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# What's On My Mind... Calling 450-533-0222!!

Susan MacDonald, Editor

Main Street and I have completed the move to our new location in Grenville-sur-la-Rouge. While I would love to say everything went smoothly, we did encounter a few bumps along the way, specifically with the transition of our communications networks. In case you were wondering, this was no small issue due to the nature of this business!

The Internet connection was right on schedule and I am happy to report I am now on a new satellite and enjoy faster speed than ever before and, so far, no interruptions in the service. Thank you XPLORNET for such great service!

Next was the telephone line, which took a couple of appointments before the technician and I finally managed to be at the same location at the same time. Once we accomplished that, the hook up was completed quickly, but to a main line that didn't work. Of course, we did not realize that was a problem at the time.

As a result, I had no phone, but I did have an Internet connection. So, I tried an online live chat with BELL, and was told that I had to call BELL directly which, of course, I couldn't do from that location. Back to the old house I had to go to make another call, for another appointment, for another technician who solved that issue, finally. Now we were up and running again, except that BELL had neglected to redirect calls to my new number. None of you would have known this had anyone tried to call during this mix-up. At that point, I was referred to the loyalty department, which, ironically, I found to be far less courteous than the tech-support people. Although I was promised the issue would be taken care of immediately, a second call confirmed the re-direct still had not been added, due to a delay in 'programming,' but it should be done within the next 20 minutes or so. Time will tell. However, in case this remains unresolved, please rest assured that we are still here and can be reached through our regular email address (thank you again xplornet). Also, our new phone number is shown above.

Throughout this fiasco, I did enjoy a good laugh or two with some BELL representatives who needed to know my cell phone number to reach me while these problems were being fixed. Their surprised response to my answer, "there's no cell phone service in this area," was both amusing and frustrating. It's hard to imagine that many of us rural people still do not have access to this important service.

So, that was our moving adventure. I do apologize for any inconvenience caused to those trying to reach us during this transitional time. Rest assured, we're nearly back to normal and back to business as usual.

Enjoy the read...

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# Observations China – a different opinion

David MacFairlane - MainStreet

In a frantic attempt to distract its population from the precarious state of its economy, America has identified China and Russia as hostile entities and isolated them from pursuing normal relationships with the West. The imposition of trade sanctions against them is intended to cripple their economies and preserve American hegemony, which is being threatened by this new Eastern power alliance.

However, in spite of all its bluster, the US is losing its grip on the post world-war alliances it has enjoyed for the past seven decades, while economic and military power shifts rapidly and inexorably to the East. In this unfolding scenario, China is the untold story. It is accused by America of being a dishonest trading partner and a danger to the stability of the world's economic system. It is also regarded as a growing threat to the American military establishment that has enabled the US to become the world's policeman and controlling hegemon.

However, there is another, unreported, side to the conventional propaganda. The significant fact is that neither China nor Russia seeks military dominance over the rest of the world. They seek only to defend their lands, languages and culture against threats from outside, and to do this they have built their defensive capabilities to the extent that they cannot be attacked with impunity. Their weapons and military technology are so overwhelmingly superior to the US and its allies that the potential cost of war to their aggressors has become unacceptably high. What is denied about both these countries is that they, along with their many sovereign allies, seek only to develop healthy, peaceful trading relationships, in a spirit of mutual cooperation, to the benefit of all concerned. To this end, they have made considerable progress, while the US postures and blows smoke uselessly, as it sinks inescapably into overwhelming debt and irrelevance.

Despite all the “fake news” media reports about how China is losing ground due to the imposition of tariffs and the targeting of Western companies trading with China, the reality is quite different. Fortune magazine recently touted China's ascendance to the rank of the world's leading economy. Fortune reported that China now boasts more companies than the US in the Fortune500 list of the world's largest global corporations. Also, Chinese companies are not constrained by the hypocrisy of political correctness, climate quackery, social causes or boardroom diversity. They are focussed intensely on successful trading partnerships while the US continues to fantasize about their lead in technology and the “theft” of \$300 billion of American intellectual property. (The Gilder Report) However, was it really theft or voluntary compliance? China required all foreign companies planning to build factories in the country to have Chinese partners and share their proprietary technology. All those companies agreed to the terms. They were not forced to comply, and as a result, made untold fortunes in profits that were re-patriated to their home offices. Is that what the US now describes as theft?

Now, let's compare education levels. According to The Unz Review, America has dominated in the International Math Olympiads for the past many years, winning top place consistently. The contest pits the brightest high-school students from various countries against each other, in six-member teams. The superiority of the American teams has promulgated the idea of cultural superiority, since modern mathematics grew from Western roots. However, the composition of US team members from 2016-19, reveals some interesting facts: In each of those four years, the US teams had five Chinese students and one Indian. In the 2019 European Girls Math Olympiad, the winning American team comprised five Chinese female students, with an Indian student as the team leader. The World Economic Forum (Switzerland) has calculated that China had at least 4.7 million STEM graduates in 2017, India had 2.6 million, and the US placed third with 568,000. (STEM – Science, Technology, Engineering and Mathematics). According to Forbes Magazine, in many top American universities, the departments of math, engineering and hard sciences would have to close if it weren't for the majority of foreign students who are largely Chinese.

In the American Congress, of the 535 members, there is one PhD in math and one in physics. By contrast, the Chinese political elite, at all levels, has a preponderance of scientists and engineers. Over 80% have 4-year-plus degrees in the sciences, and the President, Xi Jinping, holds a doctorate in chemistry. Although Asians comprise only 5% of the US population, 38% of the top SAT students (Scholastic Aptitude Test) were Asian Americans, as well as 60% of the selectees in a recent Westinghouse-Intel Science Talent Search.

In communications, as 5G networks keep rolling out, telecoms providers are rushing to get a head start on this revolutionary, game-changing technology. Huawei equipment is now embedded in over two-thirds of the commercially launched 5G networks outside China. Due to the insanity of banning Huawei from the US market, while the rest of the world adopts its superior technology, America has guaranteed Chinese leadership in this field for a few more years. In quantum technology, China has twice as many patents as the US, including communications and cryptology. Quantum technology seeks to harness the distinct properties of atoms, photons and electrons to build more powerful tools for processing information. China employs

quantum bits (qubits) to safeguard its communications from hacking – a field in which China leads the world. “I predict China will go black in two to three years — we won't be able to read anything,” said Jonathan Dowling, a physics professor at Louisiana State University. Most Chinese researchers spent years studying overseas. Their PhDs, and postdoctoral credentials, come from elite universities such as Stanford, the Massachusetts Institute of Technology, Cambridge and the University of Toronto, according to their biographies.

For America, it's a long and winding road to irrelevance. The gutted American manufacturing base, the resulting Rust Belt, and the crumbling national infrastructure, have decimated the American working class, but the problems go far beyond creaking subways and shaky dams. The country seems paralyzed. To anyone who has enjoyed China's high-speed rail, or its payment system, or watched its domination of 5G, America looks like a country of the past. Fast trains are not just a clever gimmick. They are a major improvement in efficiency. For trips of 500+ kms, China's bullet trains at 300 kph, are very comfortable and go from downtown to downtown. Their maglev trains, in development, will cruise at 575 kph. But in America, the automotive and airline lobbies oppose high-speed rail, and so Congress does nothing. (The Unz).

The old Silk Road, established during the Han Dynasty 2,000 years ago, was an ancient network of trade routes that connected China to the Mediterranean via Eurasia for centuries. The new Silk Road is a road and rail route linking China with Asia, Iran, Russia and Europe. The Maritime Silk Road is an ocean route, connecting China's coastal regions with Asia, the Middle East, Africa and, finally, to Europe. So far, they cover over 70 countries, comprising 65% of the world's population, and 35% of the world's Gross Domestic Product.

To conclude ... (from Cognitive Dissonance) “I've been asked the question before. Does Asia take over from the mighty West, and if so how?

You're watching it in real time folks.”

“China is a sleeping dragon. Let her sleep, for when she wakes, she will move the world.”  
Napoleon Bonaparte.  
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# Simply Words on Paper Humor does not always translate easily

Jim Warbanks - Main Street

You have the opportunity to tell a great joke, perfectly in context. But your potential audience is speaking the other Canadian official language. A quick run-through in your mind and you realize that it is not funny in translation. Ever been there? An old example: Years ago, I saw a billboard that said "Drink Canada Dry" and I have been trying ever since." Untranslatable, frustrating.

I read and write comfortably in either language. At various stages, I have been called upon to translate mounds of documents, some technical, others meant for a more general audience. When touches of humor were required, they have often proved to be stumbling blocks in completing these tasks.

### New language

It can be quite challenging for many people to learn a new language as an adult. Imagine the steep learning curve if you happen to be a successful unilingual stand-up comedian performing in French and decide that you would like to expand your horizons and also perform in English. Sébastien Bourgault, who has also been a columnist with Radio-Canada, has done so. "I did 2000 shows in French." But he was far from satisfied.

He claimed "My goal was to learn English in five years, but I did it in four." This he accomplished starting from an English vocabulary of only about fifty words.

"I had a great career in French, but I always wanted to do comedy in English," Bourgault explained. To reach the broadest possible audience, in North America, your jokes have to be in English, especially if your real target is an audience in Hollywood.

### Shows bombed

He readily admits "I had to bomb a lot of shows. I had to find a rhythm. People respond differently in Ontario and Quebec." He never hesitates to laugh at himself, claiming that "I have no accent anymore" which is very clearly not the case. He continues to throw in some select French impressions to emphasize the point he is trying valiantly to get across.

He advises those who do not like francophones to "move to Saskatchewan." Those who dislike anglophones should "move to Shawinigan." But his punch line is, rather than political self-deprecating, noting how difficult it is for him to say those two words in the same sentence.

He regrets not learning English sooner, explaining that he was misled and deceived by politicians who insisted that "you don't need English" touting the promise that Quebec would soon become an independent country. He now realizes that "if I go outside Quebec, I'm (expletive deleted).

### Los Angeles

He now often visits Los Angeles for a couple weeks at a time to perform at Improv Hollywood and the LA Comedy Store. Sebastien Bourgault hopes to be settled in Los Angeles within the next 10 years: "No matter what, I am going to be in LA someday."

He recently performed a hilarious, well-received lengthy set for a fundraising event staged at the Harrington Valley Community Centre. In the early part of his fun-filled, somewhat manic set, he almost seemed pathetic when recounting lacking the necessary vocabulary to deal with an obstinate grocery store clerk or in explaining his deep frustration in not being able to explain that he badly wanted to see the movie during a flight in the United States.

In the first instance, he wanted to eat toast. He repeated "bread" to himself all the way to the store. Stressed, he forgot the practiced word, eventually substituting the word "breast" under pressure, then adding "good when topped with Cheez Whiz" to compound the misunderstanding. In the second instance, he again fails miserably to make the point about the movie, but is rewarded with two packages of nuts, while another passenger feeling sorry for him, offers him a pack of cashews.

### Valuable asset

Evidence that his English-language skills have matured was clearly demonstrated by the real connection he made with the audience who responded very enthusiastically leading him to add a couple of skits after what would have been his normal closing.

The evident conclusion which should evolve from Bourgault's experience is that those who strive to restrict the choice of languages consider it a "zero-sum" game. It manifestly is not. Rather, having the ability to communicate directly is a valuable asset, as our Federal party leaders are proving in the ongoing series of debates, leading up to the election on October 21. Sébastien Bourgault's journey adds a further element. Never lose your sense of humor.



