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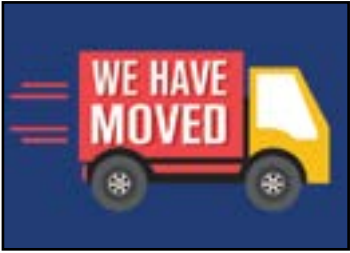
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What's On My Mind... Main Street moves to a new municipality

Susan MacDonald, Editor

Over the past eighteen years, Main Street has covered the news and events of each municipality within our region, which comprises over twenty cities, towns and villages across the Laurentians! We have been headquartered in a few of these communities as well and have enjoyed our stay in each one.



Originally set up in a small office in Morin Heights, over the years, we have also been fortunate enough to call our home the municipalities of Milles Isles, Brownsburg-Chatham, Lachute and Harrington. Each one of these locations has provided us with opportunities to get to know personally the local people, and to experience their unique characteristics, in addition to publishing their concerns and connections with other Laurentian communities.

Now, after a 10-year stay in the beautiful Harrington Valley, Main Street will be relocating once again, this time to the neighbouring municipality of Grenville-sur-la-Rouge. During the upcoming transition, there may be some slight disruptions in communication services, so please bear with us while we get re-organized, and up and running once again.

Since we will be changing municipalities, there will be a new telephone number, which we will post on the website and our Facebook page as soon as it is available. Mail service for all clients and readers, including our email address and website, will remain the same, so we will continue to be reachable. However, there may be some slight delays in response times during the first couple of weeks.

While the actual change for Main Street will be slight, and little more than a change of scenery outside a new window, personally, the move means a complete lifestyle change for me. As many of you know, over the years, I have also run a small hobby farm, with a few sheep and goats that I consider as part of my extended family. Unfortunately, due to the impending move, I am obliged to give up the farm, and find new homes for my animals. To accomplish this, I am asking for your help. I have some that still need to be placed somewhere, and time is tight. So, if anyone can offer a placement, or give me a referral, please contact me as soon as possible. These animals are pets, **not food**, folks! Any assistance would be sincerely appreciated.

Aside from the changes for Main Street and me, Mother Nature is also gracing us with change this month, as she brings us the spectacular colours of autumn. In view of the season, we are holding a photo contest this month, so grab your cameras and send us your best shot of the Fall colours! Check for details inside this edition.

That's it for now. Enjoy the read...

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Observations True Lies - of The Worst Kind

David MacFairlane - MainStreet

According to my editor, whose tolerance and diligence have no equal, many of my articles arouse strong, visceral reactions from some readers who disagree with the content. Most of the umbrage she receives she does not share with me, preferring to ignore the sniping than to dignify such negativity by her responses. People are free to think what they will, and so am I, but I'm also one who has the opportunity to convey my thoughts about situations which, I believe, should be shared with others. Unlike some governments, at Main Street, polite dissent is considered legitimate and encouraged.

This column began 19 years ago, when Jack, my beloved friend, confidant, and editor of Main Street, was reluctant to write regular editorials, which I believed were essential for this community newspaper. He felt no compulsion to share his often-radical thoughts in print and, as a result of my constant pestering of him to do so, finally suggested that I tackle the project in his place. Since I was already writing op-ed commentary for the paper, Jack put my articles on Page 4, under the caption "Opinion". That arrangement continued until Jack's sad, and untimely passing, when his wife, Susan, for the sake of Main Street's survival, took over the work of editor, general factotum, and unsung hero of the newspaper. The title was then changed to "Observations" and it has remained so since then. That's what they are ... opinions and observations ... backed up by information to be found by anyone interested enough to comb through the alternative media, where differing conclusions and data are abundant.

So, moving on, along with millions of others, I have long suspected that there was much more to know about that awful morning of 11th September 2001, when the Twin Towers of the World Trade Center came crashing straight down into their own footprints. Many hours later, Building-7, which was on fire, but had not been hit by the planes, also collapsed straight down. The official version of these events has smelled to high heaven for many years. It seemed impossible that two aircraft, hitting the upper floors of the two buildings could cause them to collapse in the manner they did. Why didn't they topple over, as they should have done under other circumstances, instead of imploding, as they did, and going straight down? Then, to add more mystery to an already baffling conundrum, Building-7 also imploded in the same way, but much later.

A National Commission was formed to investigate the circumstances and, three years later, the Final Report of the 9/11 Commission identified the usual terrorist suspects. Alas, all 19 hijackers were dead, so the fingers of guilt were pointed directly at Al-Qaeda, along with evidence of collaboration with Iran. Since the head of Al-Qaeda, Osama bin Laden, was in Afghanistan, and the Taliban refused to hand him over to the Americans without evidence of his involvement, this intransigence was considered sufficient justification for the invasion of Afghanistan. Actually, by October of 2001, regular airstrikes against Afghanistan had begun already as retaliation. These were conducted by the US and a coalition of UK, Canada, France, Germany and Australia. By 2003, the US and its lackeys, purporting to be a NATO alliance, invaded Afghanistan, and today, 16 years later, and after countless deaths of civilians and military, this war continues, but the Taliban is still standing, and controls most of this wretched and broken country, while the bleeding continues.

Following the 9/11 tragedy, the causes of the building collapses have been studied by many specialists, such as scientists, architects and others with specific knowledge of how such structures are built and why, under exceptional circumstances, they could collapse. From the outset, doubt has been cast by these professionals on the simplistic, official conclusion that the planes were responsible, due to the fires they caused. In 2006, a group of professionals formed a non-profit organisation called Architects & Engineers for 9/11 Truth (AE911Truth), headed by Richard Gage, a 20-year member of the American Institute of Architects, his specialty being the construction of numerous fireproof, steel-frame, multi-story buildings. Today, membership comprises 3136 architects and engineers and 22,850 members of the public (May 2019). In the ensuing years, Gage has travelled the world giving presentations, and showing real-time videos of the actual buildings collapsing, alongside other videos of controlled demolitions and pointing out the obvious similarities. The AE911Truth group has avoided, specifically, any speculation about the attack on the Pentagon, or the involvement of the Bush administration, but has emphasised that if the World Trade Center buildings collapsed by controlled demolitions, it would prove that "insiders" at the highest levels had to have been involved. The Pentagon attack, in its own bizarre circumstances, poses another unanswered question ... why did the impact area reveal a round hole in the wall, with no trace of a plane or its wings in the debris? Surely, wouldn't this have made an entry hole similar to the shape of the aircraft itself? But, of course, the official version is the only version allowed, although the contradicting video evidence, in the public domain at the time, suggests the penetration of a missile.

Anyway, all this official mumbo-jumbo notwithstanding, in early September, just a few days ago, the AE911Truth group revealed their partnership with the University

of Alaska Fairbanks, and produced a draft report of their in-depth, 4-year study of what actually brought down Building-7, also known as WTC7. The release of this report begins a 2-month period in which the public is invited to submit comments, and the final report will be published later this year.

After conducting comprehensive modeling studies and examining countless scenarios, the study's authors, a panel of experts, concluded the following:

"Fire did not cause the collapse of WTC7 on 9/11, contrary to the conclusions of NIST and private engineering firms that studied the collapse. The secondary conclusion of our study is that the collapse of WTC 7 was a global failure involving the near-simultaneous failure of every column in the building."

The results of this study cannot be dismissed. It completely destroys the narrative that has been shoved down the throats of Americans, and the rest of the world, for nearly two decades. What's more, this study backs up thousands of other researchers, scientists, and engineers who have been pointing this out for years. In fact, history was made, in regard to 9/11, as New York area fire commissioners called for a new investigation into the tragic events that unfolded that day. The resolution called for a new investigation due to the "overwhelming evidence" that "pre-planted explosives . . . caused the destruction of the three World Trade Center buildings."

Finally, after nearly two decades of ridicule, dismissal, and outright intolerance of information contrary to the "official story" of what happened on 9/11, the public may finally learn the truth of what happened, and who was behind it.

A fish rots from the head down.

Time to wake up folks; you're doomed, unless you realise that your politicians serve only themselves!

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Simply Words on Paper Smile for the facial recognition camera watching you

Jim Warbanks - Main Street

On a recent trip to a small, local dépanneur where I usually buy Loto tickets, I impulsively added a jug of milk. I was somewhat confused when handed my change, since I thought that I had handed over a larger denomination bill. As I am a regular customer, the owner immediately accessed his video camera file to examine the transaction. It did not confirm either way, since the large milk container obscured the bill. On my next visit, he indicated that there was no overage at the cash when he checked it at closing time.

I am a long-time customer, but it never occurred to me that he had more than one camera located in disguised locations around his store. This was just relatively cheap video surveillance. More sophisticated systems are currently being deployed in many more business or strategic street locations. You might consider this somewhat invasive or appreciate the potential security aspect.

Privacy threat

However, there is a much more ominous privacy threat that you should be aware of. Facial recognition cameras, software and unregulated data bases. Current Canadian legislation makes no specific mention of biometric data such as facial recognition, so its varied uses are effectively unregulated.

Facial recognition technology takes images of your face from a photo or from surveillance video footage, and uses algorithms to match it to faces in a database to establish your identity. In addition to accumulating camera footage, some tracking technology systems scan drivers' license or passport photos. Publicly-available social media photos have been used without consent for training purposes.

Police use

Calgary and Toronto police already make use of facial recognition programs, claiming that they are only being used to match crime scene footage to mug shot databases. Included are photos of those who were arrested, but not found guilty. Montreal and Halifax police neither confirm nor deny that that they now employ facial recognition technology. More ominous still, shopping malls in Canada operated by Cadillac Fairview already employ the technology, but only to ascertain the age and gender of shoppers, they insist. What other uses may the accumulated, possibly unsecured, data bases serve? Who has access?

It has been estimated that half of the United States adults are already in facial recognition databases. Can Canada be far behind if the government does not swiftly limit and monitor the uses of this emerging technology? President Trump has issued an Executive Order requiring facial recognition identification for 100% of international travelers who pass through the top 20 U.S. airports by 2021.

Own homes

How paranoid might you feel if facial recognition has been rolled out overwhelmingly in low-income neighborhoods and communities of color, such as low-income housing requiring residents to be scanned to enter their own homes, as has occurred in communities around Detroit?

On the international level, the most excessive deployment is in the Xinjiang region of China, where the government monitors the movements of millions of ethnic Uyghur people with facial recognition technology to control access to all areas of public life including parks, public transportation, malls, and city boundaries.

Accuracy

How accurate is the data collected through facial recognition? Amazon's Rekognition facial recognition software, used by U.S. police departments, has been found to perform worse when identifying an individual's gender if they are female or darker-skinned. This puts marginalized communities at risk. In a test run by the American Civil Liberties Union, Rekognition software incorrectly matched 28 members of Congress to mug shots, identifying them as other people who have been arrested for a crime. The false matches were disproportionately of people of color.

Imagine how the proliferation of facial recognition might well lead to real-time, nonstop surveillance. Daily activities, such as shopping and travelling around your community, or activities like attending a protest against Bill 21, the need for climate change, or any other issue of concern would trigger facial recognition. Those attending a political party event during the upcoming federal election campaign could be monitored, their faces recorded and identified then stored in an unregulated data base. There is no way to know how this information could be used, or with whom it will be shared.

Accountability

OpenMedia, a Canadian non-partisan, non-profit advocacy organization working to encourage open and innovative communication systems is leading campaigns aimed at ensuring accountability in the Canadian government's surveillance activities. If you feel that unregulated facial recognition poses a threat to your privacy, consider supporting one or more of these initiatives.



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Launch of the 2019-2020 Outdoor Schools Program

Loisirs Laurentides is proud to announce the official launch of the first edition of the Outdoor Schools Program!

The APAP is a national financial assistance program that supports school stakeholders in all regions of Lanaudière and the Laurentians wishing to develop nature-related initiatives through the learning of knowledge and the development of skills in the context of outdoors with young people.

In addition, the PÉPA wishes to gather information on the experiences made in different situations in the open-air context, and to collect teaching materials and exportable activity guides intended to feed a national database for the outdoors.

Purpose: Create an outdoor culture in Quebec schools
Targeted clientele: Elementary and secondary school students
Projects supported by: Classroom staff, school professionals, teachers in all disciplines.
Registration period: September 9 to 27, 2019

The program will fund the enrollment of 25 schools / stakeholders per region into three development streams for their project, including 3 training and networking activities. Several thousand students will benefit in a single year!

Part 1: Educational Training and Mentoring
Outdoor Risk Management Training and Networking - November 29, 2019
Open Learning Symposium - February 7 & 8, 2020
Practical Outdoor Development - Fall 2020

Part 2 | Technical support - Outdoor resources and LSL support
In addition to an open-air resource directory and an introductory Outside Teaching Guide, the URLS will also provide an advisor to support project proponents logistically and technically.

Part 3: Financing of activities, purchase, sharing or loan of durable equipment (PAFILR - Kino-Québec)
Born in 2017, the first version of the program now allows Loisirs Laurentides to partner with Loisir and Sport Lanaudière, the FÉEPEQ and the Monique Fitzback Foundation, and to benefit from the financial support of the Government of Quebec to carry out the activities from the program.

For more information, visit Loisirs Laurentides or contact Sabrina Pelletier: 450-504-6080 /spelletier@loisirs laurentides.com.

Federation of Canadian Municipalities announces new appointment

The Federation of Canadian Municipalities (FCM) announces the appointment of councilor Marc A. Le Gris of Grenville-Sur-La-Rouge to the Quebec regional caucus and to important standing committees
The Canadian Federation of Municipalities (FCM) has formally appointed Councilor Marc A. Le Gris to the Quebec Regional Caucus, the Rural Forum, FCM's Network of Francophone Municipalities, various standing federal and national committees: Standing Committee on Conference Planning
- Standing Committee on Increasing Women's Participation in Municipal Government - Standing Committee on Municipal Finance and Intergovernmental Arrangements
- Standing Committee on Social-Economic Development.

