.
Eva: 450 451-0930.

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE
2811 RTE 327

Dec 1: 9 am – noon
Breakfast with Santa and Food Drive
Dec 17: 1 pm – 4 pm: LRCC Christmas
Social & Sing-along

HARRINGTON
GOLDEN AGE CLUB

(259 Harrington Rd)
Cook's Night Out: 1st Friday
of the month at 5:30 pm
Members \$10 / non-members \$12
Bingo: 1st & 3rd Sunday of the
month at 1:30 pm
Quilting: Mondays at 10 am
Knitting: Mondays at 1 pm
Line dancing: Tuesdays at 7 pm
Welcome back to all

SCOUTS MORIN HEIGHTS

Morin Heights Elementary School /
Wed evenings: 6:30 pm – 8 pm
Come join us!
Info: scoutsmh@gmail.com

ARGENTEUIL GIRL GUIDES

Laurentian Elementary School
455 Court St, Lachute
(side entrance on Bellingham)
Wed evenings: 6:30 pm - 8 pm
Any girl (age 5+) or woman is
welcome to join us

THEATRE MORIN HEIGHTS
PLAY READING

Morin Heights Legion
Wed, Nov 20: 7 pm
Join in to read or just relax and listen.
Free!
Want to become a TMH member, work
behind the scenes or act, call
579-765-3999 / email theatremorin-
heights@gmail.com
For more news visit
theatremorinheights.ca or Facebook.
com/TheatreMorinHeights.

ALCOHOLICS ANONYMOUS MEETINGS

Holy Trinity Church Hall, Ste-Agathe
Corner of Préfontaine St. W
& Tour duLac Road.
Friday evenings: 8 pm
Having problems with alcohol? Looking for
help? Join us for a group
meeting and support.

LACHUTE ARMY CADET CORPS

Open to teenage girls and boys
between 12 and 19 years.
Leadership, music, highland dancing,
map and compass marksmanship, and
Eco-stewardship are among the training
Uniforms and training are free; all we
ask for is a commitment.
Info: Captain Dan Demers:
514-927-9260

ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

RIFLE CLUB WILLIAM TELL

Upcoming events
3229, Cr. Fridolin Fandrich,
Wentworth North
Sun, Nov 24: Adventkranzbinden
(binding of our own Advent wreath)

ANNUAL CHRISTMAS TEA & BAZAAR

Trinity Anglican Church, Morin Heights
(basement)
Sat, Nov 16: noon - 2 pm
Soup, sandwiches, desserts, tea
or coffee: \$8
Bake table, White Elephant table,
Lucky Draw!
We look forward to seeing you there!

CHRISTMAS BAZAAR AND TEA

Margaret Rodger Memorial
Presbyterian Church
463, rue Principale, Lachute
Sat, Nov 23: 11:30 am - 2:30 pm
Christmas decorations, gifts, books,
crafts and home-baking.
Everyone welcome!

MORIN HEIGHTS ELEMENTARY
SCHOOLCHRISTMAS BAZAAR

Sat, Nov 30: 10 am - 3 pm
Looking for business vendors and sponsors!
Table rental or donations: contact Natalie:
450-226-2017 ext. 6217 /
mhesppo@gmail.com
Join our Facebook group: www.facebook.
com/groups/MHESEventsGroup

DOG RALLY

Parc de la Coulée, Prévost
Sun, Nov 10: 10 am - 4 pm
Products and services for humans
and canines
FREE ENTRY !

CRAFTS FAIR

Sainte-Lucie-des-Laurentides
Fri, Nov 22 – Sun, Nov 24
Local artisans and craftsmen will be
present with their artisanal, agrotourism
and handmade products
Info: 819-322-7188

PRÉMATERNELLE LA ROCHELLE
PRESCHOOL

ANNUAL WINE & CHEESE FUNDRAISER
Chalet Bellevue, Morin Heights
Fri, Nov 29: 6:30 pm
Come and discover 7 exclusive pairings
of international wines and cheeses
with Luc Merier, sommelier,
Mon Caviste and cheese sought from
Fromagerie Saint-Sauveur.
Music entertainment provided by
Marie-Eve Mathon, opera singer.
Tickets: \$50 per person.
Info: 450-821-2566

COMMUNITY DANCE

Over 60 Girls Club
I'm feeling a little like Shirley Valentine...
how about you?
First meeting Tues, Nov 12: 11:30 am
Come join us to dance, hike,
cook & laugh
Info: Basia: 450-340-1717 /
delfantebasia@gmail.com

CHRISTMAS BAZAARS AND FAIRS
Here is a partial list of upcoming events

SAINTE-ANNE-DES-LACS
GIFT FAIR

Community Centre (1, Fournel)
Nov 16 & 17: 10 am - 4 pm
Info: 450-224-2675 / sadl.qc.ca

ATELIERS & SAVEURS FAIR

Carrefour d'Argenteuil Shopping Centre
Sat, Nov 16: 10 am - 4 pm
Info: 450-562-5205 / facebook.com/
mjlevenements