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# “Laurentian wildflowers through the seasons”

by Keith Moffat

On September 24, fifty-eight people came to hear Keith Moffat speak. Keith has lived his passion for nature and wide spaces as a sportsman, teacher and explorer, which ultimately led him to wildflowers, and a desire to understand them: why their names and what are their origins? Keith took us on a visually stunning and informative journey through the seasons that was historically and poetically embellished.

Fall colours, hoar frost, a pristine view of winter and William Blake's "To see a world in a grain of sand, ...and heaven in a wild flower" brought us to Spring and flowers such as Snow Drops, the only flower from which the earliest insects can get nectar; Coltsfoot, also Cough Wort signifying medicinal attributes, recorded in Greece as early as 40 BC, whose leaves appear in the Fall, only after the flower has gone to seed; Hobble-Bush, whose white blossoms are leaves in disguise; Bladder Campion, which traps all but flying insects; Round Leaved Sundew, a carnivorous plant, and Indian Pipe, of Cherokee legend. We were introduced to approximately fifty plants and were thoroughly inspired. A wonder-filled journey!

# The MRC d'Argenteuil welcomes an Ivorian delegation

The MRC d'Argenteuil, and its partners in the community, had the pleasure of welcoming two Ivorian representatives during a technical mission, from September 15 to 21, 2019, as part of the Municipal Partnerships program - Innovation - Local Economic Development (PMI-DEL) of the Federation of Canadian Municipalities (FCM). Yéo Mehoulou René and Soumahoro Yassiriki, respectively directors of the Local Economic Development Services (SDEL) of the communes of Ferkessédougou and Korhogo, in Côte d'Ivoire, participated in several training and support activities during their stay, in addition to forging close ties with the Argenteuil community.

"For just over two years, a strong partnership has united us in the Municipality of Ferkessédougou, Côte d'Ivoire. The MRC d'Argenteuil is very happy with the connection and the bond of trust that has developed between our communities, and it is with great pride and emotion that we welcomed our Ivorian colleagues to Argenteuil. This FCM international cooperation program enables municipal participants, from home and abroad, to learn from each other and to enjoy rich, human and professional experiences," said the chair of the Economic Development Committee, Deputy Prefect of the MRC d'Argenteuil, Mr. Carl Péloquin. In 2017, the MRC d'Argenteuil was selected by FCM from among a small number of Canadian municipalities to take part in this important international partnership program, aimed at fostering, in an inclusive approach, the participation of women and youth in local development and to encourage economic and commercial links.

During their stay in the country, the partners from West Africa had the opportunity to work closely with the members of the MRC's multidisciplinary team, including the Economic Development Department, in addition to interacting with the Argenteuil Chamber of Commerce and Industry (CCIA).





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# About Sainte-Adèle

Chris Lance - Main Street

Cinema Pine and Spago have restarted “Plaisir a 2” after the summer season. You can pick-up your vouchers at Spago, Tabagie

Le Calumet or Photocopies Illico for \$55. What you get is a night out: dinner for two at Spago, and any movie at Cinema Pine.

The legal battle over La Croix-de-Sainte-Adèle, between Marc Lupien and our town, has gone on through 6 administrations and continues with the current one, headed by Mayor Briere. Our mayor is ready to go with an arbitration ruling with M. Lupien. This all started when, in 2002, the administration granted Lupien the building permit for his home beside the cross. Since then, access to the cross has been a problem and we, the tax-payers, have been funding the legal fees to contest various legal disputes with M. Lupien, which have become our cross to bear.

Hopefully, by the end of 2020, there will be a new residence for autonomous seniors and retirees here in town. The building will be at 322 chemin Notre-Dame, on the site of the Congregation de Notre-Dame for retired clergy. The new development will have 160 spaces, including studios, 3 ½ and 4 ½ units, a common dining room with service, and a library.

September was a wonderfully warm month up north, with lots of golf, tennis, biking and walking. But now, the days are getting shorter, cooler and Halloween has cropped up at Dollarama, Metro and IGA. The Federal election has spawned posters on our telephone poles. The kids are back to school. The local bowling alley is looking for afternoon and evening league bowling wizards, and you can reserve your spot at 450-229-2426.

La Salle Augustin Norbert Morin and La Place des Citoyens are gearing up another season. You can check out the offerings at [www.ville.saint-adele.qc.ca](http://www.ville.saint-adele.qc.ca) and buy tickets on line. The local eateries are getting new menus and pricing in the hope that you will want to part with your hard- earned cash. Oktoberfest has come, gone, and served up a buzz stupor for thousands of thirsty locals.

Flip-Flops, bathing suits, sandals, shorts, t-shirts, suntan lotions, weekend guests, barbeques, and complaining kids attached to their phones, are being put away for next summer season; well ... not the phones, since they continue to be that creeping, grinding addiction for all generations.

I was going to complain about the young men who drive over to our tennis center during the night league play sessions. They drink and smoke it up, concealed in the shelter of our parked cars. It's no use calling it in, because we will be gone, and they will be gone. It's just uncomfortable playing tennis with those guys lurking about. But why complain? It's a developing bad play in Sainte-Adèle.

Oh well, it still was a great, warm summer for everyone, including the clutch of breeding hoods in the neighbourhood. Enjoy the fall season before the snows arrive. The colours are great.



## Village of Weir Newswire

Claudette Smith-Pilon

### MUNICIPALE NEWS

Fall is here and if you can take a couple of hours off, follow the path up to what was known previously as Blueberry Mountain (now called Mont Larose) and see our valley in all its glory. Thanksgiving is the time when we can appreciate our blessings and how lucky we are to live in such a glorious country.

**COMMUNITY LUNCHEONS FOR SENIORS:** Do not forget to register your attendance at 819- 681-3383 local 5811. Leave a message with your name, phone number and the number of persons attending. The following luncheon will be held on October 25.

#### ACTIVITIES HELD AT THE COMMUNITY HALL:

**Tuesday: 9 am - ÇA BOUGE**

**Tuesday: 1 pm - Bridge (2\$)**

**Wednesday: 10 am to Noon – Game play for parents with children**

**Wednesday: 1 pm - Country Line Dancing Course (\$5) 819-687-3767.**

**THURSDAY: 8 pm - Session of 8 weeks belly dancing course (\$85)**

**Registration:** [yogaetcetra@gmail.com](mailto:yogaetcetra@gmail.com)

**FRIDAY: 7 pm - Country Dancing (\$3)**

#### VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

**Friday, October 25: 9 am**

**Friday, November 8: 9 am**

**Monday, November 18: 9 am**

**Friday, December 13: 9 am - Christmas Luncheon**

Need I remind you all to exercise your right to vote on Monday, October 21, 2019 – it is the Federal election - make it count!

Please forward any comments, news or topic to: [mmcsp40@gmail.com](mailto:mmcsp40@gmail.com)



## I'm Just Saying An ode to summer

Ron Golfman - Main Street

One can always tell when summer starts packing up its gifts by the amazing spectacle of colour we stand in awe of annually, as the leaves change. As if sending a “Dear John” note to us all, the transition from summer to fall, however brief, makes us sigh with sadness, knowing that old man winter, in his disgruntled fury, will soon be upon us.

The sounds of children playing outdoors, the frenzy of biking, kite-flying, and the unbridled joy of families at the local beach, is replaced by the sight of half-sleeping youths, standing on street corners, awaiting the sound of squealing hydraulic brakes on their school buses. Shorts, sandals and t-shirts will have given way to people dressed in layers, human club sandwiches, back on the treadmill of routines not missed since late June.

Given how short our summers feel, people put endless hours and effort into making gardens and flowerbeds which dazzle passers-by and, while providing beauty for us all, also give nourishment to the birds and the bees. When the temperature drops, we are left with purple-grey landscapes, the barren and dull precursors to the rain and cold winds that will linger until we, misguidedly, long for snow to cover the view.

In my opinion, there is only one option to shake the funk of another summer passing. If you have young children, Halloween, aside from the commercialism and candy, is a bonus. The fun of costume creation and spending joyful time walking through towns, like Morin Heights, where the adults make extra efforts to dress the streets with themes, is priceless. It may be difficult to recognize people under their masks, but remember that soon hats, scarves, balaclavas and parka hoods will do the same, but without the fun.

There are even some health advantages to ranting about Christmas music and the endless waves of ads encouraging you to get ahead of St. Nick's list by buying now, before December 25. Gripping about the above is a focused way of coming to terms with the changing of the seasons, and harms nobody.

This particular fall, and I often think whoever named this season must share my view, we have the added feature of a Federal election. Lively discussions about who to vote for, choosing from a shallow pool of unlikely game changers, will keep many of us warm, as politics has a way of getting most of us a little hot under our collars. To be an active participant in your own, and your families' future, regardless of your choice, it is essential that you vote. The added health bonus of this activity will be one more reason to go out and cast your ballot, because, and I'm Just Saying, it might be one of the last times to step outside and see people before the big chill is upon us.



## Arundel News

Janet Thomas

### Book Launch by local author Keith Moffat

Did you know we live beside three species of carnivorous plants? Accompanied by stunning photography, Keith treated an ardent audience to poetic descriptions of local wildflowers: their flowering season, preferred habitat, symbiotic relationships and more. His spiral-bound, plasticized pocket guide is perfect for your strolls. Each page details one wildflower with a full-sized colour photo for easy identification of over 100 species. Now on sale for \$35. Also for sale, wildflower notecards with a beautiful photo on the cover and seeds embedded in the paper. Plant the card to grow a garden! Contact: [info@w.keithmoffat.redfoxhillstudios.com](mailto:info@w.keithmoffat.redfoxhillstudios.com)

### Lecture Series: Ray Sealey - Discovering Black History

Arundel Municipal Garage, 2, chemin White

**Friday, October 18: 7 pm**

Last spring, Ray explored many of the towns and cities involved at the height of the Civil Rights Movement: Selma, Montgomery, Birmingham, Mobile, Tuskegee, as well as Monroeville and Huntsville. With an accompanying slide presentation, he will share his remarkable experiences and insights learning American Black History.

### Arundel Concert Series presents Julianna and Jesse

**November 9: 7 pm**

The up-beat duo, Juliana & Jesse, are rising stars in the Montreal and Brazilian music scenes. Your blood will quicken to the Latin beat that drives their pop/R&B music, coloured by elements of world-beat and funk. Critics applaud Juliana's smooth voice and describe Jesse's guitar playing as Santana-esque. Together they create beautiful harmonies that leave you happy to be alive.

Advance tickets \$20 at Arundel Provisions or by e-transfer to [loisirsarundel@gmail.com](mailto:loisirsarundel@gmail.com). \$25 at the door.







# NEWS BITS FOR OCTOBER

## The FQM: In solidarity with GSLR

The Quebec Federation of Municipalities (FQM), which represents more than 1,000 Quebec municipalities, recently supported unanimously the resolution of GSLR's defense against Canada Carbon's \$96 million lawsuit.

The resolution was presented by the Board of Directors of the FQM, sponsored by Mr. Gérard Jean, the Mayor of the Municipality of Lanoraie, located in Lanaudière, and approved unanimously by all of the mayors of the FQM.

