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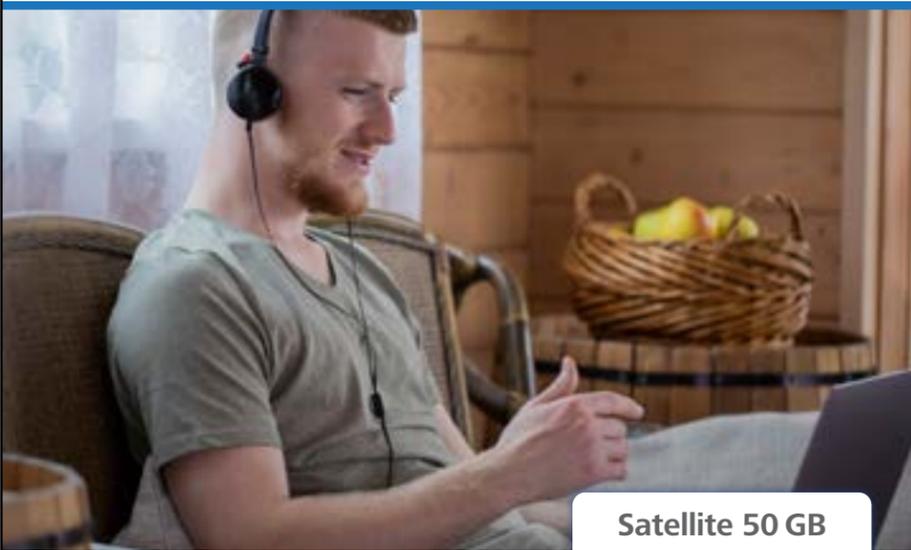


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What's On My Mind...

Politics, passports and Pomerol

Susan MacDonald, Editor

For the first time in several months, the pandemic, while still the main topic of any conversation, and dominating headlines and broadcasts daily, will now have to share centre stage with the upcoming elections.



Campaigns for the various parties are now well underway, with each candidate reaching out to citizens in the hope of winning their votes. The race is on, with Mr. Trudeau and the Liberal party seeking a majority win, but I wonder if one of the long shots might nudge out the "favourite" at the finish line. Follow the campaigns and promises closely, choose your candidate wisely, and hope for the best future outcome.

Until recently, passports were commonly required for international travel. At a border crossing, or a foreign airport, a traveler would present a passport, certifying the identity and nationality of its holder, and explain the purpose for the visit. Upon approval, the passenger would be permitted to enter the country. My, how times have changed!

Today, the same principal is being applied, not to cross borders, but to enter your favourite restaurant, bar, exercise facility or cultural event, right here at home, and within our own communities. As of September 1, a vaccination "passport" is now required to enter such facilities and many others. Downloadable apps are still not working efficiently, so many people are obliged to carry paper documents as proof of having received their mandatory two doses of vaccines. Who would have thought we would reach this point?

We have survived the first three waves of Covid-19, submitted to lockdowns and numerous restrictions, followed all health protocols and lined-up for our doses of experimental vaccines. We have obeyed every demand asked of us, only to be told that a fourth wave of a new variant is on our horizon, and further "booster" vaccines might be necessary.

A haunting fear of an unknown future simmers behind the public faces of most people, and it is affecting our relationships with families, friends and communities. Conjugal violence, depression and suicide have reached levels that can no longer be ignored, and stress levels have never been so high. If you find you are unable to cope, there is help available, so please use the available resources.

As we continue to struggle through this catastrophe, it is vital that we, individually, do our utmost to maintain a balance that will help us deal with the personal issues we carry. Seek out diversions, try new hobbies or, at the end of the day, pour yourself a fine glass of Pomerol and enjoy the sunset.

Be strong, be well, tomorrow is another day.

Enjoy the read...

support

Marie-Hélène GAUDREAU

Laurentides-Labelle

« The best way to make gains for Quebec is to elect Members of the Bloc Québécois. »

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Approuvé par l'Agence officielle de Marie-Hélène Gaudreau

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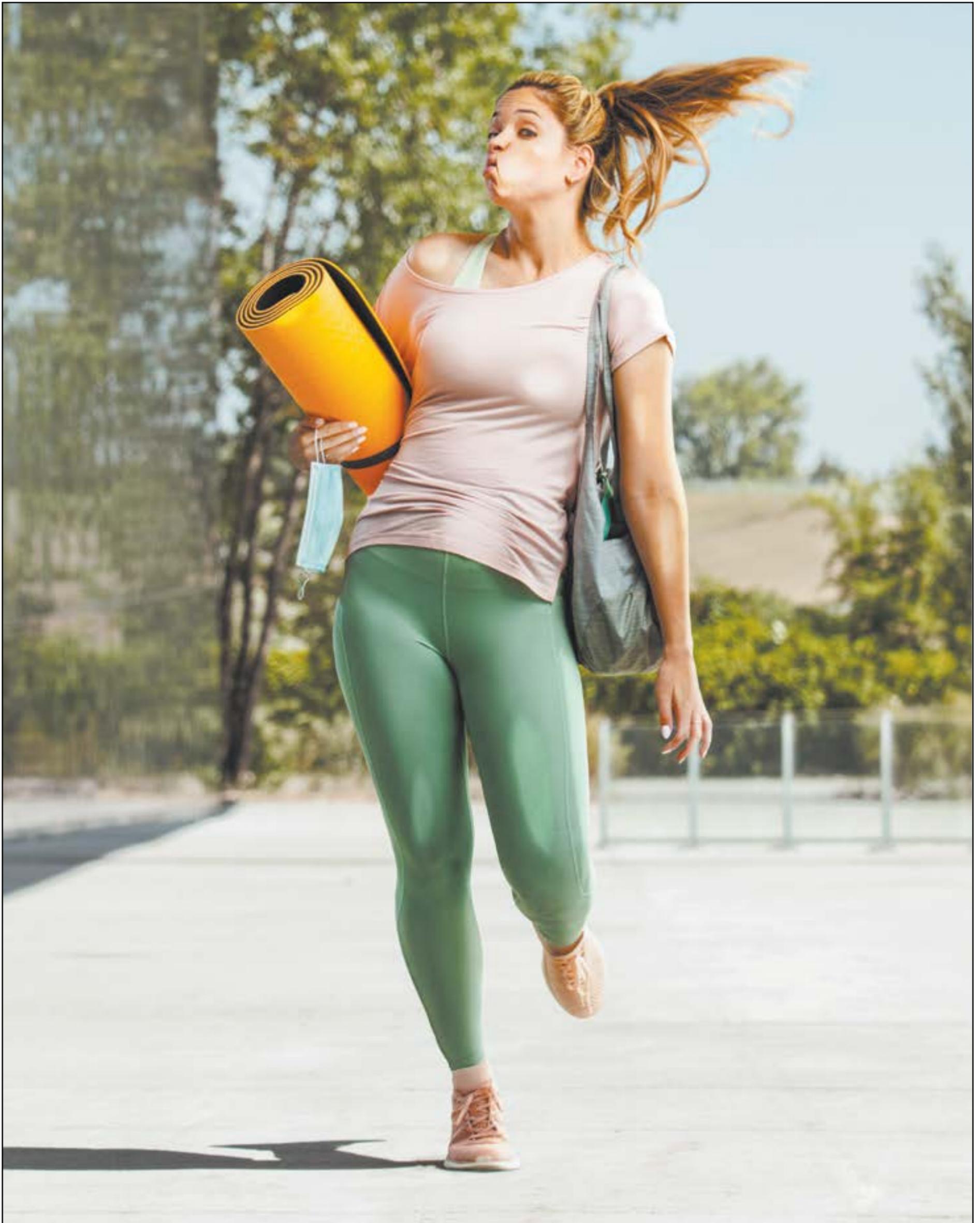
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**A vaccination passport
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[Québec.ca/COVIDvaccine](https://Quebec.ca/COVIDvaccine)

Votre
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The Path of the Horse

What we can learn from horses about dealing with fear...

Julie Radicioni – EQUISOURCE

Both horses and humans have built-in flight responses for reacting to stress, but humans have a lot to learn from horses about managing flight, fear, and the stresses of everyday life.

Have you ever seen a group of horses in a field get spooked? Perhaps it started with a scary sound, or even something as simple as a branch cracking in a tree 20 meters away from the fence. Whatever it was, they were convinced that there was something to be stressed about and, no kidding, horses are easily stressed! So are humans.

Sometimes we get spooked and stressed over really minor things, such as getting an invitation to a work meeting, having to take an exam, or having an uncomfortable conversation with our spouse. You remember that branch near the horse pasture? It's highly unlikely that it cracked under the feet of a vicious predator. I'm sure you would know that even if the horses didn't. As for that work meeting or exam, you might not know it at the time, but it's probably not going to rip you to shreds, either. Yet, the fear response is triggered just the same.

Spooked horses might take off in a frantic gallop across their pasture, cortisone and adrenaline running through their bodies like crazy. Anxious humans might wring their hands, talk too much, or not at all, overeat, or stop eating, sleep badly, and plague themselves with imagined scenarios about what might be going to happen in that upcoming meeting or exam, which might be days, or even weeks, away.

While humans would continue to worry, to the detriment of their physical and mental health, horses would have long since released their fear. They would have stopped running because they've burned up a good bit of that fear and turned their heads back to check for danger. They've snorted out a lot of noisy air from their nostrils back at whatever scared them and listened intently and not heard anything else scary. And then, they've let go.

Suddenly, they're back in the present again. Grazing, softly nose-blowing, swishing their tails at flies, taking calm steps through the grass. Breathing peacefully. They're not afraid anymore. They've pushed through their fear.

Meanwhile, humans would still be tormenting themselves with everything that could possibly go wrong, giving in to their fear and, sometimes, letting it take

over their lives completely. Honestly, how on earth did we ever survive as a species, accumulating all that fear from the past and anticipating everything that might happen in the future?

