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# Results of the 2021 general election in Mont-Tremblant

At the end of the municipal general election, Mr. Luc Brisebois (Team Brisebois) was re-elected mayor of the City of Mont-Tremblant with 54.45% of the votes cast, in front of Mr. Michel Savard (Équipe Savard).

- Here are the results by district:
- District 1 - Mr. Tyler Cook (Savard Team) - 61.96% of the votes
  - District 2 - Ms. Billie-Jeanne Gratton (Équipe Savard) - 57.1% of the vote
  - District 3 - Mrs. Dominique Laverdure (Brisebois Team) - 53.69% of the votes
  - District 4 - Mr. Joël Charbonneau (Team Brisebois) - 66.14% of the votes
  - District 5 - Ms. Catherine Drouin (Brisebois Team) - 68.59% of the votes
  - District 6 - Ms. Sylvie Vaillancourt (Team Brisebois) - 54.11% of the votes
  - District 7 - Ms. Guylaine Lyras (Brisebois Team) - 65.27% of the votes
  - District 8 - Ms. Roxanne Lacasse (Brisebois Team) - 50.99% of the votes

The overall turnout is 48.44% of registered voters (advance poll: 19.4% | polling day: 25.86% | postal vote: 3.18%). The participation rates by district are as follows:

- District 1 - 43.89%
- District 2 - 56.1%
- District 3 - 54.62%
- District 4 - 48.26%
- District 5 - 46.6%
- District 6 - 47.73%
- District 7 - 42.29%
- District 8 - 50.23%

Please note that these results are provisional. The official results will be those announced when the results are announced by the returning officer on November 12.

The City of Mont-Tremblant would like to congratulate the elected mayor as well as the councilors who will form the new municipal council as of their swearing-in on November 12. The City also thanks the defeated candidates as well as the outgoing elected officials who have served the people of Tremblant over the past four years. Mont-Tremblant finally salutes the voters who exercised their right to vote in large numbers.

## Wentworth-Nord Complete closure of bridge

The Ministère des Transports informs road users that reconstruction work on the bridge located above the Lac Long outlet, on Chemin de la Rivière-Perdue, in the municipality de Wentworth-Nord, began on November 3.

Completion of the work will require the complete closure of the structure for a period of just over five weeks. Local traffic will however remain possible on either side of the bridge. For both directions, the proposed detour road will pass through the municipalities of Harrington, Grenville-sur-la-Rouge, Route 327, Chemin de Saint-Michel and Route Principale. Those responsible for emergency services, school transporters and the Municipality have been informed in order to ensure the continuity of services.

### Highlights

- The work will be suspended for the winter season. During this period, traffic on the new structure will be permitted. Completion work will be required in 2022, in particular, to proceed with the final paving.
- A reconstruction was made necessary since the current steel-wood bridge, built in 1979, has reached its useful life.

The duration of the work may be modified due to operational constraints or weather conditions. To find out about current and future obstacles, consult Québec 511, a practical tool for properly planning your trips.

Follow us on Twitter, Facebook and Instagram

## Mont Blanc's Skier's Guide - Vaccine Passport

### All season passes for 13+ year-old cardholders for the 2021-2022 season have been deactivated

Reactivate your season pass starting Wednesday, November 10, 2021! The customer service counter will be open every day from 10 am to 2 pm in order to reactivate your pass by presenting your proof of vaccination as well as a photo ID.

- Here is some information to remember:
- Each person wishing to reactivate their seasonal subscription must be on site; you cannot reactivate the subscription of a person who is not present
  - Your proof of vaccination will only be required once, at the start of the season, to unlock your pass and allow you access to the mountain according to the validity of your subscription.

We remind you to remain courteous with the staff, this new measure is a requirement of the Government of Quebec. If you have any other questions regarding sanitary measures for the coming season, please consult the COVID-19 section website.

## Holiday fundraising campaign La Traversée

After the success achieved last year, the La Traversée Foundation is planning its second campaign to sell poinsettias and Christmas trees. This sale allows us to offer patients free quality care and families a pleasant resting place.

In collaboration with our partners Flo and La Grande Quincaillerie Gagnon, La Traversée offers you 2 choices of poinsettia sizes and 2 choices for Christmas trees.

Order online now at [www.fondationlatraversee.com/en/](http://www.fondationlatraversee.com/en/) as our quantities are limited! Your purchases can be picked up on December 3, 4 and 5 at Maison La Traversée according to the following schedule:

- December 3: 3 pm to 8 pm.**
- December 4: 10 am to 4 pm**
- December 5: 10 am to 3 pm**

### New this year!

We will have a Christmas Market during our Poinsettias and Fir Tree event. Creations by our generous regional artisans will be put on sale and the proceeds will be donated entirely to the Foundation. Whether artistic, culinary or just practical, you will have the chance to get yourself the special gift that is always missing to complete your Christmas list.

Our new chef will be on site to offer you his small take-out meals, which will soon be on sale on a regular basis.

Meet at 5100 Montée Ryan in Mont-Tremblant (behind Tourist Information at the roundabout) at the time and day of your choice and take the opportunity to participate in our Christmas Market.

For the little ones and the young at heart, Father Christmas will be on hand to brighten up the event on Saturday and Sunday!

Delivery is possible for purchases over \$ 150 and within a radius of 50 km around Mont-Tremblant. Delivery charges of \$ 10 apply.

Thank you for helping to make this campaign a great success.

## Deputy Agnès Grondin visits Saint-Adolphe-D'Howard

Argenteuil MNA Agnès Grondin took advantage of a magnificent fall day, Saturday November 6, to tour Saint-Adolphe-d'Howard where, with the invaluable collaboration of the Chamber of Commerce and Tourism of Saint-Adolphe-d'Howard, she was able to meet a dozen representatives of local organizations and businesses.



A round table in the first part of the day, at Mont Avalanche, gave the MP the opportunity to get to know the different groups in the Adolphine community better, to hear their concerns, their projects and their challenges. Around the table were spokespersons for:

- Arts and culture Saint-Adolphe
- the Camp de base craft brewery
- the Saint-Adolphe-d'Howard Chamber of Commerce and Tourism
- the Coop santé Saint-Adolphe-d'Howard
- Coop Nourri-Cîmes
- Habitations Saint-Adolphe-d'Howard
- Plein air Saint-Adolphe-d'Howard

After sharing a tasty dinner at the local restaurant Le Gusto, the MP and her colleagues had the pleasure of going out into the field to visit the welcoming local cultural and artistic on the way to the Village, then to see the wonderful potential of the future market gardening site of Coop Nourri-Cîmes at Domaine Bastien.

### Quotes

"What a joy to meet those who animate and energize the community of Saint-Adolphe-d'Howard. These people of heart and ideas spoke to me about their plans and visions with passion, their eyes shining with pride. I thank them for their welcome and their sharing. My objective during this round table was to remind them that my team and I are there to accompany and support them in their efforts and their projects. "

- Agnès Grondin, Member of Parliament for Argenteuil

"Today we share our successes, our pride in achieving our goals in a spirit of sharing and collaboration. The objective of the Chamber is to join the organizations concerned, to move towards a common vision of economic and tourism development and support the various stakeholders in the success of their approach, whether in terms of the development, implementation or outreach of a project. The Chamber of Commerce is convinced that by rallying in a collaborative manner around a common vision, the achievement of objectives will be facilitated, and success will follow. We work as a team to promote Our City. "

- Richard Daoust, President of the Saint-Adolphe-d'Howard Chamber of Commerce and Tourism



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# What’s On My Mind... As the years pass

Susan MacDonald, Editor

I have spent today reflecting on the past few years, and on all the changes that have taken place here, at Main Street. Looking back, I realize that many of those changes were, in fact, a direct reflection of what also affects our communities, and for the first time, I understood fully just how closely intertwined we are.

I am humbled by this realization and now, more than ever, during these challenging times, appreciate deeply the staunch support of our local businesses, my steadfast graphics and management team, and the continuing contributions of my dedicated team of writers, of whom we lost recently one of our longest contributors, a close friend and confidant, Jim Warbanks (Simply Words).

My connection to Jim reaches back to the day when I first joined Main Street as the new, and upcoming ‘cub reporter’ at the annual backyard “Burger BBQ.” He was pleasant, encouraging and, with his famous nod, smile and dry humour, he welcomed me warmly to the team. At that time, who could ever have imagined that I would eventually find myself as editor of Main Street, but when that happened, and through those first, extremely difficult years, Jim was always there to support me.

He was a man of few words but deep thoughts, and Jim always seemed to know when I needed a pick-me-up, or had made an editorial error and, rather than reproach, would send along some cartoon of editors in distress facing deadlines, headline bloopers, or some other comic strip that he liked that was relevant to the moment. Only once did we both miss a major spelling error that I will not share, but we both enjoyed an embarrassing laugh over it.

Jim’s substantial contribution to Main Street was small when compared to what he contributed to his community. His active participation in many local community organizations relating to health and language rights is legendary. As a resolute community member, he will be missed and remembered lovingly by all who were fortunate enough to make his acquaintance. Our thoughts and prayers go to his wife, Mary, and son, Christopher.

The passing of Jim reminded me that, since the first edition of Main Street, so many years ago, and still faithful to the idea of Jack, its founder, this newspaper continues to be a mirror of our current times. Dependent fully on advertising in order to continue to publish, our reduced page count over the past two years reflects the challenges our local businesses have endured and continue to face. Sadly, many have succumbed to the consequences of the pandemic shutdowns and loss of revenue that were too great to overcome. Fortunately, others have managed to re-structure and continue, albeit on tight budgets and credit lines. It has been, and continues to be, an exhausting and frustrating time for all, and the future, while always uncertain, has been made even more obscure.

Still, we have proven ourselves to be resilient despite the challenges we have faced, and we look forward, with steadfast hope, to better days ahead. As the saying goes ... what doesn’t break you only makes you stronger.

Enjoy the read...



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**Bruce Zikman - Member of the Laurentian Royal LePage Humania Team**  
Bruce has over 40 years experience in residential and commercial real estate brokerage, finance and construction. He holds several permits / designations, including Chartered Real Estate Broker, Agency Executive Officer, and insurance provider (Fonds d'assurance responsabilité). Fully bilingual, Bruce has been a permanent resident of the Laurentians for more than 25 years and is looking forward to providing you with the highest quality of insured real estate services.

Bruce can be reached at  
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# Quebec's English-speaking community needs to know what is in Bill 96

## WHAT IS BEING SAID ABOUT BILL 96:

The proposed bill is the “broadest legislative attack ever on English and anglophones in Quebec.”

VETERAN QUEBEC AFFAIRS COLUMNIST, DON MACPHERSON, THE 1019 REPORT

“Bill 96 is nothing less than the greatest upheaval in Quebec's legal system since the Quiet Revolution.”

MARLENE JENNINGS, PRESIDENT OF QUEBEC COMMUNITY GROUPS NETWORK

“Bill 96 redefines and restructures language in Quebec and Canada in fundamental and illegitimate ways.”

TASK FORCE ON LINGUISTIC POLICY

“Not only does Bill 96 also seek to amend the Canadian Constitution ... but it contains a number of other clauses inimical to rights and freedoms, including the substitution of the National Assembly for the courts of law as the arbiter of language provisions in the bill.”

FORMER MNA, MP, AND RIGHTS ADVOCATE, CLIFFORD LINCOLN

## GET INFORMED

English-language newspapers across Quebec are publishing a series of articles to inform the anglophone communities about the details of what is found in the Coalition Avenir Québec's proposed legislation, Bill 96, which aims to overhaul the province's French Language Charter.

Get informed. Let your concerns be known. Write your MNAs, your MPs. Write a letter to the editor. Join the public conversation.