SAINTE-LUCIE-DES LAURENTIDES
CRAFTS FAIR

Fri, Nov 22: 4 pm - 7 pm
Sat & Sun: 9 am - 5 pm
Info: 819-322-7188 /
municipalite.sainte-lucie-des-Lauren-
tides.qc.ca

SAINTE-ADOLPHE-D'HOWARD
SALON DES ARTISANS

1881, ch. du Village
Nov 23 & 24: 11 am - 5 pm

PRÉVOST – ARTS & CRAFTS

2870, bout. Curé-Labelle
Nov 23 & 24: 10 am - 4:30 pm
Info: 450-335-3037 /
diffusionsamalgamme.com

LAC-SUPERIEUR CHRISTMAS
MARKET

1281, ch. du Lac-Supérieur
Nov 24: 9 am - 3 pm
Info: 819-681-3370 /
mun.lacsuperieur.qc.ca

MONT-TREMBLANT HOLIDAY
MARKET

Town Hall (1145, rue de Saint-Jovite
Nov 29 - Dec 1
Info: 819-425-8614 /
villedemont-tremblant.qc.ca

LACHUTE - CHRISTMAS FAIR

540, rue Berry
Nov 29 - Dec 1
Info: 450-562-2474 /
argenteuil.com

VAL DAVID ARTS & CRAFTS FAIR

Tourist Bureau (2525, rue de l'Église
Nov 30 - Dec 1
Info: 1-888-322-7030 exrn. 5235 /
valdavid.com

SAINTE-AGATHE-DES-MONTS
MÉTIERS D'ART -

CHRISTMAS MARKET
Nov 29 - Dec 1
Info: vsadm.ca

SAINT-SAUVEUR - MAGIC OF
CHRISTMAS

30, rue Filion
Dec 7 & 8: 4:30 pm - 8:30 pm
Info: 450-227-2669 /
ville.sain-sauveur.qc.ca

LAUREL –

CHRISTMAS MARKET

Dec 7: 10 am - 4:30 pm
Info: 450-226-6333 / tcacwn.com

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info@4kornerscenter.org 4kornerscenter.org

PAL
Programme d'aide et d'intervention
PAIX: To fend off violence!
819-326-1400 / 1-800-267-3919
www.organismepeaix.ca

Alcoholics Anonymous
Helpline:
1 877 790-2526

GA
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gamblers
514 484.6666
866 484.6664
gam-anon.org

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Susan MacDonald
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Read the
Main Street
online

www.themainstreet.org

Why you don't want to miss the Christmas bazaar

By Catherine Sherriffs

For many people in the community, the annual Christmas Bazaar at Morin Heights Elementary School has been the unofficial kick-off to the holiday season. Can you blame them? From Christmas trees, plants, and delicious home-baked goodies to raffles, family-friendly games, and the chance to catch a rare glimpse of Santa and Mrs. Claus, the bazaar certainly provides a festive feel. But there are so many other reasons to drop by!

This year's event features more than 50 artisans and vendors. Studies have shown that buying local has an immediate impact on the community and the surrounding economy. Beyond that, it offers a chance to create connections and purchase unique gifts handcrafted with love.

The Christmas bazaar is also an event that helps define Morin Heights Elementary School and the quality of student life it offers to the children who attend. The funds raised at this event will help support the following:

1. **The Wild School**

MHES is unique and has done the community proud by becoming a wildlife-friendly habitat. Students can learn about nature in a covered outdoor classroom overlooking a stream that is home to many ducks and frogs. Dozens of trees have been planted, and wildflowers grow throughout the schoolyard to attract important pollinators. Maintaining such a beautiful learning environment comes at a cost, and the money raised at the bazaar will help do that.

2. **School Activities and Outings**

Field trips and activities are an essential element of school life and provide excellent learning experiences and social opportunities for students. Some of the funds raised will help support those initiatives throughout the school year.

3. **Technology**

We live in a technology-driven society that is evolving at a rapid pace. Training young students is the key to success. Some of the money raised at the bazaar will also help purchase devices such as laptops or tablets for students to use.

Please come out to support local vendors and the students of MHES on November 30 from 10 am to 3 pm. We promise great fun that will help get you into the Christmas spirit. If for nothing else, come for the schnitzel food truck! Who doesn't love schnitzel?



Arts Etc...

Ilania Abileah – Main Street

For complete programs see websites provided below. Here are a few selections for the period Nov 9 to Dec 15, 2019.

Mont Tremblant

Music - Première Scène, 1829, chemin du Village (Facing Lac Mercier.) 819-425-8614, Ext. 2500 villedemont-tremblant.qc.ca

Sat, Dec 14: 8 pm - Ori Dagan - a tribute to Nat King Cole presented in unique arrangements, by a jazz singer from Toronto, who sings Unforgettable, Mona Lisa, and many others. \$30

Val Morin

Theatre du Marais: 1201 10^e Ave. Val Morin. 819 322-1414. www.theatredumarais.com.