The resolution specifies that the FQM has committed \$10,000 to help the Municipality pay for its defense in this file, and that the FQM calls for a change in the laws to help better protect all municipalities of Quebec against this type of lawsuits. <https://solidaritegslr.ca>

## Work completed at Brownsburg-Chatham Gilles-Lupien Arena

The MRC d'Argenteuil announces that the work done following the detachment of a section of the reflecting ceiling at the Gilles-Lupien Arena in the summer of 2019 has now been completed. The opening of the season took place on Saturday, September 21, as planned in the regular calendar.

Following the analysis of the inspection report of an engineering firm, the MRC d'Argenteuil decided to proceed with the complete removal of the false ceiling, installed in the early 1980s. The wood structure, unaffected, has been preserved. A specialized firm has completely cleaned the arena and players' changing rooms, according to the tightest sanitary standards.

A rigorous process of air quality analysis has taken place. The Géostar laboratory confirms to the MRC d'Argenteuil that the results are consistent and that the building can be occupied safely. It should be noted that minor work will take place in the coming months on the infrastructure of the building, but that these will not interfere with ice activities.

## A first case in Quebec of severe pulmonary disease associated with vaping

The Public Health Department of the Laurentians Integrated Health and Social Services Center (CISSS) wishes to inform the people of the Laurentians that vaping is not without risk, and that its effects are long term, and are not yet known.

Recently, the Ministry of Health and Social Services (MSSS) confirmed a first case in Quebec of a person with severe pulmonary disease associated with vaping.

As with tobacco products, young people, pregnant women and non-smokers should refrain from using electronic cigarettes.

### Users who choose to vape must:

- Monitor for symptoms of lung disease, such as coughing, shortness of breath, or chest pain.
- Seek medical attention promptly, as needed.

A reporting process for cases of severe pulmonary disease potentially related to vaping is being deployed.

Following the confirmation of this first case in Quebec, it is necessary to reiterate the importance of remaining vigilant. People with health concerns should tell their healthcare professionals if they are vaping, or have been vaping, as well as the devices and substances used. Every case is taken seriously, and the Department of Health and Social Services continues to monitor developments in Quebec,"said Horacio Arruda, National Director of Public Health.

It should be noted that products from illegal, or unregulated, sources should be avoided as they carry additional risks. It is important to note, however, that legal products should not be considered risk free. Finally, vaping devices and liquids should also not be modified, or used in a manner not intended by the manufacturer.

To review the risk warning for severe pulmonary disease associated with vaping: <https://www.msss.gouv.qc.ca/professionnels/tabagisme/tabac-et-et-cigarette-electroniques/documents-and- publications>

## Mont-Tremblant - Special Mention of Leaders in Sustainable Transportation!

The City of Mont-Tremblant receives a Special Mention for free public transportation and the creation of its cycling network during the Sustainable Mobility Leaders' Breakfast, organized by the Centers de Mont-Tremblant, metropolitan travel management, on September 26, at Place Jacques-Cartier, in Montreal.

On May 1st, the Mayor of Mont-Tremblant announced free public transit and enhanced service offerings. The city hopes to be a model for Quebec, if only to move our people, reduce GHGs and, above all, to ensure a future for our children. The City of Mont-Tremblant intends to continue its efforts in this direction. " The special mention was also intended to highlight the City's efforts to set up its bicycle network. The selection committee described it as safe, enjoyable and utilitarian.

# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Congratulations to:

**Jean-Claude Bouchard**, new owner of **Aux Petits Pattes**, 23A rue de l'Église, St. Sauveur, who took over the shop in early September. They offer pet toys, grooming tools and snacks. They also sell a wide variety of superior quality dog and cat food, including Royal Canine, Acana, Go, Natural Balance, Nutram and holistic brands. They carry frozen meat brands, such as Carnivore and Naturawlf. Jean-Claude will also order specific products for your pets. 450 227-6402 / [www.auxpetitspattes.com](http://www.auxpetitspattes.com), Facebook: Aux Petits Pattes.



**Jean-Guy Lacroix**, from Ste. Anne des Lacs, who just completed his new EP album called **Quand le vent est froid, la maison est chaude**. Jean-Guy does an excellent job on folk vocals, in collaboration with Marie-Hélène GrandMaison and Charles-Antoine Gosselin. The EP is bilingual and will be available on all the digital platforms on October 12, the day of the laughing at Rick's Room in Wentworth-Nord. Best of luck Jean-Guy! For more information: 514 266-3963 / [jglmusique@gmail.com](mailto:jglmusique@gmail.com) / Facebook page: JGLacroix Musique.



**Julie Jean-Desilets** and **Simon Renaud** who recently opened their new restaurant **Douceurs & Gourmandises**, 4 chemin du Lac Chevreuil, in Gore. Their menu includes delicious breakfasts and lunches weekdays, from 6 am to 2 pm. Dinner is available on Thursday, Friday and Saturday nights. Full meals including homemade soups and desserts. Pizza is also available. Beautiful custom cakes are available for birthdays or other events. Interac, Visa and Mastercard are accepted. 450 562-0113 / Facebook: Douceurs & Gourmandises Espace Gourmand.



### Did you know that:

If you are looking to take some great **Aquaform classes**, that **Anik Samson** offers classes at the indoor pool at Mont-Gabriel Hotel? Anik's classes are available on Tuesdays at 10 am and Fridays at 8 am, 9:15 am, and 10:30 am. The class on Tuesday is Aquaform Yoga, which is relaxing and refreshing. This is a great way to chase away the winter blues and to get into shape for Christmas and the winter season. À la carte classes are \$130 for 8 classes. The first class is free. If you are interested, please contact Anik: 514 978-8097 or email at [ailesyogafLOW@gmail.com](mailto:ailesyogafLOW@gmail.com) / Facebook page: Corportales.



The **Morin Heights Elementary School Christmas Bazaar** will take place on Saturday, November 30, from 10 am to 3 pm? This is the largest fundraiser for the school and has been held for more than 20 years. If you, or someone you know, is interested in renting a vendor table, registrations have begun and space is limited! They are looking for local business vendors and sponsors. Get a head start on all your holiday shopping. Register online: <https://forms.gle/S8A8bUCbXLUKPk56>. Contact Natalie Szabo: 450-226-2017 ext. 6217 / [mhesppo@gmail.com](mailto:mhesppo@gmail.com).

## Theatre Morin Heights Partners With Local School To Raise Funds

Theatre Morin Heights is excited to be embarking on a new project in the community. For their upcoming production of "An Enemy of the People" (November 7-10) they are donating reduced-rate tickets to their preview dress performance on November 6 to Friends of Morin Heights Elementary School (FOMHES).

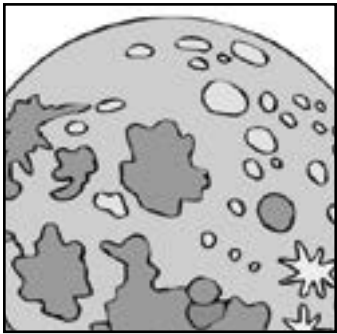
These tickets will be sold exclusively through FOMHES and proceeds will go to fund activities benefiting the students. New regulations regarding school fees and field trips are putting long-standing programs such as the Winter Activity Program at risk, necessitating an increase in fundraising. For information about this event, please email [fomhes@gmail.com](mailto:fomhes@gmail.com).

For information and tickets to the regular TMH performances on November 7-10, visit the Theatre Morin Heights website [www.theatremorinheights.ca](http://www.theatremorinheights.ca) or call 579-765-3999.



(from l.) Carolyn Roberts, President TMH, Tammie Marlin, Principal MHES, Kimberley Thomas, President FOMHES.





# Zach Factor

## From the mud grow the poppies

Lys Chisholm & Marcus Nerenberg - Main Street

In January 1917, a young man enlisted as a soldier in the Canadian Army Service Corps. He was trained, shipped to England, and soon found himself as a dispatch rider in the horrors of an insane war. He couriered messages from command posts to the front lines, and then back to headquarters. The senseless din of artillery was ever present, and hundreds of thousands of young men on both sides were slaughtered in battles that dragged on over four years. They were fighting for a few yards of mud and snow, where the stench of death lay ever-present. In chateaus, safely behind the front lines, generals, princes, kings and politicians, planned these “glorious” battles that sent battalions into no-mans-land to become cannon fodder.

Somewhere, near the Battle of Passchendaele, the dispatch rider sustained an injury and was sent back to England to recuperate. At that time, he resigned from the Army Service Corps, and joined the new Royal Air Force, as a Flight Cadet. He was retrained as an observer and gunner. He flew missions, in two-seater aircraft, noting enemy positions and defending his plane from enemy fire, while praying for a safe return to their airfield. He flew in aircraft, such as the two-seater Bristol Fighter, and dropped small, hand-held bombs, that hung just outside his seating position. As crude as these wood-framed planes were, with cloth skins on their bodies and wings, they were the pinnacle of modern technology. As dangerous as they were, these planes flew high above the hell of muck and bullets below in the trenches.

Also stationed at these airfields were squadrons of the latest Sopwith Camels, the latest, and deadliest, single-seat fighters, that did battle with the German Fokker Triplanes (think Snoopy and the Red Barron). Many Sopwith Camels crashed, especially with novice flyers, because until they were mastered, they were very tricky to fly.

The broken propeller of one crashed Camel came into the possession of Lys’ grandfather, the former dispatch rider. Somehow, he had made the acquaintance of a captured German flyer, who artistically cut down the propeller hub, filled the bolt-holes with spent shell casings from a Vickers 303 machinegun, mounted a clock in the hub, and screwed it to a base made from a piece of the prop blade. After the war ended, it came back to Canada, and was bequeathed, eventually, to his oldest daughter. In 2006, we had the privilege of refurbishing that 89-year-old clock. While sanding off the soiled finish, the serial numbers identified it as a part of a Sopwith Camel. Only 5,490 Camels were built, of which only seven exist today.

Twenty-six years after the “the war to end all wars”, a Canadian corvette was on convoy escort patrol in the North Atlantic, where German U-Boats were sinking thousands of tons of Allied merchant shipping. At that time, a young sailor who, fourteen years later, became Lys’ father, was the ship’s telegrapher, keeping the small corvette in touch with the convoy and the commanders of the fleet. The ships were swift, with newly invented sonar, and they hunted submarines. They used depth-charges, which were deadly bombs that looked like large barrels and could be set to explode at varying depths. They located and depth-charged an enemy submarine, which was damaged and forced to surface before sinking. The crew on board was rescued before the sub sank.

The corvette didn’t have a decent cook and the sailors were not happy with their daily fare. One of the rescued German prisoners was a chef and an exceptional baker. The ship had a large supply of flour that was going to waste because no one knew what to do with it. The baker started baking sourdough bread which was the finest on the Atlantic. Everyone loved the arrangement. After completing its mission, the corvette returned to its home port in England, and the captured Germans were handed over to the naval authorities. However, the corvette sailors were very sad to bid farewell to their German baker.

These two stories reveal that, even amid great suffering, people are decent and compassionate. When there are no weapons between us, and there are no leaders exhorting us to hate each other, we can manage to get along and work for our mutual well-being.

If there is any lesson to be learned on November 11th, Remembrance Day, it is that millions of people should not have died in vain, and that, as a species, there is still hope for us. In the words of John Lennon, we must “Give Peace a Chance”.