"I would like to thank all the citizens and council members of the Municipality of Grenville-sur-la-Rouge for supporting my candidacy! Here are the reasons that motivated me to get involved in the FCM and the issues that I want to defend for the interests of our community ... "- Marc A. Le Gris

GAS TAX FUND - Local governments and the FCM seek permanent doubling of core infrastructure funding tool. Three months from the next federal election, the Federation of Canadian Municipalities (FCM) is calling on every party to commit to doubling the value of a core funding tool that empowers municipalities of all sizes to build better infrastructures for Canadians: the annual federal Gas Tax Fund (GTF) transfer.

FUNDING OPPORTUNITIES - The FCM offers funding, from plans and studies, to pilots, capital projects and more. They also offer grants for municipal environmental projects.

ECONOMIC PROSPERITY AND EMPLOYMENT - Canada's rural communities are essential to this country's economy and quality of life. They drive key industries—from agriculture to manufacturing to natural resources—and provide vital services that families and workers need. All that while driving nearly one-third of Canada's economy.

FEDERAL ELECTIONS - This election, FCM is calling on all federal parties to commit to building a "rural lens" into the heart of the federal government—bringing rural realities to the table, and modernizing federal tools to empower rural leaders to build better lives.

RURAL ISSUES - They matter to us all. If Canada is going to reach its full potential, every community needs the right tools and opportunities to thrive.



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About Sainte-Adèle

Chris Lance - Main Street

The Mayor, Nadine Briere, is trying to fix infrastructure in our town. The main summer projects, including aqueduct (water),

paving and general town repairs, will be winding down as fall moves in. Briere hopes to have most projects done before the snow rolls in and takes over until next April. On October 9, Briere's gang will present a strategic study and plan for Saint-Adèle, or an urbanization emphasizing commercial-residential projects, for future generations, in our corner of the Laurentians. Our roads are a disgrace considering the continuous pothole scenario. The town fills in the holes, and then they keep re-appearing, again and again.

By now you may have noticed, Route 370, heading toward Ste-Marguerite, has been re-zoned as a 70-km route. Soon, it may turn out to be a speed zone for the SQ, so slow down, it might cost you a big fine and demerit points.

Not into normal pedaling, along the P'tit Train du Nord, by bike? You can rent an electric bike, for \$50 for 1/2 day, from Boutique Espresso sports in Mont Rolland, a nice, effortless way to see the old train route. Who knows, you might become more outdoorsy.

The new hours for our library in the shopping center are; Monday - closed, Tuesday through Friday, 12 to 7pm, Saturday, 10am to 4pm, and Sunday, 10am to 2pm.

A few reminders...You can install your car shelters from the 15th of October through May 1st, 2020. Did you have your chimneys cleaned this year? Your next municipal tax instalments are due on October 29. Your septic tanks must be cleaned every 2 years, for those living full time in your residences, or every 4 years, for those living seasonally, such as in cottages.

On Friday, September 20, at 7:30 pm, you can see a documentary on the history of Mont Rolland, at the Place des citoyens, for \$10 with your citizen card, or regular cost of \$15 for non-residents. Festival Haut en Couleur de Saint-Adèle, a free, family activity, organized by the Chambre de Commerce, will take place on Saturday, September 21. Go online to find out more about town events.

Don't forget, the 11th Annual Oktoberfest, running from Friday, October 4, from 3 pm - 11 pm, Saturday, from 11 am to midnight, and Sunday, October 6, from 10 am to 4 pm, at the Place des citoyens.

There is a meeting on Plan Strategique du Developement durable, at the Place des citoyens, on Wednesday, October 9 at 7 pm. Find out what the mayor has slated to use our tax dollars for instead of fixing permanently every pothole in St.-Adele.

Enjoy the last of summer and beginning of the colorful Fall season. Play tennis, golf, walk or bike your way to better health.

Stay safe and slow down. The kids are back in school.



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Take part in the strength of numbers by taking up the Zero Waste Challenge!

To encourage its citizens to reduce their waste, one step at a time, the Argenteuil MRC is launching the Zero Waste Challenge as part of the 3-2-1-0 Strength in Numbers campaign. From September 30 to October 27, 2019, the population will be invited to live a unique experience during which it will benefit from the support of the MRC to offer a slimming cure to trash!

During this four-week, non-competitive challenge, the last of which coincides with the Quebec Waste Reduction Week, everything will be done to encourage and equip participants to sort their materials and develop good habits. A Participant's Guide, weekly e-mails of encouragement with tips, prizes to win, plus access to many tools, including the 3-2-1-0.com site, a sorting checklist and video clips of the ambassadors of Zero Waste, will allow the citizens of Argenteuil to become aware of the impact of a good sort on the amount of materials they generate. For this purpose, the participants who wish to do so will be able to weigh their ultimate residue, that is to say the materials that they will not have been able to valorize otherwise, whether through recycling, composting or reuse. The results can be entered in the grid provided for this purpose in the Participant's Guide. This exercise will provide a concrete measure of progress.

"It is with great enthusiasm that the MRC d'Argenteuil invites the public to register in large numbers for the Zero Waste Challenge. Whether to upgrade our knowledge or develop best practices, the Challenge will demystify once and for all the universe of residual materials. Let's not forget that every action counts and that we are all part of the equation of a healthy planet! "Announced the Prefect of the MRC d'Argenteuil, Mr. Scott Pearce.

A Challenge inspired by Zero Ambassadors

In February 2019, the ambassadors of zero waste of the MRC met the same challenge. They will now act as spokespersons by encouraging their fellow citizens to follow suit. Throughout the challenge, video clips, produced by the Argenteuil TVC, will be broadcast on social networks and on the web, two per week, and will present the ambassadors' experience.



Village of Weir Newswire

Claudette Smith-Pilon

FALL IN ALL ITS GLORY

MUNICIPALE NEWS

We have lost one more resident in our municipality. Mrs Doreen Cooke Pedicelli (June 6, 1937- August 2019) passed away after suffering a long illness. She fought so valiantly. Doreen worked with

us gals at Victoria's Quilts at our beginning when we started at Grace Church and also following our stay at Résidence de la Vallée de la Rouge in Huerdeau. She loved working on the quilts.

A gravesite service will be held at Arundel Cemetery on October 5, 2019 at 10:30 am followed by a Celebration of Life at Gil's Beefeater.

.....
COMMUNITY LUNCHEONS will resume on September 27 and many of our residents are looking forward to the new season. Do not forget to register your attendance. The next luncheon will be held on October 25.

ACTIVITIES HELD AT THE COMMUNITY HALL:

MONDAY: Art get together at 1 pm

TUESDAY: Bridge at 1 pm. \$2

WEDNESDAY: Activities for kiddies, parents, grand-parents at 10 am.

FRIDAY: Country dancing at 7 pm

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our ladies, I have always called them my busy bees, succeeded in making 107 quilts last month, bringing our total to 1,139 quilts during our 11 years in existence Thank you very much ladies, keep up the good work because cancer has not slowed down. We have to keep the faith that they will find a cure.

Our next workdays will be held on Monday, September 23, Monday, October 7 & Friday, October 25, at 9 am

.....
Please forward any comments, news or topic to: mmcsp40@gmail.com

Arundel News

Janet Thomas

Community Hall in the Municipal Garage (2 ch. White)

Saturday, September 29, 10 am - noon (subject to change)

As part of the Journées de la culture, we are looking for citizens (adults and children) to participate in the creation of an intergenerational book on the history of Arundel. The workshop will be led by authors Frederick d'Anterny and France Légaré. Registration is mandatory by Friday September 20 at 4 pm. Information and registration: 450-613-0630/info@arundel.ca

ARUNDEL CONCERT SERIES PRESENTS RAY SEALEY

Arundel United Church

Sunday, October 6: 2 pm

Local singer/songwriter and classical guitarist, Ray Sealey, will treat us to music from both the North and the South, including original compositions, traditional Americana and songs by Canadian artists. A few musical friends will accompany him. Ray, who was for many years the Executive Director of the CAMMAC Music Centre, now summers in Arundel and winters in Florida, where he is a two-time song-writing prize winner at the prestigious Will McLean Festival.

Advance tickets are \$20 at Arundel Provisions: \$25 at the door.

For further information, call Ray at 819-808-9484.

LECTURE SERIES: RAY SEALEY A road trip through Alabama discovering Black History

Arundel Municipal Garage

Friday, October 18: 7 pm.

Last spring, Ray explored the state of Alabama to learn American black history. He visited many of the towns and cities involved at the height of the civil rights movement: Selma, Montgomery, Birmingham, Mobile, Tuskegee, as well as Monroeville and Huntsville. With an accompanying slide presentation, he will describe his remarkable experiences.





Government of Canada investment plan under the Women in Entrepreneurship Strategy

The Government of Canada is working to strengthen women's economic empowerment with its first-ever Women in Entrepreneurship Strategy, a \$ 2-billion initiative to double the number of businesses belonging to women by 2025.

Recently, the Parliamentary Secretary to the Minister of Finance and Member of Parliament for Louis-Hébert, Joël Lightbound, on behalf of the Minister of Small Business and Export Promotion, the Honorable Mary Ng, announced the granting of Funding of up to \$ 5.7 million in Femmessor to support women entrepreneurs in Quebec. This funding, which is administered through Canada Economic Development for Quebec Regions, is in addition to other investments announced earlier, including up to \$ 5.7 million for businesses owned and led by women in Quebec and up to a maximum of \$ 7.4 million granted to Quebec women's business support organizations, for a total of more than \$ 18.7 million.

This investment will support Femmessor in its efforts to facilitate access to funding for women entrepreneurs who are culturally diverse, who work in sectors where they are under-represented, who live in rural and remote areas, or who have a business in the early stages of growth.

The Women in Entrepreneurship Strategy builds on the Government of Canada's efforts to promote gender equality, including to address the issue of pay equity, reduce the cost of childcare and to end gender-based violence.

<https://www.canada.ca/fr/innovation-sciences-developpement-economique/nouvelles/2019/08/le-secretaire-parlementaire-joel-lightbound-annonce-un-investissement-pouvant-atteindre-57millions-de-dollar-a-supporting-for-women-entrepreneurs-to-.html>

The Government of Canada is a partner for dairy farmers!

David Graham, member for Laurentides—Labelle is very pleased with the announcement made on August 16 by the Minister of Agriculture, Marie-Claude Bibeau. "We are reaffirming our partnership with our dairy farmers by announcing compensation for trade agreements with Europe and the Pacific countries" said David Graham, who, like several colleagues in the regions, has made his support clear to dairy farmers though his advocacy in Ottawa.

The announced assistance will run for eight years and will total \$1.75 billion. Each Canadian dairy producer will receive a cheque for the first year of the period in question, which applies to over 40 dairy farms in Laurentides – Labelle, from Brebeuf to Ferme-Neuve.

Investment program for Dairy Farms
Offsets announced are in addition to federal support from the Dairy Farm Investment Program. In Laurentides-Labelle, a total of \$ 567,644.80 helped contribute to productivity improvement projects, feeding systems and animal comfort on 10 dairy farms, at this stage, in two years.

Abandonment of arch bridge project over historic Grenville Canal

The MRC d'Argenteuil Council announces that it is obliged to abandon the project to build a bicycle bridge (arch bridge) over the historic Grenville canal due to the high submissions.

Bids received in the context of the public call for tenders published from April 30 to May 31, 2019 far exceed the estimate and the overall budget of \$1.1 million for this project. As a result, the MRC d'Argenteuil had to reject all the bids received.

The MRC d'Argenteuil saw in the arched bridge project the possibility of giving a particular and distinctive signature to the section of the VéloRoute d'Argenteuil (Green Road) located in the heart of the village of Grenville. The arched bridge would have been the third major work of the VéloRoute d'Argenteuil, after the suspended bridge at Saint-André-d'Argenteuil (linking Île-aux-Chats to Boisé Von Allmen), and the belvedere of the Carillon Generating Station, overlooking the Ottawa River at Brownsburg-Chatham (near Route 344 and Montée St-Philippe).

The Ministry of Municipal Affairs and Housing (MAMH) approved, in July 2018, \$200,000 in financial assistance to support the project under the Regional Radiation Support Fund (RARF).). The Department of Education and Advanced Education (MEES) had agreed to contribute \$273,387 to the construction of the arch bridge. The MRC and the Village of Grenville will try, in the coming weeks, to reallocate the amounts received under the FARR to Route Verte improvement and development projects in the Grenville area, subject to approval from MAMH.

Congratulations to:
Maxime Hébert, Serge Dupras, Joel Dupras and Jean-François Nolin, owners of the new **Brasserie Sir John Brewing Co.**, 455 rue Principale, Lachute, which opened in July. They feature 8 delicious beers on tap, brewed in their own premises, and they expect to distribute canned beer to local stores soon. They also offer delicious meals on their menu. Best of luck to all of you. 450 409-1618 / www.brasseriesirjohn.com / Facebook: [brasseriesirjohnbrewingco](https://www.facebook.com/brasseriesirjohnbrewingco).



Sylvie, Bounma and Carl, owners of **Restaurant Labelle**, 384, rue Labelle, Lachute, who are celebrating their 50th anniversary. Three generations of family have served their loyal clients over the past 50 years. Can you believe that they make 1500 hot dogs, use 100- 50 lb. bags of potatoes for fries, and 700 lbs of poutine cheese on a weekly basis? There's nothing like a delicious "steamie and fries" or a poutine! The owners would like to say a huge thank you to their clients. 450 562-8230 / www.restaurantlabelle.com



Danielle M. Roy, who is proudly celebrating the first-year anniversary of **Adèle & Bo**. This on-line boutique offers local products, such as dog treats, accessories, games, puzzles, tags, leashes, beds, collars, natural grooming products, training tools and more. Most of the items are made locally by artisans. Adèle & Bô also provides dog walking and cat sitting services and will feed your birds or fish and look after your mail while you are away. There is a boutique pick-up counter at 4100, boul. Ste-Adèle, and they will have a new selling point in Val David this Fall. Her two beautiful mascots, Adèle, a black poodle-pointer, and Bô, a black flat-coated retriever, look forward to greeting you warmly. 514 762-5836 / info@adelebo.ca



Did you know that:
If you enjoy learning all about birds, **Développement ornithologique Argenteuil (DOA)** will hold an important fundraiser on September 28, at Polyvalente Lavigne School (452 ave. Argenteuil in Lachute)? The goal is to raise money for a wetland restoration project for birds and all wildlife using wetlands. The event will be animated by Pierre Verville, and speaker Damien Robitaille will present his informative show at 8:30 pm. Doors open at 5:30 pm. for the kiosques on site, which will have interesting items for auction. They will also provide information about various birds, birding and live birds of prey. Bird artists will also be present (sculptors, painters and photographers). Tickets available on DOA website www.developpementornithologiqueargenteuil.org and at the door for \$39 (if available) and all funds will be donated to DOA. Info: Martin Picard: 514 435-1910.