Horses could never have survived that way. Just like us, they're hardwired to have a flight instinct, but unlike us, they've evolved to let that fear go. If they hadn't, they would have destroyed themselves long ago, worn down with chronic stress, fatigue, ulcers, and lack of nutrients from refusing to eat or drink. Horses have evolved to deal with fear by pushing through it and living in the present. Clearly, humans haven't.

While horses only deal with the fear of things in their environment, humans tend to make things worse. We're afraid not just of what's coming at us, but also the projected stories in our minds. We have survived as a species because we have so many other skills that we have developed to protect our survival instincts. However, our fear and stress management skills are often so poor that it's astonishing how we, as individuals, survive from one day to the next.

We can learn a lot from how horses handle fear. When our instincts warn us that there's something to be afraid of, we can overcome that fear by pushing through it, just like horses do. Instead of being afraid, we could transform that response into another emotion, such as excitement and do something with it to burn up that energy with physical exercise, for example. Then, later, we can look back at whatever scared us, let it go and return to the present moment. Get back to doing whatever we're good at doing and, particularly, whatever keeps us peaceful. We can remind ourselves that, for now, in the present time, we're fine.

So, the next time, we hear another branch crack, we should know how to move away from that instinctive response, but until that moment arrives, we can remain calm, knowing that in the present moment, we are well and have nothing to fear.



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Historic investments for Argenteuil-La Petite-Nation

Total : \$ 391,629,973

A few numbers :

- Masson-Angers/Buckingham \$ 53,594,278
- Thurso \$ 30,195,402
- Ripon \$ 6,060,481
- Montebello \$ 13,482,906
- Morin-Heights \$ 2,685,324
- Saint-Adolphe-d'Howard \$ 3,952,977
- Grenville \$ 3,562,066
- Brownsburg-Chatham \$ 4,854,297
- Saint-André-d'Argenteuil \$ 5,580,805
- Lachute \$ 17,559,631

Note: amounts excluding Canada-Quebec bilateral agreements,
agricultural compensation and emergency Covid-19 investments

Paid and authorized by the official agent of Stéphane Lauzon

LIVING WITHOUT VIOLENCE

An anger management program for men

This 20-week program developed by ACCROC and Paix, offered in partnership with 4Korners, is geared towards English-speaking men of the Laurentians who acknowledge the need to stop using violence in their marital-family life and who wish to actively develop stronger communication and conflict resolution skills, i.e., listening, speaking up, problem solving and fair negotiation.

THEMES TO BE EXPLORED:

- Understanding anger and violence in self.
- Body and emotions: underneath anger and fear... shame, powerlessness.
- Understanding anger in relationships: patterns and attitudes.
- Triggers: differentiating truths that are difficult to hear or deal with. Dealing with wounds from the past and the sensitive spots they leave behind.
- Self-talk and the ways we shape our understanding: building up either anger or compassion.
- Game playing: blaming, guessing, mind reading.
- Couple: conflict resolution.
- Impacts of drinking problems and substance abuse.

FORMAT:

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Centre intégré de santé et de services sociaux des Laurentides (CISSS) – changes to vaccination sites

The COVID-19 vaccination campaign has been a resounding success and will continue for people aged 12 years and over. The CISSS des Laurentides wishes to inform the public that the Rivière-Rouge vaccination site will soon be closing.

Details are available on the vaccination page at santelaurentides.gouv.qc.ca.

CLOSING

Site	Last day for vaccinations at this location
Rivière-Rouge Centre sportif et culturel de Rivière-Rouge (arena) 1550 Du Rapide Rivière-Rouge J0T 1T0	August 26, 2021 After this date, the public is asked to go to one of the other vaccination sites in the region.

OTHER VACCINATION SITES IN THE LAURENTIANS

Site	New address
Mont-Laurier Espace Théâtre Muni-Spec 543 du Pont, Mont-Laurier J9L 0L4 Until September 10, 2021	Centre sportif Jacques-Lesage 801 Alix, Mont-Laurier, J9L 2V9 Beginning September 18
Lachute Kevin-Lowe-Pierre-Pagé Arena 80 Hamford Avenue, Lachute J8H 3S8 Until August 28, 2021	Carrefour D'Argenteuil 505 Bethany Avenue, Lachute, J8H 4A6 Beginning September 2, 2021
Sainte-Agathe-des-Monts Centre sportif Damien-Héту (arena) 40 Brissette, Sainte-Agathe-des-Monts J8C 1T3 Until August 29, 2021	Place Lagny 2 Saint-Louis, Sainte-Agathe-des-Monts, J8C 2A2 Beginning September 2, 2021
Blainville COVID-19 vaccination site 820 Curé-Labelle Blainville J7C 2K6	NO CHANGE – VACCINATIONS CONTINUE
Saint-Jérôme Quartier 50 + 425, Jean-Baptiste-Rolland boulevard East, Saint-Jérôme J7Z 4J4	NO CHANGE – VACCINATIONS CONTINUE
Saint-Sauveur COVID-19 vaccination site 191 Du Lac-Millette, suite 105 Saint-Sauveur J0R 1R6	NO CHANGE – VACCINATIONS CONTINUE

"Closing this site is necessary as the arena must resume normal activities. We have therefore arranged to redirect people who have not yet received their vaccine to another vaccination site located near their home. People who have an appointment will receive a personalized message from Clic-Santé via text or email to inform them of the change of venue", said Ms. Rosemonde Landry, President and Executive Director of the CISSS des Laurentides.

"We are very satisfied with the way the vaccination campaign has unfolded in our region and in particular in the Antoine-Labelle MRC, where 75% of the population is fully vaccinated", added Ms. Landry in thanking the public for their participation. For those who are not yet vaccinated and who wish to be, it is not too late! A shuttle and escort service is available. To request it, call the appointment centre at 1-877-644-4545. In addition, mobile vaccination teams will be put in place throughout the region in the coming days to continue outreach vaccinations. For more information about these services, visit santelaurentides.gouv.qc.ca.

The public is asked to move up their appointment for a second COVID-19 shot. A minimum interval of 4 weeks between doses is required. Getting vaccinated is the best way to protect against the COVID variants.

Minister of Transport - Wentworth-Nord

The Ministère des Transports is informing road users of the continued work to the bridge located on Chemin du Lac-Louisa, above the West River, in the municipality of Wentworth-Nord. The second phase of the work will take place from September 2, for a period of 4 weeks. During this period, traffic will be modified to allow only the passage of ATVs, cyclists and pedestrians on the structure.

Traffic management

- A detour road, already in place for emergency services and trucking, will now also be accessible to road vehicles, so that they can circulate on either side of the bridge on Chemin du Lac-Louisa.
- Access to the detour is via the municipal network via Route Principale, Chemin Lanthier and Rue des Pivoines, which are linked by a private road only during the construction period. The first phase of this work began on August 9, in order to begin replacing the bridge deck.

The duration of the work and the obstacles may be modified due to operational constraints or weather conditions. To find out about current and future obstacles, consult Québec 511, a practical tool for properly planning your trips. For the safety and health of workers, all the necessary sanitary measures are deployed on this site. The Department thanks road users for respecting the signs in place in the work zone.

STRICTLY BUSINESS

By Lori Leonard - Main Street

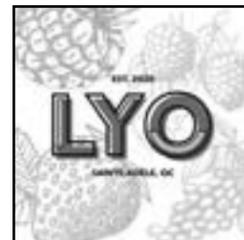
Welcome to:

Librairie Le Sentier, an independent library that opened its doors on August 12. They are located at 411 chemin Pierre-Péladeau, Ste. Adèle (between École Saint-Joseph and La Place des Citoyens). The library is run by two women, Mélanie Giroux and Laurence Létourneau-Pilon and is the only library in the Laurentians that specializes in children's books (ages 0 to 17). They also offer a selection of romance, poetry, etc. for all ages. Laurence was a primary grade teacher who left teaching to share her passion for books with children. Mélanie really enjoys highlighting and featuring Quebec authors. Opening hours: Tuesday through Saturday from 10 am - 5 pm. Good luck to both of these ladies. 438-875-3447, info@librairielesentier.com, librairielesentier.com, Facebook and Instagram: librairie le sentier



Congratulations to:

Alex Caouette, Zakary Smallman-Lavigne and Sol'Abraham Castaneda-Ouellet, the three new owners of **Le Café Bistro Sainte-Anne**. The café is located at 678 chemin Sainte Anne des Lacs, Ste. Anne des Lacs. This new café replaces Café Boulangerie du Village. They offer a bio menu with many healthy choices. They are also innovators of a special freeze-drying process, which dries fresh produce at a low temperature to preserve the food, nutrients and flavors for a longer period of time. They offer their brand Lyo, fruits and granola products, which includes raspberries, strawberries, blueberries, blackberries and grapes. They also offer delicious light meals on-site or take-out including easy take-out breakfasts. A lunch and dinner menu will be available soon. They will also feature live music when weather permits. We wish you lots of luck with your new venture. Open 8 am to 3 pm from Wednesday to Sunday. 450 821-7551, Lyo-alimentations.ca, Facebook: Lyo alimentation.



Did you know that:

The bridge between adjoining highway 117, autoroute 15 and Ste. Anne des Lacs is finally open and has been officially open since August 12? Construction on this bridge has been underway for many months since 2020. At long last, it is so wonderful to be able to cross the new bridge. Work is now underway on the bridge that was used as a detour, which is located on chemin du Moulin in Piedmont, which crosses to highway 117.

