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# What's On My Mind... Resilience at its best...

Susan MacDonald, Editor

It was a regular summer Tuesday in Lachute; Market Day, and the traffic was lined up from one end of town to the other. Parking on Main Street was scarce at best, as the guardrails were back in place in order to provide pedestrians and shoppers with the two-meter safety margin for passing as they went about their errands. Shops were all open, people were eating on the terraces, and a few were lined up at the bank, waiting for their turn to enter.

Walmart was busy also. After a quick pick-up of their masks and a habitual stop at the hand sanitizer, shoppers grabbed their carts and were on their way. Shelves were full, supplies were plentiful; everyone was masked and seemed to be in good spirits.

Planning on stopping by at a friend's for lunch, I placed a pick-up order for pizza. The polite gentleman told me it would take 20 minutes, and I was reminded to call ahead before entering the restaurant and to wear my mask, which I did without pause. Passing by a few well-spaced diners, I picked up my pizza, and it was only on my way out the door that I suddenly realized how all these new protocols had become second nature, after only a few short months.

Looking up and down the crowded, busy street, I couldn't help but think back to the days in March and April when this bustling little community seemed little more than an empty ghost town. I remembered the empty shelves in the supermarkets, the panic of the people, the complete shutdown, and the isolation we all felt as we faced the unknown. On this day, seeing the recovery of this active community, I recognized just how truly resilient we are, individually and as a society. We have adjusted; we have come-to-terms with our realities and moved forward, successfully. We must continue this trend.

Now that we are heading into autumn, fear of a second wave of the pandemic is on everyone's mind. A safe return to school is a major concern, as students, teachers, bus drivers, and families will struggle to maintain protocols on the buses, at school, and at home. Forced into group settings, the risk of cross contamination will be high.

Also, with the colder temperatures on the horizon, family and social gatherings will move from outdoors back inside, increasing the chances for the virus to spread more easily.

These will be new challenges to face, ones I hope everyone takes to heart, seriously.

If we continue to act responsibly, these too, can be met with resilience and overcome.


Enjoy the read...

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



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# Observations

## More Good News ... and some bad

David MacFairlane - MainStreet

Let's get to the point of this; the good news is that technology is available today to rescue us from the miserable chains of servitude to politicians and their

latest tools for population control. The other good news is that, due to oversensitive PCR tests, most identified cases of Covid-19 have been flat-out wrong. Since these so-called "cases" are not cases at all, people have been falsely identified as contagious when they were not.

The really bad news is that politicians, and the medical health professionals, should have known about this but have not admitted it. The problem is that all the health professionals we see on the news channels are either government officials or doctors who work in government-funded hospitals. They speak with certitude of correctness. They all sing from the same hymnbook.

Not a single, independent, medical professional has provided an opinion about these health and testing protocols. Surely, to any rational mind, this must beg the question of why not? Why is the government the sole arbiter on this matter? Why have the media not sought opinions from other, equally qualified, but independent, health professionals? This is most odd because, in real life, specialists often don't agree and alternate opinions can be found away from network news channels. The obvious answer is the government, with the help of the media, controls the message, and only one, unified message has been allowed to circulate in the country.

There were many prestigious scientists, including Nobel prize winners, who told us as early as March that this virus, while new, would in greater or lesser measure behave like all viruses before it and fade away. Therefore, the best way to deal with it was to let it run its course, while protecting the most vulnerable people in society and letting everyone else continue with their lives. Meanwhile, the CDC's latest Covid numbers indicate deaths in the entire US population of 0.25%, with 0.23% being people over 65 years. Canadian figures are not available.

Anyway, the words of an old song express this predicament most poignantly ... que sera, sera.

Moving on to the good stuff, the faulty Covid-19 tests need an explanation. On 29th August, the New York Times ran a headline that said, "Your Coronavirus Test Is Positive. Maybe It Shouldn't Be" The Times went on to point out that the standard PCR tests are diagnosing huge numbers of people who may be carrying relatively insignificant amounts of the virus. Most of these people are not likely to be contagious and wasting time identifying them only delays finding those who are contagious. Also, because the test results have been so slow, the new data underscore the need for more widespread use of rapid tests, even if they are less sensitive.

Let's hope our government is aware of this and already fixing the obvious problem.

On 3rd September, Peter Andrews, a science researcher with a degree in genetics and background in life sciences, wrote about these tests, via RT.com. He, too, insisted that the standard tests being used to diagnose Covid-19 cases are far too sensitive, and the vast majority of people indicated as being positive have turned out to be negative. He points out that tests that deliver a simple, binary "positive or negative" result are not fit for purpose, as they tell us nothing about the contagiousness of each person. This is due to the sensitivity of the standard PCR (Polymerase chain reaction) tests for Covid. Most companies that produce these tests have chosen the outrageously high sensitivity limit of 40 PCR cycles, meaning that the DNA in a sample is exponentially increased 40 times in order to amplify its signal. Using such a high limit means that the faintest traces of a dead virus, or even leftovers from previous infections, can provide a positive result.

Professor Juliet Morrison, a University of California virologist, said she was "shocked that people would think that 40 could represent a positive. Even a limit of 35 PCR cycles is too high, let alone 40." So, Andrews claims, the scale of the pandemic 'problem' is actually much smaller than we've been led to believe - about a tenth of what all the politicians and media have been using to justify the lockdowns, the quarantines, the mass testing, and all the resulting heartaches. The truth is, there was never any reason to be confident in such figures.

What these findings bring is absolute assurance that the testing to this point has been an utter waste of time, and that not one statistic concerning this pandemic - from cases to deaths to infection rates - can be believed. He concludes his report with the comment, "Meanwhile, in Wuhan, the original source of this disease, they don't seem to be worried about PCR tests or contact tracing, or even the virus itself. Maybe they just stopped testing. Everyone should take a leaf out of their book."

Wondering about the technology that can break our chains of servitude? Well, it turns out that in recent studies, Dr. David Brenner, an Oxford-educated physicist at Columbia University, who applies quantum mechanics to radiation therapy, has shown clearly that Far-UVC light efficiently kills the SARS-CoV-2 coronavirus that causes COVID-19. These ongoing studies have not yet been published.

Although the science behind germicidal UV, or UV-C light has been around for

a long time, it hasn't been used widely in the US until recently. While direct, prolonged human exposure to UV-C could be harmful, Far-UVC light is safe and fulfils the same purpose.

It's all about the wavelength of the light. Conventional, germicidal UV-C light has a wavelength of around 254 nanometers and is very efficient at killing viruses and bacteria, but people shouldn't have prolonged exposure to it. Far-UVC light, however, has a shorter wavelength, around 222 nanometers, and also kills viruses and bacteria efficiently, but all available evidence shows that it is safe for human exposure. This means that Far-UVC lights, shining from overhead, can be used to kill airborne and surface viruses - including coronaviruses - in public places and where people are present. Far-UVC is also effective in reducing the spread of all viruses, including influenza, measles, and up to 99.9% of pathogens, including bacteria, mold spores, and fungus. Bacteria may be resistant to antibiotics but cannot build up a resistance to UV light.

Far-UVC lights are now in production by several companies, although ramping up to large-scale production will take several months. Soon, simple LEDs that emit the proper wavelength will be available but, most likely, expensive at first. However, like anything involving technology and chips, costs will fall quickly, enabling wider use. These LEDs will be easy to install in walls and ceilings, even in regular lamps, and by attaching small strip-lights to seats in stadiums, life for sports fans can return to normal. Travel will become safe by installing lighting in airports, trains, planes, hotels, in fact, just about everywhere people congregate. As this technology is advanced, these lights will be used in schools,

family homes, commercial and residential buildings.

It's reasonable to think that there's a light in the Covid tunnel, and it's not an oncoming train.

It does seem that with improved testing protocols and the virus under control, we may soon be able to get back to living free ... and unmasked!

It's wonderful news and these are reasons to be optimistic.



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**TheMainStreetNews**

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Steve Brecher & April Sirois  
**Publisher/Editor:** Susan MacDonald  
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**14,000 copies distributed throughout the Laurentians**

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Jim Warbanks - Main Street

The year 2020 marks the 40th and 25th anniversaries of Quebec’s two referendums on sovereignty. These were pivotal events that marked our lives and greatly influenced many of our subsequent decisions, irrespective of our stance on the issue. However, the referendums are not something all experienced directly. A pundit has claimed that only one in two Quebecers alive today was old enough to vote in 1995. From 1980, there is only one in three who remain able to testify. I am one of them.

Political independence was viewed as a means of assuring the preservation and the vitality of the French language and culture in this province. The current CAQ government, led by Premier Francois Legault, is adopting a Trumpian strategy by appealing to his core supporters outside the metropolitan area. He has mandated his Minister responsible for the French language, Simon Jolin-Barette, to prepare an action plan to reinforce legislation pertaining to French in Quebec. He has been influenced by reading a biography of Camille Laurin, the controversial, dogmatic, narrow-minded psychiatrist, who is considered the father of the Charter of the French Language, Bill 101. His focus appears to be primarily the restriction of English. Jolin-Barette is considered to have bungled dossiers in his previous ministerial postings.

#### Decided asset

Being able to communicate in both French and English should be considered a decided asset across Canada, including in Quebec. I have always been proud of my capacity to do so, even in the post-referendum periods when certain nationalist colleagues and acquaintances, dejected by the results, ‘forgot’ for a time that they spoke English, or avoided engaging with me in either of our common languages.

I recently read an interesting perspective authored by Graham Fraser, Canada’s sixth Commissioner of Official Languages, on the benefit of bilingualism. He is now a senior fellow at the Graduate School of Public and International Affairs at the University of Ottawa. He has suggested in a book, published a decade ago, that the law does not exist just to protect or promote bilingualism, but to protect the unilingual; to ensure that the four million unilingual francophones have the same level of service from the federal government as the 24 million unilingual anglophones.

#### Offer choice

An officially bilingual country is one where citizens do not have to learn a second official language to deal with the state. Canadians who become bilingual do not lose their language rights as a result. It is the public service that is required to offer the citizen the choice of language; the citizen does not have to speak in the language of the public servant.