Edward T. Timmons stands second from the right, next to his squadron leader, in early 1918. Most of these men would not survive. The average life expectancy of a fighter pilot in the RAF was two weeks. Photo credit: P. Timmons/L. Chisholm family collection. Photo restoration: Randall Beaudin, Lachute



# The Story Behind The Weather Bird and the Bucket List

Joseph Graham - Main Street joseph@ballyhoo.ca

A child growing up in the Laurentians, I became familiar with different bird songs. I made up my own names for them, and their songs became a comforting part of my world. The Weather Bird, that I came to learn much later was the White-Throated Sparrow, was among my favourites. There were many sparrow songs and others that filled the woodlands with their music, but the White-Throated Sparrow, with its call that started with a single low note followed by a series of almost identical higher ones, indicated that the weather was improving, while the song that started high and then finished with a series of low notes warned me of rain or clouds. Its memory evokes a cold, crisp autumn day or the early hours of a summer morning. Last summer, the first song was silent and this summer they are both gone. In fact, the woods are too quiet. Of course, I thought, this observation is not scientific, and my own location may be an anomaly.

The thing is, though, a lot of people are experiencing similar little, incremental changes. It has been going on for a while. The fish are virtually gone. Potable surface water is becoming rare. Raindrops falling from the sky are no longer pure. The highways, cutting through our ancient forests, are dotted with struck animals – roadkill. Recordings of nature carry a background of machinery noise. We have come to accept the rumble of radial tires on roads that are overtaxed with traffic, choked arteries of trucks and cars feeding into cities all around the world. Jet exhaust streams are a normal part of the sky.

We talk about electric cars with little regard for the environmental footprint associated with their manufacture. Of course, the real solution is reducing petroleum-based travel and trying to use sustainable public transport, at least in the cities, but a lot of transportation greenhouse gas emissions come from aviation, and half of that comes from holiday vacations, our bucket lists. They are a part of our consumer society and even the environmentally conscious want to witness the damage being done in far away places.

In Shakespeare’s time, according to phrases.org.uk, the word bucket, coming from the French words trébuchet or buque, meant a balance or a yoke for hanging something from while working on it. An animal, hung by its back legs for slaughter, would kick in a spasm while dying, and be said to ‘kick the bucket.’ To quote further, Shakespeare wrote in Henry IV Part II, 1597: “Swifter than he that gibbets on the Brewers Bucket.” [To gibbet meant to hang]. ‘Kicked the bucket’ came to mean ‘died,’ and in time bucket, in its other meaning as a container, could hold a list of the things you wanted to do before you died – a bucket list. This interpretation came into popular use in 2007, when Jack Nicholson and Morgan Freeman starred in The Bucket List, the wish-list that two terminally ill men determine to fulfill before they ‘kick the bucket.’

The bucket list has a strange relationship with finality, with death, but over the past dozen years, the personal death aspect has faded and the bucket list has come to mean things you must see or do. The problem is that going to see them is contributing to their deaths; the Galapagos is an example – just travelling there is contributing to the narrowing of our margin of human habitability and survival.

A critic will say that I’m drawing connections with a wide brush, that connecting disappearing birdsongs to aviation’s role in the destruction of our habitat is a little hysterical, and I know it’s not scientific. It is true. All of these are problems, and the only common element is our demands upon the world. A recent study shows that the 75% decrease in the sparrow population is attributable to neonics, that nicotine-based insecticide sprayed on crops. Each problem is a symptom of a greater ill. Our consumer society, our market economy, is taking more than our share, depriving the rest of nature. Interpret it as you will, but it is us.

Our geographical forebears lived here for millennia, sharing the margin that is our habitat. They saw the songbirds and other inhabitants as elder siblings, specialists who had found their balance. They learned from them and acted as stewards for the benefit of all species. Their rivers were filled with fish, their sky with birds, and while they certainly experienced a ruthless balance on occasion, they lived symbiotically. Theirs is a gift economy in which status is connected to sharing, not possessing, and gifts proudly reciprocated within the capacity of the receiver. Consumption is a celebration of plenty, and abstinence a community virtue in difficult times. Their moral rudder guided them to share, even when faced with starvation, respecting their elder siblings and treating even a meal of venison as a gift from the family of the deer. Reciprocation was performed through respect and stewardship, respecting the margin that maintained each sibling’s habitat. This is the fundamental human economy and it has existed here since before the Egyptians built the pyramids. Similar systems can be found in Indigenous cultures throughout the world and were likely there, present in the Commons of old England before the Enclosures stole their land around the time of Henry VIII, the generation of Shakespeare’s grandparents.

We must rethink our bucket lists, our consumption. There are no neonics in organic food – think about that. Save some of that travel time for the education of our children and grandchildren. Each person’s decision has meaning and impact. We can make a difference through personal consumption. We can assure that our elder siblings have the margin of habitability they need. Maybe then, accepting some responsibility for their well-being, we can cherish a bond when we hear the songs of the sparrow, the Weather Bird and dozens of others.





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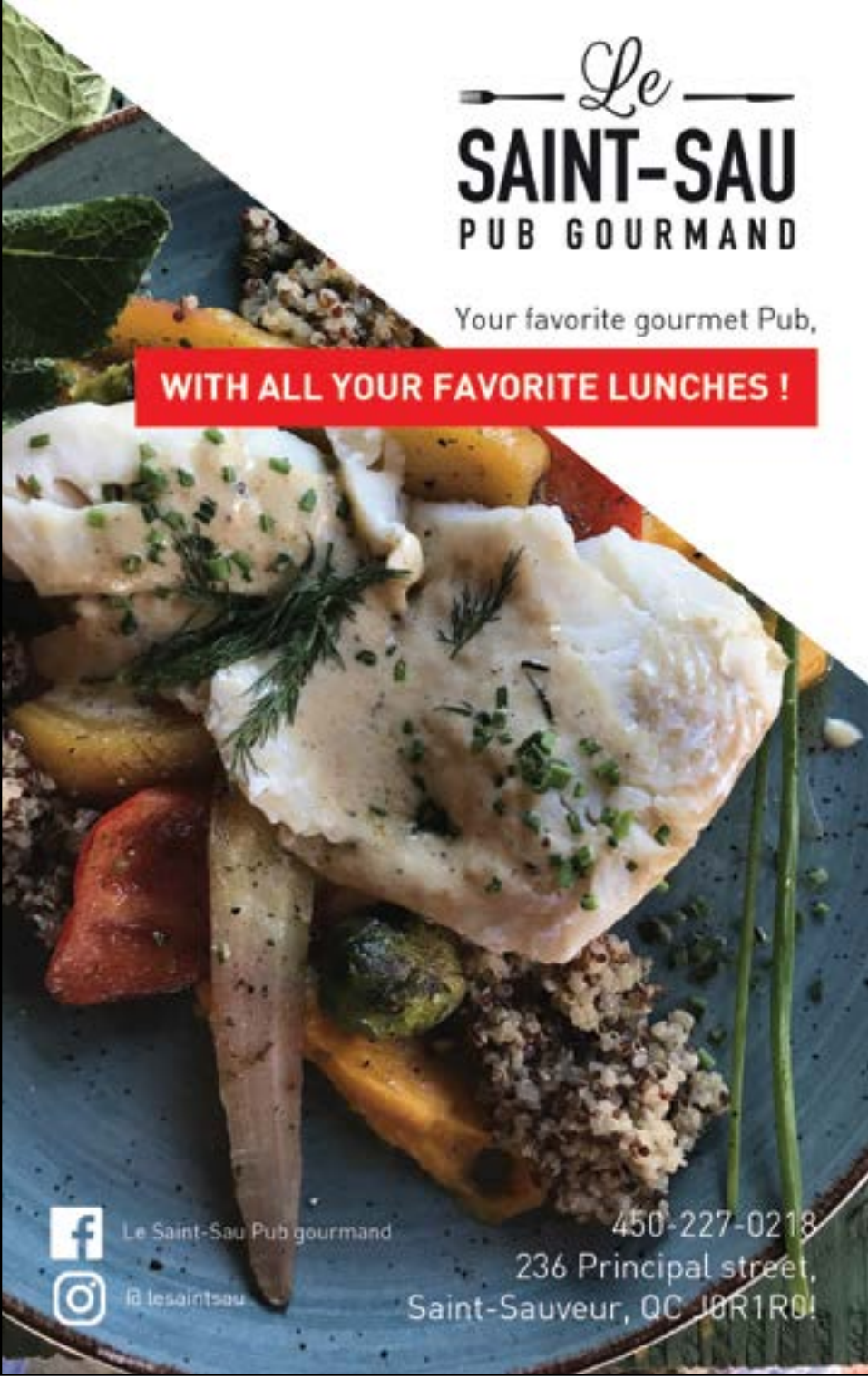
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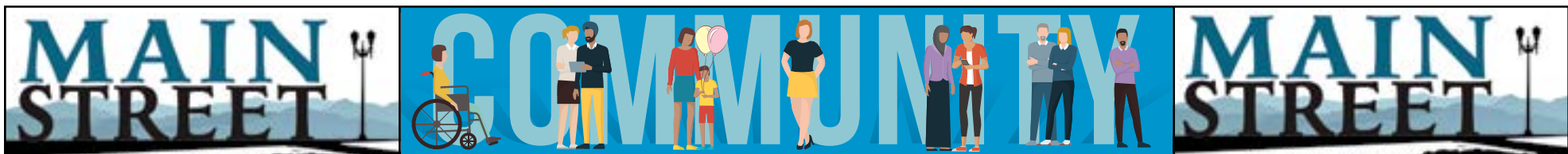
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**ROYAL CANADIAN  
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The legions are asking the community at large to inform them of any veterans they may know of who may be living in and / or with difficulties. These could be veterans suffering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

### Branch 171 Filiale Morin Heights

**Fri, Oct 18: 6 pm** - TGIF Spaghetti Night  
**Sat, Oct 19: 8 pm** - Ian Hanchet & Tarantula Dreams  
**Sat, Oct 26: 6 pm** - Oktoberfest Supper  
**Sat, Nov 2: 8 pm** - Kim Adams & The House Cats  
Sat, Nov 9: Remembrance Day Parade & Lunch  
Darts: Thurs: 3 pm - new players welcome  
Military Whist: **1 & 3 Mon at 1:30 pm**  
Check with the legion for daily bar hours  
Hall rental available at competitive prices  
Info: 450 226-2213  
<http://www.legion171.net> / Facebook: legion 171

### Branch 70 Filiale Lachute

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

### Branch 71 Filiale Brownsburg

**Sat, Oct 26: 8 pm** - Elvis Night  
Doors open at 7:30 pm  
Tickets / info: Sheila Park: 514-909-8885  
Fundraiser for the Legion Branch 71  
**1st Tues of each month** - Soup luncheon  
**4th Thurs of each month** - Military Whist  
**Bar open Wed - Fri 3 pm - closing**  
Everyone welcome.  
Contact Sheila: 450 562-8728 / 514 909-8885

### Branch 192 Filiale Rouge River

**Sat, Oct 19:** Oktoberfest  
**Tues: 7:30 pm** - cribbage  
Info Michel: 514-882-2978  
**Wed: 1 pm** - Bridge. Info: Connie: 819-687-2403  
**Mon: 9 am - 10 am:** Chair yoga  
**Tues & Fri: 9 am - 10:30 am:** Yoga Flow  
Everyone welcome  
Bar open daily at 3 pm  
For further info: 819 687-9143 / [arundellegion@gmail.com](mailto:arundellegion@gmail.com)

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

#### MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH

463 Principale, Lachute / [www.pccweb.ca/mrpmc](http://www.pccweb.ca/mrpmc)  
Rev. Dr. Douglas Robinson: 450 562-6797  
Sunday service and Sunday school 10:30 am.

