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April 2019 • VOLUME 19 NO. 04
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What's On My Mind...

More than flowers are growing this spring

Susan MacDonald, Editor

It has been an exciting and challenging adventure bringing Main Street up-to-date and in harmony with the needs of our readers and advertisers. Now, with our stronger online presence to compliment our print edition, we are able to successfully meet those requirements to everyone's satisfaction. Readers may continue to read their local news in print or online, and advertisers will now benefit from a new choice of advertising opportunities across multiple platforms. Let's review.



First off, we had a remarkable response to the launch of our newsletter last month! Sign-ups started to arrive soon after my mention of the launch in last month's editorial and, the outstanding response from the post on our Facebook page far surpassed our expectations. Thank you all for helping us to spread the launch of the newsletter by liking and sharing our post with your contacts. The result was a huge success and I hope you will continue to help us grow through your networks.

Our website also recorded a notable increase in unique visits with the majority showing as being linked through Facebook. While signing up to receive the newsletter, most subscribers also took the opportunity to peruse the rest of our site at the same time, as shown by our statistics. This was very encouraging and helped to confirm the powerful advantage and reach social media provides.

As usual, the March print edition flew off the shelves in record time and with an extra week between editions this month, the April issue will surely follow suit. How encouraging it is to know that for many readers, sitting down with a morning cup of coffee, and a hard copy of their favourite newspaper, is still their preferred method to stay informed and to catch up on the local news.

Most importantly, comments from readers, steadily received personally by telephone, email and posts on Facebook, confirm how important it is for them to receive their local community news through our pages, in print and online.

As we persist in growing our networks, improving our platforms, and with your ongoing support, we look forward to keeping you informed, entertained and connected well into the future. Let the presses and the good times continue to roll!

Enjoy the read...

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Observations What's going on?

David MacFairlane - MainStreet

In recent months, I have written about the growing need within all societies for meaning and purpose, caused by the loss of shared values, the absence of a collective view of where we are going, and the fact that we seem to be rushing

recklessly into a precarious future with insouciance and pretension. Those of us who remember what life was like before the Internet grew up in a much simpler time, when people generally were happier with less than we have now. Clearly, society is heading in the wrong direction without a moral compass and ignorant of the potential for individual transcendence implicit within each one of us.

Almost 3 years ago, in August 2016, (Darwin's House Comes Tumblin' Down) I suggested that life on Earth, in all its complexity and magnificence, could not be the result of an accidental combination of chemicals that produced a single-celled amoeba that crawled out of a primordial soup and evolved by mutation into invertebrates, fish, amphibians, reptiles, mammals, apes and, finally, humans. Darwin's Theory of Evolution proposed such a process of changes by natural selection, transmutation of species and survival of the fittest. In 1859, microscopes were rudimentary instruments, and Darwin had no knowledge of cellular biology, blood composition, the immune system or the complex, inter-related, inner workings of life-systems and organs, except by gross observation through dissection of cadavers. On a molecular level, nothing was known to science at that time, and the field of genetics was 100 years in the future.

It was the science of genetics, discovered by Augustinian friar and scientist, Gregor Mendel that began to unravel Darwin's theory by proving that distinguishing characteristics are the result of gene combinations that produce both similarities and differences in various progeny of the same family. Researcher, James Perloff, asked how, under Darwin's theory, a human cell could have originated by accident. He stated that a simple one-cell bacterium contains DNA information units equivalent to 100 million pages of the Encyclopedia Britannica! Later, biochemist, Dr. Michael Behe, administered the coup-de-grace to Darwin's theory by demonstrating that all living systems function in complex arrangements of "irreducible complexity." For life to exist, entire systems had to function in totality from the start and could not have grown by gradualism and mutation. He asked how vision could have evolved unless all at once? He indicated that Nature and the earth itself function under similar systems of irreducible complexity. Dr. Behe asked how all this complex science notwithstanding, where did Life come from anyway? The question cannot be answered without acknowledging the existence of a higher intelligence - a Creator.