I have repeatedly astonished some of my more nationalist friends by indicating that, should I decide to move to Alberta, I would likely choose Edmonton over Calgary as my new home because of the strong French-speaking community there. This would allow me the cherished ongoing opportunity to use my second language easily. I deplore that Alberta Premier Kenney now seems to lack the vision to adequately support the educational structure in place.

#### Leadership

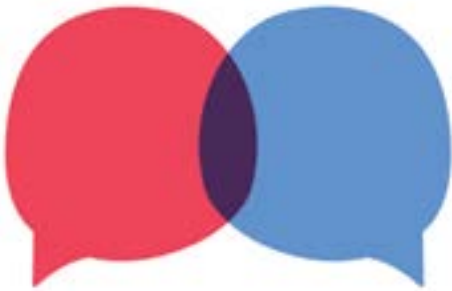
Fraser emphasizes that mastery of both official languages is also a leadership competency. Since 1968, every prime minister has been bilingual, not coincidentally because Canadian political leaders have to participate in televised debates in both English and French. But it is also true for many managers and executives in the federal public service.

Since 1988, federal government employees in designated bilingual regions (the National Capital Region, Montreal, parts of Ontario, parts of Quebec and parts of New Brunswick) have the right to work in their preferred official language, which means that some 100,000 French-speaking public servants have the right to work in French, to write their documents, speak at meetings and have their performance appraisals in French. Fraser has consistently responded that, rather than being contradictory, official bilingualism and multiculturalism were closely related. He has suggested that Canada has become transformed by welcoming immigration through coming to terms with the fact that it has an entire French-speaking society within its borders.

#### Misunderstood minority

After a review of the differing needs and relative vitality of the French-speaking communities across the other Canadian provinces, Graham Fraser noted that the English-speaking minorities in Quebec remain the most misunderstood minority-language communities in the country. Since memories of a dominant English-speaking elite still linger, it is difficult for many to realize that the English-speaking communities scattered across Quebec are now poorer, less educated, and less gainfully employed than their French-speaking counterparts.

Sadly, one of the proposed tenets in Quebec’s action plan would have immigrants forced to deal with provincial bureaucrats and civil servants only in French. The Federal Official Languages initiatives are not perfect. The contrast in direction between the federal and provincial legislation however is unfortunately quite instructive.



## Simply Words on Paper Bilingualism and biculturalism remain misunderstood



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## Painting coming to a computer near you

Andie Bennett

4Korners is doubling down on the success of our online drawing classes taught by local artist, Carol Lyng. Carol has upwards of 40 people logging into her online drawing classes and the results are, quite frankly, impressive. Check out our Facebook page if you would like to see photos of the drawings created by our art students over the last few months.



The only thing sweeter than the drawings is the feedback from her students: “Carol’s classes have given me something to look forward too. I used to draw many years ago and I forgot how much fun it is.” “Carol breaks down the drawing so that you can understand how to do it and make it fun, even the hard ones.” “The class has been my connection to other people and made isolation during the pandemic not feel so daunting.” I could write an entire article with Carol’s testimonials!

Starting in September, budding artists will be able to take a painting class online with Carol as well. One of the perks of the drawing class is accessibility. Only a paper and pencil are required. To continue the goal of making our courses as inclusive as possible, 4Korners will be providing all necessary painting supplies to students located in the Laurentians. The 4Korners painting kit will include 8 different paints, 10 brushes and a pad of canvas paper. Contact Melanie Wilson 1-888-974-3940 ext. 231 or melanie@4korners.org for more details on what is provided and how to obtain the supplies.

Although the kits are available only to Laurentian residents, the class itself casts a wider net. If the drawing class is any indication, it is possible painting could attract students from Montreal, Toronto, and even as far away as Hong Kong! In this case, students will just have to cobble together their own panting supplies. Primary colors are, of course, the most important paints to purchase, and Carol will share her knowledge about mixing paints and creating secondary and tertiary colors. If you have any questions about which brushes to buy, Melanie can walk you through what you will need to follow along. The first class will be held September 10 at 1 pm and continue every Thursday at that time. All registration information can be found on our Facebook page: <https://www.facebook.com/4KornersCenter/>

Also continuing into the fall: online tai chi, French conversation, women’s wellness seminars and a bunch of other activities that you can read about in the 4Korners Newsletter. Subscribe to our newsletter at [info@4kornerscenter.org](mailto:info@4kornerscenter.org) or check our website [www.4kornerscenter.org](http://www.4kornerscenter.org)





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# Gradual re-opening of the Kevin Lowe – Pierre Pagé and Gilles-Lupien arenas

The MRC d'Argenteuil, the City of Lachute and the City of Brownsburg-Chatham are pleased to announce the gradual resumption of ice sports starting August 29 for the Kevin-Lowe – Pierre Pagé arena and September 8 for the Gilles-Lupien arena, in accordance with the instructions of the Department of Public Health. Initially, the reopening will target only the activities of minor hockey and figure skating sports associations. Specific measures issued by Public Health and included in the plans and guides of Hockey Québec and Patinage Québec will frame the practice of sports. These measures are as follows:



- To ensure everyone's safety, skaters and hockey players must arrive at the arena no more than 15 minutes before the start of their activity. Young people should be dressed in their clothing and equipment so that they only have their skates to put on once in the locker room, so as to reduce the time spent inside common areas. The same logic will apply at the end of the activity.
- a maximum number of people will be allowed in the changing rooms, depending on age.
- only one accompanying person per skater / hockey player will be authorized and physical distancing will be required in the stands.
- the use of showers will not be possible.
- the wearing of a mask will be compulsory in the arena for any person aged 10 or over, with the exception of skaters and hockey players during the activity on the ice.
- Snack bar will be closed until further notice.

For more information on the details of the measures to be observed, the public is invited to contact their sports association.

The resumption of free activities and adult leagues is planned during subsequent phases of the reopening. The dates will be communicated on the various platforms of the MRC d'Argenteuil, the cities of Lachute and Brownsburg-Chatham as soon as possible.

The MRC d'Argenteuil and the cities of Lachute and Brownsburg-Chatham thank the citizens for their invaluable collaboration and wish everyone a safe return to the ice!

## Marché Fermier Aux Petits Oignons Fresh, local and organic!

Susan MacDonald

Within the Mont-Tremblant area, there is a small farm called Ferme aux Petits Oignons. I use the term 'small' relative only in comparison to the size of the average commercial farm, although Ferme aux Petits Oignons produces a large variety of organic produce and has an immense impact on the community.

Two years ago, the farm opened a Farmer's Market and Bistro, located at 1842, Route 117, where they sell their own farm products, products from other local organic farms and stock some imported fair-trade items. They offer a large selection of grocery products, including various meats, eggs, fruit, honeys, maple syrup, vegan and fermented products. Local artisans display and sell their pottery and art illustrations as well, which provides an interesting shopping experience.

Many products are sold in bulk, and all packaging is kept to the bare minimum. Currently, the Bistro, at the same location, offers a select menu that highlights seasonal farm products. Take-out meals are available for customers to take home and enjoy.

On the farm itself, Ferme aux Petits Oignons adheres to the Slow Food philosophy of Good, Clean and Fair nutrition for all. Their food is **GOOD**, being fresh, tasty and seasonal, strengthening culture and identity with local pride. Aux Petits Oignons follows **CLEAN** production and distribution methods that do not harm the environment, animal welfare or human health. Their prices are **FAIR** and affordable for consumers, while also aimed at fairness in remuneration and working conditions for workers and producers. Importantly, all products produced on the farm are certified organic by **Ecocert Canada**.

Healthy lifestyles start with wholesome diets, and every meal should be something we look forward to with anticipation. Marché Fermier aux Petits Oignons offers you the opportunity to know that the food you serve to your family has been prepared with the best possible organic ingredients, and also gives you the experience of connecting to them personally, as the producers of these high quality products.

This year marks the 15th anniversary for Fermier Aux Petits Oignons and the 2nd anniversary for the Farmer's Market and Bistro! Congratulations on your many years of success and for your commitment to your community. We wish you many healthy growing seasons in the future.

To learn more about the farm, market and bistro: 819-429-6789 / [marchefermier@auxpetitsoignons.bio](mailto:marchefermier@auxpetitsoignons.bio) / [auxpetitsoignons.bio](http://auxpetitsoignons.bio)





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# NEWS BITS FOR SEPTEMBER

## Reopening of the designated COVID-19 screening and assessment clinic in Saint-Jérôme

The Integrated Health and Social Services Center (CISSS) des Laurentides wishes to inform the population that the designated evaluation and screening clinic of Saint-Jérôme re-opened to the population, on September 2 at 8 am.

The clinic was temporarily closed after the confirmation of four positive cases of COVID-19 among staff. After investigation, the clinic's employees were the only people who had been considered at risk and invited to come for a screening test.

Since the disinfection of the premises has been completed and the risk of COVID-19 infection is once again reduced to its lowest level, the screening services offered at this clinic have been able to restart safely. As a precautionary measure, the CISSS continues to monitor the situation rigorously.

To obtain a screening at this clinic, it is recommended to make an appointment by calling 1 888 222-5075 in order to reduce the waiting time.

The CISSS des Laurentides would like to thank the teams mobilized for this reopening as well as the staff of its other screening centers that welcomed clients during the closure period.

The addresses and opening hours of screening clinics are available on the CISSS des Laurentides website at; [santelaurentides.gouv.qc.ca](http://santelaurentides.gouv.qc.ca).



## A third edition of the municipal campaign ...

The City of Lachute is appealing once again to motorists for the third edition of its “Did you see us crossing. You could have avoided us!” campaign, which aims to promote good driving habits around school areas, parks and pedestrian crossings.

Given the current situation, and in order to reduce the risks associated with the COVID-19 pandemic, no awareness days near schools are planned for this year. The City of Lachute is not, however, letting down its guard! Mobile awareness radars will be installed, on a non-permanent and random basis, in the areas targeted by this awareness campaign, which will continue from the start of the school year until the end of September.