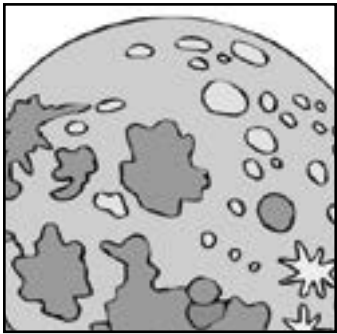


Chez Milot Restaurant offers a special 4-course Table d'hôte menu for only \$23? This special is available from Sunday to Thursday, from 5 pm to 7 pm, and on Friday and Saturday evenings, from 5 pm to 6 pm. The resto is located at 958, rue Valiquette, Ste. Adèle. 450 229-2838 / www.chezmilot.com.

CISSS des Laurentides looking for volunteers

The Laurentians Integrated Health and Social Services Center (CISSS) is currently looking for people who wish to become involved as volunteers. You are a person of heart loving challenges and investing with others? Do you have a few hours a week to give? Several possibilities are available to you within our organization. Your contribution can make the difference, whether in a hospital environment, to welcome and direct the clientele in the various services, the gift shop or the mobile cart, in accommodation centers for recreation, help with meals, accompaniment to medical appointments, support at the end of life, or to carry out transport for the youth clientele or clientele in the day center. The contribution and availability of each volunteer is important and contributes greatly to improving the quality of life of users and residents. Join the team of volunteers now.

- Mont-Laurier**
- Sainte-Anne Shelter: 819-623-5940 ext. 5413
 - Mont-Laurier Hospital: 1 866 963-2777, extension 22201
- Rivière Rouge**
- Rivière-Rouge Service Center: 819-275-2118, extension 53386
- Labelle and Mont-Tremblant**
- Labelle and Mont-Tremblant accommodation centers: 819-425-2794, extension 36019
- Sainte-Agathe-des-Monts**
- Laurentian Hospital and Philippe-Lapointe Pavilion: 819-324-4000, ext. 34239
- Sainte-Adèle**
- Center d'hébergement des Hauteurs: 450 229-6601, extension 77152
- Saint-Jérôme**
- Shelters and hospital: 450 432-2777, extension 22201
- Sainte-Thérèse**
- Drapeau-Deschambault accommodation center: 450 473-6811, ext. 42006
- Rosemère**
- Hubert-Maisonnette accommodation center: 450 473-6811, extension 42006
- Saint-Eustache and Mirabel**
- Shelters and hospital: 450 473-6811, extension 42006
- Lachute**
- Shelters and hospitals: 450 473-6811, extension 42006



Zach Factor 5G's or trees

Lys Chisholm & Marcus Nerenberg -
Main Street

In the next two years, we will have a technology upgrade to 5G, or 5th generation wireless, for all our technology apparatus - cell phones, tablets, desktops, smart houses, smart meters etc. The new technology will have an impact on the next generation in a way, as some CEOs believe, as significant as the creation of the internet itself. The health impacts of this technology have not been fully researched, yet it is being pushed on us, in a way that is so alarming, that many sectors of the public are banding together to slow down the introduction of this technology due to the possibility of irreversible harm being done to humans, animals and insects.

Our present 4G cell phones operate on bands up to 6 GHz - a microwave frequency - transmitted by cell towers, cell phones, hydro smart meters, and also by numerous devices used by military forces in a world-wide series of networks (some out in the open and some highly secret). The planned 5G networks will operate on frequencies that are much higher by far. They transmit on frequencies from 24 GHz to as high as 300 GHz. In addition, 4G microwaves are 15cm-45cm, while 5G microwaves are 1mm to 10mm. This means that completely different and costly infrastructure will be required to transmit these shorter microwaves - about \$56 billion in the U.S alone. Because of their short range, 5G transmitters in populated areas must be installed much closer together, such as on hydro poles and the roofs of buildings, throughout the country, involving about 13,000,000 new hot spots in the USA alone.

There are advantages to 5G technology. Download times for movies will drop from minutes to seconds. Self-driving cars will need 5G systems to avoid running into each other. Limitless access to shopping, smart houses, drones everywhere delivering everything, and many other critical applications. The proponents claim that there is no downside to the technology and that people sounding the alarm are simply conspiracy theorists, and worse.

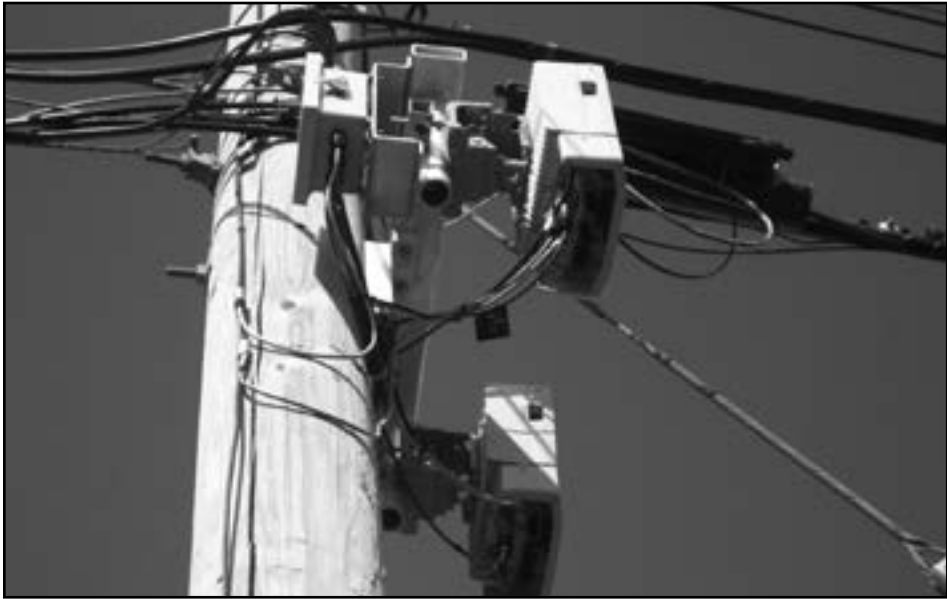
Industry people, and companies with a financial stake in 5G technology, confidently claim that RF waves (radio frequencies) are perfectly safe, and only radiation, such as x-rays and gamma rays, are capable of ionizing atoms and molecules which can cause cells to become cancerous. The Environmental Protection Agency (EPA) and The National Toxicology Program (NTP), with slashed research budgets, have had their 5G committees filled by scientists with hidden conflict of interests and financial links to communication companies. To date, neither agency has formally classified RF as being dangerous to health, yet the World Health Organization has declared RF radiation to be a probable cause of cancer.

British physicist, Barrie Trower, has specialised in microwave radiation, and while in the Royal Navy during the 1960's, he studied and participated in microwave warfare. He found that low-level microwaves, directed at groups of people for extended periods of time, were seen to have a slow, but definite, adverse effect on human health. Other research led him to conclude that the 400,000 potential eggs that are produced in the ovaries of human females are at risk of poisoning by microwave radiation. He is most distressed by how women and men carry their cell phones so close to such vulnerable parts of their anatomies - women in their purses, and men in their pants pockets - thus potentially compromising their future fertility.

Presently we are all immersed in a sea of RF signals, and the activation of 5G will create an even denser soup. Some of the threats of 5G frequencies are to health, safety, privacy, security, energy, weather forecasts (satellites signals blocked by 5G), property values, and malfunction of communication systems. Already, there have been 5G protests in the UK linked to the removal of healthy, mature trees whose trunks interfere with 5G transmission.

In Canada, regulations governing RF levels are almost twenty years old, and they are based on even older studies and scientific papers. Since then, hundreds of studies and papers suggest that the RF limits are too high. But, to date, the telecom companies claim, and justifiably so, that they are not exceeding government regulations. In the past few years, increasing numbers of people have been diagnosed with Electromagnetic Sensitivity Syndrome. The symptoms include tingling, headaches, sleep disturbances, nausea and memory problems. There are hundreds of websites that have taken positions on both sides of the issue. However, Dr. Martin Pall, of Physicians for Safe Technology wrote, "Rolling out 5G is absolutely insane.... and doing so without a single biological test of safety has got to be about the stupidest idea anyone has had in the history of the world".

Read the studies Zachians and draw your own conclusions.



The soon to be ubiquitous 5G transmitter. Radiation exposure and ugly visuals will likely lower neighbourhood property values. (photo credit <http://emrabc.ca>)



The Story Behind A Great Benefactor Commemorated

Joseph Graham - Main Street
joseph@ballyhoo.ca

In last month's edition, the Journal des Citoyens brings to our attention the work and plans of Georges Coulombe and Guylaine Brault of Gestion Georges

Coulombe. They acquired Stonehaven in Ste. Agathe three years ago. During the first quarter of the 20th century, Ste. Agathe was the location of numerous Great Houses, of which Stonehaven was arguably the most significant. Aware of the Great Gatsby atmosphere that permeates the estate even after 80 years of occupation by the Oblate Brothers, the new owners restored it carefully and have opened it as StoneHaven Le Manoir, an upscale hotel. Lorne McGibbon, who built the home in 1908, was one of the Laurentian's great benefactors. It was he and his predecessor Dr. Arthur Richer who saw the need and potential for the rest cure to be situated in Ste. Agathe.

Tuberculosis, or TB, was not a plague that came and went, but was such a common, ever-present disease that it could well be the candidate for the greatest single enemy that our species has ever confronted. According to F. Ryan, author of Tuberculosis: The Greatest Story Never Told, an estimated one billion people died of TB between 1700 and 1900. Considering that the world population did not reach two billion until 1930, the gravity of the disease can be better understood. Worse still, it cut people down in the prime of life.

For most of the eighteen-hundreds, there was no conception of bacteria, and people believed that disease itself lived in a miasma that floated in the air in low, damp areas, and that the night mists and fog were the carriers. This idea was so prevalent that it was among the reasons that the wealthy chose to build their homes high up on hills in airy, open locations. Even the original meaning of the word sanatorium reflected this. A sanatorium is a high-altitude summer station in a tropical country. It should not be surprising, then, that Ste. Agathe in the Laurentians was identified as the ideal location for a sanatorium as early as the 1890s, and many people came to Ste. Agathe for the cure. Local records and family histories show that people arrived for the good air even before the region could boast a tuberculosis sanitarium. This phenomenon caused such problems locally that laws were passed fining people for not spitting into spittoons.

McGibbon, a Montreal businessman, contracted the disease and was sent to Saranac Lake and the care of Dr. Trudeau for 'the cure.' There he met a doctor from Sherbrooke named Roddick Byers, also a TB patient, and the two of them befriended a third man, Dr. Hugh Kinghorn. McGibbon lamented to Kinghorn, a doctor who had been cured himself, that he would have preferred to have been treated in Canada. McGibbon determined that Ste. Agathe would be as good as Saranac Lake for the cure. Later, when Byers was released, he travelled to Ste. Agathe with McGibbon's instructions to find and purchase a large property to build a sanitarium.

In 1898, Dr. Arthur Richer had opened a tuberculosis hospital in Ste. Agathe, which burned to the ground three years later, relieving the councillors of Ste. Agathe of the concerns of contagion. A zoning law was passed to control the treatment facilities. Ste. Agathe councillors held a dim view of the idea Dr. Byers presented and ultimately McGibbon himself met with the town fathers and offered the whole council a fully paid trip to Saranac Lake to see for themselves how well that town handled the treatment of the highly contagious disease. Upon their return, the project was endorsed unanimously, and, by 1911, the Laurentian San was completed with McGibbon personally bearing most of the cost. Subsequently Ste. Agathe became a major treatment centre for the disease, boasting three sanatoria. several preventoria and cure porches added to many houses to accommodate the overload.

Even though his great-niece described McGibbon as an overbearing philanthropist, in Ste. Agathe, he was greatly admired. Not only did he build Stonehaven and the Laurentian Chest Hospital, it was he who brought professional skiing to the Laurentians. Meeting Ernst DesBaillets, one of the three Swiss DesBaillets brothers of local note, he asked Ernst to look for a Swiss professional skier who could help promote skiing in Ste. Agathe. He found Emile Cochand who came over in 1911, the same year the hospital opened. Cochand was 21.

McGibbon is quoted in an article written about him in the Canadian Courier, July 1912, as saying that earning money was hardly the point of his working life. It was the game. Sadly, it was a game he was doomed to lose. In the 1920s his health failed again and he is said to have lost his mental health as well. In 1921 McGibbon put Stonehaven up as part of the collateral to protect a bond issue that was due. According to local legend, he tried to sell the country property and when it became evident that his sale would not make him solvent, he responded in a dramatic and colourful way. Sometime in the mid-twenties, McGibbon hosted the largest party ever held in Ste. Agathe. He was perhaps the only person who could get everyone to come to such an event. He was loved and respected by all. According to Georges Lortie, who attended the party as a child, everyone went: the municipal councillors, cottagers, local tradespeople, merchants and the town families. There were fireworks on his lakefront peninsula and revelry and rejoicing. Who could refuse to attend the party of such a great benefactor? Only McGibbon knew that the coffers were empty and the partygoers would have to foot the bill. McGibbon died after the bankruptcy. Some say he took his life, others that he died of natural causes. His great-niece was not so kind.

Congratulations to Georges Coulombe and Guylaine Brault for restoring this historical monument and opening its doors to the public.