We take this opportunity to let **Vasilina Babaeva** and **Hugo David** know that we are thinking of them at this time and that we support them after they recently experienced a fire that demolished their popular restaurant, **La Folie Resto Bar**, 235 rue Principale, St. Sauveur. The fire may have demolished their restaurant, but not Lily and Hugo's spirits, as they promise to come back even stronger, very soon. They have also created a lovely outdoor terrace at **La Bohème**, their other resto at 251 rue Principale, St. Sauveur. Let's support this amazing, courageous couple by dining at La Bohème, a wonderful restaurant that specializes in French cuisine, such as delicious boeuf bourguignon, doré amandine, veal with raspberry sauce and so much more... To make a reservation 450 744-0504, info@restolaboheme.com, restolaboheme.com



Laurentian Region Cancer Support Group Cancer Support Group September 18

Cannabis Educator Shawna Dunbar and associates will address the use of cannabis derivatives in the treatment of pain and nausea at the next meeting of the Laurentian Region Cancer Support Group on September 18 at Chalet Bellevue (27 Bellevue) and online via ZOOM. The meeting is free and open to cancer patients, caregivers and their families in the Laurentian Region. To reserve a place at the meeting or for more information about the group's services contact June Angus at 450-226-3641/email cancer.laurentia@yahoo.ca.





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Minister of Transport

Road work announced for Route 327

Argenteuil MNA, Ms. Agnès Grondin, is pleased to announce, on behalf of the Minister of Transport and Minister responsible for the Estrie region, Mr. François Bonnardel, a \$3.8M investment for culvert replacement, pavement repair and asphalt paving on Route 327 in the municipalities of Grenville-sur-la-Rouge and Brownsburg-Chatham (Pine Hill sector). This work will take place over a period of eight weeks, from August 30 to October 22.

Depending on the site's location, traffic will alternate at all times during the week, and both traffic lanes will be available on weekends, starting at 5 p.m. on Friday. For all the details on obstacles, consult Québec 511.

The Ministère des Transports will redevelop the area around the roadway and replace two culverts near the Lac Carling Golf Club in Grenville-sur-la-Rouge. The paving of a 5.5 km section, from Polydore Road, in Brownsburg-Chatham, to Carling Lake, in Grenville-sur-la-Rouge, will also be carried out. In addition, work to replace a culvert and asphalt over a distance of 50 meters will take place on Chemin de Saint-Michel, in Brownsburg-Chatham.

Quotes

"Your government is listening to citizens. The announcement of the start of this major work is good news, since it will allow the maintenance of a safe road network, in addition to contributing to the economic development of this beautiful region of Quebec."

François Bonnardel, Minister of Transport and Minister for the Estrie region

"I am delighted at the start of this work, which will notably improve the ride comfort of Route 327. This is news that elected officials and constituency users will welcome with relief, since the work was long overdue. They will help maintain safe travel in our region, a priority for your government."

Agnès Grondin, Member of Parliament for Argenteuil

Highlights

Other road works are in progress or have recently been completed in this area: the replacement of the bridge deck located on Janitens Road, over the Dalesville River, in Brownsburg-Chatham, was completed on July 22, 2021; the repair of the bridge located on Lépine Street, over the West River, in Brownsburg-Chatham, was completed on August 20, 2021; the repair of the bridge located on Walker Road, over the Rouge River, in Grenville-sur-la-Rouge, which began in 2020, continued this year and should be completed in September 2021.

A safe return to school in Saint-Sauveur

To remind road users that caution is required in school and drop-off zones, elected officials and municipal employees as well as police officers from the Sûreté du Québec MRC Pays-d'en-Haut, held an awareness activity on Monday, August 30, the day of the start of the school year.

The safety ambassadors donned a pink sweater, bearing the image of the City of Saint-Sauveur's road safety campaign, and distributed information pamphlets to motorists, pedestrians and parents, who were present near the Vallée and Marie-Rose pavilions of Saint-Sauveur Elementary School.

Road users passing through school zones were among the first in Quebec to see their speed on a live radar! Following the Société de l'assurance automobile du Québec (SAAQ) "Living Radars" awareness campaign, dealing with speed and distracted driving near schools, the SPL equipped itself with two live radars in order to use them during preventive interventions in school zones. This radar,



The Ephemeral Stations are back this summer! Aerobic Corridor Park

At six locations on the trail between Morin-Heights and Amherst, runners, walkers and cyclists were able to admire ephemeral artistic creations in the making that highlight the collective richness of the region's heritage and landscape. The project was set up with funding from the Ministry of Culture and Communications under cultural development agreements with the MRCs. The artists worked on their individual works from August 16 to 31, while passers-by admired their creative process as well as the various artistic techniques they used.

The works will remain at the place of their creation and will be exhibited there until October 11. In addition to being able to testify to the work of the artists and admire their productions while enjoying the outdoors and the tranquility of the Aerobic Corridor, its users will then have until September 26 to vote for their favorite on the web page <https://corridoraerobique.ca/stationsephemeres/>. In doing so, they will have the chance to win a gift basket filled with local products.

The artists' work is immersive and integrates mediums of all kinds such as sculpture, painting, printmaking and more. They will contribute to the vitality of communities within municipalities and they will incorporate materials found on site as much as possible.

Locations

Station 1: Exhibited near the Aerobic Corridor reception pavilion at Morin-Heights station number one, Marc-André Gendron's creation will examine the importance of wood and forests in the history of the Laurentians. While admiring the sculpture, passers-by will be inclined to wonder about their contribution to nature and their responsibility towards it.

Station 2: The work that Aimé Carrier will present near 1699 route Principale in Wentworth-Nord will be made mainly of driftwood. For him a constant source of inspiration, this stranded wood that he recovers along the beaches he visits will be used to make the sculpture of a sailing boat. The artist seeks to prompt passers-by to reflect on the passage of time and the importance of navigating the present.

Station 3: During her second participation in Stations éphémères, Geneviève Mercure will exhibit her piece of art in Lac-des-Seize-Îles near the Brunet Pavilion, on Village Road west of Lapierre Street. She will seek to create a piece that is a metaphor for the human being anchored in its environment while adapting and transforming it.

Station 4: Near 2, rue de l'Eglise in Montcalm, Annie Lord will present a vegetal arch built with branches, flowers and plants collected from the surrounding area. By allowing passers-by to walk through her immersive creation, she seeks to forge an intimate bond with the visitor and to transfer an idea of renewal and transformation.

Station 5: Located between 2, rue du Village in Arundel and 101, rue du Pont in Huberdeau, and made with natural milk paints, vegetable dyes and charcoal, is the creation of Nathalie Morel, who is participating for the second time in the project of Ephemeral stations of the Aerobic Corridor. Ms. Morel will orient her work around the idea of adaptation to nature.

Station 6: Using etching, printmaking and print art techniques, Marie-Josée Lebel and Jessica Thibault will exhibit at Amherst station number six located near 278, rue McLaughlin. They will produce images on wooden logs and seek to make users of the Aerobic Corridor reflect on the passage of time and the passage of people through the territory.

To learn more about the Aerobic Corridor Ephemeral Stations project, those interested can consult the web page <https://corridoraerobique.ca/stationsephemeres/>.

installed in a suitable backpack, was used several times during the day by an employee who drove along Principale Street and Rue de l'Église to encourage drivers to slow down.



Photo L-R: Mr. Patrick Gariépy, Director of the Public Works and Engineering Department, Ms. Liliane Mercier, Inspector at the Town Planning Department, Ms. Florence Lessard, Project Manager for the implementation of the Environmental Action Plan, Mr. Jacques Gariépy, mayor, Mr. Stéphane Lafond, brigadier, Mrs. Caroline Vinet, municipal councillor, Mr. Jean Beaulieu, director general.



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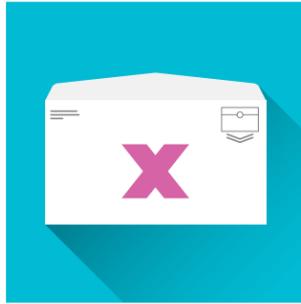
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There are ways you can vote early.

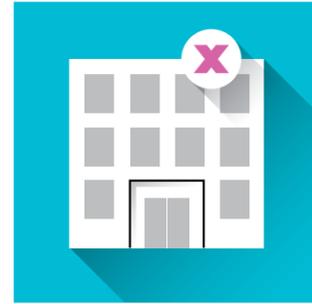
You can vote:



At your assigned advance polling station from Friday, September 10, to Monday, September 13, 9:00 a.m. to 9:00 p.m.



By mail – Apply by Tuesday, September 14, 6:00 p.m.



At any Elections Canada office before Tuesday, September 14, 6:00 p.m.

Check your voter information card for all the ways you can vote.

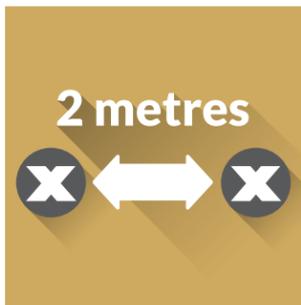
Your health and safety is our priority.

At your polling station, poll workers will be wearing masks.

There will also be:



Hand sanitizer stations



Clear physical distancing markers

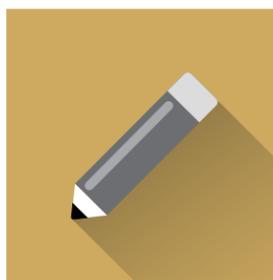


Only one poll worker per desk behind a plexiglass barrier

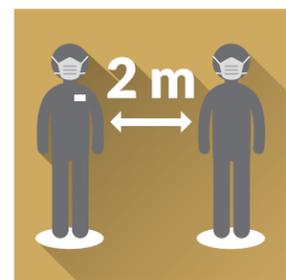
When you go to vote, don't forget:



Wear a mask



We will provide you with a single-use pencil to mark your ballot, or you can bring your own pen or pencil



Practice physical distancing by staying at least two metres away from voters and poll workers

If you have tested positive for or have symptoms of COVID-19, or if you have been in contact with someone who has the virus, visit elections.ca to apply to vote by mail. You have until Tuesday, September 14, 6:00 p.m., to apply.