The science of genetics produced many sub-fields, such as epigenetics and molecular genetics, including the study of morphogenetic fields. The foremost researcher in morphogenesis is biologist, Dr. Rupert Sheldrake, Fellow of the Institute of Noetic Sciences, also of Schumacher College and Temenos Academy, Steinbach Scholar at Woods Hole Oceanographic Institute and a host of other accreditations, including Cambridge University. In short, this guy is super smart. This new sub-field of molecular biology began after the discovery of the structure of DNA, in 1953. Morphogenesis, in short form, involves the study of cells, their behaviour, relationships and their activities within organisms. What was discovered is that life is contained within electromagnetic fields unique to each species, and that these fields extend beyond individual physical organisms and connect with other similar organisms around the world. In practical terms, this explains why an insect that develops immunity to a pesticide being used in one part of the world will instantly transfer that immunity to similar insects in another part of the world. Or, why rats that learn how to navigate a maze in, say, Europe, would instantly transfer that same information to rats in, say, Australia.

Dr. Sheldrake's interest in this field began in the 1970's, during his tenure as a plant physiologist at the International Crops Research Institute, in India. He found that organisms possess a collective memory and are capable of telepathic communication with all other similar organisms. He described this capacity as "morphic resonance". Dr. Sheldrake proposed that aspects of paranormal ability, such as telepathy and precognition, are evidence for this new field theory that he has termed "morphic resonance." However, he has been criticized widely by many in the scientific community due to the absence of concrete evidence. The trouble is that, whereas electric and magnetic fields are easily measurable and obey accepted laws of science, morphic resonance remains elusive and has no demonstrable laws. Unfortunately, denial of a higher intelligence is almost universal.

However, the evidence is there, nonetheless, and morphic resonance can be observed, though not measured. Dr. Sheldrake's research revealed that the cells of all plants in the world are identical, also, that all animal and human cells are identical too. This discovery revealed a profound mystery. If the cells of all living organisms on this planet are identical, but different only amongst individual species, Dr. Sheldrake had to ask the obvious question: "If a hand cell is identical to a

foot cell, and a heart cell is identical to a lung cell, then how do these cells know what they're supposed to multiply and grow into?" The fact that they do fulfill their intended functions is evidence that cells are conscious as to their purposes. Similarly, as much as the identical cells of animals and plants are conscious as to their intended functions, each complete organism is also conscious as to its function. That's how a tree knows to grow as a tree, a flower as a flower, despite possessing identical cells. It's also how all animals are conscious as to their individual functions, so a dog grows and acts as a dog, and a horse as a horse. It's the presence of inherent consciousness (intelligence) that reveals the direction and purpose of everything. Nothing else can explain this phenomenon. Nothing! Since modern scientific literature contains no answers, what else can explain it but the idea of a higher, inherent intelligence at work?

"Death is an illusion; life creates the universe, not the other way around. Time and space don't exist in a linear fashion. Therefore, death can't exist in "any real sense"; there is an afterlife." - Dr. Robert Lanza, doctor, scientist, philosopher. Head of Astellas Institute for Regenerative Medicine. Nominee for Time 100 (2014) list of the most influential people in the world.

What differentiates humans is that we are self-conscious, unlike animals and plants. We are conscious of ourselves as separate identities, with freedom of choice. Unfortunately, this endowment has not been liberating for the preponderance of humanity. Rather, it has propelled us to inflict unspeakable harm, both to each other and to Mother Earth. We have been on a never-ending rampage of destructive behaviour that has destroyed all past civilisations, but this time we have reached the brink of mass annihilation. The consequences of our actions are obvious as we observe the world in its suffering. This trajectory we are on ends very badly. To avoid this bleak future, we must bring the light of our very best selves to this dark story.

"Until you make the unconscious conscious, it will direct your life and you will call it fate." - Carl Jung.

There are forces that exist in nature outside the secular laws and understanding of humans. When one becomes conscious of consciousness, this world will appear as never before.

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www.themainstreet.org



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14,000 copies distributed throughout the Laurentians

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• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: MAY 10TH

IF YOU WISH TO PLACE AN AD CONTACT :

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ISSN 1718-0457



Simply Words on Paper

When you are found guilty...until proven innocent

Jim Warbanks - Main Street

Our southern neighbor, the United States of America, currently holds about two million people in jails. Estimates of the number of prisoners wrongfully convicted range from 2.3 - 5%. If the actual rate were only 1%, this would mean 20,000 prisoners are innocent. Of those on death row, subject to capital punishment, a study has estimated that one in twenty-five inmates is likely innocent.