Sun, Nov 10: 2 pm - Christine Laniel & Réal Léveillé perform twenty-five of Barbara's songs, along with a few anecdotes about her life. Vocals by Christine Laniel, with Réal Léveillé at the piano. \$30

Sun, Nov 17: 2 pm - Cordâme - Debussy Impressions - a concert derived from the music of Debussy. Contrabass player, Jean Félix Mailloux, created chamber music for strings, harp, piano and percussions, with touches of jazz and world music. \$28

Ste. Adèle

Place de Citoyens, 999 boul. de Ste. Adèle, 450 229-2921, #300. www.ville.sainte-adele.qc.ca.

Sun, Nov 10: 1:30 pm - Trio Brasil perform Latin jazz, bossa nova, and samba. These three musicians will make you dance! \$15

Morin Heights

Chalet Bellevue, 27 rue Bellevue, Morin-Heights, Qc, J0R 1H0, 450 226-3232, Ext.132

Fri, Sat, &Sun, Nov: 8, 9 & 10 - Theatre Morin Heights presents Henrik Ibsen's "An Enemy of the People." Tickets are \$20, available at Vaillancourt, Morin Heights Library and theatremnorinheights.ca. \$25 at the door.

Until Nov 23 - ARTS Morin Heights' members, Gilles Massé and Carolle Ducharme, exhibit their works. 450 712-9943 www.artsmorinheights.com.

Prévost

Diffusion Amal'Gamme, Salle Saint François Xavier, 994 Rue Principale, Prévost. 450 335-3037, www.diffusionsamalgamme.com

Sat, Nov 30: 2 pm - Ensemble La Virevolte: A Christmas concert with musicians Marie-Andrée Mathieu (vocals), Mary-Ann Corbeil (violin), Étienne Tessier (guitar) and Caroline Goulet (cello). \$35

Sun, Jan 12, 2020: 2 pm - Tango Boréal / Pampa Blues with musicians Denis Plante (bandoneon), David Jacques (guitar and charango) and Ian Simpson (contrabass). In their comments to the audience the musicians add humour, and their tango music is blended with a touch of blues. \$35

St. Hippolyte

Sat, Nov 30: 7:30 pm - The Tocado Vocal Quartet plays a Christmas concert at the church to mark the 150th anniversary of Saint-Hippolyte. The musicians are Dany Laliberté, René Lajoie, Benoit Miron, and Patrick Olafson. This concert is free! Places are limited. 450 563-2505 / saint-hippolyte.ca.

St. Jérôme

Theatre Gilles Vigneault, 118, rue de la Gare, Saint-Jérôme J7Z 0J1 450 432-0660 www.theatregillesvigneault.com

Sun, Nov 10: 3 pm - at the Espace Quebecor, mezzanine, Misses Satchmo pays tribute to the repertoire of Boris Vian, in particular, the album entitled Vian dans les dents! Misses Satchmo is a jazz sextet founded in 2008 by the singer-trumpetist Lysandre Champagne and the drummer, Marton Maderspach. \$25

Fri, Nov 29: 8 pm - Nikamu Mamuitun. This is an inter-cultural project in which different ethnic origins share their songs. Florent Vollant, Marc Déry, Réjean Bouchard & Guillaume Arsenault are the mentors who accompany the singers-song writers Matiu, Karen Pinette-Fontaine, Scott Pien-Picard, Ivan Boivin, Marcie, Cédrik St-Onge, Chloé Lacasse, and Joëlle Saint-Pierre.

Sat, Dec 14: 8 pm - The Ensemble Caprice & Ensemble vocal Arts-Québec de Montréal perform the Christmas Oratorio of Bach! The music by J.S. Bach will be sung and played by a choir, and an award-winning orchestra, led by Matthias Maute. \$45.



Mont Tremblant - Ori Dagan



Val Morin – Cordâme



Prevost - La Virevolte



St. Jerome - Misses Satchmo

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Main Street Money

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Developed by Christopher Collyer, BA, CFP

Who will speak for you?

With a power of attorney for property, you authorize someone else to make decisions about your finances.

Just like a will, a power of attorney allows someone else to carry out your wishes when you’re unable to do so. And, just like a will, it’s an important part of a comprehensive financial and estate plan. Yet powers of attorney are often less well understood than wills, so it’s worth looking more closely at how they work.

What is a power of attorney?

A power of attorney authorizes one or more people to manage your money and property for you. The person you appoint does not have to be an actual attorney or lawyer – you can choose a family member, friend or professional. While each province and territory has different legislation governing powers of attorney, there are two basic types.

A general power of attorney takes effect only while you are mentally capable of managing your own affairs. It ends if you become mentally incapable. In addition, it can be “specific” or “limited,” applying only to a defined task, such as selling a house, or to a defined time period, such as the dates you plan to be out of the country. It starts either as soon as you sign it or on a date you choose.

An enduring/durable or continuing power of attorney allows your attorney to continue acting for you if you become mentally incapable. It starts either as soon as you sign it or only when you become mentally incapable (such as a springing power of attorney). The standard for incapacity should be specified for a springing power of attorney.

What can your attorney do?