#### MILLE ISLES PRESBYTERIAN CHURCH

1261, Mille Isles Rd.  
Summer Services  
Sundays: 9:30 am  
Please join us in worship with  
Reverend Richard Bonetto  
Refreshments will follow the service

#### ST. ANDREWS EAST PRESBYTERIAN CHURCH

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

#### LOST RIVER PRESBYTERIAN CHURCH

5152 Lost River Rd., Harrington

#### DALESVILLE BAPTIST CHURCH

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

#### LACHUTE BAPTIST CHURCH

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

#### TRINITY ANGLICAN CHURCH – MORIN HEIGHTS

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

#### ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH

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

#### HOLY TRINITY ANGLICAN CHURCH

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

#### ANGELICAN PARISH OF ARUNDEL & WEIR GRACE CHURCH

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

#### ST. SIMEON'S ANGLICAN CHURCH

445, Principale, Lachute  
The Reverend Josée Lemoine -  
Priest in Charge  
The Reverend Nick Brotherhood -  
Interim Priest  
Tania Lesack - Curate  
Services are held every Sunday at 9:15 am.  
The second Sunday of each month is a  
fun Family Service  
Everyone is most welcome to join us.

#### ANGELICAN CHURCHES ALONG THE OTTAWA RIVER

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

#### UNITED CHURCHES OF CANADA

450 562-6161 or 514 347-6250

#### KNOX-WESLEY CHURCH

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

#### ST MUNGO'S UNITED CHURCH

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

#### LACHUTE UNITED CHURCH

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

#### HARRINGTON UNITED CHURCH

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

#### ST ANDREWS CHURCH, AVOCA

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

#### SHAWBRIDGE UNITED CHURCH

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

#### ARUNDEL UNITED CHURCH

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

#### MORIN HEIGHTS UNITED CHURCH

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

#### STE-ADELE UNITED CHURCH

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

#### BROOKDALE UNITED CHURCH, BOILEAU

Info: 819 687-2752

#### PARISHES OF THE LOWER LAURENTIANS

Everyone welcome and we look forward  
to seeing you and your family.

**ST. AIDAN'S WENTWORTH**  
86, Louisa Rd - Louisa  
**ST. PAUL'S - DUNANY**  
1127 Dunany Rd, Dunany  
**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
Bilingual services with gospel/  
bluegrass music  
**CHRIST CHURCH - MILLE ISLES**  
1258, Mille Isles Rd - Mille Isles

#### VALLEY GATE CHURCH

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

#### VICTORY HARVEST CHURCH

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

#### FABRIQUE DE LA PAROISSE ST-SAUVEUR

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

## LAURENTIAN CLUB NOTICE

### Holy Trinity Church

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

Guest speaker: David Cocklin  
Oblogation to Inspiration

David Cocklin is an M&A consultant and occasional lecturer who is now retired from mainstream corporate life. He is focused primarily on the pursuit of happiness and new experiences, sharing time between Montreal and Fort Lauderdale. His writings are inspired by wisdom gained from the past, and realized through reflection and a desire for legacy. He will share his experience on the process of transition from CEO to author, provide some anecdotal metaphysical observations and some insight into his novels.

**Tuesday, October 22: 1:30 pm**  
Refreshments following the discussion  
Annual membership \$35  
Guests \$10

Info: 819 326 4401  
[www.laurentianclub.ca](http://www.laurentianclub.ca)  
[facebook.com / LaurentianClubofCanada](https://facebook.com/LaurentianClubofCanada)  
**LAURENTIAN CLUB OF CANADA**



## Laurentian Region Cancer Support Group

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



Next meeting for cancer patients,  
families and caregivers is

**SATURDAY**  
**October 19, 2019 - NOON**  
**More Cooking For Wellness**  
**with Susan Campbell-Fournel**

For more information or to reserve a place  
contact June at 450-226-3641 or  
[email cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca) FREE!

**Upcoming meetings: Nov 16, Dec 14**  
**Meetings are conducted in English**  
**ADMISSION IS FREE**

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

**REGISTERED CHARITY - DONATIONS APPRECIATED**

10 main.street@xplornet.ca

October 2019

MAIN STREET 





## COMMUNITY NEWS

### AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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

### VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

### WILLKOMMEN

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

## COMMUNITY EVENTS

### LOST RIVER COMMUNITY CENTRE 2811 RTE 327

**Sun, Nov 3: 9 am - noon** - November  
Breakfast

Basket draw proceeds will be donated to  
Parkinson's Disease Research  
Adults \$7 / children (6-12) \$3.50 /  
under 5 yrs. free.  
Everyone welcome!

**Sat, Oct 26:** Drink and be Scary - A night of  
Murder & Mystery  
Details to follow. See Facebook for details,  
LRCC-Lost River Community Centre  
Wed, Nov 6: 9:30 am - 11:30 am - flus shots  
will be available at the Community Centre.

### HARRINGTON GOLDEN AGE CLUB

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

### SCOUTS MORIN HEIGHTS

Morin Heights Elementary School /  
**Wed evenings: 6:45 pm - 8:15 pm** -  
meetings. Come join us!  
Info: ScoutsMorinHeights@live.com

### ARGENTEUIL GIRL GUIDES

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

### THEATRE MORIN HEIGHTS

TMH presents its main stage production  
"An Enemy of the People" on  
**Nov 7,8 & 9 at 8 pm and Nov 10 at 2  
pm** at Chalet Bellevue, Morin Heights.  
A great show not to be missed! Tickets  
now on sale at Marché Vallancourt,  
Morin Heights Library and online at the-  
atremorinheights.ca \$20 in  
advance / \$25 at the door.  
Want to become a TMH member, work  
behind the scenes or act? Call 579-765-  
3999 / email theatremorinheights  
@gmail.com.  
For more news visit  
theatremorinheights.ca or Facebook.  
com/TheatreMorinHeights.

### ALCOHOLICS ANONYMOUS MEETINGS

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

### LACHUTE ARMY CADET CORPS

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

### ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

### RIFLE CLUB WILLIAM TELL

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

### LAURENTIAN QUILTERS' GUILD EXPOSITION QUILT SHOW

Music and ColoursGolf Piedmont,  
201 ch de la Montagne  
**Sat, Oct 19: 10 am – 3 pm**  
Admission: \$5

### ANNUAL THANKSGIVING DINNER

Morin Heights United Church  
831, ch. Du Village  
**Sat, Oct 12: 5 pm - 8 pm**  
Morin Heights United Church will be  
hosting its annual Thanksgiving Dinner  
and in keeping with last year's anniver-  
sary special, we are once again asking  
for free-will donations. We hope you will  
join us for this very special occasion!

### UTA 580 FALL COURSES

Old Village of Mont-Tremblant  
144, rue du Couvent (across from Porte Rouge)  
**Tues, Oct 8 - Nov 12**  
Mexico: Yesterday and Today  
Combination of historical outline from  
Aztecs, Spanish and War with  
America, to Nafta.  
Professor: Dennis Creamer, B.Sc.,  
Registration / cost / info: www.USher-  
brooke.ca/uta/mont-tremblant  
Contact : Elaine St-Pierre: 819-425-9735

### FESTIVAL OF COLOURS

Sommet Morin Heights (231, rue Bennett)  
Outdoor enthusiasts are invited to  
enjoy the planned  
activities and discover the fall colours.  
**Until Oct 27: Sat & Sun: 11 am - 2 pm**  
**Oct 12 - 14: 9 am - 4 pm**

### CHRISTMAS BAZAAR AND TEA

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

### MORIN HEIGHTS ELEMENTARY SCHOOLCHRISTMAS BAZAAR

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

### SCOTCH ROAD CEMETERY – AGM

Paul Bougie Centre, 414, rue Principale,  
Calumet (Grenville-sue-la-Rouge)  
**October 20**  
The Scotch Road Cemetery (SRCA) will  
hold its annual general meeting.  
All those who are interested in local  
Scottish history are welcome!

### HALLOWEEN FESTIVITIES AND PARADE

Parc Georges-Filion and rue Principale  
**Thurs, Oct 31: 6:30 pm**  
Pumkin exhibition, games, street enter-  
tainers trick or treat and more

### HALLOWEEN AT CENTRE D'INTERPRÉTATION DE LA COURGE

839, chemin Principale  
Saint-Joseph-du-Lac  
**Sat, Oct 19**  
Family entertainment, candy  
distribution. Children in costume will  
receive a small pumpkin for free.  
450-623-4894

### SIDEWALK SALE Mont-Tremblant – Pedestrian Village Oct 19 & Oct 20

Several surprises in store for you!

### DOG RALLY

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

### CRAFTS FAIR

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

### CROQUE PAYSAGE – FALL WORKSHOPS

Val David  
**Oct 12 - Oct 27**  
Varied workshops to facilitate food  
self-sufficiency  
Productive gardening, canning,  
lacto-fermentation.  
Indoor production, seeding, germina-  
tion and sprout salads, introduction to  
permaculture.  
Info/registration: 819-322-8269

### HALLOWEEN CELEBRATIONS

Most municipalities have organized a  
variety of special events to celebrate  
Halloween.  
Check your local municipal websites  
to discover what haunting events are  
planned in your neighbourhood

**On October 21, 2019  
make your vote count!**



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www.organismepeaix.ca

**Alcoholics Anonymous**  
Helpline:  
**1 877 790-2526**

**GA**  
Help for compulsive  
gamblers  
**514 484.6666**  
**866 484.6664**  
**gam-anon.org**

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# Main Street Money Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

### Estate planning 101

**The freedom to protect your legacy and loved ones the way you want.**

**Estate planning** isn’t just for the affluent – it’s for all those who want to protect the people they love and the assets they’ve worked so hard to build. In simple terms, estate planning is the process of arranging for the legal disposition and administration of assets after death. Assets can include anything from real estate or a business, to bank accounts, investments and personal belongings. Estate planning can help minimize fees and taxes, provide for loved ones, establish a guardian for dependants, set up inheritances and more. And as a person’s life progresses and financial goals change, so does the plan.

Here are some ways an estate plan can help make life easier at a difficult time.

### Name a guardian for children

For parents with young families, a valid will enables them to identify a guardian for their children in the event both parents are no longer able to care for them. Without a will documenting this decision, the choice of who will raise minor children falls to the courts.

### Handle an estate according to wishes and intentions

An estate plan is the only way for Canadians to control how they will leave their money, assets and property after they pass away. It provides an opportunity to determine who will administer the estate, who the beneficiaries will be and how assets will be distributed.

### Minimize expenses and income tax liability

Estate planning is an effective method for reducing or eliminating probate fees. Probate is the legal process in which a will is validated by the courts, and fees vary by province or territory. Certain options (such as trusts, joint ownership, life insurance products, pension plans and RRSPs) help avoid probate because proceeds pass outside of the estate. From a tax perspective, a person’s assets are deemed disposed of at death, which may result in the estate owing income tax, although opportunities exist to defer or reduce this tax liability.