Since 1992, the Innocence Project in the U.S. has freed 362 incarcerated prisoners, twenty of whom were on death row. The project has identified 158 true perpetrators of the crimes in question. The main tool employed to reverse wrongful convictions is DNA testing, but long, arduous legal work is also essential.

Re-assessment

But, you may say, we Canadians have a justice system that we can trust. A couple of recent high-profile cases may lead you to reconsider that assessment.

Innocence Canada (formerly the Association in Defence of the Wrongly Convicted - AIDWYC) was founded in 1993 to "identify, advocate for and help exonerate individuals convicted of a serious crime they did not commit and prevent future wrongful convictions through education and justice system reform." Innocence Canada has been involved in twenty-one of twenty-six exonerations in Canadian history, including high-profile cases such as those involving David Milgaard, Guy Paul Morin, Stephen Truscott, Roméo Phillion and several victims of the disgraced pathologist Charles Smith. Former boxer Rubin "Hurricane" Carter wrongfully convicted in the U.S., then finally exonerated, served as AIDWYC Executive Director for over a decade.

Publication ban

On February 27, Glen Assoud was acquitted of the 1995 murder of his former girlfriend, Brenda Way, who had been stabbed to death in a laneway. He had been on restrictive bail and was forced to wear an electronic ankle bracelet to track his every movement since 2014 because there was a reasonable possibility of a miscarriage of justice. Innocence Canada lawyers discovered substantial fresh evidence of official misconduct leading up to his 1999 trial that could have led to the conviction being reversed more than a decade ago. Because of a court-ordered publication ban, details of the seriously tainted evidence in this case cannot yet be released.

Innocence Canada is urging a complete investigation into other suspects who were identified but ignored so that Brenda Way's killer may be brought to justice, which the organization still believes is possible.

Denied parole

On January 23, Wade Skiffington, 53, was granted bail. He had been jailed for 17 years for the murder of his fiancée, Wanda Martin. He has vehemently denied that he committed the crime. He had earlier been denied parole, though he was a model prisoner, because he refused to participate in a correctional program, which he felt would have been a tacit admission of guilt. A full investigation is now underway.

His conviction was primarily based on a confession he made to an undercover agent posing as a gangster. He ultimately was coerced to confess to this planted informer out of fear of violent repercussions. Though there was absolutely no corroborating evidence and many details appeared to be false, Skiffington was given a life sentence without possibility of parole for thirteen years. Indeed, there was not a shred of forensic evidence presented, and witnesses provided a credible alibi scenario. Innocence Canada insists that police failed to pursue other possible suspects or seek evidence of another potential killer. The fight to fully clear his name is far from over, but being granted bail is a welcome step forward.

Overtaking a wrongful conviction after many years have passed is an arduous legal challenge. But freeing an innocent prisoner should require that all aspects of the case be reviewed. The police who investigated when the details of the crime remained fresh, the prosecutor who charged an innocent man, the witnesses who testified, the lawyers who reviewed and selectively presented evidence, the judges with advanced legal training and experience who may, or may not, have sought proof beyond a reasonable doubt, should all be subject to extremely careful review.

Media exposure

There is no possible way to make up for the lost years of freedom experienced by a person who has been wrongfully convicted and jailed unfairly. No amount of financial compensation should be considered adequate. Every precaution must be put in place to lessen, though it is unlikely to ever eliminate, the possibility of another person being unprotected by our justice system.

And, of course, the grinding work carried out by Innocence Canada staff to overturn these heart wrenching cases of wrongful conviction must be both adequately supported and openly recognized by full media exposure. If the next victim of such a miscarriage of justice were a family member, friend, colleague, neighbor or even a perfect stranger to you, would that not be what you would want?





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The minority community press left out of the 2019 federal budget

The Honourable Mélanie Joly, Minister of Tourism, Official Languages and Francophonie

The Honourable Pablo Rodriguez, Minister of Canadian Heritage and Multiculturalism

Madam Minister, Mr. Minister,

The Association de la presse francophone (APF) and the Quebec community Newspapers association (QCNA) were looking forward to the tabling of the 2019 Federal Government Budget with great hope. Since 2016, the APF and QCNA have shared their expectations with the government so that newspapers in our official language minority communities (OLMCs) can continue to protect democracy and serve the public interest within their respective communities.

The measures proposed in your budget to support Canadian journalism show that the government has not considered the most vulnerable Canadian newspapers that serve OLMCs in Canada's ten provinces and three territories. The proposed eligibility criteria for an eligible Canadian journalistic organization (OJCA) do not consider the needs and realities of the smallest newspapers in our OLMCs.