They are currently located on Mary and Grace streets. Bollards are also already installed near school zones on Mary, Harriet, Bellingham, de l'Église, Durocher streets and on Barron Avenue. The population will also be able to hear two advertisements to this effect on CIME FM during the week of the start of the school year. Awareness signs will also be installed in tributary traffic areas as well as in residential areas.

“The start of the 2020 school year promises to be quite different from the others. However, one thing remains the same; be careful when driving around pedestrian crossings, especially those frequented by children. The safety of our pedestrians and cyclists, especially that of our young people, is a priority issue for the City Council. We hope that motorists traveling the streets of Lachute will be aware of the message conveyed and that they will rethink their driving habits,” commented the mayor of the City of Lachute, Carl Péloquin.

The objective of the campaign is to make motorists aware of road safety, and more specifically, to use vigilance and caution in areas where pedestrians and cyclists circulate, especially those used by children. Speed, but other distractions while driving, such as cell phone use, are also among the behaviors targeted by this campaign.



## Club Piscine Super Fitness announces a donation in support of the Breakfast Club

Club Piscine Super Fitness is proud to announce a donation of \$132,464 for the benefit of the Breakfast Club. Thanks to the significant mobilization of its network of franchisees in Quebec and Ontario, 1% of furniture and gazebo sales for the month of July enabled this important fundraiser in preparation for the start of the school year.

"We know that with the pandemic, the needs of the Breakfast Club were all the greater, and by the nature of their mission, our commitment was essential" said Véronique Dion, Marketing Director at Club Piscine Super Fitness. “Our philanthropic mission aims to help young people and their families in need. This is also why we have been associated with Opération Enfant Soleil for 9 years."

Last month, Club Piscine Super Fitness proudly donated \$70,000 during the last telethon.



# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Congratulations to:

**La Fromagerie Saint-Sauveur** who have moved to 7, avenue de l'Église, St. Sauveur. They are celebrating their 3rd year in business and offer a variety of delicious local cheeses and specialty cheeses from afar. Best of luck to Nancy Olivier and Stéphane Fournier. Long live cheese and long live La Fromagerie Saint-Sauveur!

Info: 450 227-1099 / Facebook: Fromagerie Saint-Sauveur

### Did you know that:

**L'Ouvroir**, 382, rue Principale, St. Sauveur has new opening hours? They are now open on Monday, Tuesday and Thursday from noon to 3 pm and Saturday from 9 am to 3 pm. You can drop off household items, clothing, shoes and boots, furniture, etc. on Tuesday between 9 am and 2 pm. Next time you clean out your cupboards, think of L'Ouvroir. The money they collect from the sale of items goes to worthwhile causes such as children's hospitals, food for needy families, etc.

Info: 450 227-1445 / Facebook page at Ouvroir St-Sauveur.

The **Loken Trail** in Ste. Anne des Lacs is open all year round and is free to use? The trail is 3.2 km long and there are washrooms available on the trail. Dogs are permitted - on leash. This trail has existed since 1950 and was created by Mike Loken. The trail is considered to be easy for walking, hiking and cross-country skiing. To get there, take Chemin Ste. Anne des Lacs and it is located near the Community Center where there is a map posted to explain the trail.

For info: [pleinairpdh.com](http://pleinairpdh.com)

Since Covid is still a major concern, it is good to know that we can still safely enjoy the beautiful outdoors in the Laurentians. Please note that there is a brand-new website called [pleinairpdh.com](http://pleinairpdh.com) which highlights many beautiful outdoor attractions in our area. One of those attractions is **Village du Père Noël**, 987, Route Morin, Val David, a wonderful place for children and their families to enjoy the outdoors. There are animated games, magic shows, beautiful walkways and much more. Cost is \$25 per adult and free for children under two years old. Open 9 am to 6 pm. There is a small casse-croute on site. Ideal for children 2 to 8 years old.

For info: 819 322-2146

## Canadian Association of Retired Persons (CARP)

As school boards and parents scramble to plan for children to return to class, anxiety is running high for families everywhere.

While a lot of focus is rightly being placed on the safety of students, less discussed are the very real implications on the rest of the family “bubble” (core group of people who maintain physical distance from others and can safely be close to each other during the pandemic).

Grandparents, who often serve as the lynch pin of the family's day to day operations, will be facing tough decisions on how to remain safely connected to their grandchildren as a potential second wave of COVID-19 hits this fall.

“Many of our Members tell us they feel like we're back in the early days of the pandemic, when so much anxiety was caused by the unknown,” says Bill VanGorder, CARP's Interim Chief Policy Officer.

“Social isolation is wreaking havoc on seniors across the country. We're seeing increased rates of depression, cognitive decline and injury in vulnerable elders who have been cut off from their families due to physical distancing measures. Staying connected to grandchildren is key in keeping older people active, engaged and mentally healthy.”

Given that grandparents often care for children while their parents go to work, maintaining physical distance will be next to impossible for many families. This poses a serious safety concern, as school-aged children are up to 4 times more likely to spread the virus to others—a risk older people need to avoid at all costs. With concerns mounting that schools will be a hotbed for outbreaks, many parents are opting to keep their kids at home or arrange to work from home themselves in order to protect their older loved ones from exposure to COVID-19. On top of this, approximately 400,000 homes in Canada are intergenerational, meaning grandparents are intimately ingrained in the household alongside their younger family members.

“Parents are being reminded how integral grandparents are to keeping their lives running smoothly,” notes VanGorder. “Many parents are going so far as to split up their family bubble into 2. One parent will bubble with the grandparents and the other with the kids. Urgency breeds creativity, and they want to make sure their family elders are as safe as possible going into the school year.”

Luckily for grandparents looking to stay connected to their grandkids, even when maintaining physical distance, there are many options. While nothing can replace a real life hug, we've put together a list of ways to be a great “physically-distanced grandparent”, submitted by our Members.

For more information visit [www.carp.ca](http://www.carp.ca)





# Run for your health, run for women

(NC) Many of us are experiencing elevated stress and anxiety levels. But did you know that aerobic exercise – like going for a jog or brisk walk – can help treat mild to moderate depression and anxiety? Studies show exercise that raises your heartrate for at least 25 minutes can have the same effect on your brain as anti-depressant drugs.



Even in more normal times, one in three women are affected by mental health disorders like depression and anxiety, in part due to income inequality and gender-based violence. That’s why there’s no better time to start walking or running – both for your own health, and for the well-being of women in need in your community.

This fall, you can be a part of the eighth annual Run for Women, brought to you by Love You by Shoppers Drug Mart. The Canada-wide movement champions women’s mental health, including supporting local women’s mental health organizations in 18 cities across the country. This year’s run will be held as a virtual event, allowing people from communities throughout Canada to participate in their own personal walk or run between September 17 to 27.

While we may not be able to gather together, we can still feel the power of thousands of runners and walkers joining forces to help themselves and others. Participants can follow a pre-planned route or do a personalized five or 10 kilometre route of their choosing. Where social distancing guidelines allow, you can plan to run or walk with colleagues, family and friends.

No matter how you choose to participate, 100 per cent of the \$40 registration cost will be directed to a local charity partner. You’ll also receive the run’s famous swag bag valued at \$100, plus a participation bracelet and t-shirt. An official virtual celebration is set to conclude the event on September 27.

Since 2013, the run has raised over \$8.3 million in support of women’s mental health programming in Canada, including for local organizations such as the Ontario Shores Foundation in Whitby, Ontario; Beauséjour Family Crisis Resource Centre in Shediac, New Brunswick; and the Canadian Mental Health Association in Kelowna, British Columbia.

Make a difference for the women in your community. Join in the fun by signing up now at [runforwomen.ca](http://runforwomen.ca).



**YOU DECIDE WHAT’S POSSIBLE.**

Thursday, September 24<sup>th</sup> | 6:00 - 7:30PM

**FREE Online Event!**

Get Informed. Get Inspired. Get Connected.

Join YES on Thursday, September 24th for our virtual Entrepreneurship Speaker Series Event in partnership with DESTA Black Youth Network.

In this series, we will address many of the assumptions, misperceptions and self-imposed limitations that may be holding you back from taking the leap into entrepreneurship or reaching your business goals.

Our panel of successful and inspiring entrepreneurs will talk about how they made their business ideas a reality, and discuss how to raise start-up capital, entrepreneurship in uncertain times, and more through the lens of intersectionality and lived experiences.

Welcoming all entrepreneurs from start-ups through scaleups, no matter what sector. Attendance is free, spaces are very limited and pre-registration is required. **Visit our website for the list of speakers.**

**DON'T MISS OUT, REGISTER NOW!**



Register online at [yesmontreal.ca](http://yesmontreal.ca)





# About Sainte-Adèle

## Chris Lance - Main Street

Summer has slowly slid into September, and we are still seeing the problems of the pandemic surrounding and infecting our lives. But, the summer sun in the Laurentians was wonderful for the survivors up north. Wandering in the woods, by the lakes, eating in the backyard, seeing some friends, slowly testing the limits beyond our doors, cutting the grass, planting a garden, waving at the neighbours walking by, washing the car, watching peace and quiet like summer breeze in the trees, swinging a golf club with pals, just breathing unmasked, eating a popsicle, having a cold one on the porch, and just enjoying the day free of the radio warnings about staying safe. Who would have thought that just staying alive is an everyday problem in our own back yard?

Constantly, I hear about winter trips south being cancelled and the making of alternate plans to pass the time at home in the snow. This might be a benefit for the ski hills in our region, if Premier Legault can figure out how to keep us safe from each other. I think cross-country skiing and snowshoeing will be a safe bet during the coming long winter of 2020. Ice skating on a lake would be great, or a trek by foot on Lac Rond, or through the woods at Parc Doncaster or the trails in le Parc du Mont Loup-Garou. The winter can wait wistfully over the next few months.

Word has it the Parc lineaire le P’tit Train du Nord is going to be asphalted from end to end. Keep in mind the 234 kilometers is partially done already. Just think of all the potholes that will develop just after they pour the asphalt. Our current roadways in the Laurentians demand that we weave like on a slalom course for cars to save our tires. With that new highway in the woods, the situation for bikers and walkers could present some similar problems. I hope they contemplate providing lots of emergency equipment along the way. In a few years, everyone will wonder why we built another asphalt road in the woods. It was once wide enough to be a major rail link up north. Maybe they can just open it up to cars to relieve the traffic on Autoroute 15 on Friday nights and Sunday afternoons.