THE 1019REPORT



Published by  
Les Éditions Main Street Inc. P.O. Box 874, Lachute J8H 4G

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TheMainStreetNews

**Founder:** Jack Burger  
**Advertising Sales:** Susan MacDonald,  
**Publisher/Editor:** Susan MacDonald  
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**Contributing writers:** June Angus, Louise Bloom, Lys Chisholm, Chris Collyer, Ron Golfman, Joseph Graham, Lori Leonard, David MacFairlane, Mat Madison, Marcus Nerenberg, Sue Rich, Janet Thomas and many other contributors from the Laurentian community at large.

14,000 copies distributed throughout the Laurentians

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• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

**NEXT EDITION:  
DECEMBER 10<sup>TH</sup>**

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2014



ISSN 1718-0457



# National Caregiver Week 2021

## Caregivers also deserve our recognition ... and our support

To mark National Caregiver Week, which takes place from November 7 to 13, Proche aideance Québec is launching its campaign: Caregivers too deserve our recognition ... and our support. The objective of this campaign is to highlight the exceptional contribution of these people to Quebec society as well as their need for support.

“In society in general, we are used to rewarding the achievements of certain individuals, such as our artists and our athletes. Through this campaign, we wanted to shine the spotlight on caregivers who, on a daily basis, do not receive the attention they deserve even though they accomplish a lot in their community. We want society to recognize these people who make a concrete contribution to improving the quality of life of a loved one, whether they are a spouse, a child, a sister or a friend with physical or mental health problems ”explains Mélanie Perroux, Executive Director of Proche aideance Quebec.

In a spirit of awareness, this campaign presents two real caregivers with different backgrounds, but who have had a common experience: a need for support to fulfill their role. They have agreed to share their experience in video clips that will be posted on our Facebook page during the week.

This national awareness week takes place in the context of the publication of the first government action plan in informal aid launched on October 27 by Marguerite Blais, Minister of Seniors and Caregivers.

“We can be delighted with this first ambitious action plan that we have been hoping for for a long time and which places Quebec at the forefront in the field. This plan is however only the beginning of a long process before the concrete results are visible on the ground whereas the needs, exacerbated by the pandemic, are immense and the waiting lists are only growing ”. says France Boisclair, president of Proche aideance Québec.

### Support organizations present throughout Quebec

There are many organizations that support family caregivers on a daily basis through, among other things, psychosocial support, counseling and training, which promotes their quality of life. Throughout this week, the 124 members of Proche aideance Québec have planned inspiring and creative activities to offer spaces and moments of healing to caregivers. To find one of our member organizations: <https://procheaideance.quebec/organismes-soutien/>.

### Proche aideance Québec - Group of organizations committed to caregivers

Founded in 2000, Proche aideance Québec (formerly the Regroupement des aidants naturel du Québec) brings together 124 community organizations that support more than 42,000 caregivers across Quebec. The mission of these organizations is to improve the living conditions of family caregivers by relieving the impoverishment and exhaustion they experience due to illness, aging and / or the disability of a loved one. Among other things, they offer psychosocial support, respite and counseling. On the strength of this network of organizations, Proche aideance Québec represents informal caregivers and organizations that support them with government authorities in order to assert their rights.

## Project FeederWatch

### Birds Canada

Project FeederWatch is a critical research project to help winter bird populations. The 2021–22 FeederWatch season begins on November 13 and the last day to start a two-day count at the end of each season is April 29.

#### Two consecutive days

FeederWatch count days are two consecutive days when you count the birds at your feeders. Count days always come in pairs. Pick days that will maximize the time you have to count birds. The more often you count, the more valuable your data becomes, but there is no minimum required number of counts, and your data are valuable even if you are only able to count on a few occasions.

You can participate in Project FeederWatch (PFW) when you join as a Birds Canada member or renew your membership. Your donation of any amount makes you a member and your membership is valid for the rest of that year. If you give \$50 or more, you will also receive our exclusive BirdWatch Canada magazine.

Project FeederWatch is a joint research and education project of Birds Canada and the Cornell Lab of Ornithology.

For more information visit [www.birdscanada.org](http://www.birdscanada.org)

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\*Visit our FB page on Wednesdays to see new arrivals

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MAIN STREET

November 2021

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We, the people of Arundel, owe much to the benevolent spirit of Frances Jones.

For twenty-five years, Fran has nurtured our love of reading. She learned to run the library under the guidance of Kelly Soule. Upon his death in 2008, she took it under her wing, as chief library administrator for the Municipality of Arundel. These last many years, she has greeted us at the door, helped us to find the Just-Right book (the one we will love), ordered new ones to suit our tastes, and even brought books to our bedsides when we were sick. That's the kind of person she is. Fran has always kept the shelves full of treasures and worked hard to make the library a warm and welcoming place to enjoy.

Before assuming responsibility for the library, Fran paired with Kelly Soule to bring internet access to Arundel, creating our own list serve called Rougenet. In addition, she facilitated the Library Lecture Series and volunteered with Victoria's Quilts, as well as a multitude of church and community events.

Now her many years of service have been recognized. Fran was recently celebrated at the Table de Concertation de la MRC des Laurentides, a celebration of the contribution and support which seniors give to their communities. Most deservedly, Fran has been selected to represent our region at a ceremony in Quebec City, where she will be awarded the Prix Hommage Aînés by Marguerite Blais, Minister Responsible for Seniors and Caregivers.

Congratulations Fran! You so very well deserve this honour.


Introducing “the paws”: five rescue dogs who live with the Lady at Red Fox Hill. Told from the perspective of Zadok, an Australian terrier and the most recently rescued dog, *Tales from Red Fox Hill* follows the dogs through most of a year. Life lessons are learned, sometimes the hard way, and the underlying foundation of every story is love and respect. Tough topics, including death and bullying, are addressed along with a generous portion of fun and humour. Curiosity, diversity, and acceptance are other deep themes that are made accessible to an audience of grade-school-aged children through the stories of the various animals who make their home at Red Fox Hill. The wonderful illustrations are created by Margaret Ann Adams. Look for the launch in time for Christmas through Friesen Press.

An intergenerational project that breaks down social barriers! This activity allows an elder to be paired with an adult, another elder, a teenager or even a child (accompanied by a parent). The goal is to have the duo encourage each other to achieve a shared interest and objective (e.g. cooking, fitness program, building a piece of furniture, gardening, etc.). Pairings last two months or more and the participants communicate by phone or videoconference 1 or 2 times a week.

To sign up or for more information contact: [duoenaction@fadoqlaurentides](mailto:duoenaction@fadoqlaurentides). or call 1 877 429-5858 extension 227.



### Chris Lance - Main Street

 November can be a dreary, dull and dark month as we move towards the winter snow. However, we have had a nice summer, up here in Ste Adèle. The tennis season was a great success – it was free for residents, and all types of league play resulted over the season. Sainte Adèle has opened all sorts of bike and walking trails in the Loup Garou Park complex. Golf, over at Chantecler, survived a slow start because of the greens, Golf La Vallée was also suffering from poor greens, yet they had a big turn out all season long. Over at Mont- Gabriel, mountain golf played out as usual over the summer.

Lac Rond was very popular because it was hot throughout the latter part of the summer. Of course, walking in the woods was also very popular, and Le P'tit train du Nord was very busy all season and now partly paved, encouraged bikers galore. A little tough for walkers as they share the same track as the fast-moving bikes.

It is time to put away all your shorts – Bermuda, jogging, biking, yoga, well ... you know what I mean, and replace them with the long versions. Ugh, the season has ended.

“Le dossier de la Croix” continues with our new mayor. It has been 15 trying years since le groupe Lupien began this battle with our town. There have been 6 mayors involved in the battle with legal suits, appeals and counter suits. In all, over 21 Ste Adèle officials, past and present, have been involved in legal actions involving 13 million dollars. Marc Lupien is seeking damages. Is there a resolution? It’s not looking good for the newly elected mayor, and town officials. The cross has been in Ste Adèle since 1927, and is at the center of the controversy, and the citizens want to keep the cross lit. But who wants to work in a political arena when you will be sued as soon as you’re elected to the town council?

If a French university education is of interest to you, there is an open house in Saint Jérôme, from 10 am to 1 pm, on November 20. You can check it out online at [uqo.ca/jpo](http://uqo.ca/jpo).

At the local high school A.N. Morin, police were called in to break up a push and shove between a dozen kids at lunch hour inside the school. It escalated to about 50 kids and required the police manager to quell the gathering. It led to 3 arrests and 3 students suspended. The incident is still under investigation.

The rainy, cold weather has set in prior to the snow season that follows. Despite the weather, we are alive and have, so far, survived the COVID plague. There are lots of jobs available, the kids are back at school and life goes on.

Do your best to enjoy the Laurentians. Stay healthy.

[illegible]





# NEWS BITS FOR NOVEMBER

## The MRC Des Laurentides warns citizens against scammers

The MRC des Laurentides wishes to advise the population to exercise increased vigilance since fraudsters are currently posing as MRC inspectors in order to enter residences under the pretext of carrying out a residential inspection visit for property assessment purposes.

Please note that:

1. During the period of the pandemic, property assessment inspectors from the MRC des Laurentides do not carry out interior visits to residences. A public communication will be made when the interior visits resume.
2. When making an appointment by phone, the MRC inspector will refer to a specific identification number. Please use this number with the MRC des Laurentides property assessment service in the event of an audit.
3. All inspectors are duly identified during the exterior visit of the residence;
4. The identity of the inspectors can be easily verified since their photo is published on the MRC des Laurentides website by clicking on the MRC / Team / property assessment tabs: <https://mrclaurentides.qc.ca/nous-join/>

If in doubt, do not hesitate to call 819-425-5555 ext. 1023 (MRC des Laurentides property assessment service). We will be pleased to confirm if a call has been made with you to make an appointment. In addition, please note that inspectors from your city or municipality can also make appointments to follow up on your building and renovation permit.

We invite you to check with them for the validity of the call, if necessary.

## Minister Laforest announces financial assistance of more than \$250M

The Minister of Municipal Affairs and Housing, Ms. Andrée Laforest, is proud to announce more than \$ 250 million to renovate and increase the community real estate stock. In the Laurentians region, 20 housing projects could benefit from the funds provided for this purpose.

In Quebec, 923 housing projects, spread across all regions, are currently eligible for the financial assistance program for the preservation of community housing stock, which can be renovated. This announcement was made possible thanks to the resolution of an impasse, in June 2020, by Minister Laforest.

It should be remembered that no previous government had come to an agreement with the owner organizations on the redistribution of the sums accumulated in the Quebec Community Housing Fund (FQHC) since its creation in 1997. This announcement is therefore in line with the desire of the Government of Quebec to improve and increase, thanks to SHQ programs, the supply of affordable housing available in all regions. Organizations that wish to benefit from the renovation program may submit an application.

Quote

"Today, I am proud to announce that our government is making more than \$250 million available for the community housing stock. This is unheard of! Since the creation of the Quebec Community Housing Fund, no government, before our own, has managed to find a way to ensure that these sums are used efficiently. I salute the openness and collaboration of the Confédération québécoise des coopératives d'habitation, the Regroupement des offices d'habitation du Québec and the Quebec Network of non-profit housing organizations, because in this way we will improve the quality of community rentals in all regions of Quebec. Thousands of families will benefit from this affordable housing and will see their quality of life improved. I invite all eligible organizations to inquire about the amounts provided for this purpose! "Andrée Laforest, Minister of Municipal Affairs and Housing Highlights.

## The MRC d'Argenteuil seeks bus connection between Montreal and Gatineau

At its regular meeting held in October 2021, the council of the MRC d'Argenteuil unanimously adopted a resolution asking the Commission des transports du Québec (CTQ) to require, as a condition of issuance, a permanent permit for intercity bus transport in the Montréal-Gatineau corridor, in which the carrier sets up and maintains a daily and two-way regional route along provincial road 148, with stopping points on the territory of the MRC d'Argenteuil, particularly in the city of Lachute and in the Grenville sector.