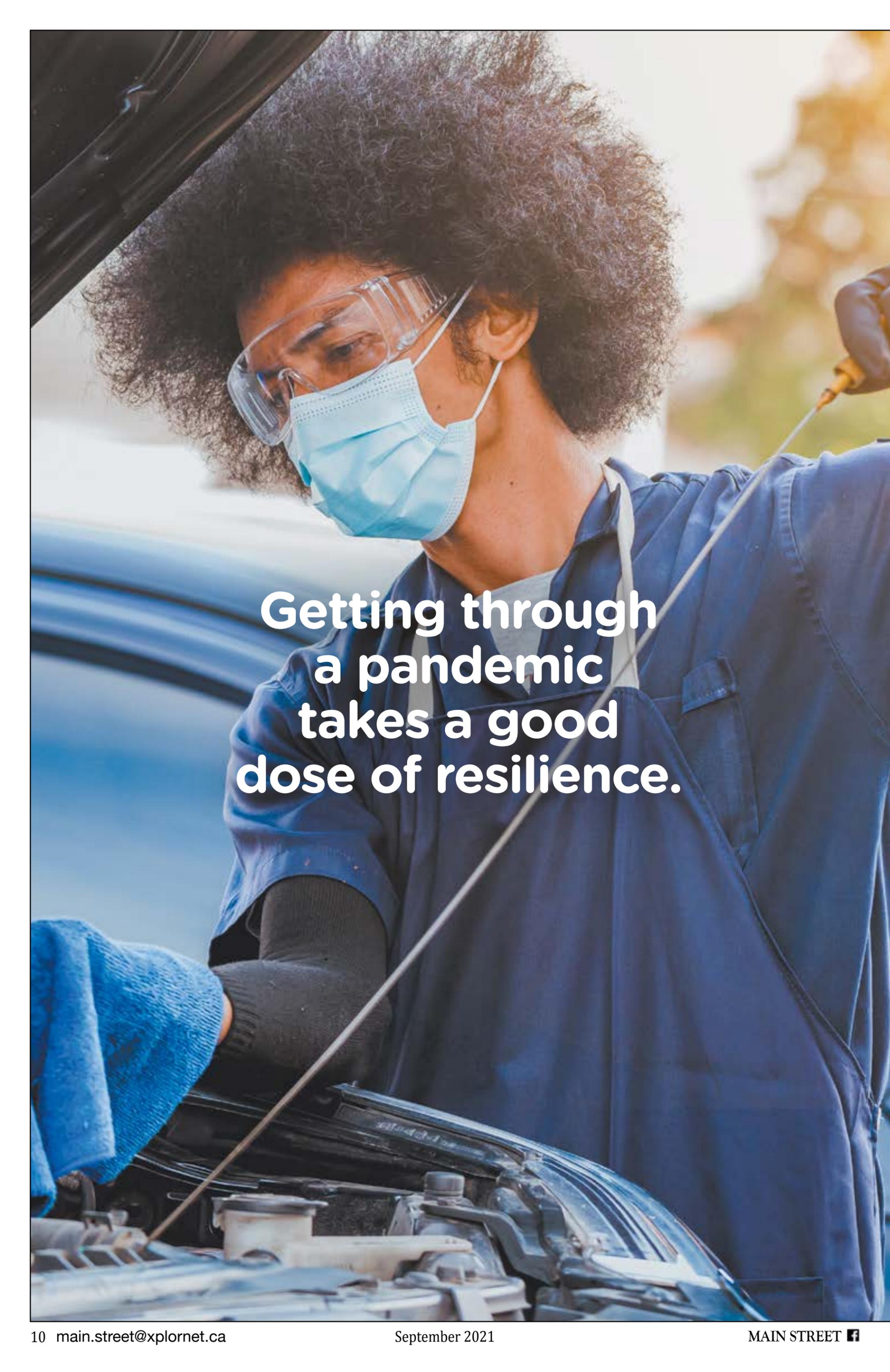


Stay safe. Vote safe.

Visit elections.ca for the official information on voting and the health and safety measures in place

1-800-463-6868 / elections.ca / TTY 1-800-361-8935



A close-up photograph of a mechanic with a large afro hairstyle, wearing a blue surgical mask and clear safety glasses. He is focused on working on the engine of a car with its hood open. He is wearing a blue work shirt and a white apron. The background is softly blurred, showing an outdoor setting with trees and a building. The text "Getting through a pandemic takes a good dose of resilience." is overlaid in white, bold, sans-serif font in the center of the image.

**Getting through
a pandemic
takes a good
dose of resilience.**



And above all, a 2nd dose of vaccine.

**The combined effect of two doses ensures
longer-lasting and better protection
against COVID-19.**

**Getting your 2nd dose
of vaccine is a must.**

Laurentian Hospital

CLARA mobile unit

The CLARA mobile unit has enabled 240 people on the waiting list at the Laurentian Hospital in Saint-Agathe-des-Monts to receive a mammogram and be tested for breast cancer.

The CISSS des Laurentides was able to make use of this mobile unit, which is housed in a bus to offer testing services, with the authorization of the Institut national de santé publique (INSPQ – Quebec Public Health Institute).

The CLARA mobile unit was parked near the Laurentian Hospital ambulance garage from August 16 to 27, making it possible to significantly reduce wait times, as testing appointments were assigned according to the waiting list.

The CISSS is planning to use the CLARA mobile unit again this Fall in the Upper Laurentians.



Photo: The CLARA mobile unit with Carolanne Boivin, mammography technologist, and Sandie Guénette, chief of medical imaging, respiratory care and medical electrophysiology, who are both on the Laurentian Hospital staff.

Autonomous libraries receive financial aid

The MNA for Argenteuil, Mrs. Agnès Grondin, confirms, on behalf of the Minister of Culture and Communications, Mrs. Nathalie Roy, the granting of financial assistance of \$151,200 for 3 autonomous public libraries (BPA) in the riding of Argenteuil, in Saint-Colomban (\$63,300), in Lachute (\$69,300) and in Brownsburg-Chatham (\$18,600), for the 2021-2022 fiscal year.

This sum is allocated under the program Call for Projects for the development of collections of autonomous public libraries of the Ministry of Culture and Communications. This assistance will enable BPAs to enrich their collections and improve their management. It will also promote the purchase of Quebec books and the free subscription to the public library service for users.

In total, \$23,520,000 was allocated to the 175 BPAs located in all regions of Quebec for the development of their collections. For their part, the 11 regional public library service centers (CRSBP) in the province will obtain a total annual assistance of \$8,227,357 through the Operating Assistance Program for regional public library service centers. The sum of \$24,682,071 will thus be paid to them on a three-year basis.

Through this funding, the Government of Quebec wants to allow BPAs and CRSBPs to develop and enrich their collections of books and documents, for the benefit of the citizens they serve. Assistance to CRSBPs for mission support will also be devoted to providing services, resources, training and technological infrastructure to affiliated libraries in their network. Remember that the Minister announced in July 2020 a historic improvement in the budget envelopes devoted to the acquisition of books; increases of 32% for GAP and 50% for CRSBP, respectively.

Loisirs Laurentides launches new calendar of training and events

In order to better support, equip and accompany volunteer and paid workers in the region, Loisirs Laurentides is proud to offer the population a series of varied training courses, at low cost and with quality content! Under the theme Because Loisirs Laurentides is here for you!, the organization recently launched its 2021-2022 calendar of training and events relating to physical activity, sport, the outdoors, the management of a non-profit and volunteer organization, and safety and integrity in sports.

These dates are a beautiful opportunity to meet and exchange with other stakeholders in the region since all training is offered in the Laurentians. The 2021-2022 training and events calendar is available on the Loisirs Laurentides website (www.loisirs laurentides.com) under the "News and Activities" tab. Registration for the various training courses is done directly online from the "Training offered" tab.

The vaccination passport will be required from participants for the training sessions that will take place in person. For more information on training, contact Esther Latourès at 450-504-6080 or by email: elatoures@loisirs laurentides.com. 2 / ..

About Loisirs Laurentides

Loisirs Laurentides is a non-profit organization for recreation, sports and the outdoors in the Laurentians, recognized and supported by the Ministry of Education and the Ministry of Culture and Communications since 1971.



Laurentian Personality

Eric Bégin, Talent Galore

Lori Leonard – Main Street

Eric Bégin has lived in Ste. Anne des Lacs since 1981. He still lives in the same house, but has greatly renovated it since then. Music has always been a passion for Eric. His "grand-maman" is responsible for piquing his interest in music, especially the piano. For years, she sat with him and corrected and improvised his playing. Today, she is 104 years old and is glad to see that Eric proudly plays her piano at his home.

When Eric was 16 or 17, a friend taught him one song on the guitar. The rest is history, as he went out and purchased a guitar the very next day. Initially, Eric was interested in folk music, but soon appreciated many musical influences including the Beatles, classical music, jazz and rock and roll. Later, Eric studied jazz guitar and acquired his music degree at CEGEP Lionel Groulx, Ste. Thérèse. After CEGEP, Eric travelled to Europe and played guitar on the streets for free. Eventually, he learned to master not only the guitar and piano, but also the ukulele, mandolin, bass and double bass. Eric also enjoys teaching guitar, and has taught music to people of all ages for more than 20 years. He is particularly proud when he sees his students become professional musicians.

Eric has played and still plays in many bands including Alter Ego (top 40's band), the Keltik Pilgrims (Irish music with Jodi Anker), Jolies Aliens Babes (psychedelic folk), Les Petites Tounes (children's music), Les Pères Pétau (duo with Eloi Amesse). Eloi, Eric's best friend of 20 years and he have played guitar and violin/fiddle duets in public for years.

Eric has appeared on many shows on TV, including telethons, and at many musical shows and festivals across Quebec. His latest project is a unique band called Mig'mafrica, a mix of traditional African and First Nations music. He was recently responsible for filming and editing 6 capsules to celebrate the 75th anniversary of Ste. Anne des Lacs.