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How to prepare for the federal election

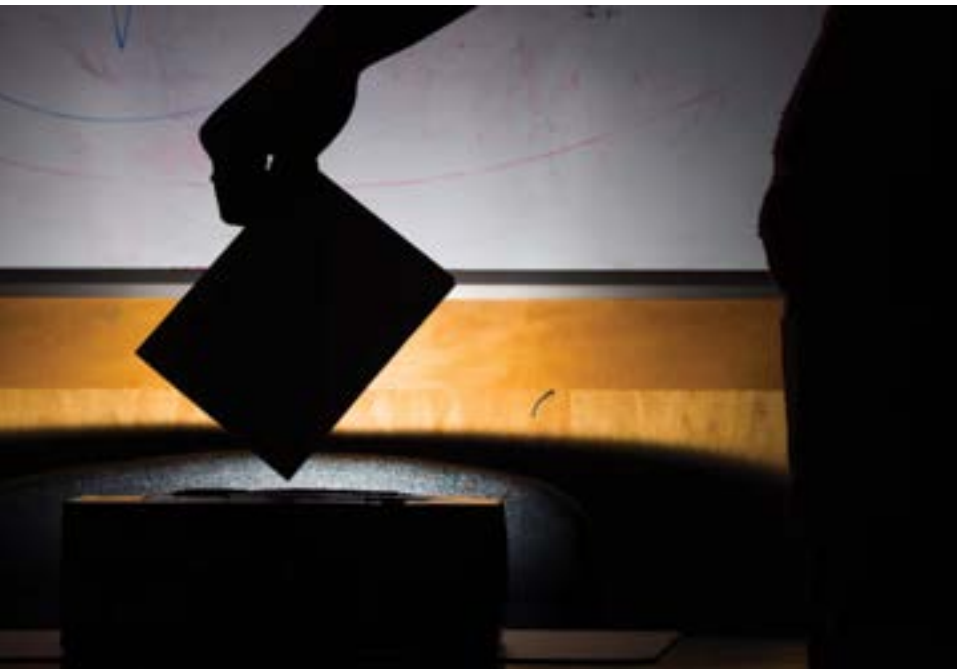
(NC) The federal election is fast approaching, but you might be still on the fence about who to vote for or which issues you should care about. Maybe you're a first-time voter or you recently moved. Need help? Here's a quick checklist to ensure you fulfill this important civic duty.

Do your research: Find out who's running in your riding and read up on their party platforms. It also doesn't hurt to follow the party leaders on social media.

Get to know your candidates: If you can, attend a local candidates' debate to get a sense of who they are. If you meet your candidate while on the campaign trail, don't be afraid to ask them tough questions about issues that matter to you.

Figure out the logistics: Double check your registration on the Elections Canada website, especially if you've recently moved, are a first-time voter or a student living away from home. Once you get your voter card in the mail, check your name and address for any mistakes. Remember you'll need to bring one piece of government-issued ID with your name, photo and address or two pieces of ID. It is a good idea to mark your calendar or set a reminder on your phone to head to the polls, either on voting day or in an advanced poll.

Decide your top election issues: Maybe you care deeply about climate change, Indigenous rights or refugees. Where does each candidate stand on these issues? If human rights matter to you, check out Amnesty International Canada's 2019 human rights agenda at amnesty.ca.



All events will be held at
Parc Georges-Filion
unless otherwise specified

September 15 - Antique Car Exhibition & Jean Nichol (rétro)

September 20 - 22: Sommets Gourmands & Skatepark Jam

September 27 - 29: Journées de la culture

October 5: Demi-Marathon of the Saint-Sauveur Valley - Register online at eventstopchrono.net

October 12 - 14: Country Week-end! Great line-up of free shows and live entertainment!

October 12 - 14: Les Saintes-Saveurs

October 31: Halloween Frenzy!

December 7: 6 :30 pm - Christmas Challenge

December 7 & 8: Christmas Exhibition & Sale at Chalet Pauline-Vanier

La Vallée de Saint-Sauveur
CHAMBRE DE COMMERCE • DE TOURISME

Program subject to change

More information 450.227.2564 | 1-877-528-2553
www.valleesaintsauveur.com

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10h00 [10] - 15h00 [3pm]

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Laurentides—Labelle

from here, for here **Liberal**

Kitchen Korner

Susan MacDonald

Soup Basics Easy Potage

Nothing wards off the autumn chill better than a warm bowl of homemade soup. It is so quick and easy to prepare I can't help but wonder why many households still buy their soup in cans. Also an efficient means to use up left over vegetables in the fridge!

Ingredients

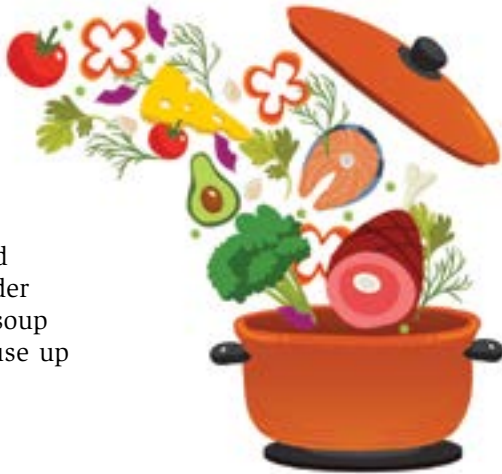
- 1 large onion, chopped
- 1 large or 2 small leeks, chopped
- 3 cups chopped vegetables (squash, broccoli, carrots or cauliflower)
- 3 cloves of fresh garlic (or 1 tbsp. jarred garlic in oil)
- Oil or butter to sauté
- 1 litre chicken bouillon
- Salt and pepper to taste.

Preparation

Sauté onion and leek in large saucepan for 5 minutes on medium heat
Add garlic and sauté lightly, about 1 or 2 minutes
Add chopped vegetables
Add chicken broth
Bring to a boil and then simmer until vegetables are soft, about 20 – 30 minutes.
Cool slightly and then blend (blender or hand blender)
Add salt and pepper to taste

Additional Tips:

When using butternut squash, I like to add a hint of maple syrup and a pinch of cinnamon and nutmeg. For other vegetables, fresh herbs of your choice may be added.
For a smoother texture add a bit of table cream or half & half



Best Healthy Snacks Raisin Energy Balls

Fast and super easy to prepare, these energy balls are nutritious, delicious and the perfect snack for families on the go. Great as a quick grab at breakfast or as after school snacks, you can switch or add different ingredients for a new flavour every day!

Main Ingredients

- 2 cups quick oats
- 2/3 cup unsweetened coconut flakes
- 1 tbsp. ground flaxseed
- 1 tbsp. chia seeds
- ½ cup peanut butter
- ½ cup honey
- 1 tsp. vanilla

Add in your choice of raisins, chocolate chips, bananas, nuts or dried fruit.

Preparation

Mix all ingredients in a mixing bowl. Roll into balls and refrigerate for one hour. Modify ingredients as necessary for food allergies or intolerances.



If you have any favourite recipes you would like to share with our readers, please do send them to me at main.street@xplornet.ca.





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en français



Laurentian Personality Exceptional artist and community volunteer

Lori Leonard – Main Street

Since she was a young girl, artist Leslie Bank-Satz visited Ste. Agathe during summer months and on winter weekends to ski. As a child, Leslie pleaded with her parents to live in Ste. Agathe. Finally, many years later, in 1997, Leslie became a permanent resident of Ste. Agathe.

Leslie studied Fine Arts at Concordia University, Montreal, and commercial art in Boston, Massachusetts. She also enjoyed numerous art classes at the Saidye Bronfman Centre, in Montreal.

Leslie worked in animation for over 25 years, in colour design and production on children's series, films and commercials. For the last several years, Leslie has taught, part-time, at Ste. Agathe Academy, and continues to work as a substitute teacher, by replacing teachers for a day, a week, or longer, for pre-kindergarten to secondary five classes. She is passionate about teaching English, history and, of course, art! Leslie also volunteers at Ste. Agathe Academy on Craft Days, or when needed. She also thoroughly enjoys working with seniors and has taught them arts and crafts for over 10 years.

Leslie has yet another passion; theatre! For the past five years, she has (with or without help from other teachers) produced high school plays, including "Murder at the Malt Shop", "The Enchanted Bookshop", and recently, "Mission Possible", with a cast of more than 24 high school students. All her theatrical work is on a volunteer basis.

Leslie founded, and continues to run, her own business, called Whimsies and Trifles. She spends up to 10 hours a day in her workshop painting, crafting and producing her fabulous whimsical creations on canvas, furniture, lamps, sculpture and jewelry. She believes her artwork is great therapy. Leslie is very humble about her outstanding creations and is modest about her valuable volunteer work.

Leslie has two adult children, a son and daughter, who graduated from Ste. Agathe Academy. Leslie also adores her two dogs; Rufus, a 14-year-old Border collie who loves to bark, and Gracie, a 3-year-old Australian Shepherd.

Thanks to Leslie for her valuable community volunteer work, and for making our community richer with her wonderful, imaginative artwork. To see or purchase some of her fantastic creations, check her Facebook page; Whimsies and Trifles.



Closing The Cottage

When closing up the cottage for the season, you want to ensure everything is done properly so there will be no unpleasant surprises next year. Here is a quick checklist to help ensure you will have a more enjoyable opening next spring.

Outdoors

- Board up all windows on the cottage, smaller buildings and gazebos
- Stack canoes and kayaks on racks and chain them together
- Place all outdoor tables and chairs indoors
- Clean BBQ, disconnect from propane tanks, and store in a protected place.
- Empty all fuel from lawnmowers, chainsaws etc. Do a regular maintenance (clean, sharpen blades, change filters) so equipment is ready next spring.
- Inspect roof and replace damaged shingles if necessary
- Clean eaves troughs and trim any overhanging branches.

Indoors

- Clean wood stove, close damper vent and inspect / clean chimney.
- Remove all food and thoroughly clean refrigerator and freezer. Leave doors open and place an open box of baking soda
- Remove all food (even cans) from cottage
- Remove bedding and cover mattresses with plastic sheets
- Place fabric softener sheets in drawers & closets
- Drain water systems completely

Before leaving

- Disconnect all appliances
- Shut off all breakers in the electric panel
- Take photos (in case of fire or theft)
- Make a final inspection of property
- Check and lock all doors



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Ste Agathe des Monts
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FENESTRATION DES SOMMETS

Arts Etc...

Ilania Abileah – Main Street

Please Note: all venues have new programs for the upcoming season with complete listings online. Here are a few selected shows.

Mont Tremblant

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

Sat, Oct 5: 8 pm - Zachary Richard – Internationally known singer/songwriter, poet, cultural activist, and environmentalist, Zachary Richard recorded twenty albums including several Gold, and Platinum albums. Zachary Richard explores the Acadian-Cajun people of Louisiana. \$40



Mont Tremblant - Zachary Richard

St. Faustin

Maison des Arts & de la Culture Saint Faustin, 1177 rue de la Pisciculture, St. Faustin Lac Carré. 819 688-2676. Open: **Wed. – Sun. 11 am to 5 pm.** 819 688-2676. <http://maisondesartssaint-faustin.ca>.

Until mid Oct: Fifty-nine artists participate in the 23rd Annual Competition.

Ste. Agathe

Théâtre Le Patriote, 258, Rue Saint-Venant, Sainte-Agathe-des-Monts. 819 326-3655. <http://theatrepatriote.com>.

Salle Percival-Broomfield

Fri, Sept 13: 8 pm - Bobbi Bazini comes back with his new album, “Opus” with opening act Tamino-Amir. \$50

Sat, Sept 14: 8 pm - Closing Show - a documentary of the history of the theatre, with a surprise Quebec artist. \$20. The theatre is closing for a few months for renovations.



Ste. Agathe – Bobbi Bazini

Val Morin

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

Fri, Sept 20: 8 pm - Brian Tyler and the Bluestorm: Blues music with the voice of Brian Tyler. \$35

Ste. Adèle

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

Program begins **Sun, Oct 20: 1:30 pm:** Saxophonist Michel Ethier, accompanied by an accordionist, contrabassist, and a percussionist. World music and jazz played by a joyous combination of instruments.

St. Sauveur

Saint-Sauveur Church, 205, rue Principale, St. Sauveur, 450 227-2423 www.paroisse-st-sauveur.ca

Sat, Sept 21: 8 pm - Michaël - À Contre-sens – Winner of La Voix who already recorded a few albums, comes with a new one. His voice is amazing, and he sings in a few languages. \$45

Morin Heights

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

From Oct 12 to Nov 23: Two members of ARTS Morin Heights, Gilles Massé and Carolle Ducharme, will exhibit their latest works at the Chalet Bellevue. The vernissage will take place on October 12 from 2 pm to 4 pm. Free entry! 450 712-9943 www.artsmorinheights.com.

Wentworth North

Galerie d'art du Pavillon Montfort, 160 rte Principale, Wentworth Nord. infoart@galeriedartmontfort.com

Until October 20 – the artists will welcome the public on Sat & Sun from noon to 4 pm. This is the 9th Annual group exhibition. Presenting different techniques, prints, abstract, figurative, pastel and mixed-media.

Gore

Holy Trinity Church: 4 Cambria Rd. Gore-Lakefield

Sat, Sept 14: 8 pm (doors open 7:30 pm) - The Slocan Ramblers (2019 Juno Award Nominees) - bluegrass band

They give energetic live shows and have been winning over audiences everywhere they play. \$25 with reservation / \$30 at the door. 450-562-2025 ext.3543

Prévost

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

Sat, Sept 14: 8 pm - Da Silva/Hébert-Bouchard Clarinet, and piano. They will play music by Luigi Bassi, Claude Debussy and Robert Schumann. \$35

Sat, Sept 28 : 8 pm - Jean Vanasse Quartet: Jean Vanasse (vibraphone) with his musicians: Jean-François Barbeau (percussions) Sylvain Provost (guitar) and Frédéric Alarie (contrabass). \$30

Sat, Oct 5: 8 pm - Duo Heneker: two young virtuosos who will take us through the music of four composers: Bach, Beethoven, Brahms and Bartok.