Due to decisions made by the federal government in the past decade, including the virtual disappearance of federal advertising in OLMC media, most of our newspapers have been forced to adapt their business model by reducing the number of journalists. To be considered an OJCA and to be eligible for the tax credit, the media must employ at least two journalists at least 26 hours per week. The media will not be able to access the tax credit if it is already receiving a grant from the Canada Periodical Fund's Aid to Publishers program. These criteria disqualify many of our newspapers twice rather than once.

However, Part VII of the Official Languages Act (OLA) requires federal institutions to apply criteria that consider the realities and needs of OLMCs when developing programs and services.

Community media play an essential role in the development and vitality of OLMCs and are often the only source of written information in official languages in a minority situation for an entire province or territory. The report of the Standing Committee on Canadian Heritage (June 2017) eloquently demonstrates this. The conclusions of the Office of the Commissioner of Official Languages' final investigation report (June 2017), agree with the same conclusion.

While the 2018-2023 Action Plan for Official Languages offered us some support to better serve OLMCs in terms of civic journalism, the measures only partially meet the pressing needs of our newspapers, which, despite their sustained efforts, are unable to cover the substantial losses of the past ten years.

At this point, the status quo is not acceptable as it will result in the most vulnerable being very disadvantaged and some of our media will not survive. We will contact your office in the coming days to obtain an emergency meeting to identify, with you, winning solutions to ensure that the government respects its obligations under Part VII of the OLA and allows official language minority community newspapers to benefit from the positive measures to support Canadian journalism announced in your budget this week.

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About Sainte-Adèle The signs of Spring...

Chris Lance - Main Street



Spring's garage sales in Sainte-Adèle have been set for the 18th and 19th of May, rain or snow, between 8 am and 6 pm. To get your sale listed officially, contact 450-229-2921 ext. 1114 by Monday, May 6. That is the first sign of spring.

The 2nd sign of Spring is pot-hole season, or 'operation nids-de-poule'. It's the time of year to slow down and squeeze around road cavities created by freezing and thawing.

The 3rd sign of Spring - the library is closed for the month.

The 4th sign of Spring is the looming second installment of our municipal taxes, due by May 29.

You can also start putting away cracked snow shovels, unused salt and sand bags, snow blowers, snow boots, mis-matched gloves, tuques, kids' knee-torn snow outfits, dirt-streaked ski outfits, old and tired-looking skates, bent ski poles, un-sharpened, rusting downhill skis, scratched goggles, battered ski helmets, weathered warm jackets and warm-up pants, shrunken long underwear and stretched turtlenecks with yellowed armpits, and all those warm-up inserts for your ski gloves.

The 5th sign of Spring is that by now you can almost see out of your snow-laden windows and will no longer be able to step up onto the roof. Keep alive the hope that spring will come quickly and not flood our driveways and basements too much.

The 6th sign of Spring is fishing season opens April 27, tennis season opens May 18, and inscription time for summer camps started March 16 and ended April 7.

The 7th sign of Spring is cleaning the yard. First, the snow has got to go, leaving behind winter debris. If you are planning on a fire to help clean-up there are strict rules to follow and you will need a permit. This is available by email at ssi@ville.sainte-adele.qc.ca, or can be picked up at 100, rue des Cantonniers. Those permits are good to year-end. To get a permit there are 3 questions you must answer: 1) does your fire pit meet the regulations? 2) Do you have a permit? 3) Do you have knowledge of the daily danger limits of having a fire? Remember, safety precautions are paramount, so make sure you follow the rules before you start a fire of any kind on your property.

The 8th sign of Spring is Journée Verte at the EcoCenter, from 8 am to 4 pm on May 18. You can bring 3 boxes of unwanted documents to be shredded for free at the site. You can pick up compost to feed your newly planted gardens - bring bags or pails to fill. There will also be indigenous vegetables, trees, bushes and other plants offered for free. The EcoCenter is in Mont-Rolland at 2815 rue Rolland. You will need proof of identify and proof of residency; a municipal tax bill or driver's licence would be sufficient.

The final sign of Spring is that we are all tired of winter and will enjoy the change of seasons.