You might want to check out Café de la Gare, at 1000 St-Georges Street, along the P’tit Train du Nord before the snow flies.

Opposite Spago, and beside the Pine Theater, you can taste the latest offerings at CAFÉ MORIN day or night.

Chez Milot, at the other end of the newly paved roadway Valiquette, has a 4-service special at \$29. They are open middays, Wednesday, Thursday and Friday from 11:30 am to 2 pm and open nights from Sunday to Saturday at 5 pm. Due to limited and safe seating arrangements, it’s probably a good idea to book ahead, at 450-229-2838 or [sainte-adele.chezmilot.com/reservation](http://sainte-adele.chezmilot.com/reservation).

Spago, has their Plaisir à 2 going this summer. Reservations there are also a good idea by calling 450-229-0229.

The annual Oktobierfest beer bash has been optimistically slotted for October 2-3-4, 2021.

Isabel Payer from the Loisirs Department announced that Ville de Saint-Adèle has taken over management of our tennis courts from Tennis40-0. Maybe the repairs and net mending will now take place: probably too late for this season to get back members lost because of Sainte-Adèle hiring Tennis40-0.

Fall is here – enjoy the leaves and stay away from the unmasked bandits.

## Laurentian Region Cancer Support Group

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



# Cancer Support Group Resumes Meetings

After a long pause related to COVID-19 restrictions, the Laurentian Region Cancer Support Group will once again offer regular meetings and other activities in English that are open to cancer patients, family members and caregivers. Some of these sessions will be offered online via ZOOM. Others will be available both as in-person meetings as well as online. All of the activities are free of charge.

The next meeting is Saturday, September 19, from 1 to 3 pm with our speaker Shawna Dunbar, Consultant & Educator, Wild Iris Cannabis Care. Shawna will give a thorough overview related to "Understanding Medical Cannabis." She will include a brief history of the plant and how derivatives are now being used to help with pain management, nausea and other side-affects related to cancer treatments. The meeting will take place at the Chalet Bellevue Community Center in Morin Heights respecting all the COVID-19 protocols. If you wish to attend in person, please reserve ahead of time, as numbers are limited. The session will also be offered simultaneously online via ZOOM for those who cannot attend in person.

For more information about this meeting or any other services offered by the cancer support group email [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca) or call 450-226-3641.

**REGISTERED CHARITY - DONATIONS APPRECIATED**







# Have a child in school or educational childcare?

## Staying alert will help slow the spread of COVID-19

Every year, fall in Québec is marked by a change from lazy summer days to a new routine. This year, we all need to stay alert to protect our kids while letting them attend school and educational childcare services. Working together, we can give them the chance to succeed!

### It's important to follow the health and safety guidelines

- Keep a distance of 2 metres between adults and children.
- Wear a face covering when taking public transit and when indoors in closed spaces.
- Wash hands often.
- Follow the guidelines provided for educational childcare services and for schools, including school daycares.



### Watch for symptoms



#### Fever

Children ages **5 or under**:

- **Rectal** temperature of 38.5°C (101.3°F) or higher

Children ages **6 years and older**:

- **Oral** temperature of 38.1°C (100.6°F) or higher



#### General symptoms

- Sudden loss of sense of smell without nasal congestion, with or without a loss of taste
- Major fatigue
- Significant loss of appetite
- General muscle pain (not related to physical exertion)



#### Respiratory symptoms

- Cough (new or worse)
- Shortness of breath, difficulty breathing
- Sore throat
- Runny or stuffy nose



#### Gastrointestinal symptoms

- Nausea
- Vomiting
- Diarrhea
- Stomach aches





If your child shows one or more of these symptoms for more than 24 hours or if you believe that a family member was exposed to COVID-19, **use the COVID-19 Symptom Self Assessment Tool available at:**

**Québec.ca/decisioncovid19**

**to get a recommendation on the next steps to take.**



**If in doubt, stay home**

Any child showing symptoms should remain at home and limit contact with others. If the symptoms persist for more than 24 hours, use the Self-Assessment Tool or call **1 877 644-4545** to find out what to do.

Your child should not go to school if:

- Your local public health authority has told you to self-isolate.
- There is a risk of the child being infected or if you believe they may have been in contact with someone who has COVID-19.
- You are self-isolating for 14 days after travelling outside Canada.

**Children who are self-isolating at home may still be able to access distance learning support. Contact the staff at your child’s school for more information.**



**Be careful at school, in daycare and in educational childcare services**

If your child shows symptoms, you will be asked to come and pick them up immediately. Call **1 877 644-4545** and follow the guidelines that will be provided.

Parents and staff will be informed if a child that is part of the same class group tests positive for COVID-19. Anyone determined by the public health authorities to be at moderate or high risk will be contacted, removed from the school, daycare or childcare service, and tested.

Parents and staff will be quickly notified if regional public health authorities deem it necessary to close down a facility or group.



**Safely restarting activities**

Even when it is possible to resume activities, you must follow all of the relevant public health guidelines, including those provided by a health professional. Never end an isolation period early.

**Québec.ca/coronavirus**

**1 877 644-4545**





Pet Corner

Dogs and wild mushrooms

Susan MacDonald

Tis the season for wild mushrooms and those in the know are currently seeking out this annual natural harvest. However, many wild varieties are poisonous and are extremely difficult to identify.

Dog owners should be cautious about all mushrooms and take precautions to remove any from their regular walking route as their canine companion may get itself into serious trouble if it happens to take a bite or two of something it shouldn't. !

Some of the common symptoms associated with mushroom poisoning are:

- Vomiting
- Diarrhea
- Stomach pain
- Fever
- Weakness
- Inactivity
- Bleeding
- Jaundice
- Incoordination
- Increased heart rate
- Excessive drooling
- Seizures
- Coma



Symptoms may vary but if your pet exhibits any of these symptoms contact your veterinarian immediately and if possible take a sample of the mushroom with you for identification purposes.



Nature Photos...

Mark Lachovsky took these amazing photos while out kayaking at his cottage in Lantier this summer. Thank you Mark, for submitting these breathtaking captures of nature at its best.



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September 2020

MAIN STREET





Seasonal apple crisp

April Sirois

On a cool autumn day, is there any aroma more welcoming than baked apples and cinnamon? Here’s a simple yet delicious recipe perfect for the fall apple-picking season.

- Topping
- 1/2 cup all-purpose flour
  - 1/2 cup old fashioned oats
  - 1/2 cup packed light-brown sugar
  - 1/2 tsp baking powder
  - 1/4 tsp ground cinnamon
  - 1/4 tsp salt
  - 1/3 cup unsalted butter, diced into small cubes

- Apple filling
- 4 to 6 apples (at room temperature) peeled, cored and sliced thin (about 1/8-inch)
  - 3 Tbsp unsalted butter, melted
  - 2 Tbsp all-purpose flour
  - 3 Tbsp water
  - 1 Tbsp lemon juice
  - 1/2 tsp vanilla extract
  - 1/4 cup light-brown sugar
  - 1/2 tsp ground cinnamon
  - Pinch of salt



Preheat oven to 375 degrees and position oven rack one level below the center. Butter an 8 by 8 inch baking dish (or small casserole dish with a similar size), set aside.

In a mixing bowl whisk together 1/2 cup flour, the oats, 1/2 cup brown sugar, 1/2 tsp baking powder, 1/4 tsp cinnamon and 1/4 tsp salt for 30 seconds.

Add diced butter and using clean fingertips, rub butter into dry mixture until it comes together into small crumbles. Transfer to refrigerator to chill while preparing filling.

In a small mixing bowl, whisk together melted butter and flour until well blended, then mix in water, lemon juice and vanilla. Stir in 1/4 cup brown sugar, 1/2 tsp cinnamon, and pinch of salt.

Place apples in a large bowl then pour butter mixture over apples and toss to evenly coat, then pour apple mixture into prepared baking dish and spread into an even layer.

Remove topping from refrigerator and sprinkle into crumbles evenly over top of apples.

Bake in preheated oven until top is golden brown and apples are tender when pierced with a toothpick, about 35 minutes.

Serve with vanilla ice-cream and caramel sauce.

Squash Gratin

Susan MacDonald

Ingredients

- 3 tablespoons unsalted butter
- 1 medium onion, chopped
- 1 tablespoon chopped fresh thyme
- 1 small butternut squash, peeled and cut into 1/2-inch cubes
- 1 small kabocha squash, peeled and cut into 1/2-inch cubes
- 2 cloves garlic, minced
- 1/4 teaspoon ground mace
- Kosher salt and freshly ground pepper
- 1 cup low-sodium chicken or vegetable broth
- 1/2 cup heavy cream
- 1/4 cup breadcrumbs
- 2 tablespoons grated parmesan cheese
- 2 tablespoons chopped fresh parsley
- 1/2 cup grated gruyere cheese (about 2 ounces)

Directions

1. Preheat the oven to 400 degrees F. Melt 2 tablespoons butter in a large ovenproof skillet over medium-high heat. Add the onion and thyme and cook, stirring, until the onion softens, about 5 minutes.
2. Meanwhile, combine the butternut and kabocha squash in a large microwave-safe bowl with 1 cup water. Cover with plastic wrap and microwave until the squash is just tender, about 5 minutes. Drain and add the squash to the skillet along with the garlic, mace, 1 teaspoon salt and a few grinds of pepper. Cook, stirring, about 3 minutes. Add the broth and cook until it is mostly absorbed, about 5 more minutes. Stir in the heavy cream and cook until slightly thickened, 2 minutes.
3. Melt the remaining 1 tablespoon butter in the microwave and toss with the breadcrumbs, parmesan and parsley; season with salt and pepper. Sprinkle over the squash, then top with the gruyere. Transfer the skillet to the oven and bake until golden, about 30 minutes. Let rest 5 minutes before serving.