St. Jérôme

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

Thurs, Sept 19: 8 pm - Martin Levac performs a musical revue “Dance into The Light” approved by Phil Collins himself! Accompanied by seven musicians, Martin Levac pays tribute to Phil Collins’ career. \$43

Sat, Sept 28: 8 pm - Montreal at Night – The Cabaret Era: A musical cabaret with Diane Lavalée and Remy Girard, accompanied by a master of ceremony who will tell anecdotes from those days. \$62

Wed, Oct 23: 7:30 - Compagnia Finzi Pasca - Per te. (North American première). This troupe of actors, who sing, dance and do circus athletics, tell a story around a bench in a garden, where a girl is protected night and day. The show was created to pay tribute to Julie Hamelin Finzi, co-founder of this group, who passed away in May 2016. \$65



St. Jerome – Compagnia Finzi Pasca

St. Placide

Maison de la Culture, 74 2^e Avenue, Saint Placide 450 412-0852 www.artsetculturestplacide.com

Sat, Sept 14: 8 pm - Monsieur Mono; singer/songwriter and folk musician Eric Goulet, writes and sings songs from the heart.



Garden Talk

Taming goldenrod

June Angus - Main Street

The fluffy, yellow flowers of goldenrod offer a sure sign that late summer is closing in fast. This year, in particular, abundant warm sunshine and rather dry conditions meant this drought-resistant plant produced a bumper crop of showy clumps in many gardens. Entire meadows and roadsides were also filled with this tall, native perennial that can reach up to 6-feet or more in height.



Goldenrod is generally a welcome addition to a wildflower garden. It is widely recognized as an important food source to attract butterflies, including monarchs. Goldenrod also attracts many other insects, including bees, and making it a favourite in a pollinator garden. The plant is deer-resistant too, which is a good thing, unless you are trying to get rid of goldenrod.

Goldenrod also has serious detractors. Some mistakenly blame it for causing hay fever. The abundance of pollinating insects crawling all over goldenrod flowers clearly indicate that they are insect-pollinated, not wind-pollinated like ragweed. In fact, goldenrod's sticky, moist pollen can't be blown around.

But goldenrod's bad reputation mainly stems from its tendency to be a pesky, invasive weed. It can overtake an area aggressively and prevent other plants from thriving. It spreads, not only by reseeding, but also through underground rhizomes. This potent combination accounts for its prolific growth.

If you want to get rid of goldenrod and start over with something new, or if it's growing where it's become a nuisance, you can control it using one of several non-chemical methods.

Start by moistening the soil and hand-pull goldenrod, removing as much of the root as possible. I highly recommend wearing sturdy gardening gloves for this task. You can also use a spade or hoe to dig it up. Do not compost goldenrod because its rhizomes might remain viable, becoming a problem later.

In areas where it is too difficult to pull by hand, and you want to eradicate the plant, cut it to the ground with a pair of pruning shears, lawnmower or heavy-duty weed trimmer. To prevent it from growing back, place several layers of cardboard over top of the area and add 3 to 4 inches of mulch. If the goldenrod grows through the cardboard, push away the mulch temporarily and apply another two layers of cardboard. Keep the area covered for at least six to eight months before removing the cardboard. You can combine this method with manual removal to ensure eradication.

To keep goldenrod flowers from reseeding, simply cut off the flower heads before the seeds develop.

Love it or hate it, there's no denying the beauty of its golden yellow blossoms. Masses of goldenrod in ditches and along roadsides are one of the prettiest reminders that the leaves will begin changing colour in only a few weeks.

Enjoy the last bit of summer.

Theatre Morin Heights Launches 2019-20 Season

The main-stage production of "An Enemy of the People," adapted and directed by Noel Burton, promises to be a season highlight as Theatre Morin Heights (TMH) launches another year. Three evening performances at Chalet Bellevue, Morin Heights, are set for Nov. 7, 8 and 9 with a Sunday matinee Nov. 10.

Henrick Ibsen penned this tragic, political, comic farce in 1882, and over the years, many theatres have adapted the play. The new version for TMH captures the same timeless themes Ibsen addressed.

Who is the real enemy?

According to Burton, "An inconvenient truth creates conflict, dividing families and a community. As vested interests are revealed, the road from hero to outcast is short."

Rehearsals are in full swing with an ensemble cast of seasoned TMH performers, along with a few newcomers, including two youngsters. And, a dedicated team of volunteers is hard at work behind the scenes.

Again this season, TMH will mark Journée de la Culture at Chalet Bellevue Sept. 28 with several rehearsed play readings, including Arthur Miller's "Elegy for a Lady." Popular play reading evenings are also planned throughout the winter.

The TMH board extends heartfelt thanks to members and patrons. Membership renewals may now be completed online. At the TMH AGM last spring, Carolynn Roberts, Corina Lupu, Wendy Stewart and June Angus were re-elected to the board. Also welcome to board newcomers Nancy Brown and Cathy Lesage.

Tickets (\$20) for "An Enemy of the People" performances Nov. 7-10 go on sale Oct. 1 at Marché Vaillancourt, the Morin Heights library and online at theatremorinheights.ca. For more info email theatremorinheights@gmail.com or call 579-765-3999.

A special benefit performance of "An Enemy of the People" on November 6 is a fundraiser for Friends of Morin Heights Elementary School. For tickets and more info about this special show contact fomhes@gmail.com.



Word Play

The Sabbath Project

Louise Bloom - louisebloom@me.com

As I begin to write about THE SABBATH PROJECT, I am feeling somewhat like my five or six-year-old self, holding in silence the dream of having a shiny, red and chrome bicycle, with a noisy bell and training wheels. Hindsight tells me, however, that the kids in the neighbourhood are not always kind and might push me over or grab my bike for a trial ride themselves. I think about how often dreams are filed in a folder marked "impossible desires" or "destined for ridicule". However, I would suggest, "nothing ventured, nothing gained", so here's my current dream ...

For some time, I have been holding silently an idea that helps to reduce my feelings of helplessness in the face of the things that shout at us daily about the possible demise of our planet. This idea re-emerges when I feel powerless in my kitchen, carefully separating my garbage, plastic and compost, while being darkly suspicious that my efforts are feeble and formless and without appreciable effect. The wages of consumerism are now so far reaching that I feel smothered, literally, by thoughts of suffocation on the fumes generated by human travel, the proliferation of plastic and waste in general, the rapidly growing rate of extinction of species, and the accelerated melting of the Polar ice cap. We are living now in a fool's paradise, continuing our behaviours while hoping someone else will step up and solve these issues. Few of us are prepared to sacrifice our comforts, or perhaps we are, unfortunately, addicted to the habitual consumption on which the economy of our society survives. What a conundrum!

WHAT IF – what if we were to consider retreating from our habitual consumerism, our gorging of electricity, our comforting consumption of screen entertainment of all kinds, for one day per week? Would such an abdication from the usual way of things make a difference to the planet's survival?

The idea for the observation of a "Sabbath" day is not an attempt to reinstate, as it was called, The Blue Law. Blue laws, in the United States and Canada, also known as Sunday laws, were designed to restrict or ban some, or all, Sunday activities for religious (Christian) reasons, particularly to promote the observance of a day of worship, or rest.

This bid for a day of rest falls outside of any religious connotation. It is a proposal that hopes to inspire and encourage sanity. By this, I mean that each of us begins to understand, and perhaps experience, how the world we have so cleverly created is, by its frenetic demands to purchase, it's disturbing electromagnetic emanations, its overconsumption of resources, is also subversively increasing anxiety, disease, mortality of species and, very soon, will cause shortages of foodstuffs and other commodities that we take for granted.

If a day of withdrawal, contraction, non-labour, human communion, and conscious rest, were to become a new, valuable pursuit, and be seen as something to cherish, something to desire, something free of charge, something that began to feed our sensibilities with pleasure and sweetness, how would that affect the planet?

If we refused to purchase, to drive, to connect our electronics for one day per week, what effect might that have on the preservation of our resources for future generations? Could the positive results of this endeavour generate enough personal satisfaction that it would spread worldwide?

Stay tuned!

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

Electro-mobility is gaining popularity

The popularity of electric cars is not going away! In fact, 176 road tests were conducted during the 6th edition of the Electric Car Test Day with the volunteers of the Association of Electric Cars of Quebec (AVEQ) on Saturday, July 20 at Mont Tremblant's City Hall.

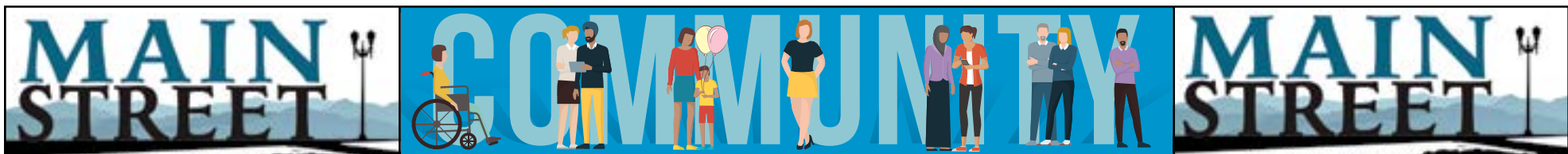
Although the overwhelming heat of the weekend had an impact on the number of participants, the event was a great success despite 176 road tests this year versus 308 in 2018. Satisfied with their road tests, the participants had only positive comments. A short survey was conducted with the latter, all of whom showed an interest in acquiring an electric vehicle within the next five years.


More than 30 electric and hybrid cars of 15 different models were available for participants to travel the 6.3 km road course. Electric bikes were also available for test runs.

The City of Mont-Tremblant thanks the Association of Electric Vehicles of Quebec (AVEQ) and its 50 volunteers who organized the activity this year as well as its partners: Chevrolet Buick GMC Summits, Bicycles Quilicot and Caisse Desjardins de Mont -Trembling.

The Electric and Hybrid Cars Test Day is an event organized by the AVEQ by the City of Mont-Tremblant.







**ROYAL CANADIAN
LEGION**
**LA LÉGION
ROYALE CANADIENNE**

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

Branch 171 Filiale Morin Heights

Sat, Sept 14: 8 pm - Classic Rock with Madhouse
Fri, Sept 20: 6 pm - TGIF Smoked Meat
Sat, Sept 28: 8 pm - Rockabilly with The Runaway Boys
Darts: Thurs: 3 pm - new players welcome
Military Whist: **1 & 3 Mon at 1:30 pm**
Check with the legion for daily bar hours
Hall rental available at competitive prices
Info: 450 226-2213
<http://www.legion171.net> / Facebook: legion 171

Branch 70 Filiale Lachute

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

Branch 71 Filiale Brownsburg

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

Branch 192 Filiale Rouge River

Sat, Sept 21: 5 pm - 8:30 pm: Painting Social
Sat, Sept 28: Western Evening
Sat, Oct 19: Oktoberfest
Tues: 7:30 pm - cribbage
Info Michel: 514-882-2978
Wed: 1 pm - Bridge. Info: Connie: 819-687-2403
Yoga: Please note the venue for Sept is the Arundel Golf & Country Club
Mon: 9 am - 10 am: Chair yoga
Tues & Fri: 9 am - 10:30 am: Yoga Flow
Everyone welcome
Bar open daily at 3 pm
For further info: 819 687-9143 / arundellegion@gmail.com

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

ST. ANDREWS EAST PRESBYTERIAN CHURCH

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

LOST RIVER PRESBYTERIAN CHURCH

5152 Lost River Rd., Harrington

DALESVILLE BAPTIST CHURCH

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

LACHUTE BAPTIST CHURCH

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

TRINITY ANGLICAN CHURCH – MORIN HEIGHTS

757, Village, Morin Heights (450-226-3845)
Sundays 11 am: Worship service
We are a member of the Laurentian Regional Ministry.
**ST. FRANCIS OF THE
BIRDS ANGLICAN CHURCH**
94 Ave. St. Denis, St. Sauveur 450 227-2180
Sundays: 9:30 - Worship services.

HOLY TRINITY ANGLICAN CHURCH

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

ANGLICAN PARISH OF ARUNDEL & WEIR GRACE CHURCH

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

ST. SIMEON'S ANGLICAN CHURCH

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

ANGLICAN CHURCHES ALONG THE OTTAWA RIVER

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

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450 562-6161 or 514 347-6250

KNOX-WESLEY CHURCH

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

ST MUNGO'S UNITED CHURCH

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

LACHUTE UNITED CHURCH

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

HARRINGTON UNITED CHURCH

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

ST ANDREWS CHURCH, AVOCA

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

SHAWBRIDGE UNITED CHURCH

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

ARUNDEL UNITED CHURCH

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

MORIN HEIGHTS UNITED CHURCH

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

STE-ADELE UNITED CHURCH

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

BROOKDALE UNITED CHURCH, BOILEAU

Info: 819 687-2752

PARISHES OF THE LOWER LAURENTIANS

Everyone welcome and we look forward
to seeing you and your family.
ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Sun, Sept 15: 11 am - Morning Prayer
ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Sun, Sept 22: 11 am - Holy Communion
Bilingual services with gospel/
bluegrass music
CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles

VALLEY GATE CHURCH

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

VICTORY HARVEST CHURCH

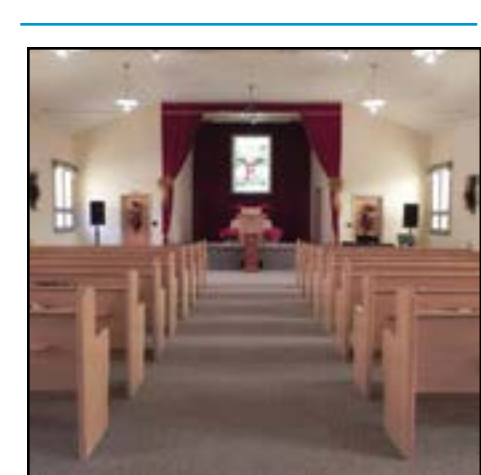
351 des Erables, Brownsburg-Chatham
Pastor Steve Roach 450 533-9161
Sunday: 10 am - Bilingual Service

MORIN HEIGHTS HILLSIDE CHAPEL

755, du Village, Morin Heights
Services at 6:30 pm until the end of September
Everyone welcome, invite a friend!
Refreshments and fellowship will follow
each Hymn Sing

FABRIQUE DE LA PAROISSE ST-SAUVEUR

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



Victory Harvest Church

LAURENTIAN CLUB NOTICE

Holy Trinity Church

12 Préfontaine Ouest (corner of Tour du lac)
Ste-Agathe-des-Monts, Quebec J8C 1C3
Guest speaker: Keith Moffat
Laurentian wildflowers through the season
"The talk will be an illustrated presentation (on screen with computer and projector) based on a book I wrote in 2010. There are some 250 wild flowers in the Laurentian area. I have selected some 50 of the most common/interesting. I will show a photo of each flower, discuss its history, origin and social significance.
Tuesday, September 24: 1:30 pm
Refreshments following the discussion
Annual membership \$35
Guests \$10
Info: 819 326 4401
www.laurentianclub.ca
[facebook.com / LaurentianClubofCanada](https://facebook.com/LaurentianClubofCanada)
LAURENTIAN CLUB OF CANADA



Laurentian Region Cancer Support Group

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



Next meeting for cancer patients,
families and caregivers is
SATURDAY AFTERNOON
September 21, 2019 - 1 pm
Group Discussion
Chalet Bellevue (main entrance)
27 Bellevue, Morin Heights
Upcoming meetings:
October 19 - Susan Campbell-Fournel (Nutrition)
Meetings are conducted in English
ADMISSION IS FREE
For more information about meetings and the group's other
services call June Angus 450-226-3641 Email: cancer.laurentia@yahoo.ca
or mail PO Box 2645, Morin Heights QC J0R 1H0
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COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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amiquebec.org

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

351, des Érables, Brownsburg –
Chatham Saturday /samedi:
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Corner /coin - des Érables & McVicar

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Monat: Kontakt: Luise 613 678-6320.
Eva: 450 451-0930.