This specific request from the MRC d'Argenteuil arises following the interruption of long-distance services from the Greyhound company in May 2021, which notably provided the Montreal-Gatineau link for several years. Supporting its request on social, environmental and economic grounds, the MRC d'Argenteuil believes that a daily regional trip in the Montreal-Gatineau corridor, along Route 148, promotes sustainable mobility, the fight against climate change, community development and dynamic land use, in addition to meeting essential needs. These include the travel of workers, students, tourists and vacationers, not to mention family visits and medical appointments.

Transport companies are presently making representations to the CTQ to obtain the permanent permit and thus offer interurban transport service between Montreal and Gatineau. To this end, hearings were held in the summer of 2021 and more will follow in the fall.

The MRC d'Argenteuil considers that its approach is fully consistent with the recent master plans launched by government authorities in recent years, such as the Canadian Climate Plan announced at the end of 2020 by the Government of Canada as well as the Sustainable mobility policy 2030, entitled "Transporting Quebec to modernity", and the Plan for a green economy 2030, announced respectively in 2018 and 2020 by the government of Quebec.

# STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

**Marika Dumouin Lafond, Dominic and Stéphane Primard**, owners of **Manoir Rebelle**, 1162 rue Principale, Prévost who opened their doors on August 1st, 2021. They offer weekend lodging for organized events such as yoga retreats and weekday lodging as well. They rent beautiful, bright conference rooms for special events for weddings or private parties. They offer yoga and meditation classes during the week and private training in their professional gym to all age groups. Both Marika and Dominic provide personalized professional training and weight loss support and have a wide array of equipment. Marika has helped more than 300 men and women over the last 2 years to find their body balance. To complement their classes, they provide consultations on nutrition and naturotherapy. Marika developed the **Rebelle** brand and logo. It represents a strong woman, rather than a thin, perfect woman. **Karma Cuisine** is also located in this building and they offer excellent Indian food to take out. If you are looking for a unique venue for a party or wedding, check it out. Open 10 to 7 weekdays. 581 990-2428, [manoirrebelle.com](http://manoirrebelle.com), [info@manoirrebelle.com](mailto:info@manoirrebelle.com), Facebook: Manoir Rebelle

Very talented **Natasha Blasevic** and **Alexandra Tärk Fisher (A. Tärk)**, who recently wrote and illustrated an amazing children's book **Nikolas the Klaus and the Tomtes**, available for purchase early November (just in time for Christmas). Natasha is the creator/illustrator and A.Tärk reworked the story to bring out its best. Ali states, "It's a story about a couple seeking a new life in a foreign land. They homestead in fictional Nordic Klausland where they live in the woods, apart from settled villagers. Through acts of compassion and empathy, they befriend the Tomtes, forest-dwellers with a curious and mischievous streak. The two cultures meld and help each other through the brutal cold and darkness of northern winters, and share the knowledge of how to create warmth, light and joy. Their years-long friendship and collaboration inspires them to share their bounty with the weary, defeated villagers in a celebration of light from which the Yule-based legend of Santa Claus and his elves is conceived".



Both Natasha and A. Tärk are from European immigrant families with strong cultural traditions of the Yule holiday, Solstice and its Norse pagan celebrations. Natasha, from St. André d'Argenteuil, actually worked on this story whilst breastfeeding her twins.

The co-authors believe that many holiday stories are about saving Christmas from misery, from financial and personal 'failure'; A Christmas Carol, How the Grinch Stole Christmas, It's A Wonderful Life...Natasha decided to re-imagine the Christmas holiday for her twins, toddlers growing like weeds, to offer them a less commercial take on a very commercial holiday. The story blends the celebration of the Solstice with the pop culture image of Santa Claus to offer familiar imagery for younger readers and parents. Ali says "some kids really just want to see Santa Claus! If that makes it easier for them to engage in a solid read with some myth and original story, all the better!"

Available on Barnes and Noble product page, link attached below. <https://www.barnesandnoble.com/w?ean=9781668583388> or from the creators at Fromagerie Copette et Cie, on the Wellington strip in Verdun. Price: \$30 - hardcover

Did you know that:

if you are a true dahlia or peony lover that you can purchase roots on line to be ready for next Spring's garden? **Kate-Lynn Clark** and her family have a large farm located in Brownsburg. They specialize in dahlias and peonies. Kate-Lynn grew up in Brownsburg, but is now living in the West Island and sells roots from the family farm. The name of her business is **En fleurs**, check out her website at [enfleurs.ca](http://enfleurs.ca). You can also email Kate-Lynn at [info@enfleurs.ca](mailto:info@enfleurs.ca). Kate-Lynn kindly donated some beautiful flowers to brighten up the resident's days at Lachute Residence. Thank you for your generous gesture Kate-Lynn!

If you enjoy walking, hiking, trail biking, Nordic walking, snow shoeing, cross-country skiing or just enjoy looking at beautiful mountainous scenery, check out **Domaine St. Bernard**, 539 ch. Saint-Bernard, Mont-Tremblant. There are more than 40 km of various trails and gorgeous scenery to appreciate any time of year including Lac Raynaud. You can also reserve accommodations at any of the various buildings and there are temporary tents as well. This is a birdwatcher's and deer watcher's paradise. There is a beautiful Bird Garden which hosts more than 60 species of birds. Many events and workshops are hosted there. At Velan Pavillion, there are evening presentations and observations of the sky. Watch the stars through the second largest telescope accessible to the public in Quebec. It is an ideal spot for family or friends to gather and enjoy each other's company on the weekend. 819 425-3588, [info@domainesaintbernard.org](mailto:info@domainesaintbernard.org), [domainesaintbernard.org](http://domainesaintbernard.org)



## Laurentian Region Cancer Support Group Next Meeting Nov 20

The next monthly meeting of the Laurentian Region Cancer Support Group is November 20 at 1 pm at Châlet Bellevue in Morin Heights. Option also to attend via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the November meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca).





# User Rights Week 2021 - The users' committees of the CISSS des Laurentides

## Always present for the population!

As part of the User Rights Week of the health and social services network, which took place from November 9 to 15, 2021, the Integrated Health and Social Services Center (CISSS) des Laurentides would like to underline the commitment and work of all the volunteers and resource persons who make up these committees. The CISSS des Laurentides has 11 user committees and 15 residents' committees whose mandate consists in particular of defending the rights and interests of users. "In this second year of the COVID-19 pandemic, most of our committees remained active and concerned about their role with users of the CISSS des Laurentides. For 18 months, these committees have shown initiative, adaptation and resilience to deploy new means of being at the heart of the actions of the CISSS des Laurentides. On behalf of our establishment and all the users in our region, I would like to thank all these volunteers for their civic commitment," declared Ms. Rosemonde Landry, President and CEO. We point out that the committees' mission is to inform users of their rights and obligations, to promote the improvement of the quality of the living conditions of users and to assess the degree of user satisfaction with the services. They are the defenders of the rights and collective interests of users and can offer support and assistance to users in their dealings with the CISSS des Laurentides, including when they wish to file a complaint. To highlight the 2021 edition of User Rights Week, we invite you to visit the Users' Committees page on the CISSS des Laurentides website ([www.santelaurentides.gouv.qc.ca](http://www.santelaurentides.gouv.qc.ca)) to learn more about the users' committees and the residents' committees of the region, their mission and their activities.

## Saint-Sauveur Ecocentre

### Temporary stop of collection certain hazardous household waste

The City of Saint-Sauveur and the municipalities of Piedmont, Morin-Heights and Sainte-Anne-des-Lacs are asking citizens to delay their visit to the Saint-Sauveur ecocentre for the disposal of certain hazardous household waste (HHW) items.

HHW are substances that require safe storage, both for the health of individuals and for the environment. However, for some time now, the regular collection service for these materials has slowed down and is no longer sufficient to make the necessary space to store them.

We therefore ask citizens to temporarily keep some HHW at home, until the situation allows for safe storage. We also remind you that it is very important not to dispose of HHW in garbage, recycling or composting bins, or on the side of the road. Here is the list of substances targeted by the temporary halt of HHW:

- Paint, varnish and solvent
- Oil • Antifreeze
- Filters and containers of the materials listed above.

We thank the citizens for their collaboration. As soon as the situation returns to normal, the cities concerned will issue a press release to this effect.



# The Ed McFaul Foundation supports healthcare In Argenteuil

On October 15, the Ed McFaul Foundation generously donated \$10,000 to the Argenteuil Hospital Foundation (AHF).

The Ed McFaul Foundation is therefore contributing to the financing of our Mini C-Arm that has been in operation in the Lachute orthopedic surgery department since the fall of 2019. This Mini C-Arm allows orthopedic surgeons in Lachute to perform intricate surgeries on hands, wrists, ankles and collarbones. This new piece of equipment helps us better serve our community by improving this accessibility.

The AHF has until March 2024 to complete the financing of this Mini C-Arm worth \$292,000. Therefore, all your support and donations are important!

Many thanks to the Ed McFaul Foundation for their donation! Supporting your Hospital Foundation is supporting your community!



Photo, from left to right: Béatrice Lafleur (secretary of the Ed McFaul Foundation), Marie-Isabelle Poupart (director general of the AHF), Ralph McOuat (president of the Ed McFaul Foundation) and Michel Campeau (treasurer of the Ed McFaul Foundation).

## New service to answer your questions about COVID-19 vaccination

The Centre intégré de santé et de services sociaux (CISSS) des Laurentides is proud to be launching a new vaccination information service. You can now speak to a nurse to ask about COVID-19 vaccination.

### How it works

Just send an email to [covid-19.vaccination.questions.ciesslerau@ssss.gouv.qc.ca](mailto:covid-19.vaccination.questions.ciesslerau@ssss.gouv.qc.ca) to get a call from a nurse. For those without easy access to the Internet, you can also call 1-866-495-5833 and a nurse will return your call as soon as possible depending on demand. "Given the amount of information circulating about COVID-19, we wanted to make available to the public a simple, direct, reliable way of asking a healthcare professional about vaccination", said Ms. Rosemonde Landry, CEO of the CISSS des Laurentides. While COVID-19 vaccines remain the best way to protect against the virus and its variants, the purpose of this service is to inform you by answering your questions directly and to provide you with the relevant information to support your decision about vaccination.

### An information service about vaccination

- Email [covid-19.vaccination.questions.ciesslerau@ssss.gouv.qc.ca](mailto:covid-19.vaccination.questions.ciesslerau@ssss.gouv.qc.ca) or call 1-866-495-5833 mentioning your name, telephone number and the best time to reach you.
- Get a call from a nurse. Two attempts will be made to reach you. As a reminder, there are currently five ways to get vaccinated: WITH an appointment:
  - Clicsante.ca
  - 877-644-4545 WITHOUT an appointment:
- Via the NotifVAX mobile app, available on Google Play or at the App Store
- Vaccination sites
- Vaccination mobile units
  - a free shuttle service is available for persons with reduced mobility, requiring accompaniment or lacking transportation. For more information, call 1-866-495-5833.

Visit the vaccination page on the [santelaurentides.gouv.qc.ca](http://santelaurentides.gouv.qc.ca) website for schedules and to learn more about our services.





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Jeanne






# 'At a Distance' Art Show Brings People Together

Andie Bennett

You know people are craving a social event when the concept of fashionably late is completely disregarded. A special 4Korners' vernissage recently took place at the Activity Center in Deux-Montagnes to highlight some amazing creations done during the pandemic. The evening was broken into two viewings in order to respect COVID protocols while still offering a convivial environment of art viewing and mingling. The two showings began at 5 pm and 7 pm respectively. At 5 pm on the nose there was a steady stream of the maximum number of confirmed guests, and it was the same situation at the 7 pm showing. People came, took in the amazing art display put together by a passionate 4Korners staff, and enjoyed some bubbly and light snacks offered in the special "dining" section.