In Eric's spare time, he enjoys the company of his amazing white cat, Bibou, who he claims has 9 lives. He enjoys travel, downhill skiing, hiking, mountain biking, swimming and doing renovations.

Eric says "what fuels me is the will to be an unconditional human being, to be part of the conscience that we are ONE and that music truly expresses our unity. It is a language that everyone around the world understands. Music demonstrates how true harmony can be achieved and how discipline and knowledge is required to enjoy harmony to its fullest."

To see and hear some of Eric's fabulous music endeavours, check out these links: musiquequebecoise.wixsite.com/voyagechanson, lespetitestounes.ca/accueil, keltikpilgrim.bandcamp.com/releases, youtube.com/watch?v=hmcl4y-am_s, mo-saicultures.com/migmafrica

Thank you, Eric, for ensuring that our world is a better place listening to your music!

Theatre Morin Heights Presents:

Now and Then by Sean Grennan Oct 20-24

Headlining Theatre Morin Heights' 2021 Fall Season is the new play "Now and Then" by Sean Grennan, directed by Noel Burton. Evening performances will run October 20, 21, 22 and 23, capped off with a Sunday matinee October 24. Tickets are \$20 and go on sale September 20.

This heartfelt romantic comedy is about the costs of the choices we make, and the people who make them with us. Sometimes funny. Sometimes poignant. Always a delight!

Performances take place at Chalet Bellevue, 27 rue Bellevue, Morin Heights. (All COVID precautions in effect at the time will be followed.)

The cast features two new faces, Cathy Wood and Steven Gillam, along with Theatre Morin Heights' veterans Carolyn Roberts and Peter Cook. The actors and crew are now busy and having fun with rehearsals and all the behind the scene preparations.

You can get a preview or even act, control lights and sound during an open rehearsal on Saturday, September 25 from 2 pm to 4:30 pm, as part of the Journée de la Culture activities in Morin Heights at Chalet Bellevue.

For more information visit theatremorinheights.ca or call 579-765-3999. Updates also available on facebook.com/TheatreMorinHeights/.



McHappy Day is back after a two-year absence

On Wednesday, September 22nd, you can support The Argenteuil Hospital Foundation (AHF) by visiting the Lachute or Grenville McDonald locations.

On September 22nd, 10% of the sale of food products and beverages will be given to the AHF. At the Lachute location, volunteers will be present throughout the day to collect your donations and sell raffle tickets.

If you wish to join us as a volunteer for this fun day, please contact us at 450-562-3761, ext. 72100.

We would like to thank the Giguère family for supporting us year after year! Please come visit us on September 22nd!

About us: The Argenteuil Hospital Foundation is solely mandated to elaborate and develop ways to raise funds in order to invest responsibly in the healthcare and technology of the Argenteuil "Centre de santé et services sociaux (CMSSS). It is recognised as a major player for its support of and development in vital patient care throughout our hospital, CLSC and two long care facilities (CHSLD).



Making it Work in the Laurentians

The future of work: Adapting your job-hunting strategies to a post-Covid workforce

Maya Khamala

Believe it or not, the economic recovery is well on its way. Within one year of the start of the pandemic, Quebec had already begun to see an increase in production in many of the areas that had initially experienced a decline: agriculture, retail, and healthcare services, to name a few.

That said, the employment landscape has changed since the pandemic began, and it's important to prepare for your job search within the current context of the ever-adapting market. Here are some tips to help you stay ahead of the curve!

Learn about newly-expanding industries

The realities of Covid-19 spurred on certain industries, which are likely to continue growing post-pandemic. These include healthcare, artificial intelligence, mental health services, sales, education and digital content and marketing. Be open to the possibility that some of these new opportunities, though they may be in fields you've never considered, could be a great fit.

If you're currently hunting for a job, catering your search to any of these thriving industries might go a long way toward ensuring career stability for the foreseeable future.

Pivot, pivot, pivot

As some job markets grow more competitive, one way to increase your chances of success is by switching up your usual strategies. Economic recovery is made possible by the ability of businesses of all sizes to make quick shifts and adjustments to meet the 'new normal'. The widespread shift to digital and remote work, and the rise of artificial intelligence and automation are great examples of global pivots accelerated by Covid.

Did you know that Canada's top in-demand jobs right now are in the technology and engineering sector? The remote era has ushered in opportunities in tech, software development and information sciences. If you have great time management skills, mathematical aptitude and an eye for detail, there could be a pivot in this for you!

When looking for a job, try highlighting skills on your CV that you might not have emphasized before, your soft skills. These skills - communication, collaboration, customer service, creativity and critical thinking - could help you switch jobs and even industries.

Upskill: meet the future halfway

To upskill is to acquire new skills, often as a way of keeping up with trends. Doing so can help you thrive in a new career. Fact: you don't have to go back to school or get a new degree to keep up with the changing workforce; a lot of high-quality training can be found online. Whether you want to start over from scratch or hone your existing skills, check out professional development resources like UDEMY, Coursera or LinkedIn Learning—all of which are used and approved by many YES clients.

Bottom line: traversing the uncharted terrain of an ever-evolving job market can be daunting, but when you look at it as an opportunity to gain the valuable new skills you've always wanted, the possibilities begin to multiply!

YES' Employment Counsellors can help you upskill for the future. Visit yesmontreal.ca to find out how to receive FREE one-on-one assistance with your job search.



About Sainte-Adèle

Chris Lance - Main Street

I tried to download my Vaccination Passport using my computer and unfortunately the application responded that there was an error and to try again in a few days. I did try again; error again; tried again, error again. So I went off to the site where I got my shots, which was in Saint Sauveur to get help. The security there got me inside the inoculation centre and within 15 minutes I had the printed version of my passport. Then I tried my Apple app store for the app to get the phone version of the passport. Way easier to do and necessary for the restaurants etc. come September 1. From what I understand, no fines will be issued before September 15 and if you are planning a flight, metro in Montreal, bus or train, workout gym, indoor sports activity, you will need the passport to gain access.

Parc du Mont Loup-Garou is adding and maintaining mountain biking trails. The group PASA (Plein Air Sainte-Adèle) is busy mapping, routing trails, adding parking lots and has become very popular with the bikers. In fact the PASA is hoping that bikers will financially support efforts to secure and develop the trails. They are encouraging you to pick up a mid-season pass which you can purchase by visiting their website at pleinairsteadele.com/boutique. Hopefully there will be room for safe walking available without the bikers flying by at breakneck speed.

Summer sunshine seemed to overheat the month of August again this year after a cool July. The seasonality is changing or so it seems. But at least we felt the heat before the snow covers our roads and yards. Temperatures for this month should be moderate to finish up the tennis, biking, and pickleball season.

There is an Art Exposition entitled Les Annees 90, retrospective taking place at Place des citoyens until September 19. It is open Wednesday, Thursday and Friday from 9 am to 8:30 pm and Monday and Tuesday from 9 am to 5 pm. You can call 450-712-6242 for information.

Municipal elections, federal elections are in full swing. Federally, you can visit a website offering party positioning etc. try boussole.radio-canada.ca/canada

Schools are in session; watch-out and slow down on the roads. Also, as the leaves turn, please don't start fires as they could jump-start a local forest fire.

Our main roads from the 15 and onto 117 into our town and up the hill by the St-Hubert BBQ are once again full of pot holds and cracks. Seems to be a problem throughout Quebec. Ah well, what's a little wear and tear on our summer tires, soon we will be putting on the winterized version. The orange cone crews will be busier then ever while the province and towns refill the holes in our roads. Maybe Sainte-Adèle will become the orange cone head capital of the Laurentians.

It is almost time to put away the shorts, T-shirts, bathing suits and other summer wear and replace them with long underwear.

Ugh! Enjoy our short summer season.



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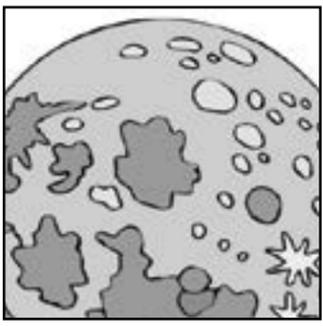
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6:30PM - 8:30PM | **\$10****



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**As part of our ongoing effort to support entrepreneurs, small business owners and artists, we have applied a 50% discount on select workshops. The online price reflects the 50% discount.

Program funded by:  Canada Economic Development for Quebec Regions / Développement économique Canada pour les régions du Québec



Zach Factor

The architect that never was

Lys Chisholm & Marcus Nerenberg - Main Street

If ever there was an alien amongst us, that man was Buckminster Fuller. The man who designed the geodesic dome, so well known from Expo 67 and that has graced the Montreal skyline ever since, is now intrinsically connected to the very vaccines we are taking for Covid 19.

Fuller, born in 1895, was an outlier. Never doing well at school, except for math, his cross-eyes and thick glasses presented a strange appearance. At an early age, he challenged his math teacher during a geometry lesson to explain why she believed a point, a line and a plane did not exist, but a cube (arising from nothing) did. When he asked her about the weight, the age and temperature of a cube, it angered her. He realized early on that students were not supposed to question authority.

Accepted into Harvard, Fuller struggled with the uptight social mores and politics; he cut classes and was soon expelled. Fuller went to work in a cotton mill machine factory in Canada. This experience introduced him to industrial mechanisms that would become strategic parts of his innovative thinking. Accepted back into Harvard a second time, he soon dropped out again and joined the Navy in WW1. Setting sail, he meditated on the number of bubbles in the ship's wake; Bucky began his first ponderings over the possibility that nature contained a simple geometric structure and form that was applicable to everything within the natural universe.