You can authorize your attorney to take care of a range of tasks on your behalf, such as managing day-to-day banking, signing cheques, buying or selling real estate, and borrowing money. Your money and property continue to belong to you – you’re just delegating authority to manage it. It’s important to note that your attorney cannot change your will, change a beneficiary you’ve named on a life insurance plan or give a new power of attorney to anyone else to act for you.

That said, because your attorney has such important responsibilities, it’s a good idea to ask a lawyer who is familiar with your province’s or territory’s power of attorney legislation to draft your document. A lawyer can ensure that your power of attorney is valid, explain how to monitor your attorney’s actions, and tell you how to revoke or change your power of attorney. A lawyer can also incorporate restrictions that limit what your attorney can do. In Quebec, you would use a notary.

Who is the right person for the job?

A power of attorney grants considerable authority.

- Questions to consider before selecting an attorney include:
- Is he or she willing to be your attorney?
- Can you trust this person with your finances?
- Is he or she reliable, living nearby, easy to contact and readily available?
- Does he or she have a good understanding of financial matters?
- Are there financial, health or family challenges that may interfere with his or her duties?
- Does he or she have time to dedicate to being your attorney?

Once you’ve chosen someone, have a candid conversation about why you’d like them to take on this role and what their responsibilities will be. Emphasize that an attorney is legally obligated to act in your best interests at all times and can be liable for a breach of their duties. And talk to your prospective attorney about your financial preferences and wishes. The better your attorney understands how you currently manage your money and property, the better he or she will be able to complement your approach. Furthermore, some provinces require the appointed attorney’s signature confirming their acceptance of the role.

Keep in mind that appointing more than one person as your attorney can work well, but it can also lead to disputes that affect the smooth management of your finances. However, having two or more attorneys acting jointly could reduce the risk of fraudulent activities. It is prudent to appoint a successor or alternate attorney who can step in if your first attorney(s) no longer can or no longer wishes to fulfill his or her duties.

If there isn’t anyone you feel can adequately perform the responsibilities of an attorney, or if your financial situation is complicated, you have the option of appointing a financial or legal professional, though you will likely have to pay for the professional’s services. As well, a family member or friend acting as attorney could also be paid or be eligible for compensation for this role.

Speak with your advisor

Your advisor can provide more information about powers of attorney and refer you to a lawyer who can help you understand the benefits and risks. If you decide to appoint a power of attorney, ask your financial institutions about their rules for working with attorneys and monitoring accounts. In addition, continue to review your own financial records on a regular basis for as long as you are able.

A power of attorney can give you one less thing to worry about. Even with an effective power of attorney in place you can still manage your own financial affairs, so long as you are mentally capable of doing so. If it’s right for you, talk to your advisor about setting one up.

Note: A power of attorney for property covers only your finances and property. A power of attorney for personal care, a personal care directive or an advanced health care directive governs decisions about personal health care.

Christopher Collyer, BA, CFP
Investment Advisor, Manulife Securities Incorporated
Financial Security Advisor, Manulife Securities Insurance Inc.

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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Obituaries

KELLY, Lou (née Lucille Faughnan)
1923 – 2019

After a full and active life in Saint-Sauveur, Lou died peacefully on October 7, 2019 at the age of 96. She was predeceased by her loving husband, Frank Kelly and her cherished daughter, Maureen. She leaves to grieve, her children Michael (Susan), Barbara (Paul), Mary Lou (Peter), Eileen and Christopher. She will be sadly missed by her grandchildren Sean, Liam, Patrick, Michele, Cathy, Stephanie, Daniel, Richard, Natalie and Sarah and her eight great grandchildren. Special thanks to Sandra Dawn, her loyal caregiver.

Lou was an avid downhill and cross country skier, tennis player and hiker. She loved to spend time with friends and family.

Visitations were held at Salon Funéraire Trudel, 214 rue Principale, Saint-Sauveur on Monday October 14 followed by a funeral at the Paroisse Saint-Sauveur church. A reception took place at the Legion in Morin-Heights.

In lieu of flowers, please donate to the Canadian Alzheimer's Society.



STEELE (nee Pettingill)– June Shirley

On Thursday, October 17, 2019 in her 90th year. Beloved wife of the late John (Jack) Steele. Dear mother of Greig (Pippa Murray) and Lynda Steele (Doug Porter). Loving grandmother of Kirsten and Brooke Steele; Emily, Laura and Dan Porter and a beloved aunt. Predeceased by her sister Barbara Gallacher.

A celebration of life was held Sunday, November 3 at Manotick Place Retirement Home, Manotick, Ontario. Those wishing may make memorial donations to The Heart and Stroke Foundation. Tributes, condolences or donations may be made at www.tubmanfuneralhomes.com.
Gone but Forever in our Hearts

TABAH Steven (1948-2019)

Steve died as he lived, strongly and peacefully, on Oct. 12, 2019. So loved by all who were lucky enough to share his path, he will be in our hearts forever.

A Reception in his honour will be held on Nov 17, from 1 to 4 pm at the Chalet Bellevue in Morin Heights. Eulogies will be at 2 pm. All will be warmly welcomed.