The testimonials placed under the paintings were enough to bring a tear to the eye, but having artists and community members alike be moved emotionally when speaking to me about the classes and the first in-person social event in over a year was extremely validating. Artist Rebecca Fillion took part via Zoom, watching through the eyes of the 4Korners owl camera, part of the tech investment made during the pandemic to help remote joiners feel more a part of in-person events. Rebecca's testimonial under her drawing of a bird emerging from the flame of a candle shared how the class supported the full-time caregiver through her brother's final days in his battle with cancer.

Ellie Downing was surprised to have four pieces displayed, the seascapes her personal favorite. The subject matter was deliberately selected to transport the artists out of their living rooms and onto a beach, if only for a short while. Her voice shook with emotion when she told me how this class brought forth a passion that she didn't know she had. And then there was Ben, a 19-year-old with autism, who took part in the seniors' drawing group and had multiple pieces on display, from line drawings to clay sculptures. He moved about the room dodging my recorder but proudly showed me his favourite drawings and struck a pose in front of his pieces for his mom's photo collection. His mom, Julie, told me she doesn't know how they would have made it through the pandemic without these classes. She said Ben grew so much as an artist, learning, from the star of the night, art teacher Carol Lyng. If you were not among the lucky few to attend in person, the virtual art show will continue online with Ateliers Müz until November 23rd <https://ateliersmuz.com/pages/at-a-distance>.




## Nature's Triumph

A film by Daniel Voyer and Jean-François Hamilton  
With H  l  ne Beauchamp in the role of Margaret Cook and with the participation of Don Stewart

**Chalet Bellevue, Morin-Heights**  
**27, rue Bellevue, J0R 1H0**  
**November 14: 2:30 pm**

Come see this wonderful documentary based on Margaret Cook's novel "Nature's Triumph" about pioneer days in mid 19th century Gore.  
FREE Admission.  
Audio is mostly French with some English.



## Increase in the permitted load limit on bridge

Following work aimed in particular at increasing the bearing capacity of the bridge located on Walker Road, over the Rouge River, in Grenville-sur-la-Rouge, the Minist  re des Transports informs road users that the maximum load limit on this structure is now 22 tonnes for any type of vehicle.



The load restriction of this structure was previously limited to 5 tonnes for any type of vehicle.

The Minist  re des Transports thanks the users for their invaluable collaboration during the work.

Follow us on Twitter, Facebook and Instagram



# 4K SPEAKER SERIES



## HOMETOWN

### conversations



### Friday, November 26th at 1 p.m.

#### Ken Duff interviews author & local historian Joseph Graham

Joseph Graham, historian from the Laurentian mountains north of Montreal, is the author of the best-selling Naming the Laurentians and his recently released novel Insatiable Hunger. He has worked for decades to encourage people to know and value their history.



www.4korners.org



To register contact [info@4korners.org](mailto:info@4korners.org) | 450-974-3940 | 1-888-974-3940 ext. 601





# Essential Oils

## Energy and vitality

Susan Rich

As the days get shorter and the air gets cooler, I often find myself with lower energy and vitality. I find comfort in knowing that it's not just me, as many people struggle at this time of year. It's actually quite normal because, in nature, winter is a time for hibernation and rest. Sadly, our fast-paced world doesn't tend to allow the natural process to happen and we have to keep on keeping on.

Lack of energy can be described as tiredness, weariness, lethargy or fatigue, and can contribute to symptoms like depression, lack of motivation or apathy. Often, these symptoms are related to lack of sleep, stress, lack of exercise and, yes, even the change of seasons.

Giving ourselves permission to rest, finding ways to manage our stress and including some good nutrition are keys to fighting fatigue. If, however, these things do not help, it could be a sign of an underlying physical or psychological issue. It's very important to monitor your symptoms and seek professional help if things don't change.

Some underlying causes can be, but are not limited to, thyroid problems, chronic fatigue syndrome, chronic pain, heart disease, depression, grief, sleep disorders, alcohol and drug use, and the list goes on.

Along with the self-care methods mentioned above I have found that essential oils can help to get our energy back up and get us out of the funk. Below are just a few of my favorites.

- Melissa - calming and relaxing
- Basil - stimulating and reviving
- Peppermint - invigorating and refreshing
- Wild orange - uplifting and rejuvenating
- Lemon - cleansing and refreshing
- Lime - energizing and enlivening

It's easy to incorporate essential oils into our daily routines. Upon waking , and all day long, put a few drops of your favorite oils into a diffuser for an uplifting aroma. If you don't have a diffuser, open the bottle and take a good, deep inhale or two. Another way is to put a few drops in your hands, rub them together and tent them over your nose and breath deeply. You may also prepare a mister and spritz your clothing to take the scent with you all day long.

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

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SATURDAY  
NOVEMBER 27  
9 a.m. to 5 p.m.

SUNDAY  
NOVEMBER 28  
10 a.m. to 4 p.m.

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(Laurentian Regional High School  
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November 2021

MAIN STREET 



# Be Prepared to Stay Safe and Healthy in Winter

## Centers for Disease Control and Prevention

Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and vehicles. Prepare for power outages and outdoor activity. Check on older adults.

Although winter comes as no surprise, many of us may not be ready for its arrival. If you are prepared for the hazards of winter, you are more likely to stay safe and healthy when temperatures start to fall.

### Prepare Your Home

Staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

- Winterize your home.
  - Install weather stripping, insulation, and storm windows.
  - Insulate water lines that run along exterior walls.
  - Clean out gutters and repair roof leaks.
- Check your heating systems.
  - Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
  - Inspect and clean fireplaces and chimneys.
  - Have a safe alternate heating source and alternate fuels available.
- If you do not have a working smoke detector, install one. Test batteries monthly and replace them twice a year.
- Prevent carbon monoxide (CO) poisoning emergencies.
  - Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check or change the battery when you change your clocks in the fall and spring.
  - Learn the symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

### Prepare Your Vehicle

Get your vehicle ready for cold weather use before winter arrives

- Service the radiator and maintain antifreeze level.
- Check your tires’ tread or, if necessary, replace tires with all-weather or snow tires.
- Keep the gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:
  - Cell phone, portable charger, and extra batteries;
  - Items to stay warm, such as extra hats, coats, mittens, blankets, or sleeping bags;
  - Food and water;
  - Booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
  - Compass and maps;
  - Flashlight, battery-powered radio, and extra batteries;
  - First-aid kit; and
  - Plastic bags (for sanitation).

### Prepare for Emergencies

- Be prepared for weather-related emergencies, including power outages
- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including:
  - Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
  - Extra batteries;
  - First-aid kit and extra medicine;
  - Baby items; and
  - Cat litter or sand for icy walkways.
- Protect your family from carbon monoxide (CO).
  - Keep grills, camp stoves, and generators out of the house, basement and garage.
  - Locate generators at least 20 feet from the house.
  - Leave your home immediately if the CO detector sounds, and call 911.

Wear appropriate outdoor clothing: layers of light, warm clothing; windproof coat, mittens; hats; scarves; and waterproof boots.

Be sure to visit CDC’s Winter Weather webpage for more winter weather safety tips.

Even if you're vaccinated against COVID-19!

# THE FLU CAN CRACK YOUR DEFENSES.

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

The flu vaccine is recommended and offered free of charge to people who are at higher risk of complications :

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

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

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

Where to get vaccinated and how to make an appointment :

For vaccination sites:

- Visit [clicsante.ca](https://clicsante.ca)
- Call 1 888 664-2555
- Download the NotifVAX app

Making an appointment is MANDATORY for EVERYONE. Appointments cannot be made directly at vaccination sites.

For designated pharmacies :

- Visit [clicsante.ca](https://clicsante.ca)
- Reach out to your local pharmacy

Free vaccine for some people. For more information, visit: [www.santelaurentides.gouv.qc.ca/english/vaccination/](https://www.santelaurentides.gouv.qc.ca/english/vaccination/)

Votre gouvernement

Québec



**Marie-Hélène Gaudreau**  
MP for Laurentides–Labelle

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# Mont-Tremblant Holiday Market

The City of Mont-Tremblant is preparing to welcome you to the Festival Market, which will be held in the lobby of City Hall (Mont-Tremblant Town Hall (1145 rue de Saint-Jovite) on:

- **Friday November 26: 4 pm to 8 pm**
- **Saturday November 27: 10 am to 5 pm**
- **Sunday November 28: 10 am to 3 pm**



The event will showcase 45 exhibitors from the arts and food industry from Mont-Tremblant and the region, in a warm, festive and friendly atmosphere. The Holiday Market will allow you to encourage local purchases and support local creators and producers. Are you looking for a treat to give to the family foodie or a unique hostess gift? You'll find it at the Holiday Market.

**Information:** 819 425-8614 / [cultureetloisirs@villedemont-tremblant.qc.ca](mailto:cultureetloisirs@villedemont-tremblant.qc.ca) or visit our website. The list of exhibitors will be available shortly at [villedemont-tremblant.qc.ca/fetes](http://villedemont-tremblant.qc.ca/fetes).

### Sanitary measures

The City of Mont-Tremblant will follow the instructions of the Public Health in terms of sanitary measures. Please see the website at the above address for details of the measures in place as the event approaches.

## Return of the Argenteuil Christmas Fair

# Promoting local shopping for the holiday season

After a break in 2020 due to the COVID-19 pandemic, it is with great pleasure that the MRC d'Argenteuil invites the population to the 13th edition of the Foire de Noël Saveurs et Culture d'Argenteuil. From November 26 to 28, this event will highlight the talent and know-how of the region's artists, artisans, producers and food processors. Forty exhibitors will be gathered in the reception hall of l'École polyvalente Lavigne and the Laurentian Regional High School, at 452, Argenteuil avenue, Lachute, to create this unique opportunity to find an original gift for Christmas.



### Event details

The Christmas Fair will open its doors to the public on Friday, November 26, from 4 pm to 9 pm. Visitors can also arrive on Saturday between 9 am and 5 pm, then on Sunday between 10 am and 4 pm. Admission is free for all. Visitors are recommended to bring cash. Some exhibitors also have a credit card payment service.

### Unique and quality local products

The Foire de Noël Saveurs et Culture d'Argenteuil (Flavors and Culture Christmas Fair of Argenteuil) offers a great diversity of local producers, artists and craftsmen in the fields of agri-food, textile arts, visual arts, crafts, literature. and natural products. For this 13th edition, 40 exhibitors will be present and 15 of them will be making their very first participation.

Visitors will be able to find jewelry, clothing, fashion accessories, decorative and utilitarian objects in wood, glass, wrought iron, etc. Five authors will also be present to present their new books. As for flavors, visitors will be tempted by the many gourmet products offered. Regarding natural products, visitors will discover high quality artisan items. In short, encouraging the artists and artisans of the Foire de Noël Saveurs et Culture d'Argenteuil also means taking a concrete and united gesture in favour of local purchasing, a responsible gesture that generates multiple economic, social and environmental benefits.

### Health regulations in force

The health instructions issued by Public Health were taken into account in the organization of the event. Wearing a face cover will be mandatory and in order to make this indoor event even safer for all, the vaccination passport will also be required for visitors aged 13 years or older, as well as for exhibitors present. The layout has been revised to allow for physical distancing. For this edition, the entertainment and catering component will be put on hold to avoid crowds. There will therefore be no café area, day care center and activity programming.

### Valuable partners

The MRC d'Argenteuil is very proud to organize this event, which contributes to publicize its agrifood specialties, the know-how of its artists and artisans, in addition to stimulating the local economy and the pride of belonging to the magnificent Argenteuil region. The MRC d'Argenteuil would like to warmly thank the Caisse Desjardins d'Argenteuil as well as the Member of Parliament for Argenteuil, Ms. Agnès Grondin, as financial partners for the realization of this unifying event. The MRC also wishes to mention that the Christmas Fair is made possible thanks to its loyal and valuable collaborators, and wishes to sincerely thank them: the City of Lachute, l'École polyvalente Lavigne and the Laurentian Regional High School.