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE 327
Sun, Oct 6: 9 am - noon - Thanksgiving
Breakfast

Basket draw proceeds will be donated to
Rosie Animal Adoption
Adults \$7 / children (6-12) \$3.50 /
under 5 yrs. free.

Everyone welcome!

Sat, Oct 26: Drink and be Scary - A night of
Murder & Mystery
Details to follow. See Facebook for details,
LRCC-Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB

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

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

THEATRE MORIN HEIGHTS

Sat, Sept 28: 2:30 pm
Join us for a free play reading
performance at Chalet Bellevue (Morin
Heights) on Journée de la culture!
Also, tickets for the TMH main stage pro-
duction of "An Enemy of the People" go
on sale Oct 1, at Marché Vaillancourt,
Morin Heights Library, and online at
theatremorinheights.ca
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For more news visit theatremorinheights.
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ALCOHOLICS ANONYMOUS MEETINGS

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

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Recruitment is currently underway as of
Sept 10, 2019. Open to teenage girls and
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ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

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Wentworth North
Sun, Sept 22 - Schlachtfest (Thanksgiving)
Sun, Nov 24: Adventkranzbinden
(binding of our own Advent wreath)

HOLY TRINITY CHURCH CONCERTS

4, ch. Cambria, Gore
Doors open at 7:30 pm / Concert 8 pm
Sept 14: Slocan Ramblers
Advance tickets \$25 / at the door \$30.
Info: Jody: 450 562-2025 ext. 3543

LAURENTIAN QUILTERS' GUILD EXPOSITION QUILT SHOW

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

FUNDRAISING BAZAAR AND SOUP LUNCHEON

Holy Trinity Community Centre
(2, Cambria Rd., Gore)
Sat, Oct 5: 10 am - 2 pm
Crafts, jewelry, homemade preserves and
pickles. Stained glass art pieces
Soup luncheon - donation \$7
Hosted by the Lakefield-Milles Isles
Women's Institute
Info: Jean Edwards: 450-566-2552

STEVE O'BRIEN FOUNDATION RELAY

Municipal Park, 45 Cambria Rd (Gore)
Sept 20 & 21
Info: Steve O'Brien: 450-495-1325 /
www.foundationsteveobrien.com

ANNUAL LAURENTIAN AREA MINISTRY CHICKEN DINNER

Top Shot Restaurant, 417, rue
Principale, Lachute
Wed, Sept 18: 5 pm - 7:30 pm
Donation \$15 / Dessert table available

ANNUAL THANKSGIVING DINNER

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

ARGENTUIL COUNTY WOMEN'S INSTITUTES

Annual Soup & Dessert Luncheon
Margaret Roger Memorial
Presbyterian Church
Fri, Sept 20: 11:30 am - 1 pm
Bake and craft tables. Everyone welcome!

UTA 580 FALL COURSES

Old Village of Mont-Tremblant
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Tues, Oct 8 - Nov 12
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Professor: Dennis Creamer, B.Sc.,
Registration / cost / info: www.USher-
brooke.ca/uta/mont-tremblant
Contact : Elaine St-Pierre: 819-425-9735

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Sat, Sept 21 - Sun, Sept 22
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FESTIVAL OF COLOURS

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

LES SOMMETS GOURMANDS

Sommets Gourmands (350, ave. St-Denis,
St-Sauveur)
Fri, Sept 20 - Sun, Sept 22
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Info : 450-227-3337 / lessommetsgour-
mands.com

EQUESTRIAN SHOW - CAVALAND

340, chemin Chertsey, Sainte-Martue-
rite-du-Lac-Masson
Sat, Sept 21 - Sat, Dec 14
An interactive equestrian show
Grand premier Sept 21 with additional
representations on
Oct 5, Nov 23 & Dec 14.
Info : 450-228-3006 / cavaland.com

LES JOURNEES DE LA CULTURE

Fri, Sept 27 – Sun, Sept 29
Three days of interactive activities, dis-
coveries and appreciation of
arts and culture
provided in municipalities across the
Laurentians (and province)
Info: 1-866-734-4441 / journeesdelacul-
ture.qc.ca

OKTOBIERFEST

1381, boul. de Sainte-Adèle
Fri, Oct 4 - Sun, Oct 6
11th edition of this brewing event in the
Laurentians
23 microbreweries, a Évade-Toi kiosk,
games, rides and food trucks
Info: 450-229-2644 / sainte-adele.net

FALL FESTIVAL

1881, chemin du Village,
Saint-Adolphe-d'Howard
Fri, Oct 4 - Sun, Oct 6
Various activities for nature lovers
and families
Chairlift will be open during the
festival (up only)
Info: 1-855-327-2044 /
stadolphedhoward.qc.ca

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“The Bunty”, truly Canadian!

By Dick Harling

Built in 1921, on the east end of the Island of Montréal, at “Tetreaultville”, the Bunty is twelve feet LOA (length overall) with a beam of 60 inches. The little boat is a yacht tender.

It was a gift to a 16-year-old girl, named Margaret Cleghorn, whose family had a country home on the shores of Lake Manitou, Ivry-sur-le-Lac, Québec, about an hour's drive north of Montreal. The Bunty has remained on Lake Manitou for its entire life!

The Bunty is constructed of oak ribs with copper-fastened lap strake cedar planking. The transom, decks and coaming are mahogany, as are the seats and floorboards. There is a side-mounted ship's wheel for steering, connected to an outboard rudder. The original, and current, power is a St-Lawrence Marine single cylinder 2-cycle engine.

These famous, and durable, engines were built in Brockville, Ontario. The serial number is 5345, and the records show it was built in 1920, well prior to its installation in the hull during 1921.

After leaving the Cleghorn family, The Bunty was sold to other cottagers on Lake Manitou, including; J. Cecil McDougall, Lawrence McDougall, J. Malcolm McDougall - and then to a friend, Lorne Walls.

In 1943, my father, Norman Harling, bought the boat, for \$50, from Mr. Walls. It was sunk in their boathouse on the shore of the lake! Undaunted, my father and I (then 8 years old) raised the boat, dried it out and used it until about 1960, when a neighbour, William Drummond, bought it. I arranged to buy the boat back into my family in 1974, and it has remained with us ever since.

I replaced the keel in 1974. My son, Bruce, at high-school mechanics class in the 1980's, turned new main bronze bearings. In 1991, a friend repaired some wood, including the transom dog leg and the seats.

In 1992, The Bunty won the Captains' Award at the Ottawa Boat show. In 2007, it won First Prize for engine classification, at the ACBS show in Clayton, NY. Then, in 2009, it won a First Prize at the Montreal International Boat Show.

During the winter of 2006-2007, The Bunty had some further woodwork done, including a new stem and some ribs under the center section. The electrics have been changed, from a 6-volt dry cell system, to a 12-volt rechargeable battery. Other than this work, the boat is all original.

The Bunty still berths at Lake Manitou, where it is our family's plan to keep the boat until it is well over 100.



Photo credit: Michelle Gagnon



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Making it Work in the Laurentians

Setting measurable targets for entrepreneurial success

Rachel Morgenstern-Clarren

No matter what business you're in, using measurable targets will allow your company to stay competitive, and your employees to stay invested and engaged. But where should you begin?

Performance management tools, like the Balanced Scorecard and Benchmarking, are two good ways to evaluate how your company is doing currently, to highlight problem areas, and set realistic targets that are attainable by your employees while working together.

Balanced Scorecard

The Balanced Scorecard is a performance management tool that allows you to make strategic decisions around four key areas: financial data, customers' perceptions, internal processes, innovation and learning. Within each of these areas, there are five stages to creating and implementing objectives. First, explain to your employees what the objectives are and how they can be achieved. Second, decide what to measure. Third, make sure the measures will work for your specific objectives and then implement the plan. Fourth, share the results and use them to implement changes at the company. Fifth, review the results and set new challenges.

Benchmarking

Benchmarking establishes standards against which performances can be measured (usually related to time, cost and quality). The four categories of benchmarking are: internal, competitive, industry, and best-in-class. Internal benchmarks are used for internal operations, to make sure your company is always matching or surpassing its current performance, and that it has consistent standards. Competitive benchmarks are an external indicator of growth, that compares your performance to your competitors, to match or surpass their performance. Industry benchmarks indicate whether your company is reaching or surpassing industry standards. Finally, best-in-class benchmarks are used to match or surpass the standards of the top companies in any industry, anywhere in the world. Benchmarking makes sure that you don't focus too narrowly on one or two issues. You must always be aware of your customers, competitors and the industry at large, and be able to adapt quickly to maintain your competitive edge.

Using measurable targets successfully

Make sure to choose targets that will improve the company and make measurable differences, which are also realistic. Everyone at your company needs to understand why and how an area is being measured, and obtaining their ongoing cooperation and participation is crucial to the company's success. To engage them further, use the Kaizen approach, a forward-focused tool, which encourages employees to be on the lookout constantly for things that can be improved, and then to implement those positive changes together.

A YES Business Coach can help you set up realistic short- and long-term goals. Visit yesmontreal.ca to find out how to schedule your FREE consultation.

Distribution Points

We are often asked where our FREE copies of Main Street can be picked up. While there are too many locations to list them all, below you will find our major distribution points across the Laurentians where your copy of Main Street can be found on the 2nd Friday of each month. Better be quick though as they literally fly off the shelves! Enjoy the read...

MORIN HEIGHTS – 1325 copies

Available at: IGA, Familiprix, Vallaincourt's

ST-SAUVEUR – 2675 copies

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Nature Everyday

Blue-green algae, cyanobacteria and dying lakes

By Mat Madison, biologist

An article appeared in the Journal de Montréal on August 3, “Au moins 200 lacs maladies du Québec meurent à petit feu”, translating to, “At least 200 lakes are sick and slowly dying in Quebec”. This article touches on two distinct things; eutrophication and blue-green algae. These things are discussed in the statements of a few colleagues of mine in this field of study and environmental management. I received a couple calls about situations arising in our local lakes in the Laurentians.

First off, are our lakes “slowly dying”? I would respond with the following question; are you and I slowly dying? To be completely blunt, yes, our lakes are slowly dying, by design and definition, in the same way that we are. Lakes are created and formed by geological processes that define what they are. From that point, the initial stage of the lake, (the conditions of birth, if you will) define how the lake will age over time, and how quickly, in the same way that humans born with genetic disorders, or those who are more susceptible to aging diseases, will age differently over time. Glacier-dug lakes are deep and mineralised. They tend to show initial stages of clear, fresh water, rocky or mineral substrates, high-value fish populations, and very little aquatic vegetation or algae. They will age very slowly and will show very few signs of aging until far later in their geological lifetime. Other lakes are formed as depressions in geological organic sediment deposition. They will be shallow, will show higher levels of organic matter and organic substrates, will have wetlands around them and will have high number of aquatic plants and algae. These lakes will show signs of eutrophication (rich in nutrients but low in oxygen) much sooner in their lifetimes.


We need to accept what we cannot change. We need to accept the geological conditions that define our lakes. We need to accept that, over time, a very long time for many lakes, our lakes eventually will show signs of eutrophication and that we can't stop the wheel of time. Nonetheless, a lake is still a truly living ecosystem, even though it is dying slowly. We must embrace and celebrate its life, rather than cry over its death. A lake is a beautiful and complex ecosystem, allowing an infinite number of interactions between living and non-living elements. It houses lifeforms of all types, from animals to plants, bacteria and fungus. On top of all that, it allows for human social and cultural values; it allows us to enjoy it.

Back to being blunt; it is true that with an aging lake, we get less and less opportunities to enjoy it. Worst of all, the thing we fear the most, is cyanobacteria, or blue-green algae. As discussed in a previous article last year, the presence of blue-green algae is a symptom of aging lakes, but not the source of the problem. They take over once the lake reaches a turning point of organic matter availability. This can happen once a year, but it can also happen for longer periods and, over time, it can happen all the time. As we know, some blue-green algae produce toxins, some of which are toxic to humans, causing problems like liver failure if ingested. This would be the point when the lake, although continuing to be a beautiful and complex ecosystem, unfortunately no longer allows us to interact with it fully, as in the past.