In Memoriam

Lilianna Heid Ramos

August 4, 1975 – October 31, 2002

Still missing you



The English Link

Aiming for the Triple Crown

Andie Bennett



In the horseracing world, Secretariat was considered a nearly perfect horse. In 1973, the Thoroughbred became the first Triple Crown winner in 25 years. The Secrétariat aux relations avec les Québécois d'expression anglaise is attempting something almost as momentous. They want to eliminate the zero-sum game that is often played out between the French and English communities in Quebec.

Now heading into its third year of existence, this branch of the Quebec government is conducting a series of eight consultation sessions with regional groups, followed by three sector-based sessions dealing with cultural, social and economic development. 4 Korner was the only Laurentians community group at a consultation held in Laval, on October 16 that dealt with the Laurentians, Laval and Lanaudière.

The consultation provided an opportunity to speak directly to the Secrétariat about the challenges English-speaking Quebecers face and, by extension, the challenges for community groups trying to address these issues on the ground. It was also a chance to share what is going well, and how to continue to build on that success going forward.

I had a chance to speak directly to Cristopher Skeete, the Parliamentary Assistant to the Premier for Relations with English-speaking Quebecers, about empowering Quebecers to gain access to things that are inherently theirs. Skeete grew up here and understands the simple/not-so-simple roadblocks of lacking the proficiency in French to complete necessary paperwork when dealing with the government.

Many English speakers have the best intentions to improve their French skills, and yet do not qualify for the same opportunities as out-of-country immigrants, "We have to do better there" said Skeete. When we discussed the funding challenge - not unique to the English sector - of creating sustainable programs with short-term funding, Skeete calls it a quagmire that we need to resolve, and there is some comfort in hearing that the Minister of Finance finds the current process as nonsensical as do those of us who end up chasing the dollars.

Skeete feels that over the 3 years of getting this horse in the race, the conversation has begun to shift to the most important questions, such as why DO English-speaking Quebecers have a higher unemployment rate, and why is only 1% of the civil service Anglophone, and why don't they feel like they belong? He is optimistic that the goal of getting English-speaking Quebecers to feel like full and equal Quebecers will be met, and hey, Secretariat the horse didn't do too badly at 3 years old!



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4 Korner

Family Resource Center

A Cornerstone of the Community

Kulture Klub

Andie Bennett

For years, community members of 4Korners have been asking for Arts and Culture programs to be added to our offerings, and we have had to decline because, technically, it did not fit our mandate. But we were listening! We have now developed a new strategic direction, which has allowed us to expand our mandate into sectors beyond only health services. The new direction makes sense when you look at how our health is connected with our leisure activities. It also provides a more sustainable opportunity to break isolation by offering a wider range of activities. A caregiver, for example, may find a painting class stimulating in a way that a presentation on will management is not.

Last year, 4 Korner received a Canadian Heritage Grant through the Action Plan for Official Languages. Their mandate is to address challenges that official language minority communities face, and 4 Korner is exactly the kind of community organization that this Action Plan targets. With that \$55,000, 4 Korner was able to support two community revitalization projects. The first project was a mural done by a local artist and English high school students in the community hall of Deux-Montagnes. The second project provided a public space for open-mic events once a week at Totumos café.

This past September, 4 Korner was accepted into the Canadian Heritage funding program, which provides the opportunity to create regular arts and culture programming. The open-mic nights in Two Mountains were such a success we have kept those running and are excited to expand this event into Pays d'en Haut and the Laurentians. (Get in touch if you have a good public space in mind and think you have the chops to gather the musicians and coordinate an open-mic night.) We will be sponsoring and supporting Arundel with their once-a-month Library Lecture series. We have seniors' Arts and Culture workshops underway, and we will be working also with Sainte Agathe Academy on an after-school arts program.

We would love to hear your ideas on the types of programming that you think would increase the vitality of the English-speaking community in the Laurentians. What types of programs would you like to see developed in your region? Contact me at andie@4kornerscenter.org.

To receive information on the monthly activities in your inbox, subscribe to our newsletter at info@4kornerscenter.org or check our website www.4kornerscenter.org

Laurentian Club Report

LAURENTIAN CLUB OF CANADA



On Oct. 22, people came to David Cocklin's presentation, Obligation to Inspiration, a journey from being externally controlled, to self-realization and empowerment. During the three segments of his talk, he engaged his audience in reflection and active participation.

In the first segment David explained how, from birth, people are subject to obligations dictated by parents, school, society, work and eventually, family. He went on to say that often at middle-age, major life changes and loss, occasioned by situations such as the empty nest syndrome, menopause and divorce, can cause people to experience a loss of purpose and to question, "Who am I"?

In segment two, David explained how self-reflection, which can be greatly enhanced by the Urgency Quadrant, leads ultimately to inspiration: In segment three, David used his own life as an example. By implementing the above, he has gained a sense of freedom and a purpose; to leave a legacy, which, in his case are his books: The Cottage Recondite and Vargas Hamilton: Life Is A Gas.