For more information on, the public can visit [www.argenteuil.qc.ca/foire](http://www.argenteuil.qc.ca/foire) or the event's Facebook page.



### Lori Leonard – Main Street

Sylvie Bolduc lives in Prévost, and has lived in the Laurentians since 1990. Prior to this, she lived in Québec City.

After selling her business, she sought work that would provide the opportunity to work with entrepreneurs. Sylvie had 20 years of business experience. She was previously owner of Servisair, a subcontractor in the field of aviation, responsible for taking care of airport services for different airlines. One day, in 2009, she saw an ad in the newspaper that looked appealing to her. She took the position and has worked for the SADC for over 12 years. Initially, Sylvie was a Counsellor for small businesses and 4 years later, acquired the position as General Director.



The mission of the SADC is to accompany entrepreneurs in all types of businesses to realize their goals and to help provide financial support when required. The SADC takes time to understand each entrepreneur's project and solidifies the financial structure to be accessible with banks and can also provide a business mentor.

Sylvie and the SADC are truly involved and assist more than 50 small businesses per year with financial guidance and more than 100 small businesses with the establishment of their company and activities. Currently, they are only working with a small number of anglophone entrepreneurs. It is for this reason that they support partnerships with anglophone partners, such as the Laurentian Business Women's Networking Group which consists of 30 local business women.

The SADC has 7 employees specialized in entrepreneurship, finance, communication, mentoring and administration. There are also 9 volunteer members of the Board of Directors and 16 volunteer business mentors. The group is pleased to have helped in the success stories of several small Laurentian businesses. They enjoy business partnerships with the MRC des Pays-d'en-Haut and the CDE des Laurentides, many organizations and banking institutions in the area.

They have supported start-up companies such as Agatha Boutique which is experiencing great success. Several companies have acquired buildings or equipment as part of their growth project.

The SADC has been strongly solicited since the beginning of the pandemic and their customers were greatly affected. They used lots of energy to offer solutions to maximize the survival of companies and issued more than \$2.5 million in emergency loans, with non-repayable portions, and more than \$250,000 in grants to help companies carry out projects to support business model changes due to the pandemic.

Sylvie takes great pride and pleasure in knowing that she and the SADC are a vital part of the community, helping entrepreneurs to be successful. In Sylvie's spare time, she enjoys gardening, handy-woman work, and walking in nature. Sylvie has a 21-year-old son, an 18-year-old daughter, a border collie and a cat. Thank you Sylvie for your integral role in the business community.

If you have a small business, and need mentoring or financial assistance, contact Jean-Sébastien Roy, Customer Service: [jsroy@sadclaurentides.org](mailto:jsroy@sadclaurentides.org) or call 450 229-3001.

## Theatre Morin Heights

# Produces Another Crowd Pleaser

Following five mostly sold out performances of "Now and Then" by Sean Grennan, the cast and crew have taken their final bows. The show ran from October 20 to 24 and welcomed more than 235 patrons to the café style theatre set up at the Chalet Bellevue in Morin Heights. Special thanks go to all of the volunteers involved in making the show a success! Also thank you to all of the patrons, program advertisers, Theatre Morin Heights members and the municipality of Morin Heights whose support helps English community theatre thrive in the Laurentians. For the latest on upcoming activities visit [www.theatremorinheights.ca](http://www.theatremorinheights.ca).



Now and Then cast (from l.) Cathy Wood, Steve Gillam, Carolyn Roberts, Peter Cook.





## Making it Work in the Laurentians

# How to photograph your art

Maya Khamala

After countless hours spent creating a work of art, artists often neglect one of the most important steps of all: photographing their work.

### Why do photos of your work matter?

When potential customers browse for art online, your photos are their sole point of reference. According to Etsy’s research, customers consider photos more important than prices or reviews when deciding to buy! Humans are visual creatures, so the best way to boost trust in your product is with quality pictures. A bad photo may convey a poor-quality product or an untrustworthy brand.

### Common mistakes

Without the right angle and lighting, artwork can appear distorted, dark, shadowy, or blurry. The colours may be off, the background could be inappropriate and the glare distracting, or there may be dead space and no sense of scale.

Here are a few helpful tips for photographing your art properly:

### Find your light.

You don’t need pro equipment to photograph your work. Take advantage of the natural light from a window to avoid glare and harsh shadows. To diffuse light, use a white curtain, parchment paper, a bed sheet—or simply shoot outside when it’s cloudy. For more control over highlighting certain areas, you might position two lights at a 45-degree angle from your artwork (best for paintings). When photographing products, light should be more uniform to avoid differences in strength or colour. To this end, you can buy or make your own lightbox using cardboard and white fabric.

### Choose your background and props.

The background in your photos should be on-brand, clean and neutral. Some shops, like Amazon, may require a white background. Try taping a curved sheet of construction paper to the wall to avoid a crease in your image and give it a smoother, non-distracting backdrop. Forego using too many props—less is more. Your art should be front and center, and in focus. When photographing artwork, capture the full image as well as several high-def. details. For products, be sure to capture every angle, feature, and texture.

### Arrange your shot.

When setting up your shot, check your frame to ensure there’s nothing distracting going on. Confirm the exposure and colour to make sure they look right, and make sure the object is in focus. Adjust your lighting to avoid glare or harsh shadows. Once you’ve taken photos, crop them for a better frame, and adjust brightness, colours or contrast if needed. But resist over-editing your pictures—you want them to be true to life. Finally, before using your photo, zoom in to make sure the focus is sharp, and save it at maximum quality. Then, upload and resize as needed!

Bottom line: basic art photography is a necessary skill for all artists hoping to sell their art for what it’s worth. You got this!

An artist coach can guide you through all the best practices for selling your art online. Contact YES Employment + Entrepreneurship to book your appointment today.

## The City of Saint-Sauveur - survey participation

Having recently undertaken the creation of a concept plan for the enhancement of the Mont-Christie site, the City of Saint-Sauveur wishes to survey the population in order to find out its aspirations and its vision for the development of the future nature interpretation center.

### Who can contribute?

Anyone, resident or not of Saint-Sauveur, who wishes to visit Mont-Christie Park when it opens, can complete the survey. Those wishing to contribute to the process must go to the website of the City of Saint-Sauveur, at [vss.ca](http://vss.ca), in order to respond to an online survey. The identity of the participants will be kept confidential.

The deadline for completing the survey is November 29, 2021. Following this consultation, a development plan-concept will be produced and presented to city council, in anticipation of an official opening scheduled for 2023. The City would like to thank all participants in advance for their contribution to the process.

For more information, please contact the Environment and Sustainable Development Department of the City of Saint-Sauveur by email at [environnement@vss.ca](mailto:environnement@vss.ca) or by phone at 450 227-0000, extension 2610.



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## La Traversée welcomes its first resident

Jane Chisholm - Member of the Board of Directors – La Fondation La Traversée

*Editor’s Note: Last month this article was published with the incorrect photo and a font issue in the title leaving, perhaps, a few readers assuming the writer, Jane Chisholm, to be the first resident at La Traversée, which is not the case. We apologize for the confusion and have included the correct photo for the article. Best of luck to La Traversée, we wish you great success...*

On September 15, a ribbon cutting ceremony was held at La Traversée palliative care residence to inaugurate its opening. Luc Brisebois, the mayor of the Ville de Mont-Tremblant, and Chantal Roussel, chair of La Fondation La Traversée, were on hand to cut the ribbon in the presence of local dignitaries, major sponsors, members of the Board, administrative staff and the professional care team. In order to respect public health directives limiting 50 people, a second reception followed for invited guests and La Traversée volunteers.

On September 27, La Traversée received its much-anticipated authorization from the CISSS des Laurentides to open its doors. A dream was realized on this milestone Monday thanks to six years of dedication from La Fondation La Traversée, generous donors, devoted volunteers and talented trades people who toiled in unison to achieve this ultimate goal. On September 30, La Traversée welcomed its first resident.

La Traversée offers FREE palliative care and quality support to Laurentian residents from all walks of life. Staffed by a skilled team of professionals and trained volunteers, the terminally ill will be able to spend their final days in the comfort of a peaceful environment with their loved ones by their side.

La Traversée, located in Mont Tremblant, is the former Chateau Beauvallon, built in 1942 by Joseph and Mary Ryan as an annex to Mont Tremblant Lodge. It was operated as a quaint country inn until it was moved in 2005 from Beauvallon Road to the “four corners” of rue Labelle and montée Ryan. It changed hands several times since the 40’s but it has maintained its beauty and Québécois charm. In keeping with Chateau Beauvallon’s storied past, the décor in La Traversée features its historic origins.

Following an extensive renovation, Phase 1 is now complete and includes four palliative beds and two guest bedrooms for family. Phase 2 will include an extension to the existing building and six additional palliative beds for a total of 10. A large portion of building materials, labor, project management, medical equipment, furnishings and décor was covered by generous donors and major fundraising endeavors. Donations are essential to the operations of the only palliative care residence north of Saint-Jérôme.

Back this year by popular demand is the Xmas tree/poinsettia fundraising sale. Mark it on your calendar, Friday through Sunday, December 3, 4 and 5. Details will be available on the website in early November.

Many thanks for your support. Your donations make a difference...

[Fondationlatraversee.com](http://Fondationlatraversee.com)



Photo left to right: Geneviève Harvey, Karine Bernard, Susan Kovac, Jane Chisholm, Mayor Luc Brisebois, Chantal Roussel, Isabelle Plouffe, Dr. Mathieu Guilbault, Luc Villiard

## Poker night in Saint-Adolphe-d'Howard

The Saint-Adolphe-d'Howard Chamber of Commerce and Tourism is busy this month organizing a poker night at the Mont-Avalanche chalet, on November 20, at 6:30 pm.

This is the Chamber’s first fundraising activity since the start of the COVID-19 pandemic in 2020. “Our goal is to revitalize the village with unifying activities. The Chamber of Commerce and Tourism is expanding rapidly and we want to continue this momentum”confirms the Director General of the Chamber, Robert Hémond.

### Program

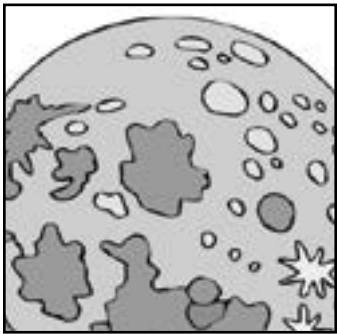
This is a Texas Hold'em poker tournament. The \$75 registration includes 10,000 starting tokens and a light buffet. Cash bar and à la carte menu (\$). A hundred players are expected on this occasion. The total purse, which will be distributed that evening, is \$3,000.

The vaccination passport will be required for all participants who must be aged 18 and over. Participants are invited to reserve their place at: [cdc-st-adolphe.com](http://cdc-st-adolphe.com). More information at: [info@cdc-st-adolphe.com](mailto:info@cdc-st-adolphe.com) or at (514) 891-4962.

### New start

The Saint-Adolphe-d'Howard Chamber of Commerce and Tourism has been busy in recent months by introducing the concept of Adolphins Dollars, in addition to taking over the management of the tourist information office on July 1. The Chamber, which has 55 members, is on a mission to seek new horizons.





# Zach Factor

## Of Minutemen and UFO's

Lys Chisholm & Marcus Nerenberg - Main Street

The Cold War was the military, political and philosophical stand-off between the countries of NATO and those of the Warsaw Pact, running from 1945, the day the first atomic bomb was detonated, until the dissolution of the Soviet Union (Dec,1991). Each side was afraid that the other would launch a nuclear attack and create a worldwide holocaust. The term given to this military strategy was “MAD” (Mutually Assured Destruction). It is a joke today that students would hide under their desks during air raid drills at school and expect to survive.