Village of Weir Newswire Claudette Smith-Pilon

MUNICIPALE NEWS

NEW FAMILY POLICY

The municipality is pleased to announce that their request for funding for the development of a family policy



in our municipality has been granted. The objective is to create a three-year action plan to promote the well-being of families on our territory. As a citizen of Montcalm you will be asked to give your opinions and suggestions to help insure our future. This will take about 18 months of work to complete the report.

NEW INFRASTRUCTURES: Coming soon "Le Parc des Générations" translated to "Generations' Park." The park, as you have noticed last fall, was built on the lot adjacent to our municipal library. This park consists of an outdoor stage, exercisers, and a shuffleboard court. Stay tuned for the inauguration and activities to come as soon as the weather permits.

DAY CAMP: Continuing this year in accordance with the agreement with Camp des Débrouillards, the municipality will grant you a refund of \$300 with proof of payment. Register quickly - only 25 spots are available... Registration period will be from April 10 to May 10 via the website campdesdebrouillards.com

COMMUNITY LUNCHEON: The next luncheon will be held on April 26. Cost \$8. Reservations required, please call 819-681-3383 local 5811.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our next workday will be held on Monday, April 22, at 9 am. If you are interested, and would like to see how this quilting group produces the most beautiful quilts for cancer patients, you are welcome to join us.

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

Rivière Rouge Land

The Municipality reiterates its call to resume discussions

The Municipality of Grenville-sur-la-Rouge is still waiting for an urgent response from Quebec Premier, Mr. François Legault, in the matter of the conservation of the Hydro-Quebec lands.

The Municipality welcomes Hydro-Québec's new position, which is committing to maintaining access to the Rouge River for the population and various rafting, canoeing and kayaking companies, as well as its commitment to register all accesses in the Land Registry. These activities are an essential economic engine for our region.

The municipality reiterates its commitment to preserving this natural environment of great value, and to ensuring the valorization of this exceptional site. It is an asset that must remain the property of the people. These values meet the CAQ's policies and objectives on public accessibility to the Québec territory as well as on the green economy currently under development.

At a public consultation meeting held Thursday, April 4th, Mr. Éric Moisan, Chief of milieu relations for the Laurentians, had committed on behalf of Hydro-Quebec that good faith negotiations would continue with the municipality. We are at a loss to explain Hydro-Québec's change of position as they are now refusing to meet with us to continue these discussions.

The municipality disposes of tools and levers allowing it to preserve the public character of these lands. The legislative framework regarding the disposition of such assets also ensures it must first be in favour of government Departments and municipalities, and we intend to use the necessary means to ensure this right is respected.

It should be noted that in February 2017, Hydro-Québec had submitted a proposal for a simple and realistic purchase offer that would have enabled the municipality to acquire these lands. The additional conditions attached to the offer filed in August 2018 make it unacceptable and impossible to legally comply with.

"The access rights as proposed by Hydro-Québec are a good first step towards conservation; the next step would be for Hydro to return to the bargaining table so that we can come to a conclusion in accordance with legislation", says Mayor Tom Arnold.

The preservation of accesses for the public and recreational tourism activities is indeed a good first step towards ensuring the enhancement of this exceptional site. By stopping the sale process to private interests, and resuming discussions with the municipality, it will be possible to keep these lands in the public domain. Hydro-Québec will thus ensure this wealth remains in the hands of the entire population.



Arundel News

Janet Thomas

Meet the Staff at La Maison au Coin

La Maison au Coin, our locally-owned bakery and sandwicherie, opens today, April 12. At its heart is baker Kim Remillard. Kim is passionate about bringing fresh bread and bakery treats to Arundel. Also in the kitchen is chef Greg Widdison who's a master of gourmet sandwiches and sides, for lunch or a mid-afternoon snack. Pair your meal with espresso, latte or drip coffee, to your taste. Co-owners, Jon Morgan and Maureen Brophy, will also greet you, and will take a more active role when they move to Arundel full-time next January. The team plans to start small and grow with our community. In time, they may offer the space for evening activities or private parties. This bakery is a labour of love: love of community and love of food. Open Wednesday to Sunday, 7 am to 4 pm. Hope to see you there!

Arundel concert series features Pop R&B Duo Juliana And Jesse

Arundel United Church

17 rue de Village

Saturday, April 27: 7 pm

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

Advance tickets \$20 at Arundel Provisions or by e-transfer to loisirsarundel@gmail.com; \$25 at the door.