### Offer protection in a situation of incapacity

While incapacity is often associated with later life, it could occur at any age (for example, due to an accident or medical situation). Naming a power of attorney – for financial affairs and health care decisions – is crucial to help ensure finances and intentions are effectively managed in the event of incapacity.

Each estate plan is as unique as its owner and will change over time, but it is never too early to put one in place. To understand the various aspects of estate planning, speak with your advisor. He or she can connect you with experienced legal and accounting professionals who can help you create an estate plan that is right for you and your family.



# Making it Work in the Laurentians

## 7 steps to a smart pop-up shop

Maya Khamala

Pop-up shops are becoming more and more popular. An exciting alternative to traditional brick-and-mortar stores, they come in all sizes, from large retailers to DIY artists. A pop-up shop is a temporary, low-cost storefront, which usually lasts 3 days to 3 months. The benefits of organizing a pop-up include the opportunity to test drive products, incubate new ideas, diversify revenue, and meaningfully boost customer engagement.

If you’ve been considering taking up physical space with your online business, but are not yet ready for the commitment or investment of a storefront, follow these 7 steps to organizing a pop-up:

### 1. Define your goals

Always define your goals at the outset. They’ll likely include boosting brand awareness, acquiring new customers, testing products, and generating revenue.

Make sure also to define how you will measure your success, such as through social media engagement, organic site traffic, email signups, and sales.

### 2. Create a budget

List your estimated expenses before you start spending. These may include rent, utilities, liability insurance, permits, decorations, inventory, marketing, food and drink, cleaning fees, and promo materials like flyers, posters, and business cards.

Also, factor in any potential revenue, such as grants, sponsors, or anticipated income from renting the space to others, or charging admission.

### 3. Find a space

Determine what kind of space would best suit your purposes: maybe a retail store, event space, gallery, booth, vacant storefront, or even a truck!

Depending on how long you’re renting for, you may need a lease. This will grant you exclusive access and outline costs, length of stay, hours of operation, modifications allowed, and liability.

If you’re renting for a short period, you may instead require a license, which grants you access to space but not necessarily exclusivity.

### 4. Stay safe and secure

Regardless of the space you book, always consider liability insurance. Read the fine print on your lease or permit and understand, in advance, who’s held responsible for a fire or flood. Also, make sure you consider getting permits for alcohol or food, if you are planning on serving either.

### 5. Design an experience

Consider your floor plan; will there be access to storage, bathrooms, and food stations? Is the lighting welcoming? Are email signup sheets available? Project your brand with signage, thoughtful displays, or even a live demo or entertainers.

### 6. Tackle logistics

Make a list of tasks and make sure they’re all assigned. These may include moving, loading, storing, packaging, staffing, security, photography, welcoming guests, cleaning up, and paying people.

### 7. Promote it!

In the lead-up, generate social media buzz by circulating hashtags, teaser videos, and even inviting your audience to participate in competitions. Consider paid advertising or sending out press releases to up the ante.

While your pop-up shop is operating, be sure to maintain the hype by posting photos and updates, or even live-streaming for the benefit of your fan base.

After the event, take the time to thank all who helped, and be sure to welcome any new followers you’ve earned for a job well done!

Check in to [yesmontreal.ca](http://yesmontreal.ca) and discover how we can help you grow your artistic practice!



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Obituaries

RICHARDSON, Howard John

Howard John Richardson, aka Howie, construction worker, athlete, artist, guitarist, humorist and longtime resident of Morin Heights, passed away peacefully at Mays Place Hospice in Vancouver, British Columbia on Sept 20, 2019, at the age of 67.



Howie is survived by his siblings, Bernie, Dougie, Linda, Christine and Jo-Ann, his children Derek and Natalia Richardson and Thomas and Katherine Hyde and his nieces and nephews Jake, Ryan, Kerry, Emma, Elizabeth, Jeff and Sarah.

Howie was born on March 29, 1952 to Jean and Russel Richardson in Montreal Quebec. He grew up with his brothers and sisters in Rosemont.

Howie was an avid gymnast and wrestler, winning both city and provincial championships in his teens. He passed up the opportunity to move to Calgary to further his wrestling prowess and compete at the national level, in-

stead, helping the family move to Morin Heights and settle there.

Howie possessed many artistic talents, including leather working, carving and wood burning to name a few. He took guitar lessons in Montreal and developed quite a talent for it and would often entertain his parents and siblings at family barbeques.

Howie was one who often thought outside the box. He had a great sense of humor and his jokes will surely be missed.

Howie moved to Vancouver in 2006, where he found work with ITC construction group, helping to create residential and commercial infrastructure around the city of Vancouver.

He will be missed by his work mates and friends from the 340, especially his best friend, Andrew. He will also be missed by his friends from Morin Heights, his nieces, nephews, siblings and children

The family would like to sincerely thank the Woodwards building, St Paul’s Hospital and May’s Place Hospice for their loving care of Howie

Services for Howie in Vancouver and Morin Heights will be announced at a future date.

NOTICE OF CLOSURE OF INVENTORY

Notice is hereby given that Richard Don ZAWALYKUT (the “Deceased”), in his lifetime domiciled at 30, Montée Manory, Municipality of Sainte-Marguerite-du-Lac-Masson (Quebec), J0T 1L0 , died at Sainte-Agathe-des-Monts, on April 8, 2018. An inventory of the Deceased’s property has been made in accordance with the law and can be consulted by interested parties at the office of Mtre Barbara A. Thompson, notary, 707 Chemin du Village, Morin-Heights, Quebec J0R 1H0. Given on September 11th, 2019, at the Municipality of Morin-Heights, by Lorraine BEATON, liquidator of the Estate.

# palliacco

support, accompaniment & respite care

## Upcoming Activities

All the services offered by Palliacco are free, from L'Ascension to St-Sauveur

<b>PERSONAL SESSIONS TO RELIEVE STRESS</b> Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe, MontTremblant and Saint-Sauveur by appointment.	<b>Coffee Club</b> <b>2nd Tuesday of each month:</b> <b>7 pm - 8:30 pm</b> (Mont Tremblant) <b>3rd Thursday of each month:</b> <b>1:30 pm - 3:30 pm</b> (Ste-Agathe)
<b>FOR PEOPLE WITH CANCER OR WHO ARE IN REMISSION</b> <b>Comforting Tea</b> <b>2nd Monday of each month:</b> <b>10:30 am - noon</b> (Mont-Tremblant - by reservation) <b>Last Monday of each month:</b> <b>10:30 am - noon</b> (Ste-Agathe)	<b>Accompanying services</b> Offered by PALLIACCO to people with cancer and people at the end of their life, thus providing respite for caregivers. Municipalities on the territory of the MRC des Laurentides: At any time (day, evening and night)

**Info: 819 717-9646 / 1 855 717-9646**  
Mont-Tremblant: 2280 Labelle Street | Sainte-Agathe: 99 St. Vincent Street - Local 2

# Jean-Marie Lapointe to speak in Mont-Tremblant On November 10

Jean-Marie Lapointe, Quebec actor, television host, author, lecturer and sportsman, will present a free public lecture on Sunday, November 10, at 3 pm at the Mont-Tremblant Village Church/Église du village at 1829 chemin du Village, as part of the Palliacco Conference series, in partnership with L'APPUI, an organization supporting caregivers of the elderly in the Laurentians.



Mr. Lapointe will speak in French on Quand l'épreuve sert de tremplin - le bonheur de bénévoler [When Events Serve as the Springboard - the Satisfaction of Volunteering]. Admission is free; however, donations are always welcome. Tax receipts will be issued for contributions of \$20 or more.

The Village Church accommodates a maximum of 200 people, so please book in advance at 819-717-9646 or 1-855-717-9646 or [www.palliacco.org](http://www.palliacco.org).

Palliacco is a non-profit community service organization providing home accompaniment, respite and support services, free of charge, in both French and English, for persons suffering from cancer or an end of life illness, for caregivers and for children with cancer and their parents. Palliacco also provides grief support for those living with loss. Palliacco serves the populations in the Laurentians, the Pays-d'en-Haut and southern Antoine-Labelle MRCs.

Please note: The presentation will be given in French only..

14 [main.street@xplornet.ca](mailto:main.street@xplornet.ca)

October 2019



# The English Link

## Keeping the golden years 24 karat

Andie Bennett

If you are a socially or geographically isolated senior or are caring for a senior, Prévoyance envers les aînés des Laurentides is an important resource to bookmark.

The non-profit organization was started back in 1993 as a small group of volunteers serving seniors in and around Mont-Tremblant. A few years later Gilbert Lafrenière, who had taken early retirement to care for his father, came on board and restructured Prévoyance into the group of 20 sentinels today working in 30 different municipalities covering the Laurentides and Pays d'en Haut MRCs.

The primary mandate of Prévoyance is to improve the quality of life of seniors and help resolve issues that may be jeopardizing their quality of life. This can be anything from a conflict with a neighbor to serious instances of abuse. Elder abuse is often financial but there are other forms, including as physical or psychological, and Prévoyance has the trained staff to address these types of situations. Stopping a family member from taking financial advantage can be tricky business and you need someone with experience in this domain to ensure the best possible outcome.

Their sentinels are trained volunteers who listen, assist and provide guidance for seniors. Sentinels can reassure and comfort seniors in stressful situations and in situations of greater need; police officers, social services staff or community organizations can be brought in to address their concerns. Prévoyance can also assist seniors through PAIR (a customized automated daily call service to seniors living at home alone.)

Many seniors are still wary of contacting the CLSC for fear of being taken from their homes and placed into a care facility against their will. One of the goals of the sentinels is to assuage these fears and inform seniors about all the services that the CISSS (the integrated health and social services centre) are providing to help them remain safe and happy in their own homes.

I also found their scout program particularly interesting. The program engages people in the community who often have contact with seniors, such as pharmacists, librarians, grocery store clerks, etc. Prévoyance offers a 15-minute session to train people in these positions to identify vulnerable seniors who may be losing some quality of life. The scouts can then refer them to Prévoyance, letting them know about the services available, or can contact Prévoyance directly to have them send a sentinel to make contact.

Prévoyance is actively recruiting volunteers to become sentinels and is looking for more places in the community that would like to receive scout training. Please contact Prévoyance directly for more information.

[prevoyance.aines.laurentides@gmail.com](mailto:prevoyance.aines.laurentides@gmail.com)

Toll-free 1 844 551-6032



## Pulling Back the Kurtain

There are times when working in community development can feel like a comedy skit. “Let’s form a committee to name the committee for the board of governors to send to the table of committees!” However, the deeper down the rabbit hole I go, the deeper my respect is for the people who truly make things happen for our residents. It is with no small amount of pride that I now find myself sitting at these tables. While at first glance it can seem frustrating, there are amazing things that come out of these partnerships, committees and tables that I want to share with you.

4 Korner's currently has a seat at over 40 different tables and committees. There is the table de santé mentale (mental health), table de jeunesse (youth table), table des aînés (seniors table), comité d’accessibilité (to ensure access to services for seniors), comité proches aidants (for services and support for caregivers), just to name a few. If you have ever benefited from assistance or an activity in the health and social services sector, rest assured there was a table or committee behind it. The participation of 4 Korner's at these tables is not just to be the voice of the English-speaking community, but to actively partner with organizations and find ways to include English services anywhere and everywhere possible.