Scattered around the mid-western US are hundreds of underground blast-proof missile silos containing Minuteman ICBM's (Intercontinental ballistic-missiles) topped with multiple nuclear warheads that could destroy several different targets (cities or military installations). The Minuteman missile is solid-fueled and can be launched rapidly as a retaliation, or as a first strike.

From the 1960's to the present, soldiers worked in paired teams, 24 hours a day, to respond on command to launch a nuclear attack that would kill millions of people. Says U. S. Air Force Captain (Ret.) Robert Salas and co-author of *FADED GIANT* © 2005, “We missileers all possessed top secret clearances and... (our) ability to follow complex procedures met high, stringent, requirements. We were well educated, psychologically profiled, and responsible for nuclear security and operational readiness in maintaining our nation's primary line of defense. We were proud to serve our (US) country in that way”.

But Salas' world-view changed drastically one night in 1967 while manning the underground missile control bunker. Salas was the on-duty commander of the OSCAR Minuteman Missile Launch Control Facility (LCF) assigned to Malmstrom Air Force Base in Great Falls, Montana on March 24. While he was 60 feet underground, ten of the Minuteman ICBMs powered down, one by one, every second, over a 10 second period while a Security Alert Team on the surface reported that a large, glowing red UFO was hovering silently over the gate to the launch complex. Everyone on duty that night was sworn to secrecy and told “this event never happened”.

After completing his Air Force service, Salas found himself searching for answers and for other veterans who had experienced similar events. Working with researcher Robert Hastings, author of ‘UFO's and NUKES’, Salas held his first press conference 11 years ago. With the advent of the Pentagon's Advanced Aerospace Threat Identification Program (AATIP) announced this past spring, on October 19, 2021, Salas spoke along with other retired witnesses in a public press forum. They are asking for Congressional hearings on the evidence and witnessed events regarding the American nuclear arsenal (worldwide) and UFO presence.

The testimony of former USAF Captain David Shindele describes the chilling feeling the morning after he and his site Commander arrived to find the security detail and officers emotionally distraught after a UFO landed beside the Minuteman security station - a glowing orange saucer that parked first beside the station, and then moved to the front, blocking the only gate to the compound, before flying up out of sight.

Shindele was a Minuteman ICBM launch control officer and deputy commander of a launch crew stationed at AFB North Dakota in 1966. When Shindele entered the underground bunker, both he and his Commander were stunned to see all 10 missiles off-line and un-launchable. They could not comprehend how this could happen. Missile engineers to this day will volunteer that this event is just not possible.

The next day, as Shindele questioned the security team, they refused to talk. His Commander informed him their military superiors ordered all communication about the event to end. There was no investigation. There were no interviews about the security breach. And no one talked about it again. It would be 40 years before Shindele would even tell his wife. His emotional testimony- in keeping such a transformative experience from the person closest to him- was heart wrenching.

Salas and Hastings claim that, for decades, the world's nuclear arsenal has been exposed to, and harassed by UFO's, a potential (but unlikely) threat to our military security. They agree that these objects have demonstrated capabilities beyond our present technology and show clear signs of sophisticated intelligent control. However, UFOs also demonstrate a superior level of conflict resolution and have not, in any report, appeared as aggressors but rather demonstrated an amusing ability to shut down our own dangerous weapons and prevent humans from self-annihilation. Undeterred, the US still has 400 Minuteman III silos at the ready. Zachians can see the entire press conference here: <https://www.youtube.com/watch?v=LTf5-TNASoI>



The remnant of the Lac St. Denis Radar Station near Morin Heights was built during the Cold War, part of the 33 station “Pine Tree Line” that spanned Canada. This installation as well as the Bomarc Missile Base at La Macaza, were parts of the NORAD system to detect and destroy Russian bombers. Potentially Soviet targets, they put everyone in the Laurentians at risk until their closure in 1986. Drone Photo credit: Production Labonté, YouTube.



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

The Quebec government has created the Secretariat for Relations with English-Speaking Quebecers. We have become a mystery to them, perhaps from as early as Josée Legault's 1992 publication *L'invention d'une minorité: Les Anglo-Québécois*. We, the “invented minority,” seem to lack a strong sense of belonging. Of course, the Secretariat's existence acknowledges that we exist, and the idea that we are a fictional minority seems to be understood, generally, as false. The Secretariat's first job, according to an excellent article written by Guy Rex Rodgers for the Fall '21 issue of Quebec Heritage News, was to figure out who we are. Though well-intentioned and welcomed, the Secretariat's creation is a good example of how difficult it is for a colonizing power to understand how to decolonize itself, to examine its own history thoroughly and with an open mind before drawing conclusions about its minorities.

I know, your first reaction is to wonder how I can call Quebec a colonizing power. There is little question that Quebec has dominated and colonized its territory. There are many Indigenous examples of this, the first one that comes to mind is the Oka Crisis, but there are many other incidents, before and since, that indicate a cultural hierarchy inherited from France.

We, the English-speaking people, are those who chose to stay in Quebec when we did not have to. We endured the closed attitude to hiring our children in the public service and the slow decline of our cultural voice, until our only significant number of remaining members was in Montreal. There are expectations that we will die out and whoever of our descendants remain here will become real Québécois, somehow. The Secretariat and the majority thinking may not rise to the challenge of decolonization, but they are inviting us to share our voices.

The first item on the list is to tell the truth about our history. If Quebec was abused in its past, it was by the Catholic Church. Both here and in France, the Church looked after its parishioners and was responsible for over half the services we receive today from our provincial government, but beyond its tithe, the price it charged was to reformulate its people, changing the way they thought and functioned. Its influence was mitigated in a lot of other European countries for better or worse during the Wars of Religion, but Cardinal Richelieu, Louis XIII's prime minister, set in motion the destruction of French protestants, the Huguenots, and Louis XIV completed it.

New France was the dream of the Huguenots who made four or five attempts to establish it in South America, the Carolinas and here, but the homogenizing vision of Richelieu left no room for minorities. In the 1620s, the cardinal forbade Huguenots from doing business in New France, and all births, marriages and deaths could only be recorded by the parish priest. That served to define French culture right up to the present. Even the French Revolution did not kill it. Difference is not tolerated.

With no Huguenots allowed legally in the colony, the Church took over administration and their shared objective was to create a Catholic colony by converting the people who were here already, and accepting colonists who were obliged to declare themselves as Catholic. Even so, a great number of those colonists were Huguenot and that is coming out in genetic research today. They were oppressed in France and hoped to be able to find greater freedom here. They were the Canadiens.

In 1629 a French Huguenot, David Kirke, sailing for the English king, took Quebec, but then England was forced to return it to France. The colony would remain French Catholic until 1763 when it was transferred again to the British, under the guidance of Jean Louis Ligonier, the 77-year-old Huguenot general who masterminded the British side in the Seven Years' War. Once again, New France, Quebec, became a British colony where Christian religious freedom was accepted. Still, the homogenizing of culture is there, in our French history. It goes beyond its roots in the Catholic Church and guides policies of immigration and assimilation in both France and Quebec. For Quebec to properly decolonize itself, it must first accept that it is a North American culture, that its greatest victory was earned through the recognition of its people, les Canadiens, as a nation at La Grande Paix de Montréal in 1701. It must also acknowledge that the Church stole that victory and did it again, in the 1830s, when it undermined – instead of assisting in establishing – the secular and multicultural vision of Louis-Joseph Papineau. For the first time, Quebec became Roman Catholic during that decade, a step deeper into the Catholic culture than the Gallican Catholicism that prevailed in the French and then British colony. Throughout the 1800s, this new Church drove its people ever deeper into the Catholic hierarchy, even to the point of raising the first international military force in Canadian history to protect the Papal States. The Grande Noireceur was not caused by the English, but by the Church. If the British Colonial Office had a role, it was in being completely outflanked by the extraordinary minds at work in the Church.

We, those minorities that the Secretariat wonders about, succeeding those Canadiens who came for religious freedom, are the spiritual heirs of the Huguenots. Our claim to Quebec runs very deep, right back to its founding, and while Captain David Kirke was capturing Champlain's Quebec in 1629, the English navy was attempting to save the French Huguenots at La Rochelle from the ethnic cleansing of Cardinal Richelieu.

Joseph Graham's new book *Insatiable Hunger* reinterprets our historic understanding of the colonial period, here and in New England. It tells some of the stories that we were not taught in school.



Cardinal Richelieu, first minister to King Louis XIII, overseeing the destruction of the Huguenot city of La Rochelle.





## Garden Talk

# Repotting Houseplants

June Angus - Main Street

Traditionally, spring is thought to be the best time to re-pot or transplant houseplants. In reality, it can be done at any time of year – especially if a plant is crying out for attention.

The signs include more frequent watering such as when a weekly dousing turns into every few days. Roots may appear on the surface or start growing through the pot's drainage holes. Plant growth may also become stunted or stop altogether. All of these symptoms indicate that it's time to give old houseplants a new home.

For those of us suffering from gardening withdrawal during these dark days of fall, the timing is perfect to flex our green thumbs and repot those plants. Here are some tips on how to get the job done.

Before starting, have the following things on hand: new containers (used pots are fine, but ensure they are thoroughly cleaned and rinsed), fresh potting soil, a protected surface to work on (newspaper is great because it can be composted afterwards along with any stray soil), small cups, spoons or other small digging tools, sharp scissors and a watering can.

To remove the plant from the old pot, lightly water it and let it dry for an hour or so. Then carefully turn the pot over, grasp the plant stalk in one hand and pull the pot away from the plant with the other hand. Don't pull on the actual plant. If the plant is stuck, gently work around the edges with a blunt knife to loosen it, like removing a loaf from a baking tin.

Examine the root ball and gently loosen the roots with your fingers. Trim away dead or rotted roots with sharp scissors.

Choose a new pot about one size bigger than the old one. Going from a 4" to a 6" pot is fine, but not a 4" to 8". If the new pot is too big, plant growth will focus on root development at the expense of new foliage and flowers. Plastic or ceramic pots with drainage holes are fine.

Add fresh potting soil directly to the bottom of the pot. Despite what our grandmothers told us, there is no need for pebbles or other drainage media. Choose a coarse textured soil for fleshy-rooted plants, such as a rubber-trees, many drace-nas or yuccas. For plants with finer root systems such as ferns, African Violets, begonias and other small houseplants use finely textured soilless mixes.

Gently set the plant onto the fresh soil base in its new pot. Fill around the sides with more potting mix. Press the soil down firmly and tap the pot gently to settle all the dirt until it is even with the top of the plant's original root ball. Place on a saucer or insert into a decorative container or cache-pot to catch water.

Water thoroughly until liquid seeps from the drainage holes, but don't let the plant stand in water – pour out any excess from the saucer or outer pot.

Now place the repotted plant in filtered light away from direct sunshine for the first couple of weeks. There may be a little bit of transplant shock such as a slightly droopy appearance, but that should clear up soon.

There's no need to fertilize newly repotted plants for at least six weeks because most store-bought potting mixes have a shot of fertilizer included.

Your reward for your efforts will be watching your plants return to a state of growth and obvious thriving!



## Word Play

# Apeirogon: an inspiration

Louise Bloom - lousebloom@me.com

Apeirogon is the name of a novel by Irish author Colum McCann. The words that follow here are meant less as a book report and more as a sincere sharing that has raised my naïve hope that all men ARE created equal. This is a kind of testimonial to my admiration of McCann's words, of his creation and assembly of the hybrid collage that is Apeirogon.

An apeirogon is a geometric shape referred to as a (degenerate or unusual) polygon with an infinite number of sides. The "infinite number of sides" describes the trajectory of the written word in this case. I understood that the structure of Apeirogon mirrors, for me, the way the mind operates as it dances about to the tune of free association.

The book is a series of short chapters, single paragraphs, unique statements, occasionally a single word, numbered from 1 to 500, and then from 500 back to 0.