Nearly \$144 million will be invested in the Laurentians

The Government of Quebec announces the list of all road projects of the Ministère des Transports in the Laurentians for the years 2019-2021. Sylvie D'Amours, Minister responsible for Native Affairs and Minister responsible for the Laurentian region, on behalf of the Minister of Transport and Minister responsible for the Estrie region, François Bonnardel, recently made the announcement.

These projects, aimed at making a concrete contribution to the state of the Department's infrastructure, total investments of \$143,713,000 in the Laurentian region. Unlike previous years, the Québec government opts for transparency by making public all the projects for which:

- work is planned for 2019-2020;
- Preparatory activities are planned for 2019-2020 with the aim of starting work in 2020-2021.

Regional Economic Development Minister Visits La Manufacture

As part of her regional tour, Marie-Ève Proulx, Minister Responsible for Regional Economic Development, made a stop at the La Manufacture office on Friday, March 29. This visit was an opportunity to talk with more than twenty executives-owners of businesses throughout the Laurentian region. The purpose of the consultation was to discuss the directions of Mrs. Proulx's government and to know the needs of businesses, in connection with the government's action plan for entrepreneurship and the regional innovation poles.

City of Lachute and the MRC d'Argenteuil welcomes historic agreement

The City of Lachute and the MRC d'Argenteuil are delighted by the recent announcement by Tricentris and RV2 Technologies regarding the signing of a \$100 million agreement over a 20-year period. This partnership alone will allow the use of 25% of all the glass from selective collection. This is an excellent example of a circular economy that will take shape in the heart of the Synercité space, an industrial park with an innovative design based on the industrial synergy approach in Lachute.

About Synercité

Synercité is a collaborative industrial space bringing together various manufacturing companies linked together by a flow of materials. The development of this new industrial space is based on the industrial synergy approach with, as a starting point, the presence of the headquarters of the largest sorting center in Quebec, Tricentris, and the development of the glass processing expertise center.

The innovative design of this collaborative space promotes the transfer of matter between companies and the exchange of expertise through the parallel development of a knowledge hub on material flows, industrial symbiosis and the circular economy, the all in a strong vision of sustainable development.

4th Quebec Symposium on the Organization of Sports Events and the Management of Sports Facilities:

In collaboration with the Ministry of Education and Higher Education, the Excellence Sportive Laurentians Development Council, will host the 4th Quebec Symposium on the organization of sporting events and the management of sports facilities, at the Mont-Gabriel Hotel and Spa on May 1 and 2.

Hosted by Mr. Derek Aucoin, the organizing committee chaired by Mr. Christian Fréchette was able to gather a group of high quality speakers such as Isabelle Charest, Minister Delegate for Education and Head of the Status of Women, François Dumontier, Eugène Lapierre, Sylvie Fréchette, Dominique Piché, a Panel on the Quebec Games, Egale Action and many others.

The conference is based on two themes of the organization of major sporting events and the management of sports facilities. This event is intended for elected officials and managers of municipalities, recreation departments, school boards, leaders / representatives of sports federations, sports center managers and other organizations working in the Quebec sports sector.

The CDESL is a non-profit organization whose mission is to optimize in a concerted manner the offer of services and the supervision of all identified athletes, coaches and sports stakeholders of the Laurentians and Lanaudière regions, in order to support their approach towards excellence.

Congratulations to:

Mom and daughter duo, **Louise and Marina Entner**, who recently opened **Minera Atelier Boutique**, 800 Village Rd., Morin Heights. Prior to opening their boutique, they were at many Laurentian markets during the summer and plan to participate again at local markets this year. Their boutique offers beautiful, colourful stone pendants, bracelets and polished/unpolished stones at excellent prices. They are knowledgeable about how stones can benefit the wearer spiritually and to enhance health. They are true gems themselves. 438 498-0142 / Facebook: Minera Emporium / mineraemporium.com.



Guy Goyer, Director General of the **Ste-Adèle Chamber of Commerce**, who will retire officially on 31 May 2019. Guy has held his position since January 2012 and has been responsible for important developments in the region and appreciated for his extensive experience in the fields of media, sales and event planning. During his tenure of 7 years, Guy met or exceeded all the various challenges that came his way. He set up a dedicated team of employees to ensure competency after his departure. Guy was renowned for his friendly disposition and positive "can do" attitude. He was key in implementing the very successful Oktoberfest. Éric Sirois, President of the Se-Adèle Chamber of Commerce announced Guy's upcoming retirement on February 8, 2019. We wish Guy much success in the future, and on the golf course!