A reader might state that “there's nothing beautiful about blue-green algae!” However, what is both beautiful and ironic about blue-green algae is that they are the very first lifeforms to have ever appeared on Earth. When sulfuric seas covered the planet, and the atmosphere contained little or no oxygen, the first cyanobacteria appeared, bringing molecules together to create the very first living cell. This lifeform was the only one capable of producing any form of energy within the wild and inhospitable landscape, by capturing energy from the sun and nitrogen from the atmosphere, producing the oxygen we now breathe. Over time, and as the ecosystem became more habitable, cyanobacteria evolved to proper one-cell algae lifeforms, which eventually evolved to one-cell animal forms, and the very first multicell plant lifeforms.

Isn't it ironic that the same little unicellular lifeform, that made our world livable, is the one that we are so very afraid of today? Now that is something that I find truly beautiful and complex.





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A CELEBRATION OF LIFE
DOREEN COOKE
JUNE 6, 1937-AUGUST 6, 2019

Doreen Cooke previously Pedicelli (née Downie) born in Montreal, June 6, 1937, left us as she lived, with steadfast resilience and grace, through a medically assisted death in the caring hands of the palliative care staff of the Laurentian Hospital in Sainte-Agathe-des-Monts, Quebec. She passed away peacefully, with a smile on her lips, singing with her loving circle of children: Kym, Carl, Mark (Caroline Blanchard) and Anthony Pedicelli as well as her grandchildren: Mitchell, Nicholas, Jonathan, Cassandra and Sheridan. We are all better for having known, loved and been loved by you. Wishing you peace and continued adventures wherever you are.

Please join us to celebrate her life and honour her passing on October 5, 2019 in Arundel Quebec. The funeral will be held at the Arundel cemetery at 10:30 am followed by refreshments at Gil's Beefeater.

We are eternally grateful to the incredible palliative care staff at the Laurentian Hospital, particularly Dr. Frédéric Beaudry, and Doreen's family doctor Dr. Simon-Pierre Landry, consistent and compassionate advocates for her self-determination, and dignity, allowing us to see her off on her own terms, upholding the sacredness of the process for us all. Donations in her memory can be made to the Northfield League (<http://northfieldconference.org/contributions/>) or to the Fondation



Médicale des Laurentides (<http://www.fondationmedicale.com/en/>; please stipulate is for the Palliative Care ward of the CSSS des Sommets).

CRUISE, BARBARA (NEE GUIMOND)
1943-2019

Peacefully at the CIS-SS des Laurentides (Argenteuil Hospital), Lachute, Qc. with her family by her side on Friday, August 30, 2019 in her seventy-sixth year. Beloved mother of Laurie (Bill Holley), Mark (Sharan Samagh) and Shelley (Sape de Vries). Loving grandmother of Ryan, Alex, Jordan, Aidan, Ciaran, Logan, Kaia and Nishaan. In lieu of flowers donations may be made to the Palliative Care Unit, Argenteuil Hospital, 145 Boul. de la Providence, Lachute, Qc. J8H 4C7. A private graveside service will be held on Saturday, September 7, 2019 at the Lachute Protestant Cemetery, Brownsburg Section. Arrangements entrusted to the Roland Menard Funeral Home, 395 Grace St., Lachute, Qc. J8H 1M3.



REMEMBERING GUE DUCK
(DANNY) LIM
(1933 – 2019)

A Story Of Lachute Holiday Gue Duck (Danny) Lim passed away on August 6th, 2019 at the age of 85 at the Charles-Lemoyne Hospital in Greenfield Park, Québec. He was the long-time owner and head chef of the Lachute Holiday Chinese restaurant until he re-



tired in 2002.

Danny was born on October 6th, 1933 in Taishan County in southern China, then an impoverished county prone to natural disasters and famine. He immigrated to Vancouver, BC in 1954, seeking a better life for his family back home, and became a restaurant chef. He married his loving wife, Miss Yuk Lin (Linda) Wong, in 1965, followed by a daughter, Sherry, in 1966, and a son, Richard, in 1968.

The family arrived in Lachute in 1970 and opened their first Lachute Holiday Chinese restaurant at 505B rue Principale (currently Rush Lachute Clothing Store). In 1978, the restaurant was moved across the street to 526 rue Principale, where it stands today.

Danny was a hardworking, honest and disciplined man, who cared for the satisfaction of his patrons and supporting his family. The Lim Family became a fixture in the Lachute community. Sherry graduated with the Laurentian Regional High School (LRHS) Class of 1983, winning the Student Council Award for outstanding academic achievement, and Richard attended LRHS with the Class of 1985. Unfortunately, Sherry and Richard perished in an automobile collision on Route 158 just outside of Lachute in early February 1984. To this day, Danny and Linda have never forgotten the love and support extended to them by the entire Laurentian community reeling from that tragic loss. Through love and strength, Danny and Linda rebuilt their family: David was born November 1984, Allan was born December 1985 and 12-year-old Kim was adopted from Taishan, China in 1987.

Danny loved spending time with his children. David would accompany Danny on his many delivery orders throughout La-

chute and the surrounding communities. He also supported his sons during their Boy Scouts activities with the 1st Knights of Lachute Scout Troop operated by Gaston, Eileen and Daniel Ménard, such as the drives every summer back and forth to Camp Tamaracouta in Mille-Isles.

Once the boys graduated from LRHS with the Class of 2002 and 2003, respectively, Danny sold the Lachute Holiday Chinese restaurant to be closer to his boys while they attended CEGEP. Thankfully, Danny passed all his recipes to the restaurant's current owner, Mr. Guang Xiu Zhang, where they can still be enjoyed today.

In his retirement, Danny enjoyed multiple trips back to China, visiting the Great Wall China and his hometown of Taishan. He witnessed his boys completing medical school, David becoming a surgeon and Allan an emergency physician. Last June, Danny celebrated Allan's wedding to Miss Mary Cheng in Montreal's Chinatown.

Danny died a happy and fulfilled man who remained proud of his children. He leaves behind Yuk Lin (Linda), his loving wife of 53 years, David, Allan (Mary), Kim, and extended family members in Montréal (Woo and Low Family), Vancouver (Ng Family), San Francisco, Taishan, Guangzhou and Hong Kong. Most importantly, he leaves behind his legacy and life contribution to the story of Lachute, the Lachute Holiday Chinese restaurant, a thank-you to the people of the Laurentian community for their support over the last 50 years.

A well-attended funeral service took place for Danny on August 10, 2019 at the Mount-Royal Funeral Complex in Montréal, Quebec.



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Upcoming Activities

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

Info: 819 717-9646 / 1 855 717-9646

Mont-Tremblant: 2280 Labelle Street | Sainte-Agathe: 99 St. Vincent Street - Local 2



Dreamers make the world go around

Andie Bennett

4 Korner's is proud to be picking up the baton to keep Rouge Valley Days running at the Harrington Golden Age Center in Harrington, Qc. The weekly activity program for seniors was started through funding from the federal grant New Horizons. That funding ended in February and 4 Korner's has stepped in to make sure the program will continue.

Rouge Valley Days is every Thursday, from 8 am – 4 pm, and the idea is to incorporate physical activities with information sessions. The Stand-Up program focuses on preventing falls, by helping seniors work on balance and coordination, as well as leg strength. There are computer courses and document assistance offered, along with adapted yoga classes and the recently added therapeutic foot care, just to name a few. Program coordinator, Melanie Wilson, brings in a wide variety of professionals to offer the courses that are all free of charge, and lunch is also provided. The duration of the daily program is no accident. By providing a full day of activities, it gives seniors not only the time they need, but also a chance for their caregivers to travel into town for errands, or just to take a day off for themselves.

Rouge Valley Days started with Diedre “Deedy” Shipton’s dream of having more local options for the seniors in her community. The former president of Harrington Golden Age Centre used a few grants to renovate the seniors center, and then took a couple of runs at the New Horizons grant to realize this dream of bringing activities to the community, instead of Harrington seniors having to travel to Lachute. With support from several MNA’s, lots of letter writing, and the re-tooling of the grant application, Shipton found a way to achieve her goal.

In the true spirit of community volunteerism, Deedy always looked at Rouge Valley Days as a prototype for other communities to build from. “Things don’t grow if you hold them tightly in your hand”, she told me before sharing her true raison d’être. “I want to teach people to dream. If you don’t dream, you don’t ask. And if you don’t ask, you don’t get.” Melanie Wilson, of 4 Korner's, was a model student of Deedy’s teachings.

As Rouge Valley Days continues strong into its second year following overwhelming community support, Melanie has also started a similar program with the Laurentian United Church in Brownsbug-Chatham with Cathy Hamilton thanks to the Good Samaritan Fund.

Check out the Rouge Valley Days Facebook page or contact Melanie Wilson for more information at melanie@4kornerscenter.org. To receive the monthly activities in your inbox, subscribe to the newsletter at info@4kornerscenter.org or check our website www.4kornerscenter.org

What’s the first sign of glaucoma?

(NC) Producing few symptoms until it is seriously progressed, glaucoma is the leading cause of blindness for people over age 60 and can lead to lifelong vision damage if left untreated. That’s why it’s a disease everyone needs to be aware of.

A survey conducted by the Canadian Ophthalmological Society found that 61 per cent of people are unaware of the signs and symptoms of glaucoma. When symptoms occur, blind spots develop in the field of vision. Many don't notice these blank spots until the optic nerve is significantly damaged and these spots become large. It is crucial to schedule regular eye exams to catch the disease before any serious damage is done.

Some people have a higher risk of developing glaucoma. These include those who are over 40, have a family history of glaucoma, have high intraocular pressure, or have diabetes or high blood pressure.

Learn more about glaucoma and what you can do to detect and prevent this disease at cos-sco.ca.



Main Street Money Ladies’ Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Estate planning 101

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

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

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

Name a guardian for children

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

Handle an estate according to wishes and intentions

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

Minimize expenses and income tax liability

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

Offer protection in a situation of incapacity

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

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

Théâtre du Marais Fundraiser

The Théâtre du Marais Fundraising Committee is pleased to invite you to its Benefit Spaghetti Dinner, which will be held at the Far Hills Community Center, on Saturday, October 5 from 5 pm to 8 pm.



The Théâtre du Marais has always been able to count on outstanding volunteers to assist in its growth. Thus, it is the wonderful volunteer cooks who will prepare for you the best homemade spaghetti sauce! Meat or vegetarian dishes are available, with spaghetti cooked to perfection and served with a succulent Caesar salad. Add the dessert and you're ready for a wonderful evening. Alcoholic drinks (or not) will be on sale.

This is a perfect opportunity to have a good meal with friends while supporting your favorite theater. Book your tickets now at 819-322-1414 or 819-322-1975!

Adults: \$15 / children: \$10

More information on the website, the Facebook page or at the theater box office.



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I'm Just Saying The Clubhouse Turn

Ron Golfman - Main Street

I much prefer milestones to tombstones, and because of that, and a generally optimistic approach to life, I am preparing to turn 65 within a week or so of this next edition of Main Street. My sense of this event, given my perspective, is much like the anticipation and trepidation one experiences when standing in line at an amusement park, waiting to go on a monster rollercoaster ride.

This birthday is nothing like the rite of passage when turning eighteen, or twenty-one, when freedoms, such as legally being able to buy a beer, or drive a car, are the societal advantages one achieves. I am from an era, which believed that anyone over thirty could not be trusted, but that notion and its Woodstock component can only be seen in my rear-view mirror at this juncture.

I toyed with embracing the Beatles' ditty 'When I'm 64' over this past year, but found it a subdued melody, as the drum beat leading to 65, has been gaining volume with each passing month leading up to September. It has also been necessary to do a checklist of where I am, in the big picture, and, like every list, the pros and cons make up the sum of my disposition towards the big day.

There are the obvious items on this type of list. With vanity taking over center stage, I get points for having only a touch of grey in a hairline, which is thinner, but still covers my melon adequately. While I admit that new surfaces have begun to sprout hair, I have not, even with this high mileage, turned completely Neanderthal in my appearance. Time-lines under my eyes have morphed into something of a Samsonite-luggage look that pushes me to wearing my eyeglasses more often, not only to read the menu, but to hide the suitcases.

There are mornings when I feel a tall glass of Voltaren would be more helpful than applying it to so many locations, but still being able to mow the lawn, or play softball and earn the aches, is more of a blessing than hardship. I have noticed being more cautious over the years in some practical ways, yet my childlike impulsivity remains intact when I least expect it. I do wonder if my actions might be the result of the fact that I can no longer recall what I did the last time a similar situation arose.

At this age, organ music aside, I cannot help but experience sadness at how many friends and family members have passed before me. This melancholy is time-limited, and motivates me to watch my weight, and remember to walk, though there's a part of those efforts that I use to compensate for other bad habits I hang onto as acquired rites of my years.

Time goes by faster, and the ticking of the clock is always in the back of my mind. I don't really have a bucket list, wherein I want to sky dive or visit the Taj Mahal, as I prefer to fill my list with being a grandfather, walking my daughter down the aisle, and playing with my cherished friends in much the same way we have always done. My wealth does not reside in my wallet or a bank, but in the notion that I am confronted, not so much by who and what is gone, but by what remains possible to come.

It is true that I don't even notice asking my cat's opinions, or talking out loud, when alone. I accept my mistakes, and whether I have won or lost in love, or other experiences, if I know in my heart that I tried my best, that will have to do. There are only a few moments in time I would wish to revisit, and for the most part I am pleased beyond words to get up and out of bed each day.

I'd love to turn the odometer back a tad, but, and I'm Just Saying, when I consider the alternative, turning 65 will be just fine.

Badminton Anyone?

Donna Berry

On it's 50th anniversary, the Birds Badminton Club is planning celebrations, and looking for a new home.

In 1970, three intrepid badminton players, decided to start a women's badminton club in the Laurentians. Barbara (Barney) Aylett, Barbara (Bobby) Ronalds, and Pat Lalonde fashioned the club on the strict sports rules of the day. Women were required to wear whites, and shorts or tennis skirts. 12 women joined in the beginning, and the number gradually expanded to a maximum of 24, and then a waiting list was established.