This inventive work of storytelling weaves together aspects of memory, speculation, fact, storytelling and imagination. The core of the novel is the story of Rami Elhanan, an Israeli whose thirteen-year-old daughter, Smadar, was killed by suicide bombers, and Bassam Aramin, a Palestinian, and father of ten-year-old daughter, Abir, who was shot moments after she had left a candy store.

Apeirogon is a broad blend of stories about historical figures, quotes from literature, biblical references, art and science, and even a few photographs, none of which are more affecting than those of Abir and Smadar.

The book has a relationship to 'The Thousand and One Nights' of legend. Scheherazade told a sultan one story each night to keep herself alive. By the end of the 1001st story, the sultan saw through his folly (he would not kill the storyteller) and renounced his decree.

This is a book about both killing and ceasing to kill. It clearly presents the consequences of war, viewed through a veil of grief. I have never experienced war directly. While reading, I encountered intense angst and painful reflections about human loss, appreciating the relief provided by the interwoven blocks of text as they abruptly changed subject.

Frequently, seemingly random placement of text referring to the migration, flight patterns and idiosyncrasies of various species of birds, would shift my focus, providing me with resting places. It became apparent that McCann's juxtaposition of different subject matters was carefully arranged.

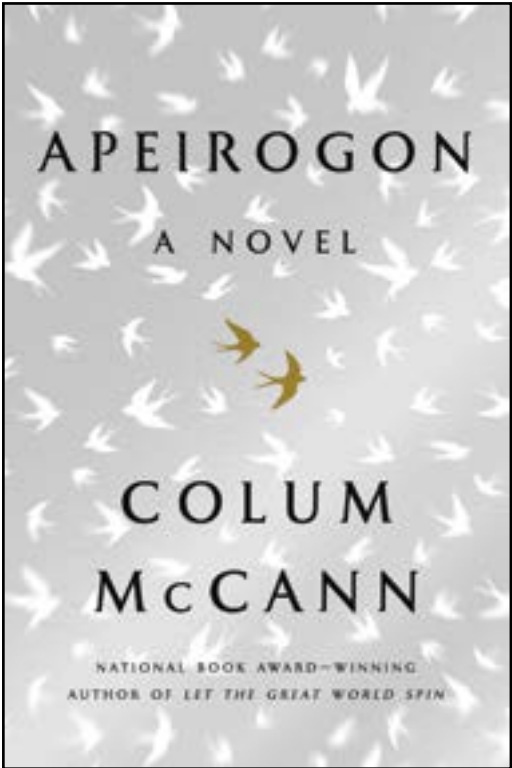
The sections about birds symbolize a kind of freedom that stands in contrast to the stringent constraints imposed on Israelis and Palestinians, permitted to travel only in certain areas of the countryside, their vehicles identified by different colour licenses, their freedom of movement constantly monitored by checkpoints.

The most striking aspect of Apeirogon is the tender sustained friendship that results from the shared experience of grief and loss, melting the edges of all other conflict for these two men. Sleeping on the train as they travel from one speaking engagement to the next, they lean against each another, Rami, the Israeli – the older man – supporting the smaller Palestinian Bassam as he sleeps.

It is remarkable how the oneness, or union, that is caused by the impact of this human tragedy offers us the opportunity to consider the way we can reduce the stresses of opposition in our own human consciousness.

This, the novel suggests, is the solution to the conflict; something as simple and easy as friendship, as the acknowledgement of a shared experience, as love.

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



## 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

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# Obituaries

**CRAIG, Joanne Elizabet**  
**February 7, 1953-August 18, 2021**  
 It is with profound sadness and heavy hearts the family announces the passing of Joanne E. Craig, August 18, 2021 in Barrie Ontario, at the age of 68 after complications from COPD. She leaves to mourn, her parents Jane Elizabeth Ogilvie and W. Trevor Craig and, brother William O. Craig. Predeceased by her sister Carol Lynne Craig. A private ceremony will be held at Mount Royal Cemetery.

**In Memoriam**  
**Liliana Heid Ramos**  
**August 4, 1975-October 31, 2002**  
 Juan Francisco (Juanito) esta contigo, cuida lo

**GARAYT, (nee Kennedy) Dorothy**  
 Peacefully at Ste Agathe Hospital, October 5th 2021. In her 89th year. Predeceased by her husband Keith Garayt. Loving and devoted mother to Ron and Donna of Morin Heights. She will be sadly missed by many for her life-long commitment to family, friends and community. Due to covid restrictions a private service has already taken place. Donations can be made to the Canadian Arthritis Society.



**WARBANKS, James**  
**1943-2021**  
 It is with great sadness that we announce the passing of Jim on Monday, Oct. 4, 2021. His death will leave a permanent void in the lives of his wife, Mary and son, Christopher. Born in Valleyfield, he is pre-deceased by his mother Inez and Father Norm (Flo) and sister-in-law, Susan Dunn. He will be greatly missed by his sister Donna (Gerry) and brother Sunny (Debbie) as well as his brother-in-law Bob. He will be remembered fondly by his niece Sandy (Norm), nephews Warren (Joanne) and Jared (Vanessa) and their children. He will be sadly missed by his many great friends, some known for decades and others more recent. Jim was known for his great sense of humour and his varied interests. He loved the outdoors, camping, kayaking and cross-country skiing. He was a great hockey fan and followed Formula 1 racing as well as other sports. He became involved for some years in acting in various local theatre projects. His love for travel and experiencing different cultures greatly enriched his life. Jim wrote for regional publications, the most recent being Main Street, a Laurentians community newspaper. Over the years he spent a great deal of time volunteering locally and regionally with many organizations in the fields of health and language rights. At his request, there will be no funeral service, but a celebration of life will be held at a later date. Donations in his name may be made to the Laurentian Literacy Centre or the Lachute Regional Residence Foundation.



## The English Link Helping families thrive in the Laurentians

Andie Bennett

Maison de la Famille du Nord is a non-profit organisation supported by the Ministère de la Famille. They serve the community of MRC des Laurentides and provide services for families with children aged 0-12. They offer several activities to help improve quality of life as well as support for parents and their young families. Activities range from homework assistance to respite time for parents of kids 0-6, but Executive Director, Catherine Drouin, says what most parents are looking for is a way to connect with other parents and provide socialization opportunities for their kids. A need especially pertinent after over a year of varying degrees of isolation for families. Because the safety protocols have relaxed a bit, Maison de la Famille du Nord is able to hold small group activities, but there are some new adaptations to consider. Catherine tells me kids who have not been exposed to the chaos of other children running around for the last year can be a little more sensitive to noises and sensory overload. Parents are also asked to stick around a bit longer for the child-only activities to ease the transition, especially for the kids who have not been attending daycare. Catherine has worked with Maison de la Famille du Nord since last May, and before that worked with Maison des Jeunes. She lives in Mont Tremblant and finds the work rewarding because she enjoys being part of positive change in her community. She also happens to speak very good English. The organisation also has a bilingual office manager as well as one bilingual social worker. Catherine tells me that it may not be perfect, but they always find a way to accommodate English speakers. Her positive energy comes through the line and certainly transcends any language barrier one might have. When I inquire about the possibility of a bilingual website, she seems genuinely interested in making that happen. Saturday mornings have been devoted to fathers and is a new program that they are looking to grow. The workshops are for dads and their kids aged 5-12. Activities centre around things like guided bike rides or soccer games and provide a space to promote fatherhood and an opportunity for dads to make some dad-friends. Another interesting activity is the monthly collective kitchen night to help new families to the region mix with locals and discover new cultures through food. This is scheduled to continue through June 2022. Check out their website at <https://maisondefamilledunord.com> or give them a call at 819-425-5407.



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# Main Street Money

## Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

### Universal appeal

**Consider enhancing your legacy with universal life insurance.**  
It’s no secret that life insurance is considered an essential part of a well-rounded financial plan. However, not all insurance products are the same, and many people may not realize how advantageous universal life insurance can be. It provides permanent protection just like other insurance products, but what sets universal life insurance apart is that it offers flexibility and a range of customizable options, making it easy to accommodate a policy owner’s budget, needs and priorities.

### How does it work?

With universal life insurance, the owner makes deposits into the policy’s account from which the insurance company deducts a fee to cover administration costs and taxes. The remainder goes towards covering the cost of the insurance. Together, the fee and the cost of insurance represent the minimum deposit required to keep the policy in force.

When an owner deposits more than this minimum into their policy, they can take advantage of valuable opportunities such as:

- A wide range of investment options to choose from
- Tax-sheltered investment growth
- The potential for bonus payouts, interest rate enhancements and reduced management fees

These opportunities can help increase the growth of a policy’s value, generally referred to as “account value.” What makes universal life insurance so special is that this account value can be used in a number of beneficial ways. It can be:

- Added to the death benefit as an additional tax-free payout to the beneficiary
- Used to reduce the owner’s cost of insurance by subsidizing the death benefit payable to the beneficiary
- Used to cover future costs of the insurance by essentially functioning as prepayment
- Used to provide funds during the owner’s lifetime

Another perk of universal life insurance is that the owner can always change the amount they deposit, making it a very flexible product.

### What investments are available?

Investment accounts within universal life insurance often provide access to a wide variety of investments, which may include savings accounts, guaranteed interest accounts, indexed accounts (mirroring market performance), balanced accounts and managed accounts tracking brand-name mutual funds.

If the policy owner needs to access the account value, it’s generally easy to make a cash withdrawal. However, it’s important to ask about any tax consequences that may be associated with a withdrawal or fees that may be charged if, for example, the owner redeems an investment before its proper maturity date.

Because of the flexibility universal life insurance provides – in investments and in how the account value can be used – it has a widespread appeal to people who may be looking for:

- Insurance protection for life
- Tax-deferred investment growth that can build long-term wealth
- The opportunity to increase the death benefit
- The option to increase deposits to build the account value faster
- Access to the account value if needed
- Potential for rate enhancements that increase returns

Business owners can also benefit from a universal life insurance strategy that maximizes tax-free money transfers out of a corporation.

If you’re looking for an innovative mix of permanent protection and wealth accumulation, talk to your advisor about whether universal life insurance belongs in your financial plan.

### Two ways to structure the cost of insurance

As people get older, the cost of insurance goes up. Universal life insurance may allow policy owners to choose between:

- Yearly increasing cost of insurance that gradually rises to align with increasing age; this allows the account value to increase quicker in the early years, if the owner is depositing more than the minimum, while the cost of insurance is lower.
- Level cost of insurance, which takes the total of the yearly increasing costs as the life insured ages and averages them out. Guaranteed not to change for the life of the policy, the level deposits will be larger than the actual cost of insurance in the early years when the insured person is younger. The benefit comes in the later years when they are still paying the same level cost, even though the actual cost, attributed to the insured’s older age, is higher.

Depending on the product, it may be possible to start off with a yearly increasing cost of insurance and then switch to a level cost of insurance.

### Two types of death benefit

Universal life insurance policies are set up to pay either:

- Face plus death benefit: the sum of the death benefit and the account value; the total amount is paid tax-free to the beneficiaries
- Level face death benefit: the death benefit amount selected at issue does not change. The death benefit amount is subsidized by any account value in the policy. The insurance company is therefore on the hook, or at risk, for the difference between the death benefit and the account value. As the account value grows, this amount of risk shrinks and therefore so does the cost to the owner.

### Universal life insurance extras

Riders are insurance add-ons that provide extra benefits. Universal life insurance policies may include the option to purchase:

- Child protection rider: insures children and protects their future insurability
- Business value protector rider: insures the future growth of a business
- Term insurance rider: provides additional temporary protection for a fixed number of years
- Waiver of premium rider: protects against disability

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

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## Real Wine for Real People Modern Mead

April Sirois – Sommelier - ISG

Recently, while at a fall festival, here in the Laurentians, I had the opportunity to try a few

types and styles of meads from some of our local Meaderies.