Arundel News

Janet Thomas

WELCOME TO KATJA LECCISI

What a pleasure it was to share a cup of tea with Katja. Having grown up between Ste. Adèle and Ste. Agathe, after some years away Katja chose to come home to the Laurentians - accompanied by her three hens, two cats, and one horse. She is happily settling into her new home on Pine Ridge Road, busily digging flower gardens and planting a large vegetable patch. Katja is a nutritionist by training. She loves to work with community groups, and offers such things as Wellness workshops and counselling for families with babies. She is also a certified doula for end-of-life support. What a wonderful addition to our community!



THE ARUNDEL GOLF CLUB IS THE PLACE TO BE

It’s heartening to know that through all the struggles of recent times, the Arundel Golf Club is thriving, beckoning you to get outdoors and get happy. During these spectacular sunny summer months, the greens are in excellent condition. Golfers enjoy both the challenges of the 18-hole course and the charming views along the Rouge River. Have you ever tried Soccer Golf? It’s an afternoon of fun for children of all ages, young and old. After a day on the course, join your friends for a drink on the peaceful verandas overlooking the river flowing through the valley below. Bring your family to enjoy the popular Spaghetti Dinner every Thursday night or to indulge in a feast of Chicken and Ribs on Friday nights. Your feet will twitch to the beat of the live band. In dark times, the Golf Club is a haven of happiness.



Making it Work in the Laurentians

Time management tips for the overloaded entrepreneur

Maya Khamala

Whether you’re a first-time entrepreneur or a seasoned business owner, chances are time management is a recurring struggle.

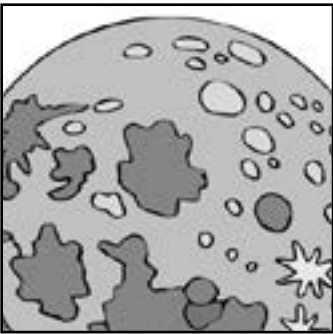
With an ever-expanding to-do list, it can feel impossible to focus on one aspect of your business for long. And if you work from home, you’re well aware of the endless distractions waiting there. Effective time management cannot only help you feel more in control of competing deadlines, it can also greatly reduce stress!

Here are some quick tips to help you stay focused:

1. Use an online calendar like Outlook or Google Calendar. Schedule everything. It works.
2. Categorize your work into blocks of activity like administration, bookkeeping, research & development, marketing, and professional development.
3. Divide each day into 2-3 hour time slots, then schedule in your activity blocks. Make sure you schedule in each activity at least once a week, and include some empty time slots throughout the week for putting out any fires that may arise.
4. Don’t overschedule – only schedule a maximum of 4 time slots per day! Once you have your business basics covered, schedule in your exercise, breaks, and meals. Taking care of your basic needs keeps your motivation and morale high.
5. Rather than feeding your to-do list, input your tasks directly into your calendar. This way, you’ve already allocated a specific 2-3 hour block of time to doing it - isn’t that a relief?
6. Make a visual representation (ex. calendar or Kanban chart) of your project. Starting with your due date, work backwards to target all the necessary steps and completion dates along the way so you can stay on track. Keep it on your wall for reference.
7. Turn off email notifications while completing other tasks to reduce distractions. Instead, schedule your email management into specific time slots throughout your day.
8. Use an app to disable your personal social media during working hours.
9. Use an app like Later to preschedule your social media posts and avoid scrambling for content every time you need to post. Put aside time on a regular basis to curate and organize your content.
10. Lastly, learn to prioritize. Say no to tasks that don’t really need your attention, and try to delegate some tasks to others. If you can, hire an assistant to take on routine time-consuming tasks that may prevent you from focusing on more important aspects of your business.

A YES Business Coach can help you manage your time as an entrepreneur more wisely – visit [yesmontreal.ca](http://yesmontreal.ca) or call 514-878-9788.





# Zach Factor Electrifying pleasure

Lys Chisholm & Marcus Nerenberg -  
Main Street

Many moons ago, my mother was visiting with our family at our home outside Lachute. The house was surrounded on three sides by a cow pasture, protected with an electric fence. As I gave my 60ish mother a tour of the garden, she slipped and toppled against the fence. I grabbed her arm and completed a circuit between the fence and my grounded bare feet. She felt nothing, but I took a heart-stopping jolt and began to feel uncomfortable.

An hour later, I was sitting in the living room watching TV with our kids. I tried to scratch my itchy nose and noticed that, as I scratched, the arm I thought I was using was still resting on the arm of the chair. Astonishingly, I was becoming disembodied. My next stop was the ER where I was wrapped in foil blankets for several hours.

Electricity was first identified and classified by modern scientists as a “property of life” in the 1700s. The history of electricity leads us to the labs of one Pieter Von Musschenbroek, a professor of physics at the University of Leyden, in Holland

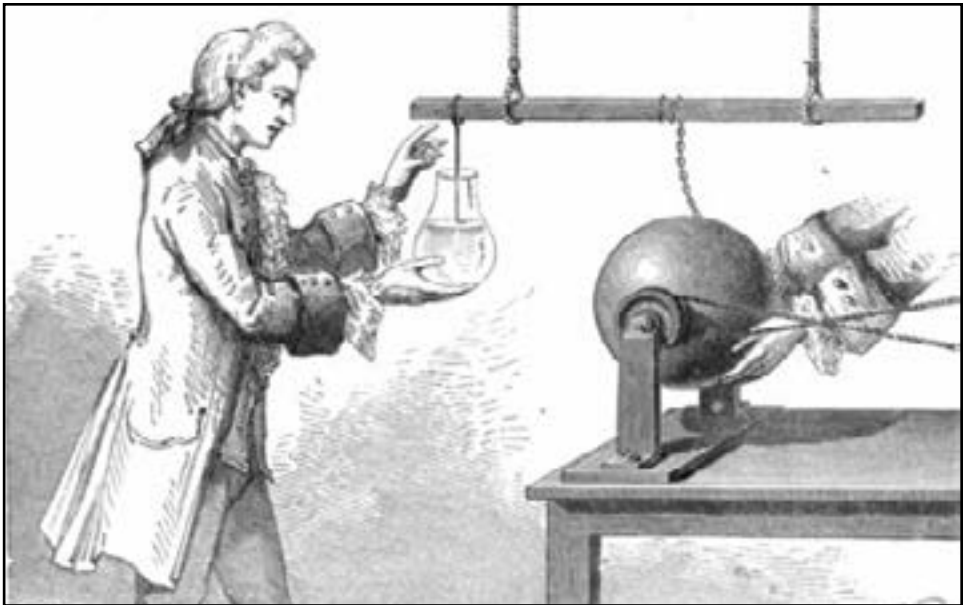
Prof. Musschenbroek experimented with a glass globe, which he arranged to spin rapidly. He would rub his hands over it to create an ‘electric fluid’ from the static, much the way you play with rubbing balloons on your hair to stick on a wall, or rub your socks on a rug and shock a friend with the touch of a finger. Musschenbroek hung a hollow iron rod over the glass globe to draw the sparks up. He then devised a way to store the charge by adding a wire from the top of the rod and taking the other end of the wire and inserting it into a glass bottle partly filled with water. He then held the glass bottle in his right hand while attempting to use his left hand to draw sparks. Musschenbroek’s notes reveal in alarming detail in his published report of this “enfant terrible”. He tells the world how “I was so stunned I could not breathe” and that the pain was so intense he believed he was “forever disabled”.

Other great scientists would go on to test the achievements of Musschenbroek and experiment on themselves, all reporting horrendous effects of their experiments and decrying the fiendish force they had managed to unleash. J.H. Winkler, a contemporary, and Professor at the University of Leipzig, Germany, reported he “experienced great convulsions in my body and a heaviness in my head as well as a bleeding nose”. According to 21st century scientist Arthur Firstenberg, author of the book “The Invisible Rainbow”, despite all the scientific warnings, 10s of thousands of Europeans began to line up to experience the “pleasure of electrification”.

Abbé Jean Antoine Nolet, a late 18th century French theologian turned physicist introduced France to the Leyden Jar in droves. Says Firstenberg, to satisfy the insatiable demands of the public, Nolet would gather large groups of up to 100 together in a circle. He would have the last person in the circle hold the jar while the brilliant holy man would touch the wire to complete the circuit and electrify everyone at once making electrification the new social event of the century. Nolet was invited by the King of France to electrify 240 of his soldiers, and later he zapped an entire community of monks. It became so popular; the Leyden Jar was produced as a portable apparatus in its own elegant case. The electric kiss from a beautiful woman replaced cards as a parlor game for the wealthy. Ben Franklin wrote guidelines on how a couple could approach each other before the sparks flew.

Doctors and scientists began to use electrification to treat many diseases. Over decades a large body of work was published in medical journals and books. The uses of electrification, both beneficial and harmful, fell out of fashion and it is now a distant curiosity, Dr. Ho notwithstanding.

Over the past 275 years, our use of electricity has evolved and diversified. From parlor diversions and religious experiences to the telegraph (1830s) the radio (1910s) and the first television transmission (1928). In WWII, radar blanketed the earth, and in the 1950s, microwave relay networks criss-crossed the continent carrying TV and telephony. In the 1960s, our networks started using satellites to bounce communications around the world and, since the 1980s, we have managed to equip almost every human with a cell phone. We now live in a multi-dimensional electro-magnetic soup, but more on that pleasure next month.



Pieter Von Musschenbroek, Professor of Physics, University of Leyden and inventor of the wildly popular 18th century electric capacitor, the Leyden Jar, in 1746. Image credit: Commons Wikipedia

**Editors note:** in the August edition, an incorrect copy was printed for this column and we sincerely apologize to all Zachians and our faithful contributors for the error. Here is the original and correct submission...enjoy the read.



Joseph Graham - Main Street  
joseph@ballyhoo.ca

The name Préfontaine has long been associated with Ste. Agathe, not just with the street, but also with the area where Mount Sinai Hospital once stood. Like many others in our region, the Préfontaines were Montrealers who chose to vacation in Ste. Agathe and in the process became involved in the community.