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Laurentian Personality

Entraide Bénévole des Pays d'en Haut

Lori Leonard – Main Street

Entraide Bénévole des Pays d'en Haut, a Laurentian-based non-profit organization, has existed since 1980 when its two co-founders, the late Monique Surprenant and Cécile Paradis founded it. Cécile is currently a Director on the Board of Directors. Danielle Corbeil has been the Director General since August 2016.

The mission of this organization is to promote the well-being of people with a loss of physical, psychological and/or social autonomy (permanent or temporary), who are living at home or in private residences. Another part of its mission is to comfort individuals with a sense of community and belonging.

Last year they assisted 2,677 people and rendered 53,201 services. These services are provided to the communities of Estérel, Lac-des-Seize-Isles, Morin-Heights, Piedmont, St-Adolphe-d'Howard, Ste-Adèle, Ste-Anne-des-Lacs, Ste-Marguerite-du-Lac-Masson, St-Sauveur and Wentworth-Nord.

Services offered include visiting the elderly, providing computer support, check-in calls, Meals on Wheels, accompaniment on trips for groceries, the pharmacy or bank and medical appointments. They also offer blood pressure and glycemic index checks provided by two retired nurses. They help the elderly complete forms and income tax returns. They have two empathetic individuals trained to help seniors who are vulnerable.

Realized accomplishments last year include recruitment, training and mentoring of 58 new volunteers, doubling the number of Meals on Wheels served, acquisition of a new Ford van for groceries and essential shopping, hiring of a second senior worker to support vulnerable seniors and trained human resources to ensure the maintenance of services during holidays, illness, etc. They promoted volunteerism throughout the MRC and welcomed corporate groups who volunteered. They participated in several committees to better the lives of seniors in our area and established a new service to help isolated seniors. Renovations were carried out at the Entraide building and the kitchen. They established a major fundraising campaign.

They have 246 volunteer members who provide various services according to personal preferences. The organization needs monetary donations to continue its mission and provides receipts for tax purposes. They are members of the Federation of Volunteer Centers of Quebec and work with several other local organizations.

Entraide Bénévole des Pays d'en Haut is located at 1013 Valiquette Street in Sainte-Adèle. If you would like to volunteer your services, provide support or report an elderly person whom you feel needs support, call 450 229-9020. Toll-free number 1-855-226-5626. E-mail: info@entraidebenevolepdh.com, website: entraidebenevolepdh.com.

Thank you to Danielle, Cécile and all the wonderful volunteers for helping to provide a better quality of life for our seniors.



Danielle Corbeil, Director General

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Essential Oils

Essential oils in yoga

Susan Rich

If you didn't know it already, I love my yoga. It's such a wonderful way to stretch and oxygenate your body. Everyone can benefit from participating

in some form of yoga. Often, I hear people say, "I'm not flexible enough for yoga". However, that is the point of yoga. You begin where you are, you continue to practice and, with time, things will change. You will move more, be able to go a little farther, and you'll get stronger. If you respect your limits and have a knowledgeable teacher, you will not get hurt.

Oils that help to relax the muscles will enable you to move into postures (asanas) more easily. Peppermint, wintergreen, camphor and blue tansy are just a few oils that, when rubbed in with a carrier-oil, such as coconut oil, will penetrate deeply and support the freedom of movement. These oils can be used also after a practice to soothe tired muscles.

Deep breathing (pranayama) is part of any yoga practice. It helps to oxygenate the body and bring it life-force. Using oils that help to open the airways will increase the oxygen intake and maximize the effects of your pranayama. Peppermint, eucalyptus, lemon and tea tree are amazing for relieving congestion. Place a drop or two into your hands, rub them together and tent them over your nose and mouth, and take some deep breaths. That will open your airways and invigorate you, while the increased oxygen does its work on your body. You could also dilute your choice with coconut oil and rub it on your chest and back.

At the end of most yoga practices, we do something called Savasana. All we do is relax on our backs, absorbing the effects of our practice. It's basically a form of meditation. For many people, this is the hardest pose of all, because you're supposed to stay in the moment and not let your mind wander to other thoughts, such as what you plan to do after the class. For me, it's simply amazing how Frankincense can help to stop the chatter in my head. Also, sandalwood and roman chamomile are wonderful oils for helping you to stay in the present.

Wishing you a wonderful yoga practice Namaste.

For more information or to get help, 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



Making it Work in the Laurentians

Job hunting tips for introverts

Maya Khamala

It's never easy to put yourself out there during a job search and, if you're an introvert, it can feel overwhelming. But, did you know that many of the skills and competencies that are associated with being an introvert can give you a competitive edge in the job market?

Here are few examples:

- Introverts are more likely to choose their words wisely, and selectively, without going off on tangents.
- They are excellent listeners, and are able to conduct solid needs assessments and synthesize information.
- They have strong analytical and critical thinking skills which are important for complex problem solving.