And our partners are fantastic. The CISSS (integrated health and social services centre) is our biggest partner and by working together we brought in an English-speaking kinesiologist in order to implement Stand Up Programs to reduce falls for seniors. We put together a health passport – a handy document with crucial information – as well as a quick translation guide to bring along to any doctor or hospital visit. And we are currently doing a pilot Lunch and Learn project to help frontline CLSC workers improve their English conversation skills; it will eventually be rolled out in all MRCs.

4 Korner's is a registered charity primarily funded through government grants, all parcelled out in different amounts and timelines. My executive director is some kind of dark-magic wizard to orchestrate the level of staff and programs we maintain while reporting on the 10-15 different grants we are working under at any given time. These are your tax dollars and we must document how every cent of it is going towards services to benefit you.

So be counted. One way to do that is to sign up as a member of 4 Korner's. Not just for the yearly \$10 membership, but to be recognized by the government as a resident who simply wants access to life-changing services in English. To receive information on the monthly activities in your inbox, subscribe to the newsletter at [info@4kornerscenter.org](mailto:info@4kornerscenter.org) or check our website [www.4kornerscenter.org](http://www.4kornerscenter.org)





**Garden Talk**  
**Autumn gardening**  
June Angus - Main Street

While fallen coloured leaves are a sure sign that the gardening season will wrap-up soon, there are still plenty of things to do to prepare for winter and jump-start next spring's garden cleanup.

**Leaves:** Raking leaves is the ultimate rite of autumn, and they can help turn your compost pile into black gold for the garden. You can also mow over leaves on a lawn, or grassy area, allowing them to mulch into the ground to help replenish the soil. Some folks prefer an old-fashioned rake to do the job, which offers the added benefit of lightly dethatching lawns. Others have embraced the technology of a leaf blower. While this tool can save time and back strain, the gas-powered models come with a larger carbon footprint and do add to noise pollution. So be respectful of your neighbours and protect your ears and eyes while operating these machines.

**Bulbs:** It's time to dig up tender summer bulbs, such as dahlia, canna and gladiola. Wrap them and store in a cool, dark space. It's also time to plant any spring bulbs, such as crocus, daffodils and tulips, that you want to bloom throughout May and June. Lots of spring bulbs are available in stores now, so stock up, and have some extra for "forcing" indoors over the winter too.

**Transplanting:** During October, there is still time to transplant shrubs or young trees to new locations. Nursery sales can make it easier to invest in new trees and shrubs. Be sure to continue watering any new plants until the ground freezes. This helps give roots a better chance to get established before going dormant for the winter.

**Trees & Shrubs:** In general, most trees and shrubs don't need to be wrapped up for the winter. However, some protective measures may be necessary in areas where these plants are exposed to abuse by snow blowers and ploughs, or from snow shovelled off roofs.

**Annuals:** After a frost, remove dead annuals from the garden to avoid a messy clean up next spring. This will also help to prevent mould or other diseases taking hold on dead plant material. If you run out of time this fall, this job will still be waiting for you next spring.

**Perennials:** Examine your perennials. Cut down most of the finished foliage to discourage overwintering pests. However, if the plants have flowers with seeds leave them for the birds. If you notice diseased areas on any of these plants, cut them out, but don't compost this debris as it may contaminate your compost in the future.

**Veggie Patch:** Clean up all the garden debris. Remove all vegetable plants and fallen fruit. Winterize any irrigation systems you have set up and make sure all tools are cleaned and stored safely for the season.

**Rodent Prevention:** Trim tall grass away from trees and corners of your home to discourage small rodents from creating nests. Wire mesh can be wrapped around the lower trunks of fruit trees to protect them too.

Don't get overwhelmed by the idea of doing all these tasks. I look at fall garden clean-up as a great excuse to hang around outdoors as much as possible before the snow flies. Happy raking!



**Word Play**  
**The Sabbath Project 2 - This Body of Mine**

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

The effort to convince myself, and others, of the benefits of taking one day a week to be inactive and at rest, has required me to review this challenge. I admit that I am not very far from that goal, as I inch along, seeking the possible pitfalls and land mines that could easily derail my impetus to achieve such a major project. However, I am convinced that a conscious practice of a Sabbath day in each of our lives could result in pumping extraordinary vitality into the planet, and its inhabitants.

I started by exploring the physical make-up of the human body. I am always interested in astrology, metaphysics, energetic reality, distance healing, and the unseen forces that are purported to impact the physical body.

Albert Einstein, the German-born theoretical physicist, who was responsible for the theory of relativity, and was a great influence on the philosophy of science, has described us thus:

"We are slowed down sound and light waves, a walking bundle of frequencies tuned into the cosmos. We are souls dressed up in sacred biochemical garments and our bodies are the instruments through which our souls play their music.

To simplify this vision, I remembered that, as a child, I'd seen a biology film, in which an amoeba, magnified and animated, opened and closed with almost violent rapidity when poked. I felt sorry that it was subjected to such abuse for the sake of science. I also considered the fact that the human body is comprised of 60% water. Dr. Masaru Emoto, the Japanese scientist in the field of water, revolutionized our view of ourselves by proving the idea that our thoughts and intentions impact the physical realm. Water reacts visibly to sound, light and thought waves. (See, The Hidden Messages in Water).


The point here is that most people are unaware of the extraordinary sensitivity of human bodies to their environment and are equally oblivious to the extent of that impact. While we are made of skin, blood and bones, Einstein's suggestion that we are a "bundle of frequencies" indicates, to me, that we are exposed and vulnerable to all the surrounding frequencies of our human companions, as well as to those of our own making, within our personal atmospheres.

In addition, our biochemistry is challenged by the poisons in many products in our consumer culture, such as tobacco, vaping, sugar substitutes, untested supplements, to name a few, while the suppliers seem to have few qualms about marketing them simply in the pursuit of economic gain. The lines of integrity blur constantly as the offerings of our world tempt us into a kind of mesmerizing fog of curious desire.

The paradox is that we inure ourselves, deaden ourselves to the impact of the consequences of our choices. We distract ourselves with food, sound and screen stimulation in order to avoid the emotional impact of the "information" that our hyper-physical radar systems provide.

What if one seventh of our week, a Sabbath day, could be dedicated to conscious self-care, by reducing our contact with the outside world?

*Louise Bloom is a Visual Artist interested in the power of narrative through image or written word, to transform consciousness and awaken us to the source of well-being.*



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## Laurentian Personality

## Combatting hunger, nourishing hope

# MOISSON LAURENTIDES

Lori Leonard – Main Street

Annie Bélanger has been the Executive Director of Moisson Laurentides, Blainville, for the past 10 years. Moisson Laurentides provides food to people within many Laurentian communities. Amazingly, they work in combination with 101 Laurentian organizations which, in turn, helps them provide 63,000 meals per month, feeding 20,763 Laurentian residents.



Photo: Annie Bélanger, Executive Director and Laurent Martineau, President, Board of Directors. Photo credit: Sylvie Villemaire

The mission of Moisson Laurentides is to “Combat hunger and nourish hope”. Annie Bélanger is passionate about her work and, with her volunteers, works diligently to resolve issues related to hunger in the Laurentians. Some statistics: 16% of those who receive food are single parents, 29% are families and 61% are single people (10% of this group are over 65 years old). Moisson Laurentides not only provides food for the hungry, but helps to break isolation, especially in older residents.

For over 30 years, Moisson Laurentides, our regional food bank, has supplied food in our region to help the neediest people who live with food insecurity. To achieve this goal, Moisson Laurentides solicits, collects, sorts, prepares and redistributes food to groups who, in turn, provide it to disadvantaged people. There are 19 independent Moisson food banks across Quebec. Between 2017 and 2018, the type of foods received to donate were meat 36%, baked goods 27%, fruits and vegetables 17%, dairy products 13%, and miscellaneous other items 7%.

When Moisson Laurentides receives large quantities of fresh fruit and vegetables, they are sorted, cut, processed, sealed and frozen. This permits a significant reduction in waste by increasing the time that they can be stored.

Annie is thankful for all the volunteers, and says, “Volunteers assist us for good reasons. They really want to help and make a visible difference in their communities.” She continues, “For each dollar of donation, Moisson Laurentides provides \$17 of food to those who are hungry.”

If you would like to help by volunteering, by providing food, or would like to make a monetary donation, please call 450 434-0790, or visit Moisson Laurentides, at 25 rue Rolland Brière, in Blainville. Visit their website at [www.moissonlaurentides.org](http://www.moissonlaurentides.org).

Thank you, Annie, and also thanks to the volunteers and Moisson Laurentides for helping to combat hunger and nourish hope in the Laurentians!



## Essential Oils

# Enhancing our moods

Susan Rich

What happened, and where did the summer go? I can't believe we are already in sweater weather. For me, that is a little depressing. However, I can

lift my mood easily by powering up my diffuser and adding citrus oils, or flowers, to remind me of those awesome summer scents.

Citrus oils have a special way of lifting our moods. I like to think of it as if, when harvesting fruit, we must reach up to pluck them off the trees. They do the same for our souls. They lift us up and help us to feel cheer and sunshine. This, in no way, means that they make us hyper; on the contrary, they will balance our nervous systems, keep us calm and lighten our moods.

Flowers have very calming effects on the entire system. We all have affinities for certain flowers. Roses are a wonderful example, because the oil is known as the oil of divine love. It's no wonder that we associate roses with love. We use it to open our hearts and let love in. Personally, I use this oil often at this time of the year to ward off the bitterness of losing summer. Therefore, the scent of flower oils can rekindle those happier summer memories and fill our hearts with joy.

How do they work? Basically, essential oils have tiny molecules that enter the limbic area of the brain when inhaled, or through the blood stream, when applied topically. The limbic brain is responsible for our motivation, emotions, learning capacity, and memory. The oil molecules are dispersed also into various other areas of the brain, such as the hippocampus (for memory and focus), the amygdala (for fear and anxious emotions), and hypothalamus (for regulating hormones and maintaining balance).

Of course, certain oils have chemical compositions that have higher affinities for different needs. Lavender, for example, is generally calming, while blue tansy can be more about focus and getting things done. Therefore, you need to know what effect you are looking for and choose an oil based on that need.

And that's where I come in. I educate on essential oils, health and over all wellbeing. For more information, or to get help, please feel free to contact me, at 819-421-2253, or join my public education page on Facebook, at Éducation Publique Living Essentials Public Education



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# Real Wine for Real People

## What restaurants wished you knew about “Vin à apporter?”

## April Sirois – Sommelier - ISG

Recently, I discovered a few really nice restaurants in the area that are of the BYOB or “vin à apporter” type. I love this option for dining, it as a great way to have a nice meal with a favorite wine of your choice without the huge price tag.

However, while talking to the staff at our favorite “vin à apporter” place, I realized that it can be a bit of a grey area for diners.

All the rules involved with bringing your own wine to a restaurant can be confusing. If a restaurant has a full liquor license, you can't bring your own. So, don't even ask.

The BYOB type of liquor licence means that the restaurant does not sell alcoholic beverages. From the web: “In a typical BYOB restaurant, the eatery serves only non-alcoholic beverages and food. Patrons bring their own beer, liquor, or wine and pour their own alcoholic drinks. While the restaurant may provide glassware, (often) its employees do not handle guests’ alcohol.”

That also includes no u-brew. That's the law. No Saint Jerome Sauvignon Blanc or Mont Tremblant Merlot.