Joseph Raymond Fournier Préfontaine was born in 1850 in Longueuil, Canada East. Prosperous farmers, his family had the means to make sure he got a good education. He attended Collège Ste-Marie and later studied law at McGill College, but his focus was on public life. At 23, he was elected mayor of Hochelaga, and two years later, in 1875, he ran and won a seat in the provincial Legislative Assembly for Chambly. Ambitious and active in many different areas, it is hard to imagine that he could adapt to the slow pace of the countryside, but Ste. Agathe in its early years was a recreational centre for the rich and powerful, an important place to be vacationing and connecting.

Préfontaine married Hermantine Rolland in 1876, and they suffered the loss of several children at birth. Only three of their children survived into adulthood. Driven by hard work, perhaps in part by these tragedies, he won a seat in the House of Commons in 1886 while maintaining an active law practice and serving the town of Hochelaga. Once Hochelaga was annexed, he served on the Montreal municipal council, and became mayor of Montreal in 1898. He also maintained seats in each federal election until 1905. He was a popular federal politician and one of the favoured sons of French Canada.

From 1900 to 1902, Raymond Préfontaine, the mayor of Montreal, was also the MP for both Terrebonne and Maisonneuve ridings. He simultaneously held three political posts, any one of which would be perceived as a full-time responsibility today. Running for two or more seats in the House of Commons was not illegal until 1919. There was a House rule that said if a member won more than one seat, he should resign the extra seat or seats. But there was also a law that stated if your seat was being contested after the election, you could not resign until the challenge was resolved. In this way, MPs sometimes found themselves forbidden from resigning the seat that they did not want to keep. For party leaders, running in more than one riding made sense, but any candidate could do it then.

In 1893, the year after the train first arrived in Ste. Agathe, Préfontaine’s brother-in-law, Octavien Rolland, purchased the property known for the next 25 years as Rolland’s Point but now as Greenshields Point. Rolland, whose father founded Rolland Paper, and for whom Mont Rolland was named, would have received his sister and brother-in-law as houseguests many times. By 1899, Mr. Préfontaine, who had acquired a parcel of the Chalifoux farm, completed a lovely summer house on Lac des Sables. It featured a tower and eyebrow dormers and was accessed through an ornate gate sporting the words ‘Les Sapins’ in a light arch of woven sticks. Located at 182 Tour du Lac, it has been renovated and restored many times and has always been the home of influential Montrealers. It evoked ease and relaxation, belying the lives of its occupants.

It did not take long for the Préfontaine family to get involved in the life of their adopted town. A year after the house was built, Raymond Préfontaine acquired la compagnie d’Aqueduc de Sainte-Agathe-des-Monts, changing its name to la Compagnie d’Aqueduc et de la force motrice des Laurentides, and his eldest son, an engineering student, helped the the company build a hydroelectric facility on the North River, lending the name Préfontaine to what would become a dynamic industrial part of Ste. Agathe. Shortly after, he sold the company to the town. In 1897 the village council decided to name various streets and install proper road signs. For the main entrance to the village, the road that ran from the railroad station up to the Tour du Lac, they chose the name Avenue Préfontaine, now called Rue Préfontaine. Virtually everyone coming to Ste. Agathe had to arrive by train, and naming such an important point of entry, effectively the gate to the city, served to remind all visitors of their pride in having l’honorable Raymond Préfontaine as a resident. The early history of Ste. Agathe, written by Edmond Grignon for the parish’s 50th anniversary, declared it was named en l’honneur de l’honorable Raymond Préfontaine. By 1897, he had served in elected office for 23 years.

Aside from his legal practice and political responsibilities, Préfontaine sat on both the Catholic School Commission and the Harbour Commission of Montreal, was a director of the Société Saint-Jean-Baptiste, and a member of the Chamber of Commerce, the St. James Club and the Canadian Club of Montreal. The prime minister was Wilfrid Laurier, and many people saw Préfontaine as someone able and ready to rise to that lofty post.

On November 11, 1902, he resigned both Terrebonne and Maisonneuve seats, as well as his post as Mayor of Montreal, and assumed the role of Minister of Marine and Fisheries in Laurier’s government. He was subsequently re-elected in Maisonneuve in a by-election and named to the Privy Council. In his role as minister, he travelled to Great Britain and France to negotiate a direct marine link with Marseilles. A family man, he also undertook the delicate mission of acquiring a wedding ring for his eldest son, Rolland, to bestow upon his future bride. Sadly, he suffered a heart attack in early December and died in Paris on Christmas Day, 1905. He was fifty-five. His funeral, held in Montreal late in January after his remains were returned on Queen Victoria’s private yacht, was one of the largest funerals Montreal had seen.

Special thanks to Monique Préfontaine DeSerres and her family.





# Garden Talk

## Saving seeds

## June Angus - Main Street

The overwhelming popularity of gardening this year due to COVID-19 confinement meant seed producers and various seed catalogues could hardly keep up. There were long delays in shipping and many folks didn't get all the seeds they wanted. Now more than ever it makes sense to collect seeds from this year's crops to give you a head start on next year's garden.

Collecting seeds is nothing new. In fact, it's a tried-and-true, if not necessary, tradition for both old-time farmers and dedicated gardeners. This practice ensures an economical, sustainable supply and greater variety in the overall seed chain.

As a general rule, all seeds can be collected, saved and planted. However, best results come from heirloom or open-pollinated varieties, rather than from hybrid plants that are deliberately crossbred with more than one parent-plant. Many grocery store fruits and vegetables are hybrids bred for flavour and shelf life. If you collect and plant these seeds, bear in mind the result may not be identical to what you bought. And some seeds from hybrid plants may be sterile and not reproduce at all.

Seeds should be stored in a cool, dry, dark environment. The goal is to keep out moisture and light until you are ready to plant them. Paper envelopes stored in little zip seal bags or plastic containers as well glass jars generally work best for storage. Label the variety of seed and year it was collected. The odds of germination fall off over time.

Here are some guidelines for collecting seeds from a few popular garden crops.

Pumpkin and various squash seeds are easy. Once scooped out of the ripe fruit, wash the seeds to remove any pulp or strings. Spread on a paper towel and allow them to dry thoroughly out of direct sunlight for several days before storing.

Use the wet method for fleshy fruits such as cucumbers, zucchinis or tomatoes. Choose very ripe specimens past their best for eating. Scoop out the seeds and put them in a dish with a small amount of warm water. This removes the gel coating surrounding the seeds. Give the concoction a daily stir. Good seeds will sink to the bottom while the bad seeds and pulp float at the surface. After about three days carefully pour off the pulp, water, mould and bad seeds. Spread the good seeds on a screen or paper towels to dry thoroughly before storing.

For peas and beans or other legumes, harvest the seedpods when they are brown and dry on the plants. Wait until the leaves have died back for the best seed maturity, but don't wait too long after this point. The pods will split open and drop the seeds on the ground. If frost threatens to kill your plants before they reach this stage, cut the plants down with the pods still attached and hang in a garage or shed to let them finish drying out.

When collecting seeds from sweet or hot peppers, choose fruit from the most vigorous plants. Allow the fruit to remain on the plant until it is fully ripened and begins to wrinkle. Remove the seeds and discard any that appear damaged or discoloured. Spread the seeds on a paper towel to dry for up to a week. They should be kept warm but out of direct sunlight. Once ready for storage, move them to a cool, dark place. Remember to be careful when handling hot pepper seeds – no eye rubbing!


Collecting and planting your own seeds year after year is both rewarding and economical. But if you plan to buy seeds for the new growing season, place your orders early!



# Word Play

## Road, path, movement

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



The power of the impact of words is enormous. The smallest of phrases can bring images to mind, creating a movie-like experience for the one who receives those words. They are a force that reverberates in the body and influences the soul. These three well-known words, road, path and movement, carry, for me, that kind of punch.

The pandemic has presented a less than familiar set of choices for activity. My mind reaches outward to make some sense of these circumstances that are rewriting the signposts along the road that each of us has known until now. The usual stuff, which habitually lulls us humans into our sleepy abilities to endure and travel, is now altered. Some of those enticing side-roads, from which we return to the main thoroughfare, are now closed. To those of us losing livelihoods and homes, it seems as though the main road appears blocked indefinitely.

The jolt of this collision with a new reality initially might send us scurrying, like puppy dogs, back along the route, seeking a recognizable rock under which to shelter. Once there, we come to understand that this invites stasis, a sorry state of hiding from reality. I sometimes peek outward and see the whole globe grappling with the shock, the surprise, the evidence that the roadways have narrowed.

There are those who speak to us of life's experiences as a journey. They use the 'road' metaphor, advising us to explore what we have been carrying, to keep the weight of one's luggage manageable. This means that while we are adjusting, we should turn inward to examine and divest ourselves of long-held beliefs that burden our perceptions and prejudices and weigh us down through unnecessary distraction. Then, we might hone a new ability to form our own opinions, to write our own course of action, to become the authors of our existence.

It is at this juncture that we might find it convenient to choose and travel a path.

While the word “path” suggests a more spiritual endeavor, this is not a necessity. Pathways can be found frequently all along the road. They are less travelled, perhaps a bit of a rougher ride, but they can provide privacy, simplicity and personal relief. The path requires, by its very nature, more presence, the need to pay attention to our footsteps, and more scrutiny of our landscape. A path, albeit narrow, provides us with a more defined way of behaving, reacting, facing and dealing with events, revealing more personal information than the road. The path reveals an element of magic that sends us a voice from out of the silence. The path I am referring to is the willingness to be more attentive to that which life offers us during this time of restriction, the freedom to recognise the various opportunities missed before, while speeding along the wide smooth road.

Less distracted, our awareness opens to ‘movement’. Our very own movement, its nature, its velocity, its will, its weaknesses and strengths begin to teach and direct us. With our own bodies, we start to recognize habitual fear, flight, shifting, avoiding, gesturing or committing, walking away or talking too much. What movements have I adopted? What stasis do I adhere to? In what direction and with what intention do I move, and how can I bring this movement into the world that has changed my reality? How can I assist someone else in this moment? Road, path, movement. What comes to mind?

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



# SPCA Laurentides-Labelle

## Disappearance of cats!

We are currently receiving a large number of calls to report missing cats in our areas.

There are several predators lurking around this time of year, so it would be best to keep your cats indoors as much as possible, especially at night. Thank you from our four-legged friends.