Uncle Bucky would go on to develop his structurally powerful geodesic forms in 1947 which made from paper to aluminum demonstrated the same tensile strengths. Despite not being an accredited architect, and to the dismay of American Architects, he was selected to build the US pavilion at the Montreal World Fair- Expo 67 (they assigned a young architect to sign all the papers). This geodesic form became confirmed as one of the basic structures in our carbon-based world and would inspire future scientists to find identical structures at the molecular, atomic, and sub-atomic level.

With the discovery of the carbon atom shape C60, aptly named "fullerene" along with the newly developed scanning tunneling microscope (STM) in the 1980's, applied science was able to begin working at the "nano" level. To understand the size of these immensely small structures, the concept label of 'nano' was applied as a measurement much the way we use millimetres to meters. Only a billion times smaller. To understand how small a nanometer is for example: a human hair is about 60,000 - 100,000 nm wide; a fingernail grows 1 nm per second; a DNA molecule is ~2.5 nm in width and a 2-meter person is 6 feet 6 inches tall or 2 billion nanometers.

From cell phones to sunscreen to food packaging- nanotechnology has infiltrated every aspect of our daily lives. But the greatest impact on humans for uses of nanotech has been in the health field. Early in 1965, it became established that Bucky's geodesic dome applied perfectly to the protein shells that surround viruses. By 2004, nanomaterials were used in biology and medicine drug delivery and gene therapy, the separation and purification of biological molecules and cells, fluorescent biological labels, imaging contrast agents, tissue engineering, DNA probes and nanoscale biochips and microsurgical technology. Specifically, though, nanotech recently was applied to the latest pandemic vaccines via encapsulation of the fragile m-RNA. A newly developed method of vaccine delivery, first patented by the Canadian pharmaceutical company, Arbutus Pharmaceuticals in Vancouver, BC., the mRNA vaccine was coated with a form of synthetic nano-lipid to assure safe delivery to our cells.

With nanotechnology comes environmental and health controversy. Worldwide protections and guidelines are critically lagging behind the rollout and production of nanotech-based products. Fuller, throughout his life witnessed how research and development funding went primarily to the military-industrial complex, rather than supporting more of what he coined the other aspects of life- "the livingry". He deeply believed in technology for all, and that it enables humanity to have a "conscious active role in our own evolution". Yet he felt science needed to take greater efforts to have the public understand its discoveries.

Fuller's life was rich and diverse, he was a father, an inventor, and socially conscious. Like all great thinkers, he saw himself as more than just the creator of the geodesic dome but rather as a servant of the greater good. "My objective", said Bucky to his biographer Robert W. Marks, "was humanity's comprehensive success in the universe. I could have ended up with a pair of flying slippers!"



The geodesic dome designed by Buckminster Fuller inspired the creation of the C60 molecule and opened up the world of nanotechnological research and development. Photo credit: Wikki Commons

The Story Behind

Insatiable Hunger

**Joseph Graham - Main Street
joseph@ballyhoo.ca**



Readers may have observed over the years that I am preparing a new book. It has taken more than a dozen years and the research has inspired some of my contributions to Main Street.

The book, *Insatiable Hunger*, published and distributed through Black Rose Books of Montreal, should be available at your favourite bookstore next month. You, the readers of Main Street, have been of great assistance to me in this work simply by reading and continuing to support Main Street. The fundamental concept that has driven this book is an attempt to grasp who the colonists were who arrived in the Atlantic Northeast, what was happening in Europe to drive them away, and how they perceived and were perceived by the people who inhabited and stewarded this land. Below is a short excerpt from the introduction to the book. Most of this history is not what we have been taught to believe. A second excerpt will appear next month. I hope you find it informative.



After over a thousand years of slowly steeping itself in the dogma of Catholicism, Europe began to fragment during the Reformation. All of the players, deeply Christianized, sharing unshakeable tenets, struggled over the sharing of power. New religious ideals shook the establishments, leading to wars. Driven by these religious priorities, they sought new homes. The French and the English both found those homes in northeastern North America. The French attempted to expand Christendom while the English found a home for the reformists, the Protestants. Both discovered that the space they sought was already inhabited and that the people here had no tradition of or need for Christianity.

From the beginning, the people who were here maintained a totally different belief system in the face of an onslaught of disease and masses of newcomers. One of the first agreements between the two different civilizations was called the Two Row Wampum. It consisted of a belt of white beads with two parallel lines of purple running on opposite sides of the centre. It commemorated an understanding that these two purple lines represented the two very different civilizations, travelling together, respectful of each other and not interfering in each other's jurisdiction. The agreement, between the Dutch and the Mohawk of the Five Nations, established how they could share and co-exist.

Over time, one of those purple lines has become thinner, while the other has become much thicker. Somehow, though, both have continued, mostly running parallel, but the values do not overlap. One is a sustaining culture, while the other is a consuming culture. One belongs to the world. The other presumes to own the world.

Our conceit in Western society is that we have progressed through time, that modern civilization is the result of an evolutionary process bringing us an ever more technological and perfect world, a culture determined to reconstruct "nature." But civilizations, including ours, come and go. Rather than having evolved, I see our civilization as analogous to the growth of a plant, starting small and growing at first geometrically and then exponentially to enormous size and impact. There are many ways of organizing societies, but all must conform to the basic rules of our modern market economy. If they don't, they are conveniently dismissed through classifications such as Indigenous. Looking holistically, from that Indigenous side and from modern thinkers like James Lovelock, we see that our world is a symbiotic system in which we play an important role, a role of stewardship. The market economy perceives the whole world as potential products. Spaced in time between the "great" civilizations of history with their expansionist ways, people lived within their means, in a symbiotic way. Today, we are sure of our superior status as a civilization and when we look back, we are blind to earlier sustaining communities that lived lightly on the land for countless thousands of years. Even when we do glimpse these communities, we dismiss them as "primitive" or "savage," failing to see that ancient anomalous structures like Stonehenge or other unexplained abandoned artifacts would have been preceded and succeeded by long periods of the sustaining form of human social organization. I have come to understand that these sustaining communities are as thoroughly modern as any other and achieve the highest standard of social order by being able to share as a community even onto death. By contrast, something happened, perhaps during the evolution of the herding-based cultures of Eurasia that began a spiral of power through consumption, reaching into our times as an endgame that threatens our continued existence. It is thanks to this way of living that the first Europeans who came to our northeastern region of North America found the Anishinaabe and Iroquoian communities, found rivers teeming with fish, skies blackened with clouds of birds, and found a sustaining forest from the Atlantic Coast to the Great Lakes with interspersed farming communities. Belittling nature as something over which an omnipotent personal god had given them dominion, they dismissed the humans they encountered as simply a part of nature. This was somehow seen as a primitive rather than as an equally modern form of society.

One must view the world from where one is, and I live happily in the Laurentian hills north of Montreal. I am not of Indigenous descent but from the European stock that are called settlers in the context of the people who were already here. Like many before me, I seek to understand who I am, how I belong here, and what my responsibilities for "here" entail. Acknowledging my Catholic upbringing, the strong Sephardi-Jewish influence in my married life, and my life-long passion for written history, I have come to appreciate the shortcomings of this mixed heritage and to appreciate history whether written in a European script, presented through Oral Tradition, or registered in the physical world, the rocks, the running water, the soil, and the vegetation.



Garden Talk Trees tell a story

June Angus - Main Street

Trees are great communicators. They tell us a lot about our changing seasons. Trees also speak loud and clear about their overall state of health. That's why it's important to pay close attention to the trees on our properties and near our homes. Our observations help us to learn what is normal behaviour, and equip us to detect early signs of trouble.

With autumn just around the corner, the leaves on most deciduous trees are already turning yellow, gold, orange and red, a direct signal that they will soon fall before the tree goes dormant for the winter. We all know this is normal and what a glorious feast for the eyes!

Most conifers – trees with needles that stay green year round – are more discreet about signaling that winter is coming. While their appearance remains about the same all year long, they also do some shedding in the fall. Conifers drop some of their “seeds” that are protected inside cones. They also drop some of their needles or leaves. But it's rare for conifers to lose all of their needles. The exception is the Tamarack, also known as the American Larch. It turns a spectacular golden colour by early November before dropping all of its needles. Once that happens we know that winter weather is just around the corner.

While we are accustomed to seasonal changes in foliage for our native trees, there are times trees will shed leaves out of season. Or a tree may simply start to look unhealthy. Either way, it's wise to take note when any abnormal signs occur because intervention may be required.

For example, if a maple starts shedding some of its new greenery in spring or summer, the tree may be suffering stress due to hot or extremely dry conditions. The impact of a week or two of stress can be corrected with a good soaking rainfall or more moderate temperatures. But when the stress is prolonged, watering may be necessary to prevent long-term damage.

The appearance of small clumps of brown foliage on cedars in late summer is part of a normal process called flagging. But too much flagging can also be a sign that the tree is suffering from environmental or other stress factors that warrants closer inspection.

Pests and disease may also be at work when trees lose leaves during their prime, growing season. The tent caterpillar invasion of a few years ago is a case in point. These hungry caterpillars devoured all of the leaves on some trees. Without leaves to produce nourishment via photosynthesis, a tree may literally starve to death. Fortunately, infestations of tent caterpillars only last a season or two and most trees will recover.

More troublesome are pathogens or pests that damage trees or spread disease. Signs to watch for throughout the prime growing season include: cavities, cracks, and holes in the trunk or limbs; wilting, bare patches, broken or leaf-free branches; abnormal leaf color, shape, and size or holes; unusual insect activity; signs of disease, fungus growth and oozing sap.

Unchecked, any of these symptoms can lead to permanent damage and even the death of a tree. Sooner or later dead trees fall, or are blown down by wind, posing a threat to humans, property and infrastructure, such as power lines and roads.

The best cure is an ounce of prevention, so being aware of what is normal and what looks like trouble is crucial. If a problem develops, and the solution is not obvious, consult an expert. Most garden centres have an arborist or tree specialist on staff. Tree maintenance companies also have the expertise to help you diagnose and/or remedy a problem in the making.