I have to admit that I was very pleasantly surprised at how well-crafted and complex they were. Like wine, they came in all styles, from very dry right up to a very syrupy sweet, dessert style, and even a few fun, sparkling styles.

It got me thinking about mead and it's long history. It seems that we have been making honey-fermented beverages since the 7th millennium BC in China, and it would seem that not a lot has changed in that time. Mead was also common among the ancients of Scandinavia, Gaul, Teutonic Europe, and Greece, and in the Middle Ages. It was particularly common in northern countries, where grapevines don't grow at such high altitudes and cold climates, but honey was abundant. The hydromel of the Greeks and Romans was made from fermented honey, like the mead drunk by the Celts and Anglo-Saxons, but, don't confuse the Roman muslim, or mulse, with mead. This was not mead, but regular grape-based wine sweetened with honey.



Now, I know that to most people, mead is little more than that sickly-sweet, high alcohol honey drink from a medieval feast that was attended while on vacation in the UK. Something that certainly guaranteed a dry mouth and a headache the next morning.

For some types of mead this is a true description. However, when it's made well, like a lot of what is being produced right here in Quebec, mead can have some complexity and can be as fun and flavorful as a great microbrew beer.

Just because mead is made from honey, you don't need to avoid it because you think it will always be a super-sweet drink better suited for a dessert course. While sweet meads are common, and often delicious, I have found that just off-dry and totally dry examples are plentiful, easy to find and they go super well with a lot of different types of food. Think spicy/hot foods, like curries, and Szechwan-style Chinese food, most kinds of pork dishes, including baked ham.

I found, a lot of diversity while browsing the selection of meads. Spiced meads, meads made with fruit, barrel-aged meads, and even carbonated meads in cans. There are meads meant to be served hot - I highly recommend one after a day of skiing or snowshoeing, meads to be served chilled, low alcohol meads at 6%, and very high alcohol meads at 22%. Honestly, something for everyone.

Whatever your impression of mead is now, there's probably an example out there that will suit your palate and surprise you. I know that after my afternoon at the fall festival, I was very pleasantly surprised to have learned so much about a drink that I thought that I knew. I went home happy to have learned something new and with a few bottles to look forward to drinking.

~ Cheers

## Mead and food pairings

Susan MacDonald

If you know the basics about wine pairings, food pairing with mead is quite similar and many of the same rules will apply. Here are a few quick tips to help make your pairings a winning combination.

- Dry goes with dinner
- Sweet with, or, as a dessert
- Sparkling mead on its own as refreshment, a celebratory toast or as a palate cleanser between courses
- Dark fruity, spiced meads suit dark foods, such as steaks, chops, stews, red meats and savory dishes.
- Light meads, particularly especially dry ones pair well with chicken and fish dishes
- Pork, lamb, veal or wild game pair well with those meads fitting between dry, light and dark meads that compliment steaks and chops
- Spicy foods are best paired with fruity meads

Know your meads - here are a few:

- Honey mead: this is a straight honey wine and the foundation of all other meads. Mead comes in sweet, semi-sweet and dry varieties.
- Dark honey mead is much like typical mead, but with darker, rich savory flavours.
- Cyser are meads made with apples but mixed with honey and fermented, much like a fruit wine.
- Melomel meads are made with fruit, which determines the profile. The darker the fruit, the darker and more savory the flavour.
- Metheglin is spiced mead, much like mulled cider or wine.
- Pyment mead is made with grape juice. The darker the pyment, the darker the mead's flavour will be.
- Red mead is made with redcurrants.
- Rubamel mead is made with raspberries.

The final and most important tip of all is to enjoy the experience and flavours of this amazing and often understated beverage.

## Soothing Hot Mead Toddy

Ingredients

- 1 oz. Rye Whiskey
- 1 1/2 oz. traditional mead
- 1 tsp. honey
- 1 slice of lemon
- 1 slice of fresh ginger
- 1 cup hot water

Instructions

- Pour the whisky and mead into a mug. I recommend using an old fashioned Irish coffee mug.
- Heat the water so it's steaming, but not boiling.
- Stir the honey into the mug then pour the hot water over the spoon and into the mug and continue to stir.
- Cut a slice of lemon and ginger, add to the mug and allow to steep for a couple minutes.
- Enjoy the soothing properties, and have a good night's rest!







# The Path of the Horse

## What made me become a better leader

Julie Radicioni – EQUISOURCE

This month, my horse Moondance taught me a valuable lesson about leadership. Moondance is a 12-year-old Lusitano 16.2 hands, and a young, retired dressage horse that was given to me because of behaviour issues. He’s a high-spirited and opinionated horse with a strong sense of leadership. He’s confident in who he is and knows what he wants, but has some insecurities. I feel I’m describing myself, as horses mirror who we are.

When I rescued Moondance five years ago, I gave him one year to just be a horse. Then I started to play with him in order to build our relationship and his trust in me. He had been broken very young to be a dressage horse and was pushed very hard, as the owners saw a lot of talent in him. My main objective was to get this horse to believe that he could be safe and confident with humans again. Over the next three years, our bond became amazing on the ground and we did some riding.

Last January, I decided to focus on becoming a better dressage rider. Lucky for me, I already had Moondance, a trained dressage horse, to reach my goal. I had it all planned out—in July 2021, I would participate in a dressage competition, and would be certified level 4 from Horse Quebec (Affiliated with Equestrian Canada). I started riding three times a week and hired a coach to help me progress. Little did I know what plans Moondance had for me!

Everything was going well, and my trust in Moondance was strong. But, four months into training, I was alone in my outdoor arena, trotting along the rail when, at the turn, Moondance started shaking his head, moving from side to side, and jumping up and down on his forelegs. Panic and fear invaded my body. Who was this horse under me? I tried to stay on his back and calm him down, but things escalated so quickly that after 30 seconds, I was on the ground.

When I came back to my senses after falling off, I had a rush of pain in my left arm and mixed emotions. I felt betrayed and disappointed, but most of all, angry. How could my equine partner, who I had so much confidence in, do this to me? I wanted Moondance to know how upset I was. I walked up to him, tied him to a lunge line, and cantered him while thinking, “How could you do this to me? I have been so good to you. I have been so patient with you. I thought I could trust you.”

Before the next weekly lesson, I was so anxious that I had tummy pain all morning. But I still couldn’t wait to get to the barn. However, my question remained, why did Moondance do that to me? Then it dawned on me - what if it was about my leadership? What if, when he tried to take over as the dominant leader, I couldn’t lead him back to me? What if, as his leader, I didn’t know where I was going and what I really wanted? I realized Moondance had sensed my uncertainty and fear and that I needed to work on my leadership. I had to communicate through my seat, my hands, and down to the reins, what I wanted and where I wanted to go. I had to stop being in my head and, instead, be in the present moment to lead him.

After a couple of days spent in shock after Moondance bucked me off, I decided to get back on. I wanted to show Moondance I wouldn’t let him down and that I was there for him as a leader.

I decided to stop my training lessons with my coach so I could concentrate on riding just for fun. I started riding Moondance in my indoor arena where he felt more secure. We started our sessions together, with 30 minutes of walking and trotting, three to four times a week. I wasn’t confident enough yet to canter with him. When I felt him get stressed, I would stop, and stand in the middle of the arena and breathe. It helped both of us to feel calmer. While I had a plan for our sessions, I stayed tuned into how Moondance was feeling. When he needed to be motivated or reassured, that’s what I did. It was no longer about my needs, but about his. I knew that if he felt that I was aware of his need for security, his behaviour wouldn’t escalate into bucking me off. We did this for the next four weeks, with longer sessions each week. Then, slowly, we got back to working on dressage patterns.

I had taken it for granted that Moondance would just trust me however I was. Instead, he taught me that leadership is something we have to work on every day. We need to re-evaluate our leadership skills constantly, and make sure we’re sending the right message, whether it be to our equine partners, family members, co-workers, or friends.

There are still moments where I feel Moondance might disconnect from me, but now, when that happens, I do things differently, I take hold of my reins and tell him, “Moon, stay with me, don’t go there.” I have chosen to be his leader and show him the way. When he feels that I’m leading him, he relaxes. Instead of going into a frantic emotional fit, he now trusts my decisions and comes back to me much quicker.

Through my stronger leadership, Moondance and I have built a closer bond, and now canter in my outside arena. He is permitted to question my actions and what I’m asking of him, but it’s my responsibility, as his leader, to keep him safe (emotionally and physically) in anything I ask of him. That is my promise to him. We’ve built more trust and harmony in our relationship, and I can now apply these lessons to my human relationships as well.

Believe all is possible !



# Mandatory vaccination decree changes

## Community groups want the real picture of what changes will be made

Mr. Christian Dubé, Minister of Health and Social Services, recently announced changes concerning compulsory vaccination. While waiting to know the official text of the decree which will specify the terms and conditions, la Table des regroupements provinciaux d’organismes communautaires et bénévoles (Table) and the Campagne CA\$\$\$H (Autonomous community in health and social services - Increase funding ) ask the Minister to state publicly his intention, in order to be able to determine whether their requests have been heard.

The Minister having only referred to the staff of the network, both during his press conference and in his press release, leaves several questions unanswered as to the impact on community groups, caregivers or those receiving support at home, volunteers, interns, and students.

According to the scarce information available, the minister has lifted the vaccination obligation for workers who were covered by the decree of September 24, which seems to include people who work in community groups. "If this is really the case, we ask the Minister to immediately notify the community as a whole, because the decree raised serious concerns, both among the groups directly affected, and those who were going to suffer the repercussions" stated Gaëlle Fedida, President of the Table.

The minister must also affirm that the vaccination obligation is lifted for volunteers, students and trainees, since these people are already subject to the decree, having been expressly excluded from the postponement to November 15.

The minister's announcement also leaves the situation of people receiving support at home in the dark. “Remember that the decree obliges them to check the vaccination status of the people they hire, which has not been emphasized. It is easy to imagine the distress of people losing their autonomy, alone in the face of this obligation, and above all, at the risk of being deprived of support. The effects of compulsory vaccination are therefore greater than they appear. Everything indicates that the government has underestimated the impact of the vaccination obligation on the action of community groups, as well as on the population they support,”underlines Jean-Pierre Ruchon, of the Board of Directors of the Table and the coordinating committee of the CA\$\$\$H campaign.

As for caregivers, the minister not having lifted their obligation to present the vaccination passport, this is equivalent to making vaccination compulsory for the latter, since they lose access to their loved ones if they are not vaccinated. “The minister not having announced the complete cancellation of the decree of September 24, we deduce that he retains certain rules and want to get the facts straight. Remember that almost three weeks had elapsed between the announcement of compulsory vaccination and the discovery of how the government intended to apply it, particularly with regard to community groups. This timeframe cannot be so long this time around, ”points out Mercède Roberge, Table coordinator.

The Table has always encouraged vaccination against COVID-19, it has even taken many steps to facilitate access, but it opposes its being mandatory, especially within community organizations. These groups being autonomous bodies, the Table has repeatedly reminded the MSSS that it could not act as if it were the employer of community groups, which would create a precedent harmful to respect for the autonomy of community action.

Since September 9, the Table has taken many steps to denounce the perverse effects of compulsory vaccination and question the MSSS. It should be remembered that Decree 1276-2021 notably stipulated that compulsory vaccination applied to community organizations receiving a particular form of funding through service agreements (those framed by article 108 of the LSSSS, as explained in the appendix). These may be supervised injection sites, reception for sobering up stages, support for people experiencing homelessness, community support in social housing, respite, accompaniment, etc.

However, the impact of the decree on compulsory vaccination is much broader, since the support that these groups could no longer provide would generate an increase in demand elsewhere, either towards other groups in the same situation, or towards groups not targeted by the decree but who will then be overwhelmed.





# To fight COVID-19,

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