**f MAIN STREET**

September 2020

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# Obituaries

## MEMORIAM

MADDOX, Mary-Ann

October 21, 1958 – August 1, 2019

How is it that a year can feel like just yesterday and yet an eternity at the same time? Not a moment goes by that your absence doesn't feel as sudden now as it did that day. Together again with your beloved mom Jean and angel baby Kayla, may you forever be wild and free together chasing after Trinity in never ending fields of glory and sunshine.

We miss you mom. Love you always.

Karin & Melissa





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## Palliaccio lecture in English with Dr Brian Goldman Sunday October 4, 2020

Palliaccio is organizing a lecture in English on Sunday, October 4, at 3 pm, by videoconference, or in person for those without Internet access, at the Royal Canadian Legion Hall, Branch 171, at 127 chemin Watchorn in Morin-Heights. Measures put in place by Quebec Public Health must be respected. The speaker is Dr. Brian Goldman, Canadian emergency physician, author, speaker and radio personality. The title of his lecture is “The Power of Kindness in Health-care and Palliative Care at Home in the Pandemic Era”.

Admission is free for all those attending the conference, either by videoconference or in person, and you are invited to make a voluntary contribution to Palliaccio. A tax receipt will be issued for any donation of \$20 or more. Dr. Brian Goldman's book, *The Power of Kindness: Why Empathy Is Essential in Everyday Life*, will be available for sale at \$20, taxes included. People can pick up their books directly from Palliaccio, by appointment. For those who wish to receive them by mail an extra \$20 will be required to cover mailing costs.

The conference will be followed by a question and answer period.

Short videos describing the range of services provided to the English-speaking community by Palliaccio and the CISSS des Laurentides will be available on Palliaccio's English-language Facebook page after October 4.

To register to attend the conference in person or to donate online, go to: [www.palliaccio.org](http://www.palliaccio.org) or dial by phone at 1 855 717-9646. The Zoom link for the video-conference is: <https://us02web.zoom.us/j/85753260049>. You can also consult the Palliaccio website for any other information regarding video-conferencing.

We look forward to seeing you all!

Palliaccio is an organization that offers, free of charge, in both French and English, accompaniment, respite and support services at home, for adults and children with cancer, for patients at the end of life who wish to die at home, for relatives, caregivers and for those living with loss. For more information on Palliaccio: 819 717-9646 or [www.palliaccio.org](http://www.palliaccio.org).

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



## The English Link

# Falling through the cracks

Andie Bennett

The most frustrating thing about trying to connect people in the Laurentians with important services in English is when one runs into one dead end after another. It can be especially heartbreaking when there is an individual in need of psycho-social support and yet we can't seem to find a way to help in that person's own language.

I will illustrate some of the roadblocks an individual has gone through. This is a person who, even though suffering from anxiety and depression, has managed to keep reaching out and attempting different avenues to pull out of the darkness. This takes an unbelievable amount of strength but, at a certain point one has to wonder how long can a person be expected to struggle to find the support needed before just giving up?

The main problem is the gateway to these services through the Info-Social 811 line and the apparent lack of sufficient English-speaking social workers. The social workers are the ones who evaluate and connect individuals to the appropriate sources for support. You can be on a waiting list for an English-speaking social worker for months. And, if you do not relate well with the one assigned to you, well, that's too bad – you're on your own. The individual in question parted ways with the previously assigned social worker. Although I am sure that person was well trained, whose heart was in the right place, it was not a good fit. After 3 years of trying to work together, the individual who needed help felt no better off and very frustrated. As a result, a new social worker was requested. Keep in mind that this is someone who is very depressed and has expressed thoughts of self-harm. An outcome is still pending.

Other organizations in the Laurentians that are specifically designed to help individuals like this person take their cues from the assigned social worker - at least, that is their starting point, so, with no one responsible for this case, this vulnerable person is left in limbo.

There are teams in place for psycho-social support through the Info-Social 811 line, however it seems impossible to know whether more support has been added for English speakers since the onset of COVID-19. With mental health issues exacerbated by this pandemic, this link needs to be stronger. We need to do better.



## Essential Oils

# Finding the focus

Susan Rich

Back to school means getting our brains back in gear and focusing on our studies. Whether you're 5 or 85, our brains can be easily distracted (squirrel) and then we forget where we were. How often do you walk into a room and forget why you are there and what you came in for? If you're anything like me, this happens a lot!

Certain essential oils have a way of stimulating the brain and giving us more focus and clarity. Peppermint is just one. Taking a deep inhale of peppermint is like drinking a cup of coffee without the caffeine side effects. I use it often when I'm on a road trip and starting to get tired and groggy. It's amazing how fast it works.

Rosemary is another oil that is often referred to as the glasses for the brain. It has a way of stimulating memory; in other words, it helps you remember, and also helps you recall what you learned.

I love all the citrus oils, as they are so uplifting and invigorating to the senses. Citrus oils just make everything you do so much more fun, even studying.

There are actual studies that have been done on school children, where Peppermint and Wild Orange were diffused during study time. When the children went to do an exam, half of the class had a diffuser and the other half were in another room, with no diffuser. The students in the room with the diffuser of peppermint and wild orange showed a significant increase in their results. Just the fact that they were smelling the same scents as when they studied, helped their brains to recall the information much more easily.

There are so many ways to use essential oils, but diffusing is probably the most common way. The next time you need to do some studying, or need full concentration, get out your diffuser and add some peppermint, rosemary and wild orange. You'll be opening the drawers in your brain, like a filing cabinet, and allowing the information to be stored in a place you'll be able to access when you need it.

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







# Main Street Money

## Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

### Millennials and mortgages

A guide to buying your first home.

Millennials in Canada are facing a vastly different homebuying environment than their parents. Soaring real estate prices, high levels of student debt and precarious employment are making it difficult for young people to get into the housing market. Despite these challenges, a recent survey found that 80% of Canadian millennials want to own a home. What’s more, 27% already do. If purchasing a home is a goal for you, here are some tips to guide you through the process.

**See what it will cost**  
Look at home prices in and around your desired location and be realistic about what you can afford. Perhaps moving to the outskirts, or setting your sights on a smaller property, can bring costs down. You might also need to think outside the box a little – like bringing in a tenant to help lower the carrying cost of your new home. Keep in mind the purchase price is only one part of the equation – closing costs, such as real estate commissions, legal fees and land transfer tax can add an additional four per cent to the purchase price. You’ll also want to factor in ongoing expenses, like property taxes, mortgage insurance, utilities and maintenance.

**Save for your down payment**  
If you aren’t already saving, start now. If you can put down 20% of the purchase price, you’ll avoid needing to purchase mortgage insurance (which can add thousands of dollars over the course of the mortgage). If not, at least 5% is required for first-time buyers. Consider setting up a dedicated home-buying fund and putting aside money from every pay-cheque. Pad your savings with tax refunds and any bonuses or gifts you receive. You may also be able to negotiate a personal loan from parents or a family member to put towards your down payment.

**Learn about government perks**  
**Home Buyers’ Plan (HBP).**  
You can withdraw up to \$35,000 tax-free from your Registered Retirement Savings Plan (RRSP) through the HBP to put towards your new home. This amount will be repayable in instalments back into your RRSP over 15 years.

**First-Time Home Buyer Incentive.**  
This federal program was introduced in September 2019 to help first-time homebuyers reduce their mortgage payments and the total interest paid over the life of the loan. It’s available to households with an income of \$120,000 or less and offers a loan of five to 10 per cent of a home’s purchase price to put towards the down payment. The incentive is repayable when the property is sold or after 25 years, whichever comes first. A potential drawback of this program is that repayment is based on the fair market value of your home at the time– if it increases in value, you’ll pay back more than you borrowed.

**First-Time Home Buyers’ Tax Credit.**  
New homeowners can claim a non-refundable tax credit of up to \$750 to cover closing costs.

**GST/HST New Housing Rebate.**  
If your home is a new build and costs less than \$450,000, you may be able to recover a portion of the GST and HST that you paid. Your province may also offer rebates on the provincial portion of the GST or HST.

**Land transfer tax rebates.**  
Some provinces and municipalities (for example, Ontario, British Columbia, Prince Edward Island and the City of Toronto) offer rebates on the land transfer tax for qualifying buyers.

**Explore your mortgage options**  
When shopping for a mortgage, there’s more to consider than the rate. That’s why it’s so important to seek help from a professional. For example, a flexible mortgage that allows you to make pre-payments can help you pay off your mortgage sooner and save on interest in the long run. Think about your personal situation – if the possibility of rising interest rates makes you nervous, you might be more comfortable with a fixed rate. If you’re expecting changes to your financial situation, an open mortgage may be ideal. You can also customize your mortgage by splitting between a fixed and variable rate and an open and closed mortgage.

**Get pre-approved**  
Before applying for a mortgage pre-approval, it’s a good idea to review your credit rating and report any errors. You can request a copy of your credit report once a year for free from Equifax Canada ([www.equifax.ca](http://www.equifax.ca)) or TransUnion Canada ([www.transunion.ca](http://www.transunion.ca)).

With a mortgage pre-approval, your lender will let you know how much it is willing to loan and the estimated size of your payments. The current interest rate will also be locked in, so you’re protected in case rates increase before you purchase your home. The lender will also apply the mortgage stress test to ensure you can make your payments if interest rates rise.

It’s important to note, a mortgage pre-approval is not a guarantee that the lender will grant you the mortgage. When it comes time to make an offer on a home, it’s a good idea to insist on the condition of financing – it protects you in the event your financing falls through. If you waive it, you could lose your deposit and risk being sued by the seller.

**Don’t shop alone**  
Buying a first home can be an exciting and challenging task but knowing what to expect can make it easier. A team of experts, including an advisor, mortgage professional, real estate agent and home inspector can help you figure out your options and ensure you’re making the best purchase decision possible.

**Mortgage basics**  
**Principal** is the amount of money you borrow to buy your home. With every mortgage payment, some of the money will go to paying down the principal and some will go to interest.