At a BYOB restaurant, corkage is not allowed, but the food may cost a little more than comparable fare at a licensed place. Most restaurants operate on very tight profit margins, so this is how they can make up the difference caused by not having a wine list, with a 100-200% mark up, and still stay open.

Bring something nice that might cost you around \$25 at the SAQ. Choose something interesting and unique. Maybe look at the menu online and get an idea of what you might like to eat, and then find a decent bottle to accompany it. Or, perhaps, this could be a good time to dust off that nice bottle you've been saving for a special occasion.

Don't show up carrying it by the neck in a paper bag. Carry it in a wine gift bag, or a reusable bag from the SAQ.

Bring a backup wine with you, just in case. We brought a special bottle that we had been saving for over 10 years and ... sadly, it was faulted and undrinkable. Luckily, we had a second bottle with us, knowing that this was a possibility with a wine that had been aged for so long.

When paying the bill, include the value of the wine when calculating your tip. Even though you didn't purchase the bottle from the restaurant, the server brought your glasses, opened it and served it to you.

~ Cheers

# ***“A Different Tune”: Musical Heritage in English-Speaking Quebec***

The Quebec Anglophone Heritage (QAHN) is excited to announce that it has received support from Canadian Heritage for a 15-month project that will promote and document the richly diverse musical landscape of English-speakers across Quebec. This project will showcase and strengthen the musical traditions core to the cultural fabric of our communities, traditions which nourish and express our unique senses of history, place, and belonging in Quebec and Canada.

The first project of its kind with a Quebec-wide scope, "A Different Tune": Musical Heritage in English-Speaking Quebec will provide an opportunity for English-speaking Quebecers to share their musical heritage within and beyond their communities. The talents and knowledge of local musicians, dancers, and enthusiasts will be featured at free performances, dances, workshops and presentations through local and provincial archives and the QAHN will strengthen access to these generations, providing listeners near and far with a glimpse into the rich musical heritage of Quebec's English-speaking communities.

QAHN wishes to express its gratitude to Canadian Heritage for their generous support. We also acknowledge the enthusiasm of our community partners: The Black Community Resource Centre; The Centre for Oral History and Digital Storytelling at Concordia University; Conseil Québécois du patrimoine vivant; English-Language Arts Network; Hemingford Archives; KlezKanada; The Morrin Centre; Saint-Gabriel-de-Valcartier Historical Society and the Municipality of Saint-Gabriel-de-Valcartier; Quebec English-Speaking Communities Research Network; and Vision-Gaspé-Percé-Now.

For more information on this exciting project, please contact QAHN at 819-564-9595/Toll free 1-877-964-0409 and at [home@qahn.org](mailto:home@qahn.org) and [www.qahn.org](http://www.qahn.org).



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# Easy to participate in Waste Reduction Week

(NC) Widely celebrated during the third week in October, Waste Reduction Week is a national program that celebrates the environmental efforts and achievements of Canadians while encouraging new and innovative ideas and solutions to reducing waste. Waste reduction and recycling weeks started in Canada in the mid-1980s when a number of recycling councils and environmental organizations began holding provincial events. Now, workplaces, not-for-profit organizations, governments, schools and communities in every province and territorial jurisdiction get involved. Recycling drives; raising awareness about reducing waste; and engaging in community park, roadside and waterway clean-ups are just a few activities that take place during this time.



Everyone is encouraged to participate, and it is easy to do. Here are some simple ideas on how you can contribute:

Bring a reusable grocery bag when you shop. In Canada, 55 million plastic shopping bags are taken home each week. Store reusable bags in your car and at the office so you have them when needed.

Pack a litter-free lunch at school and work. Only one to three per cent of plastics used are recycled. You can help change this. Pack a litter-free lunch for yourself or the kids. Choose reusable plastic or glass lunch containers, pack cloth napkins, and use stainless steel forks or spoons instead of plastic ones. Use a reusable water bottle or reusable container for hot drinks.

Reduce your food waste. Every year, the average household spends \$1,456 on food that ends up being thrown away. You can save money and reduce waste with some easy meal and food planning. Make a grocery list to match your meal planning and shop more frequently rather than buying in bulk so you only buy what you need. Store produce and fruits properly. Consider fermenting, preserving and making broths and stocks for later use.

Donate used clothing and household items. The average person throws away 37 kilograms of textiles a year. An easy way to help reduce this waste is to donate your old clothing and textiles to charitable organizations with donation bins or home pick-ups. It helps reduce textile waste clogging up local landfills while also helping to raise funds for worthy organizations such as Diabetes Canada. Learn more at declutter.diabetes.ca.

[www.newscanada.com](http://www.newscanada.com)

## Pumpkin –Coconut Soup

### INGREDIETS

- 2 tablespoons butter
- 1 large onion, chopped
- 2 tablespoons minced fresh gingerroot
- 2 cartons (32 ounces each) chicken stock
- 4 cups boiled fresh pumpkin or 2 cans (15 ounces each) pumpkin
- 1 teaspoon salt
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon pepper
- 2 cups light coconut milk
- Optional toppings: Sour cream, pepitas and minced fresh parsley

### DIRECTIONS

In a large saucepan, heat butter over medium-high heat; saute onion and ginger until tender. Add stock, pumpkin and seasonings; whisk until blended. Bring to a boil. Reduce heat; simmer, covered, until flavours are blended, about 15 minutes. Puree soup using an immersion blender, or cool slightly and puree soup in batches in a blender; return to pan. Stir in coconut milk; heat through. Serve with toppings as desired.

### Nutrition Facts

1 cup: 91 calories, 5g fat (3g saturated fat), 5mg cholesterol, 556mg sodium, 9g carbohydrate (4g sugars, 2g fiber), 4g protein. Diabetic Exchanges: 1/2 starch, 1 fat.



## Le Jardin de François A colourful season comes to a close at le Jardin de François

This season, Le Jardin de François raised \$37,000 in donations from guided garden tours that welcomed more than one thousand visitors. These funds were donated to the Laurentian Alzheimer Society on September 10.

Le Jardin de François is a magnificent 7 acre garden along the Simon River, located in Saint-Sauveur in the Laurentians. This private garden, recognized as one of the most beautiful in Quebec, opens its doors to the public during the summer for the benefit of the Laurentian Alzheimer Society. During the two hour guided tour, visitors wander the meandering paths, lined with magnificent nature where over 7000 perennials are highlighted. More than a thousand roses, peonies, astilbes, lilies, daylilies and hydrangeas, grouped in monochrome beds that characterize the singular beauty of this garden. "You do not have to be a fan of flowers to enjoy the visit!" Visitors are enchanted by the superb viewpoints, the beautiful river, the natural falls, the many sculptures, the fruit trees and the two hundred-year-old pines. Even children enjoy the visit that ends in a dreamlike tree-house that fascinates young and old. "It's an activity that appeals to 3 generations! We greeted several families this summer" says Mr. Marcil.

If you would like to book your visit to the Jardin de François, the 2020 calendar is online at [www.jardindefrancois.com](http://www.jardindefrancois.com).

About the owner

François Marcil is a well-known businessman with a passion for horticulture and a well-established philanthropist in Saint-Sauveur. Beyond his garden, he supports several charities through his Souper-Bénéfice François Marcil, having donated nearly 1.5M since its creation in 2005. He is president of Immobilier Marcil, specializing in the sale of land, and founder and ex-president of the 17 Marcil renovation centers.



## Défi Travail Argenteuil becomes TROUSSO

Counting more than 22 years of service to the people of Argenteuil, the non-profit social enterprise specializing in job search, Défi Travail Argenteuil, has changed its name to TROUSSO Direction Emploi.



In its early days, Défi Travail Argenteuil initiated preparatory projects for employment, and coordinated several training projects, as well as helped to set up support services in middle schools, and undertook studies for employability, allowing them to collaborate with businesses and learn more about the reality of the labor market in the region.

For several years now, Emploi Québec has entrusted the Argenteuil Défi Travail team with Young Volunteers, focused on young people, under 30, from all over the Laurentian region, offering employment assistance services to the population of Argenteuil. With many years of experience, this social enterprise offers its employment services to jobseekers, but also to employers. It shapes and adapts its services daily, to better meet the needs and expectations of its clients, while meeting the changing demands of the labor market.

## New modernization for Saint Sauveur

The City of Saint-Sauveur will begin, in the coming days, major works for the modernization, maintenance and repair of its facilities and infrastructure.

In the interests of sustainable and responsible management, the City will carry out eight major projects on its territory, which will include the modernization, addition and repair of roadways, sidewalks, water and lighting systems.

"This work will total more than \$4 million, part of which will be funded by government grants, including the Gas Tax Program and the Quebec Contribution (TECQ). The goal is to upgrade our facilities and infrastructure, as well as provide the City with substantial savings, including the modernization of the street lighting system. The City of Saint-Sauveur wants to be proactive in maintaining and enhancing the quality of life and the safety of its citizens, and these achievements are a good example. said Jacques Gariépy, Mayor of Saint-Sauveur.





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A HEART, LUNG OR KIDNEY DISEASE.

Based on recommendations from the experts at the Institut national de santé publique du Québec (INSPQ), the Quebec public health institute, the flu vaccination program for the 2019-2020 season will focus on groups most likely to develop complications due to the flu.

The vaccine is available free to the following people:

- Individuals with some chronic illnesses, age 6 months and up;
  - Healthy pregnant women, in the 2nd and 3rd trimesters of their pregnancy;
  - Pregnant women with some chronic illnesses, at any stage of their pregnancy;
  - Individuals aged 75 and over.

To reduce flu transmission, the vaccine is also available free for:

- Family members living in the same house as, and caregivers to, those listed above;
  - Family members living with children under 6 months old;
  - Healthcare providers.

Pneumococcal vaccination is also available for individuals over 65 who never received it, and for individuals with chronic illnesses.

Free vaccine for some people. For more information, visit:  
www.santelaurentides.gouv.qc.ca

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Flu vaccination clinics will begin on November 1, 2019, at several locations in the Laurentians. Appointments are required in the Lac-des-Deux-Montagnes, Pays-d'en-Haut, des Sommets, Saint-Jérôme and Thérèse-De Blainville sectors. You can make an appointment on the clicsante.ca site or by telephone at 1-888-664-2555. In the Argenteuil sector, no appointments are required at any clinics. Simply come to one of the locations listed below within the scheduled times and make sure to have your health insurance card with you. In all cases, we suggest that you wear a short-sleeved shirt.

Gore  
Community Centre  
2, chemin Cambria  
November 12  
from 9 am to 3 pm

Harrington  
Community Centre  
2811, route 327  
November 6  
from 9:30 am to 11:30 am

Lachute  
Carrefour d'Argenteuil  
505 avenue Bethany  
November 5 from 9 am to 4 pm  
November 8 from 1 pm to 8 pm  
November 14 from 1 pm to 8 pm  
November 16 from 9 am to 4 pm  
November 20 from 9 am to 4 pm  
November 22 from 1 pm to 8 pm  
November 29 from 1 pm to 8 pm  
December 4 from 9 am to 4 pm  
December 12 from 1 pm to 8 pm

Grenville  
Community Centre  
21, rue Tri-Jean  
November 7 from 1:30 pm to 7:30 pm  
November 27 from 9 am to 3 pm

Bring your medicare card and wear a short-sleeved shirt.