For introverts, putting yourself out there and networking is usually the most daunting aspect of the job search. Here are some useful tips to stay on track and gain momentum during your job hunt:

Let your portfolio speak for you. Demonstrate your accomplishments by putting together a portfolio. This will serve, not only as a handy showcase for potential employers, but is also a great reminder to yourself of the excellent work you've done!

Take advantage of social media. Use social media as a tool to let friends, former colleagues, or acquaintances know you're job searching. Online opportunities may come more easily to introverts since it can be easier to connect with people through emailing or messaging.

Prep yourself for interviews. A ton of people struggle with the interview process. Set the odds in your favour by anticipating and practicing interview questions and answers. Rehearse talking about your education, skills and experience with a trusted friend or family member. If you really do want that job, express your enthusiasm in a follow-up, thank-you note.

Balance it out by taking time for yourself. Many introverts can feel exhausted if they have a series of interviews or networking events scheduled, so be sure to take the time you need between interviews and events to unwind and recharge.

Get a mentor in your corner. A mentor is a person with more experience in your field who is willing to provide guidance and advice, and share helpful information. Having a mentor can be a great way to learn more about your industry and the local labour market. It can also alleviate the stress of job searching knowing you have a specialist in your field who can answer your specific industry-related questions.

Do your homework before applying. Research what an employer is like and what the job entails before you apply. Reference what you find out in your cover letter - it can only strengthen your application! Once you land an interview, you'll be equipped with the understanding of the employer's needs and how your specific skillset can fulfill their requirement.

While it's true that job hunting, as an introvert, can be challenging, your tendency to think before speaking is sure to create a positive, first impression with many employers. Following the above tips will prepare you better for your search, and boost your confidence significantly which, in turn, raises your chances for success!

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Caisse Desjardins de la Vallée des Pays-d'en-Haut, 100 years in the ♥ of people!

In 2019, the Caisse Desjardins de la Vallée des Pays-d'en-Haut celebrates its 100th anniversary. It stems from the merger of the Caisse Desjardins de la Vallée de Saint-Sauveur and the Caisse populaire Desjardins des Pays-d'en-Haut (the result of the merger between the Caisse populaire Desjardins de Mont-Rolland, the Caisse populaire Desjardins de Sainte-Adèle and the Caisse populaire Desjardins du Lac-Masson). More specifically, the Caisse populaire de Mont-Rolland, formerly known as the Caisse populaire de Saint-Joseph du Mont-Rolland, which was incorporated on February 16, 1919, at the origin of this centenary. This is the story of the history of these caisses.



The origin of the Caisses populaires Desjardins movement

At the end of the nineteenth century, times were difficult in Quebec. Anglo-Saxon financial institutions were almost exclusively in the service of industrial and commercial enterprises, concentrated mainly in the cities. On December 6, 1900, Alphonse Desjardins, a federal public servant, inspired by the principles of mutual aid and education of the cooperative movement, founded a savings and credit institution in Lévis called Caisse populaire. "In this kind of association," he writes, "it is not the capital that dominates, that makes the law and rules everything, but it is the person". When he died in 1920, 140 Caisses were scattered throughout most of Quebec².

¹Alphonse Desjardins "The union of forces and the economic terrain". September 24, 1910 cited in Guy Bélanger, (2012), Alphonse Desjardins 1854-1920, Quebec, Septentrion, p. 221.

²Pierre Poulin, (1990). History of the Desjardins Movement, Volume 1, Desjardins and the Birth of Caisses Populaires 1900-1920, Montreal, Quebec-America p. 15 sq

The first period of foundation (1908-1943)

The Origin of the Caisses Populaires Movement in the Laurentians

In the Laurentians, between 1908 and 1943, some fifteen Caisses were created. However, by the middle of the Second World War, only a few remained established. Two of these caisses were created in the current territory of the Caisse Desjardins de la Vallée des Pays-d'en-Haut: one in Mont-Rolland, integrated into the latter, and the other in Saint-Sauveur.

1913 The Caisse populaire Desjardins of Saint-Sauveur-des-Monts

On July 20, 1913, citizens of Saint-Sauveur, at the instigation of Father Desjardins, met to form a savings and credit cooperative. Alphonse Desjardins chaired the first annual general meeting. 61 members subscribed to the declaration of foundation and subscribed 157 shares. The elected Board of Directors was: Louis-Aldéric Desjardins, President and CEO, Mayor François-Xavier Cloutier, Vice-President, Adonias Forget, Secretary, Adélard Forget, Treasurer, and Achille Beauséjour. The Caisse Desjardins de Saint-Sauveur became the first to officially wear the Desjardins name in honor of the founder of Caisses. In 1914, Father Desjardins had to leave the parish and the Caisse populaire Desjardins of Saint-Sauveur des Monts ceased its activities.