Enjoy this season's fall colours!



Word Play About confession

Louise Bloom - louisebloom@me.com

I have been working currently on a collaborative project with 3 other artists, involving the creation of elements that represent the life of a church over the period of the last hundred years. Specifically, we are producing 4 architectural aspects of the church in a sculptural and print installation that celebrates the centenary of the town of Val-David. The Église de Val-David was constructed in 1917.

One of the architectural elements that we have been exploring is the confessional, the structure within the church that housed the tradition of confession, representing the sacred relationship between parishioner and priest. I have been thinking much about this tradition, delving into its meaning and the benefits that it might have afforded those Catholics who practiced it.

In researching the history of the confessional, I came to know that the structure itself had been alternatively titled the Sin Box. On Saturday afternoons, parishioners seeking absolution would stand in long lines, waiting for their turn to confess their sins, beginning with the familiar statement, “Bless me Father, for I have sinned”. Thus, they were forgiven and cleansed through this tradition.

In general, I believe that confession itself is the act of unburdening. The opportunity to seek forgiveness in the context of formal religion, however, has lost its popularity, as confidence in the integrity of the Church has declined. Yet, the secular culture is more invested than ever in confession, apology and acts of contrition, witnessed by Web sites that provide the opportunity to unburden electronically. Post your regrets, as you might post on Facebook, and your contrition is acknowledged with a mere click or two.

Why is confession so popular despite being separated from the more formal fundamental ritual provided by the Catholic church?

The clue lies in the word ‘burden’, referring to the weight of guilt that is carried by individuals who are aware of the difference between right and wrong. History reveals that the influence of the Ten Commandments spans the globe, providing for all a strict code of conduct. The human understanding of sinful behaviour is rooted within these edicts, and the tree of morality grows from those seeds, scattered far and wide. As a result, an intuitive force in each of us provides the limits we must impose on our personal behaviour.

Confession remains the natural way to unburden our guilt. Perhaps, revealing what troubles our conscience enables a resolution of our inner conflicts. Confiding in another is the beginning of the process, and speaking personal truths is the first step towards the ultimate unburdening that confession enables.

In the religious context of confession, in the Judeo-Christian tradition, there has always been the inherent promise of forgiveness by God at the seat of judgement. In Judaism, redemption is guaranteed if we are able to repair (Tikkun) our behaviour. The day of Yom Kippur, the day of atonement, asks that we review the past year diligently, and take responsibility for all our actions, in order that the slate be cleaned, and then, knowing we are forgiven, we begin anew.

Without the presence of the clergy, or the belief in God, if we can deepen our connection to ourselves, our ways of being, and take responsibility for our actions, the weight of the burden can dissolve. In that case, the presence and the ear of a good friend is truly a blessing.

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



The Ruisseau-Clair dog park now open

Notice to all dog lovers: the very first dog park in Mont-Tremblant is now open! Located on rue Vaillancourt, the park has two spaces of approximately 400 square meters each to accommodate small and large dogs separately. Bordered by the Clair stream, it has various facilities for dogs, street furniture, lighting, a path providing access to the Clair stream, bag dispensers and garbage cans as well as nine parking spaces on rue Vaillancourt. Dog parks are the only public spaces where you can let your dog run free (without a leash). For your safety and that of other users, we ask users to respect the rules posted on the site and to read the recommendations. “The Ruisseau-Clair dog park is a project that was very close to my heart. People have been asking for it for a long time and they will not be disappointed! On the site, there are a large number of mature trees and beautiful play facilities for dogs. Located within the urban perimeter, the location is both easily accessible and far enough from residences not to disturb the neighborhood. The entrance to the park is bordered by the Clair stream, a natural feature that is pleasant for both animals and their owners,” said Mayor Luc Brisebois.

To learn more about the dog park, visit ville-demont-tremblant.qc.ca/parc-canin.



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Obituaries

MELROSE, Reginald Arnold

Mr. Reginald Arnold Melrose at the Cornwall Community Hospital on Tuesday, August 31, 2021 at the age of 88 years. Beloved husband of Cecelia Ann Keitha (nee McMurray). Loving father of Marion Melrose, Bernadine Pidgeon (Mark), Joanne Suffel (Jamie), Keitha Giannela, Regalena Melrose, James Melrose (Wellington). Sadly missed by his grandchildren, Wesley, Joshua, Nathan, Joseph, Jordan, Megan, Robbie, Luciano, Chiara and Jules and his great grandchildren, Elouise and Esther. Predeceased by his parents, John and Lena



(nee Scott) and brother and sisters John, Donald, Cyril, Joyce, Audrey, Marina and Shirley. Rested at the Wilson Funeral Home, 822 Pitt Street, Cornwall, where visitations were held on Tuesday, September 7, 2021 and Wednesday, September 8, 2021. A private funeral will be held at St. Matthew's Lutheran Church.

Interment at St. Lawrence Valley Cemetery. Donations in his memory may be made to St. Matthew's Lutheran Church or a local charity of your choice. Online condolences may be made at: www.wilsonfuneralhome.ca



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4korners

Living without Violence: An anger management program for men

Andie Bennett

4Korners is partnering with Accroc and PAIX to offer a 20-week program geared toward men living in the Laurentians who acknowledge the need to stop using violence in their marital family life, and who wish to develop stronger communication and conflict resolution skills. The courses will consist of small online groups of four to five men exploring different themes, including understanding anger and violence in themselves and realizing that beneath anger and fear they often find shame and powerlessness. The classes will address different triggers and delve into the past to identify wounds and the sensitive spots they leave behind. The meetings will be complemented by personal work, such as videos to watch, documents and exercises.



Like many working in this field, clinical consultant and supervisor for Accroc, Pierre L'Heureux, has some personal experience with family violence - his aunt and grandmother were both victims of marital abuse and kept it well hidden for a long time. When he started working in family violence in the 80s, the average age of men they saw was 40-50 year-olds, and three-quarters of the men were referred by judges, lawyers or probation officers. What he has seen recently is a big change. Barely over 40% now come through mandated channels and the average age is the early to mid 30s. L'Heureux says this is trending in the right direction. He says there is more awareness among women and men about the destructiveness of family violence. He also says that many women will now confront their partners earlier about this kind of behaviour, prompting men to reach out from the first episode of violence, rather than women suffering in silence the way so many have done in the past.

This will be the first group of this type offered in English in the Laurentians. But it is not for lack of trying. Pierre tells me Accroc and other groups have tried to offer in-person meetings in English in the past, however it was difficult to find enough people in one area to make it work. In a way, working around the limitations imposed by the pandemic resulted in a happy accident. The online classes have shown not only to have better attendance but more men sticking with the program instead of dropping out after one or two classes. The program is free and confidential. Registration is open and men can join anytime. Email info@4korners.org or call 1-888-974-3940/450-974-3940 ext.601

16 main.street@xplornet.ca

September 2021

The English Link

Entraide Bénévole going strong

Andie Bennett



Entraide Bénévole des Pays-d'en-Haut is inching closer to reinstating all services to pre-Covid levels. After losing a large percentage of their volunteers, due to stay at home orders and recommendations for people over 70, director Danielle Corbeil tells me that about 75% have returned and are providing visits and medical transportation, with all services expected to be in place by the fall.



Most of the services have continued through Covid because they qualify as essential services, albeit sometimes in a different fashion. Friendship visits, and anything else that could be, were moved to the telephone but resumed in person outdoors as soon as the weather permitted. They continued to offer transportation to medical appointments throughout the pandemic, and food deliveries were maintained to make sure that the most vulnerable people were being cared for. Danielle was proud to show me their new bilingual flyer about elder support to address, in partnership with the CLSC, concerns about seniors' quality of life. She also tells me that Entraide Bénévole currently has over 250 volunteers, most of whom are bilingual. Danielle says that in the five years she has worked there, language has never been a barrier in providing help to people.

Along with the friendship visits, transportation to medical appointments, and Meals on Wheels, Entraide Bénévole also offers income tax services, community meals, and the minivan community transportation, which is not just for weekly grocery runs but also brings a social component to simple errands. They can also connect you with a volunteer to make regular calls to you or your loved ones. The good morning/afternoon calls can be made to anyone who needs them, either because they are lonely, need to be reminded to take medications, or just to check in and make sure they are well. If a problem arises the volunteer will contact the appropriate resources.

All volunteers go through a once-a-year training with the CLSC to ensure they can safely help people with limited mobility, and the volunteer drivers have a more rigorous vetting system to ensure, among other things, that they have clean driving records.

Depending on your skills and your availability, you can volunteer for a specific occasion or set something up on a regular schedule. Contact Entraide Bénévole at info@entraidebenevolepdh.com or by telephone 450-229-9020. They are located at 1013 rue Valiquette in Sainte-Adèle.

Essential Oils

Oral health

Susan Rich



Dental health is so important to our well-being. As someone who struggles with gum loss, I constantly work to keep my teeth clean and healthy in order to support my gums.

Regular brushing and flossing are so important. Flossing is so much more than getting the gunk from between our teeth. The action of flossing or using a proxy-brush stimulates the gums, increasing blood flow and keeps the gums healthy.

Oil pulling in the morning, upon waking, is one of the best ways to clean your teeth and stimulate your gums. It removes the buildup of toxins that have occurred while you sleep.

The mouth is colonized by billions of different bacterial species that live in the dental plaque. These species adhere in layers to oral surfaces. The body's natural immune response cannot rid itself of these bacteria and they must be mechanically removed. Bacteria increases tenfold when the mouth is not sufficiently cleaned.