Over the years, the club's adherence to dress code has relaxed. The rules are balanced by the need for equal measures of generosity and fun. Our current members include 6 women who joined in the 70's.

The club name was partly attributed to its first home, in the old hall of St. Francis of the Birds church, in St. Sauveur. There were competitions with clubs in TMR, and the Black Watch. Rumour has it that the women played hard and celebrated accordingly. When the St. Francis hall was torn down, the club moved to Chalet Pauline Vanier, and when that was renovated, moved again, to the Leisure centre, in St. Adolphe de Howard.

There are small competitions each month within the club, and an annual, combined event, with the "Hits and Giggles" club of Point Claire. A trophy, made by Bob Barnard, and enlarged by Bill Nymark, is awarded to the top player each year.

With the closing of the St. Adolphe leisure center, our club is homeless. If you know of any possible playing space, or if you are a past member who would like to join in the 50th Anniversary celebrations, please contact Jeannette Tabah, at 450-224-5390.



The Dangers of Blue Light Sleep clean with these simple tips

(NC) In an increasingly digital world, we are exposed to artificial lighting more than ever before. Artificial lighting not only causes issues such as eye strain, headaches and blurred vision, but also impacts one of our most important internal biological processes: sleep.

Our sleep cycle is regulated by our internal body clock or circadian rhythm, which uses the light sensors in our eyes to track what our body perceives as daylight in order to match our schedule to our environment.

This process can be disrupted when exposed to artificial light, which contains blue light. Blue light is used by LED screens including televisions, computers and our phones, and can be problematic as it closely mimics natural sunlight. Because of this, our body interprets blue light as sunlight and sends signals to the brain that we should be awake. This can throw off our circadian rhythm and contribute to insomnia and other sleep-related issues.

Fortunately, there are steps you can take to help alleviate some of the issues caused by blue light to ensure a good night's sleep:

Invest in special blue-light-filtering glasses: These special-purpose glasses are available without an eyeglass prescription, so you can use them even if you have no need for vision correction or if you routinely wear contact lenses.

Avoid the use of LED screens in the evening: Substitute phone time or watching television with blue-light-free activities, such as reading a printed book. Use specialized lighting such as the Dyson Lightcycle, a task light that continually adjusts its colour temperature and brightness in relation to your local daylight, providing the right light for the right time of day.

Use a blue light filter app: Available for smartphones, tablets, and computer screens, blue light filters tint your screen to neutralize the blue light emitted – a fast and effective way to instantly reduce exposure. Some phone companies, realizing the importance of blue light filtration, have even included built-in blue light filters within their operating systems. Search the features on your smartphone to see if a "night shift" setting is available.



Essential Oils Essential oils and me

Susan Rich

When I started using essential oils three and a half years ago, I was like a little child. Shiny bottles that smelled so good, but I had no idea what to

do with them. Of course, being an adult, I knew that ingesting the whole bottle was probably not a good idea. When I looked at the contents of my starter kit, I became concerned that I would never use them but, over time, and with the help of my friends, I learned how to do so.

I have a background in homeopathy and, although I do believe in energetic medicine, it was so complicated. You must study for 4 years and, even then, you need to learn from experience. I knew, early on, that this was not something I would ever master, and decided it was not for me. This is an art that costs a person money while trying to find that right remedy. So, although the remedies are extremely cheap, the consultations are not.

This is one of the main reasons I fell in love with essential oils, because anyone can learn to use them safely and effectively. They are accessible, affordable, and effective for all sorts of issues.

It didn't happen overnight though. It's been a process of learning and changing my habits over time. Where I used to reach for homeopathic remedies, I now reach for my oils. I'm a person who learns better from experience than from books and when something happens, and I have success, or I hear of a success story that has touched me, that's how I learn.

I learned that peppermint is amazing for stomach issues by using it and getting relief. When I get cuts, using tea tree oil to disinfect and then frankincense oil to heal them has been amazing. Getting a burn is no longer a concern, because I have my lavender on hand. There is never a blister, or scar. Sunburns? No worries, lavender, peppermint and frankincense will help.

I have dedicated my life and business to helping people learn how to use these precious gifts of the earth, in a safe and effective manner. I am thrilled when I hear of success stories from my clients, knowing that they were empowered to help themselves in truly natural ways.

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





Real Wine for Real People Zinfandel - more than just a sweet pink wine

April Sirois – Sommelier - ISG

Zinfandel or “Zin” is one of the most misunderstood wines of its time. When I tell most people that it is one of my very favorite wines, it’s not unusual to get one or two strange looks. I know this is because most people think of it as a sweet, pink wine that your mother drank in the 70’s and 80’s. Zinfandel is indeed this, but it is also so much more.

This grape found its way to the United States in the mid-19th century, where it was called Zinfandel. But it was the Italian Primitivo grape that had made its way to California with the Italian immigrants that came over during the goldrush, and who also brought clippings of their beloved vines to plant in their new homeland.

These old Zinfandel vines, now treasured for the production of premium red wine, were mostly ripped up in the 1920s, during the prohibition years (1920–1933). Luckily, during prohibition, home winemaking remained effectively legal, and Zinfandel grapes proved popular among home winemakers. This, and the fact that it was also one of the wines used as sacramental wines, effectively saved a few of the vines from being replaced by other food crops. (These are the “Old Vines” that, thankfully, we have today.) At the end of Prohibition, Zinfandel sank into obscurity when most of the harvest was being blended into undistinguished, fortified wines.

By the 1970’s, most had forgotten about its past and began calling it “a California original, grown nowhere else”, and “California’s own red grape”. In 1972, demand for white wine exceeded the availability of white wine grapes, encouraging California producers to make “white” wine from red grapes, with minimal skin contact. This medium-sweet White Zinfandel became immensely popular.

White Zinfandel still accounts for 9.9% of U.S. wine sales by volume (6.3% by value), six times the sales of red Zinfandel. The success of this blush wine saved many old vines in premium areas, and they came into their own at the end of the 20th century as red wines came back into fashion. Although the two wines taste dramatically different, both Zinfandels are made from the same (red) grapes, but they are processed in different ways. By the 1990s, the popularity of dry, red Zinfandel had given these plantings a new raison d’etre, although they continued being used to generate many millions of liters of sweet, pink blush every year. Today, red Zinfandel has risen to become one of the signature wines of the U.S.

Zinfandel truly is a wine made famous by California. Planted in over 10 percent of all Californian vineyards, the Zinfandel grape is a main player in the California red wine industry. It creates a big, ripe red wine, with a high alcohol content (between 14 and 17 percent). Due to the hot sun of California, they are known for their jammy, fruity characteristics. It’s a juicy wine that’s begging to be opened at that late summer barbecue.

~ Cheers



The English Link Walk the Walk with Parkinson Quebec

Andie Bennett

In Quebec, more than 100,000 people are affected by Parkinson’s disease, with 3,250 residing in the Laurentians. The Parkinson’s Coeur des Laurentides office sits right on the main drag in Saint-Sauveur and is ready to provide support and assistance to these members of our community, in French and English. The grant from Québec Ami des Aînés (QADA) that supported the opening and set-up of this office is due to expire in February 2020, so the focus now is on funding. Specifically, the largest annual fundraising event for Parkinson’s in Quebec is coming up at the end of September.

Marie-Julie Laforce is the development officer at the Coeur des Laurentides office. Laforce leads two Parkinson’s walking groups, one that leaves from Maison Aloïs in Saint-Jérôme every second Tuesday, and another that leaves from the Parkinson’s office in Saint-Sauveur every second Thursday. Over the last month, the walking groups have been deep in training mode to prepare for Parkinson’s Journey- a province-wide event that takes place over several weekends in September. It mobilizes thousands of people who take up the challenge of moving together. The objective is to travel 8,000 km collectively, by participating in various physical activities; walking, running, dancing, etc., in a festive and family atmosphere.

The walk brings together people with Parkinson’s, their caregivers and their friends and families to encourage physical activities. It also provides a crucial meeting place to discuss the disease, often referred to as one with a million faces, due the vast range of symptoms that can manifest.

The Coeur de Laurentides edition of Parkinson’s Journey will leave from John Molson Park in Saint-Sauveur on September 28, at 1 pm. For more information, and to register and donate, go to <http://www.defisparkinson.ca>. You can find participants to support on the website and follow their fundraising progress.

I also encourage you to check out the Parkinson Quebec website that includes extensive documentation in English covering everything, from helpful tips, to overcome freezing, nutrition suggestions, what to do in case of a fall and much more. All documents can be provided in hard copy at the Coeur des Laurentides office. The office also hosts several activities and information sessions. Be on the lookout for new boxing classes starting in the fall, as well as an upcoming conference with a sex therapist.

To find activities in your sector please consult the Parkinson’s Quebec website: <https://parkinsonquebec.ca>
Tel:450-630-4122
email: coeurdeslaurentides@parkinsonquebec.ca



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SLOCAN RAMBLERS – Bluegrass

**Closing performance at Holy Trinity
September 14: 8 pm
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Tickets: \$25 by reservation / \$30 at the door.
Info / reservations: Jody: 450-562-2025
ext. 3543

LCC Tea Party

The Laurentian Club of Canada's Tea Party Fundraiser, held August 7 at Holy Trinity Church, Saint-Agathe, was a huge success! President Ann Stafford writes:

“Thank you everyone for such a successful event!

I think that Mary (Mitchell), who was awarded a lifetime honorary membership to The Laurentian Club, was pleased. Everyone was happy to give Mary a proper send off, and to have a chance to say goodbye. The food was amazing! We raised \$800 for Holy Trinity Church, a lovely tribute to, and legacy, for Mary. To top it all off, we were able to give our left over food to a woman's Shelter. Thank you Kathryn Reid for finding and contacting the woman's shelter for us."



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Knitting Has Changed

By Claudia Maheux

Decades ago, women knitted out of necessity. Socks and other warm clothing were hard to come by, especially for people living in rural areas. Girls were taught to knit at a young age, and many areas had a ready supply of fleece, but the wool was scratchy and smelled of sheep.

To this day, people think that knitting is just for little old ladies, but they could not be more wrong. Young women and men are flocking to yarn stores, online shops and blogs, and YouTube is teaching them to knit and block. New yarns are springing up, and now you can buy self-stripping yarns (socks), hand-dyed yarns, gradient yarns, and other fibers, such as merino, alpaca, cashmere and yak, which are far easier on your hands than acrylic.

The best parts are the newest knitting needles and methods. Circular needles have improved considerably, with memory-free flexible cables and sharper steel, interchangeable tips and many knitters now use them almost exclusively. With them, you can make seamless garments and longer shawls, and they can hold the weight of your project in your lap, instead of cantilevering the project on one needle, which weighs on the shoulders. Slicker needles and softer cables are easier on your hands.

The Magic Loop method helps us make socks without managing multiple straight needles, and Judy's Magic cast-on allows us to make socks from the toes up. On YouTube, you can learn to knit using the Continental method, or you can also learn to knit in the Portuguese style, or make Turkish socks, knit Norwegian colourwork or learn to knit two-colour brioche.

Best of all, is www.ravelry.com. It's a free-to-join web site, with 8.6 million members worldwide, that allows you to search thousands of knitting and crochet patterns, many of which you can purchase as single copies in downloadable PDF format, and many of them are free. No more books or magazines filled with errata! The best knitting-pattern designers in the world now publish on ravelry.com almost exclusively.

Independent dyers are springing up all over Quebec, hand dyeing beautiful yarns in merino, silk, linen and mohair. Some use natural dyes derived from plants, nuts and even food!

Fiber festivals have sprung up everywhere, including our very own Twist Festival, in St-André d'Avellan, Canada's largest fiber festival. The last Twist Festival, which took place on August 14 through August 18 was jam packed with vendors and shoppers.

In the Laurentians, the largest shop is Pure Laine etc, in St-Sauveur, which offers both basic & premium yarns, needles & accessories, and ready-to-knit yarn kits, both in-store and online, with low shipping rates. Espace Tricot, in Montreal, and Monttricot, in Sutton, have huge online stores and are a great resource.

Also, knitting has become a social tool, with groups getting together for “Knit Nite”, or knitting circles, and since knitting is so portable, it is easy to pack your projects and meet together in one place, to share skills and ideas, inspire each other and have a good laugh.

When I moved to Harrington from Montreal three years ago, I started a small group on Lake Harrington and taught them to knit. It has helped us make friends and get us through the long winters and has made a huge difference in our lives. As I watch them knit socks with magic loops and knit seamless sweaters, I couldn't be prouder.



Feeding Birds in Winter

Top ten foods

From Bill Thompson, Editor of Bird Watcher's Digest

Black-oil sunflower seed: The outer shell of the black-oil sunflower seed is thinner and easier to crack open. The kernels have a higher fat content and make a great winter diet staple.

Shelled peanuts: dry-roasted and unsalted peanuts provide protein and fat

Suet: an excellent source of energy and is available in suet blocks or raw from the grocery store. Check frequently and dispose of any rancid pieces.

Good mixed seed: contains black-oil sunflower seeds, cracked corn, white proso millet, peanut chips, sunflower hearts and dried fruit.

Nyjer/thistle seed: a favourite of small finches, pine siskins and redpolls. Requires a special feeder

Safflower: a white, thin-shelled, conical seed preferred by many birds including cardinals. Avoid feeding on the ground as it becomes soggy and inedible.

Cracked corn: will attract almost any bird species as well as other wildlife. Feed in moderation.

Mealworms: live mealworms are available in bait stores or pet shops or can be ordered online.

Fruit: an important dietary element for birds. Grapes, citrus fruits, apples and bananas are good sources. Raisins should be chopped fine and soaked in warm water to soften before offering them to birds.

Homemade treats: peanut butter / melted suet with fruit and seeds are easy to make.





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Send us your best fall photos for a chance to win a gift certificate to a well-known St-Sauveur restaurant!

Your photo may also be chosen to grace the front page of the October edition.

Entries must be original, high resolutions files and received by October 1

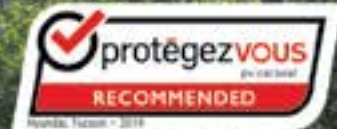


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