1919 Caisse populaire de Saint-Joseph du Mont-Rolland renamed the Caisse populaire de Mont-Rolland in 1973

In 1918, the so-called Mont-Rolland district of the municipality of Saint-Adèle was established as a village municipality. On February 16, 1919³, at the instigation of Father Adélard Duplessis, parish priest of Saint-Joseph de Mont-Rolland, the abbot Hébert, chaired the founding meeting of the Caisse populaire of the same name. Seventeen members signed the declaration of foundation and subscribed 76 shares. The assembly elected its leaders: Rodrigue Maillé, Chairman, Georges Blanchard, Vice-Chairman, Théodore St-Germain, Secretary-Manager, and Aurélie Lanthier and Olivier Rolland were elected to the Board of Directors. At the first meeting of the Board of Directors President Rodrigue Maillé and the Secretary-Manager, Théodore St-Germain, respectively ceded their positions to Olivier Rolland, manager of Rolland and Hubert Létourneau.

³Declaration of foundation of the Caisse populaire de Saint-Joseph du Mont-Rolland

The second foundation period (1953-1961)

Between 1953 and 1961, three new Caisse populaires were created on the current territory; in Sainte-Adèle (1953), Saint-Sauveur-des-Monts (1958) and Lac Masson (1961). The region of the Middle-Laurentians had become a destination increasingly popular with tourists and the economic and social situation favoured the development of the Laurentians, facilitating the foundation of new Caisses.

1951 Foundation of the Caisse populaire de Sainte-Adèle

At the founding meeting held on March 16, 1953⁴, 54 members signed the declaration of foundation and subscribed 418 shares. Several women also subscribed. The elected leaders were; Fernand Montplaisir, President, Ms. Caroline Campeau, Vice-President, Rosario Courchesne, Secretary-Manager.

⁴Declaration of foundation of the Caisse populaire de Sainte-Adèle

1958 Foundation of the Caisse populaire de Saint-Sauveur-des-Monts

At the founding meeting on February 12, 1958, 35 members signed the declaration of foundation and subscribed 338 shares. The elected Board of Directors was: Austin Latrémouille, President, J-S. Belisle, Vice President and Ludovic Grondin, Manager, Paul Dessureault, Bernard Pagé Ernest Bastien, Stanislaw Belisle, Leo Paul Brosseau.

1961 The Caisse populaire du Lac Masson Foundation

In the early 1960s, the village of Sainte-Marguerite-du-Lac-Masson experienced a fairly important economic activity thanks to the start of construction Domaine Estérel. At that time, the Provincial Bank provided financial services. However, the merchants were dissatisfied with their services. In the spring of 1961, the parish priest, Father Charles-Auguste Blondin, held an information meeting in order to found a Caisse. On June 7, 1961, 59 citizens, led by Father Charles-Auguste Blondin and President Pierre-Paul Lecault, founded the Caisse populaire du Lac Masson. The Board of Directors was: Pierre-Paul Lecault, President, Roger Ouimet, Vice-President, Jean-Paul Trempe, Secretary-Manager and Directors Paul-Aimé Plouffe, Roch Grenier, Armand Léveillé, Réal Racette, Marcel Ladouceur and Jean-Marc Brisebois.

The Caisse populaire Desjardins des Pays-d'en-Haut

In 2000, the Caisses Populaires of Sainte-Adèle, Lac Masson and Mont-Rolland merged to form the Caisse populaire Desjardins des Pays-d'en-Haut. On December 2, 2002 its activities were consolidated and its service centres were relocated to 1014, Valiquette Street (Sainte-Adèle) and 3026, Saint-Charles (formerly Mont-Rolland) at 893, boulevard Sainte-Adèle (Sainte-Adèle).

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

Later, on January 1, 2012, the Caisse Desjardins de la Vallée de Saint-Sauveur and the Caisse populaire Desjardins des Pays-d'en-Haut merged to become the current Caisse Desjardins de la Vallée des Pays -d'en Haut. Its assets reached nearly 690 million dollars.

Desjardins present for its members

Today, Caisse Desjardins de la Vallée des Pays-d'en-Haut has close to 20,000 proud cooperants, 13 executives and 66 employees. The volume of business is \$1.65 billion. Members' commitment to their caisse enriches the lives of individuals and the community through the Community Development Fund. Added to this are donations, sponsorships and scholarships. Nearly \$200,000 was distributed in the form of financial assistance in the community. Through its \$100 million fund, Desjardins supports and promotes initiatives related to its socio-economic mission: entrepreneurship, education, social responsibility, sustainable development and the care of communities by people.

The Caisse Desjardins de la Vallée des Pays-d'en-Haut administrators are proud of the excellent financial health of the Caisse, whose contribution of financial assistance over 100 years can be calculated in terms of several million dollars in the communities of the MRC des Pays-d'en-Haut.

Visit www.caissevalleepaysdenhaut.ca/ligne-temps for a timeline that highlights the major events that have marked the history of the Caisse Desjardins des Pays-d'en-Haut Valley.

Text by Michel Allard, doctor of history, graduate in pedagogy. Mr. Allard taught elementary, high school and then the École normale de Ville-Marie. From 1969 until his retirement in 2001, he taught at UQAM in teacher training: history, didactics of history and museum education. Research by Marie-Eve Boyer, communications advisor at the Caisse Desjardins de la Vallée des Pays-d'en-Haut.