A clean mouth contains several hundred billion bacteria, and this number increases when teeth are not properly clean. Saliva and gingival fluid supply the nutrients to these bacteria that live in all areas of the mouth and affects oral and systemic health. Bacteria beneath the gums, or gingiva, have been reported to be involved in many systemic diseases. Oral health care: proper cleaning and reducing the intake of intensely acidic and sugary foods, contribute to a healthy lifestyle

Essential oils are a particularly effective way of supporting oral health, partly because they are antibacterial and anti-fungal in nature. Clove oil helps to relieve oral pain, cinnamon and peppermint are effective against plaque and gum disease, melaleuca is soothing and helpful in eradicating canker sores, and lavender is soothing to sore muscles that result from teeth grinding. Oil pulling is also beneficial to restoring and maintaining oral health. Specific essential oils can be chosen as part of that routine to target desired results.

- Myrrh - fights gum disease, infections and sores. It soothes the gums
- Clove - Protects nerves, soothes pain, prevents tooth decay
- Peppermint - freshens breath, reduces swelling, inflammation and tenderness
- Wintergreen - protects nerves, soothes pain, prevents tooth decay
- Turmeric - receives pain and inflammation

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

MAIN STREET 



Main Street Money

Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Secrets of the supersavers

Everyone knows that money doesn't come easy but spending it can be a breeze. However, with the cost of living almost always on the rise, saving some of your hard-earned dollars can sometimes seem like an uphill battle.

As a customer or consumer, you have the power to decide what to spend your money on and how much to spend. Businesses know this, which is why they use a variety of sales and marketing tactics to beat the competition and attract your support.

If you're interested in harnessing that power and stretching those dollars just a little farther, especially when times are tight, you can become a supersaver by using these key tips:

Know exactly what you want and need. When you've decided to buy a product or service for a specific purpose, try to avoid paying for more than you need. Cell phones and usage plans are a prime example. Will you use all the bells and whistles on the latest smartphone? Walking around with limitless calling, texting, roaming and data can be comforting, but is it all worth paying for, especially when it isn't necessary to accommodate your immediate needs? If much of what you're paying for is a nice-to-have but not a must, you're throwing money away.

Do some research upfront. This has never been easier. Some products have literally thousands of industry and consumer reviews online. The same goes for restaurants, auto shops, hairdressers and most other businesses. Reading them all could take a lifetime, so limit yourself to a reasonable number, as well as the insights of some experts you trust to give you the straight goods. Then, move on to some market research – compare the prices and details from a variety of providers or sellers to find the best deals and customer experience. Contact the most promising vendors to ask if the item is going on sale anytime soon and what their return policy allows.

Be prepared to negotiate. Whether you're considering a new purchase, need a service or want to sign up for an activity, it pays to ask the right questions. Better yet, be ready to refer to a list of your wants and needs while you try to arrive at your ideal price or solution. Rather than risk losing your business, many businesses can offer discounts, additional services or incentives as part of the transaction. For example, you may not be able to talk down the price of a new car, but the dealer may be able to include some upgrades at no extra cost. Sometimes a seller may not be able to meet your needs. In this case, be willing to walk away. This isn't a sign of defeat but rather proof of the strength of your convictions. Your willingness to leave may result in your request being escalated to someone with more authority who can offer you a better deal. Or you may discover that another supplier is better able to meet your needs. In any negotiation, be respectful and calm, but also clear about what you're asking for.

Pay attention. Mistakes can happen, so carefully check your monthly bills and statements and deal with any inaccurate charges in a timely manner. Most companies will fix their errors with an immediate or future solution to keep you as a customer. If you encounter unnecessary resistance to your concerns, be prepared to escalate the matter until it's resolved. In the meantime, look for an alternative provider or arrangement that will treat you with a higher standard.

Be mindful of your investment activities, as well as auto, home and health insurance policies, to ensure they reflect your current needs, especially any changes in circumstances that may be applied to your coverage. A sudden increase in annual fees and costs can easily go unnoticed, meaning the money you're saving in other areas is now trickling down a different drain.

Advisors are there to help. Your advisor can help you take advantage of those everyday savings and put them to work to achieve your long-term financial goals.

Above all, the best approach to becoming a successful supersaver may be simply to stay on track. By spending wisely and striving to always get the best value for

your money, you'll gain more control over your finances and more power to accomplish what's important to you.

Do the math to see what you'll save

It may not seem like a lot from day to day but spending a little less here and there can add up to eye-popping savings over time. Even a typical shopping excursion can be a super-saving opportunity with rich results.

For example, knowing when standard grocery items regularly go on sale – sometimes up to half of the usual price – can reduce your grocery bills significantly.

While not a fortune, this amount shows how being strategic and consistently paying less for things you need can be beneficial in the long run. And don't forget about those loyalty points cards that reward you for items you purchase regardless of their price. You'll be getting more rewards for spending less. Another win!

What to do with all those savings

It's nice to have some money socked away but try not to let it sit idle when it can easily be working for you. Speak to your advisor about different investment options. For example, a systematic investing plan that uses dollar-cost averaging (regularly scheduled investment contributions) takes advantage of opportunities and swings in the financial markets, which can boost your savings further.

Any extra savings can also be used to pay down debt, especially high-interest debt on credit cards, which can keep you in a constant cycle of trying to catch up. Devoting more money to chipping away at the balance will decrease what you're paying in interest, for a faster overall reduction of what you owe.



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

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Real Wine for Real People

The cost of wine

April Sirois – Sommelier - ISG

Step into any SAQ or LCBO and you will find a very wide

range of prices on bottles of wine all the way from \$10 to \$200+, but it's all fermented grape juice, right? Yes, some are arguably better than others, but we are talking sometimes of \$100s of dollars of difference. Are they really that much better? Why the extreme difference in pricing?

\$10 - Let's take an average bottle of supermarket table wine for example. The grapes are grown in large vineyards and harvested by machine and then made in large bulk batches. All this automation keeps the cost down. Then, this bulk wine is shipped around the world to small producers that bottle it, label it, and ship it out to retailers. It's simple and basic and is a wine that should be consumed quickly upon purchase.

\$15 - For this next level of wine think: "Yellow Tail". It is slightly more expensive, but still uses a lot of automation in the making of it. It often will come from a recognised producer, and maybe even a common area, like "Marlborough". It's a good weeknight wine, and it can be counted on always to taste exactly the same, meaning that you will know what you are going to get before you even open the bottle.

\$20 - At this price point we have the "entry level" quality wine. This wine will have a lot more of the winemakers skill put into it. It may have spent some time in oak (Oak barrels cost \$1500 per barrel and each barrel holds 300 bottles. So, you can see how this would add cost to the process). They may also have undergone some malolactic fermentation or other process that will take time, money and effort, but the finished product will have some character and interest. It may also change a little from one vintage to another.

\$30 - Now we are getting into the more hand-crafted wines. This is where the winemaker is really starting to put some special touches into it. The grapes may be single varietal or even single vineyard, some careful blending may be happening, and time in cold soak, oak barrels, or maybe left on the lees. This takes time, effort, skill, and space, to craft and store the wine while it is developing.

\$50+ - At this level we are starting to get into the more interesting wines, perhaps from select vineyards and or special producers with vineyard status or even special terroir. This category will also include the more labour-intensive wines like Amarone, Sauternes, Champagne, Tokaji. Imagine having to pay people to hand pick a delicate, thin-skinned grape in small batches at night, so that they don't crush and don't start to ferment before they can get to the winery. This will, without a doubt, add to the cost of production.

Wine really is one of those things, like education, or a direct flight, where you get what you pay for.

~Cheers



I'm Just Saying

Oh Canada

Ron Golfman - Main Street

I suppose that the timing is right to offer this month's article now, with a week or so left until a Federal election nobody wants or asked for.

After enduring eighteen months of a pandemic nobody asked for, in a province where the Provincial government continues to pass bills without consulting the public, I guess I should not be too surprised to have the Liberal government decide that now is a good moment to go for a majority in Parliament while everyone is reeling from recent events. I almost, and I stress 'almost', miss feeling good about Canada while chiding the U.S. about their quagmire.

The timing irks me. Given that Alberta wants to be idiotic, just like Texas and Florida, Nova Scotia has gone Conservative, and the Bloc, who will never run the country, wants more and more, at best this is an egocentric move by Trudeau.

Aside from that, while little attention is paid to the monster of a Fentanyl epidemic, the present government sees fit to spend \$200 million for an election to allow it, hopefully, to have no future interference in doing whatever it wants by winning a majority.

What will people base their vote upon? Will it be the radical segment of the anti-vaccination crowd, jumping on to the bandwagon of any party that lets them into a bar or restaurant? Will the population, who are weary of Trudeau's spending as if he found someone else's wallet, opt for an NDP party with good ideas but no knowledge of price tags? Not much difference between them there. The Green party, once noble, is now the real product of doing nothing but destroying itself from within. What's left? The Conservatives, a party that wouldn't have a sound platform even if built of steel instead of the balsa wood it teeters on each time a hard question is posed?

While the Liberal party started off with a solid group of mostly smart people, they are now a party, which is run by a leader whose words rarely turn into action. They have either lost or alienated the seasoned, experienced members, leaving it all to the Teflon PM. Inaction on clean drinking water, barely any focus on our opioid crisis, and inconsistent approaches to borders do not instill confidence in a government that seems to have stolen their agenda from the lyrics of that old Bee Gees song, which begins with, "It's only words, and words are all I have...". Sadly, we'd have been better off with the present minority government, one that needs the scrutiny of the other stumbling parties to keep the Liberals in the corral.

Bottom line is, and I'm Just Saying, while we try to cope with the possibility of a fourth wave, farcical provincial school board demolitions, a provincial government that cares little, if not at all, about minority rights, and a Federal government that doesn't want to upset its chances by chiming in, asking the population to participate in something we don't need, or want, is not appreciated.

On September 20, it may feel as if we're being forced to pick a good apple from a bad bunch, and the best we can do is hope to find one that doesn't leave a bad taste in our mouths.



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