**Fixed interest rates** will not change during the term and your payments will stay the same.

**Variable interest rates** are usually lower than fixed rates but are subject to fluctuations.

**Mortgage term** is the length of time you’re committed to your lender, the rate and any conditions – five-year terms are most common, but you can choose anywhere between one and 10 years.

**Open term mortgages** allow you to pay back what you borrow at any time, without penalty. Because of this flexibility, interest rates are generally higher.

**Closed term mortgages** do not allow you to pay back the entire balance without penalty, but many offer some prepayment options to help you pay down your mortgage sooner.

**Amortization period** is the length of time before you pay off your mortgage, up to 30 years. The longer the amortization, the lower your mortgage payment, but you will pay more interest over the life of your mortgage.

**Mortgage insurance** is needed if you have less than 20 per cent for your down payment. This insurance protects the lender in case you can’t pay your mortgage.

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# Real Wine for Real People Barrel versus stainless steel

April Sirois – Sommelier - ISG

The two most common ways to ferment and age wine are in oak barrels or in stainless steel tanks. Each creates its own unique styles of wines, and each has its pros and cons.

Of course, originally, and out of necessity, all wine was fermented, stored and shipped in oak barrels. The Romans adopted wooden barrels over clay amphorae for easier transportation because the clay tended to be fragile and would often break spilling their valuable contents. Over the years, winemaking has evolved, and the use of barrels in winemaking is no longer necessary. However, the flavors that the wood imparts into the wine has become something that we enjoy, so oak barrels are still a part of some modern winemaking.

Stainless steel tanks are great for fermenting and aging wine, mostly because they are a neutral vessel and will not impart any kind of flavor into the wine. They are also airtight and keep out all light, allowing the true essence of the varietal to be captured. This can create a more pure and refreshing type of wine.

Some winemakers also choose steel tanks because they are more durable over wood, which breaks down and needs to be replaced every two-three years. With the cost of replacing a barrel being more than \$2000, the reduced cost of using steel tanks over several years is considerable.

Wood fermentation is very different than steel, affecting the whole wine, including the wine's taste and mouth feel, adding aromas, tannins and textures. Wooden barrels are porous, exposing the inside to outside air, allowing wine to breathe slowly, or oxygenate. Smoothing, softening or "rounding out" wine, this evaporation concentrates flavors and mouth feel. This slow exchange of oxygen and water with the wood creates depth, flavor and mellowness. Aging wine in barrels also allows for malolactic conversion to occur, which results in creamier, smoother-tasting wine. Think about the buttery popcorn like flavors and nose of an oaked California Chardonnay against the crisp sharpness of an unoaked Sauvignon Blanc fermented in stainless steel tanks.

When you smell and taste flavors like caramel, cinnamon, coconut, marshmallow, nutmeg, smoke, cedar, pencil shavings & toasted bread, it is because of time spent in oak. New Oak gives stronger flavors, while older oak will be muted and subtle. Also, the cooper, the person that makes barrels (yes, they are all still made by hand) can char or toast the inside of the barrel to add flavor and character to wines. They can be toasted lightly or densely charred, imparting subtle to robust aromas & flavors to the wines aged in them.

In this day and age, some wineries making simpler styles of wine, will use short-cuts to save time and money. They are increasingly using oak staves, chips, powder, or even oak concentrate during fermentation and aging to adjust a wine's character. It does impart a bit of oak character, but without the depth and finesse that true barrel fermentation creates.

So the next time you are sipping a glass of wine, see if you can tell if it has been in contact with oak or stainless steel. Can you smell caramel or taste cedar? Or, is it bright with fresh fruit flavors?

~Cheers



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# I'm Just Saying Social - distancing

Ron Golfman - Main Street

As we head towards Fall, amid the endless mystery that is Coronavirus, there appears to be no end in sight, and the prospect of flu season joining the fun is akin to a drum roll for a song we are both unfamiliar with and uncomfortable to hear anything about. It is month eight of the new world order and, while we squint forward with concern about the above, looking back, most of us, with the exception of the ignorant and selfish, can give ourselves a pat on the back for how we have adjusted to the new normal.

For those people not in a relationship and longing for one, COVID-19 is about as helpful as acne. Those who have chosen to bend the common-sense precautions we all should subscribe to are truly risking it all for love. Someone I know remarked that aside from the potential peril of going to a crowded bar, and then having the good fortune to meet someone interesting, has its own inherent issues. Amid the excitement of making a connection, he wondered about the judgement of this special someone gambling with collective health, coincidentally wondering if she was thinking likewise about him. Not the best foundation for a new relationship, just saying. Oh, that Meatloaf song...

I had close family visiting from away this summer, coming from a province with next to no cases, and they rented their own spot on a lake for obvious reasons of consideration. The rest of us spent a great deal of time interviewing each other about our respective bubbles and recent social histories as prerequisites to be evaluated before gaining entry to the visitors' nest. It was exhausting, but necessary, and once we got together with proper distancing rules and regulations, being together with family was more than worth the effort. The only drawback was that my visitors, once home from Sodom and Gomorrah [Québec], had to quarantine for two weeks in their safe province.

The MHMSBL, our mixed adult softball league made a valiant attempt to follow both pro sports and Québec guidelines and see if we could have a shortened and safety-minded season. After much deliberation about the feasibility, the pros and cons, and voicing our childlike love for the game and its social richness, we reluctantly decided not to go forward this season. It just didn't seem fair or proper etiquette to have 180 grown ups take the risk of someone falling ill, let alone the potential to give it to others.

Equally, we didn't think it was respectful to fly in the face of all the precautions most people, local stores and first-line folks who have literally kept us all afloat, have been advocating and practicing selflessly. I am proud of our league in its wisdom and thought it merited mentioning.

We have been blessed with an extraordinarily dry, hot summer, which has allowed us to play outside, have socially-distanced deck beers on occasion, walk, cycle, and feel some freedom while the invisible fencing of the virus surrounds us all. I am hoping for one of those September to mid-Octobers of sunshine and warmth we often are blessed with so as to keep us outdoors, active and feeling we can do this until we bravely face the challenges of the next season.

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# Nature Everyday

## Water as leverage: underwater art and science

By Mat Madison, biologist

Staying on the water topic, and relating to a previous article on collective knowledge, I've interviewed Jean-Louis Courteau an artist, painter and author who truly lives, works and plays in the Laurentians. As I write these words, reading my notes, it's hard to know where to start when describing Jean-Louis and the work he does.

Jean-Louis was born in what we consider modern-day Laval. His father brought him closer to nature when very young and turned him into the nature admirer and explorer he is today. Although a lot has changed since his early days of fishing for perch to feed the otters at the hunting camp, you can still sense the deeper, child-like awe that Jean-Louis has for the natural world. I believe that the posture he has towards nature is what makes him the humblest person I know. Humble, but also full of experiences and knowledge of the highest importance, when it comes to integrated water management.

Jean-Louis tells me that the beauty of nature is his inspiration for the artistic work he does. You can clearly see the significance of natural landscapes in his paintings (yes, I Googled him). My vocabulary to describe art is much less than sufficient, or acceptable, to turn this article into an art evaluation. Therefore, I will stay in my field and discuss the value of collective knowledge surrounding our lakes and do the best I can to relate to the esthetic values described by my colleague.

Jean-Louis began his diving career in the year 2000. Yes, an artist and underwater explorer. He mostly dove in renowned sites to see shipwrecks and other local features. For him, there was no value in diving in Laurentian lakes, as he considered them to be "boring, shallow, murky mud holes". When gas prices made it harder to travel to diving locations, he tried diving in Lac-des-Seize-Îles (Sixteen Island Lake). The geological, historical, archeological and biological features he discovered under the surface of this lake forever changed his perception of our region's lakes, and his passion for diving. Now, 800 dives later, in Lac des Seize-Îles, he can clearly assure you that his renewed passion is all about exploring and discovering new and intriguing lakes and their natural features.

After years of explorations and discoveries, and to clear out some space in his garage, he started the CIEL, Centre d'Interprétation des Eaux Laurentiennes. The way I see it, the CIEL's museum and work is the meeting point of art and science. To paraphrase his words, adapted from others; "people will protect what they love and love what they understand". The CIEL aims at sharing the things he's come to love, through beauty and scientific explanation.

His process is simple; find a lake or river that shows potential, find access to dive, discover amazing things he doesn't quite fully understand, find experts who know about these features, study them, and share his findings with the community. He

says that some of the things he finds come straight out of a fantasy or science-fiction movie, such as dancing lake trout, in early September, in a cavern on the side of a marble cliff, nearly 80 feet deep. It turned out that, after discussion with experts in the field, what he saw were trout spawning, a whole month early, in a cavern, rather than on gravel flats. Apparently, that marble cliff might help explain the millions of years of geological history of the lake itself. For him, there is a true, esthetic beauty to all of this, as well as an immense respect for the greater systems at play, when he's underwater discovering such things that are but a tiny minuscule instant in the space-time continuum of that place. For him, the value of such a place is intrinsic, and through the experience of discovery and research, he will forever cherish and protect it. There is art and esthetics in the beauty of nature, like sculpted marble cliffs and dancing trout. There is scientific value in understanding the ecological discrepancy of early-September spawning cavern trout. One way or another, the value of this place is inestimable for Jean-Louis. And the CIEL is his contribution to making all this accessible to our community.

I've discussed the importance of gathering knowledge related to water resources, and sharing this knowledge with the community, in order to achieve a "Water as leverage" vision. Listening to Jean-Louis' stories of adventure and discovery reminds me of the importance of being humble and never letting go of our respect and amazement for nature. Through personal discoveries and experiences, we can develop meaningful and inestimable relationships with nature. Whether it is because of the pictures of the old Ford model-T, sitting at the bottom of the lake, the collection of century-old bottles and other items, or the stories of dancing cavern fish, Jean-Louis tells me that the residents of Lac des Seize-Îles have increasingly showed interest in protecting their lake, ever since they've come into contact with his work and discoveries.

Whether you admire the beauty of our lakes and rivers or appreciate the complexity of the ecological relationships at play, we all understand the intrinsic value of nature. Therefore, what we understand and learn to love, we will be willing to protect, collectively and actively.

Got something to share about new and exciting discoveries connected to a Laurentian lake? Let us know!



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