Marie-Laure Verdon, Founder of expanding business, **Espace Coworking**, at 574-C Boul. des Laurentides (Rte. 117), Piedmont. Espace Coworking rents out space for business, professionals, entrepreneurs, freelancers and meetings. This convenient space includes private offices, open desk space and conference rooms. Well located, with lots of parking. Office space can be rented daily, monthly or yearly. A modern business centre well worth discovering. 450 327-6186 / info@espacecoworking.ca / espacecoworking.ca.



Did you know that:

Psychologist **Danielle Gryspeerdt**, 6A rue Léonard, St. Sauveur, is available for those who need help with insomnia, relationship difficulties, depression, anxiety and much more... for children and adults? Danielle has more than 20 years experience in this field. Call 450 275-1180 for an appointment. Danielle is also on linkedin. www.daniellegryspeerdt.com.



If you enjoy delicious Cabane à Sucre food that you can visit **Cabane à Sucre Arthur Raymond**, 444 ch. Avila, Piedmont? The Raymond family celebrates their 64th year in business and offers the "real thing"! Their traditional meal includes pea soup, ragoût de boulettes, crétons, fluffy omelettes, oreilles de crisse, baked beans, ham, pickles, cole-slaw, potatoes, sausages and, of course, sugar pie, crêpes laced with maple syrup, and tire sur la neige. Reserve online for your family/group reservation at cabanearthurraymond.com, or call Maxime Circé 450 224-2569.



Laurentian Club of Canada Report Africa in the 1960's

Written by Julia Stuart

Katherine and Bill Weary, prompted by daughter Jane, their hearts filled with love and respect, reminisced life as a Canadian family in 1960's Nigeria and Rhodesia. "Life was hot, filled with colour, music, laughter, hard work and human kindness.

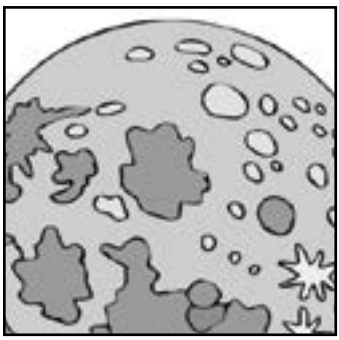


1961-62, thru' CIDA, Bill and Katherine taught in Ibadan, Nigeria, a well run, organized city with its House of Chiefs, Parliament, University College... Their free house had no glass windows, screens or machines. Manual labour necessitated hiring 4 servants. Independence from Britain had come 10 months prior, resulting in 80% unemployment. "There was no racism in Nigeria!"

1964-65 the Weary family of 5 lived and taught at a Teaching College built and run entirely by missionaries and children in Rhodesia. School days were 6:30 am - 9 pm, and weekends for maintenance. Racism existed, and following Ian Smith's UDI in 1965, they left at end of school-term.

1966, the Wearys returned to Nigeria, to the University of Ibadan. Three days later the Biafra War commenced with a coup. The university lost most of its staff, and while there was "no fighting where we were," there were road-blocks around the city, lots of soldiers, censorship, increasing violence. They left.

There was much more ...



Zach Factor

The hole in history

Lys Chisholm & Marcus Nerenberg -Main Street

On the Spring Equinox, 38 years ago, Lys and I walked the Giza plateau. The sun rose and the Sphinx looked directly into the eye of Ra. The clear pink sky turned a spectacular blue and the

desert air was cool, yet pleasant. Emerging out of the immense sandy plateau was a stone head, wearing a classical Egyptian headdress; an unmistakable face, with a missing nose, sitting atop the body of a lion. When examined proportionately, the head was clearly too small for that great lion body. Charmingly, a tail curled around the back of the big cat.

The Sphinx, as geologist Dr. Robert Schoch discerned, lies in an enclosure hollowed out of the limestone bedrock. The statue and the enclosure show marks of water erosion, which occurred over 11,500 years ago, before the Sahara became a desert. The head itself is a recut of what may once have been a much larger, but severely eroded, head of a lion. For those familiar with astronomy, the last time the Sphinx faced the constellation of Leo was 12,500 years ago.

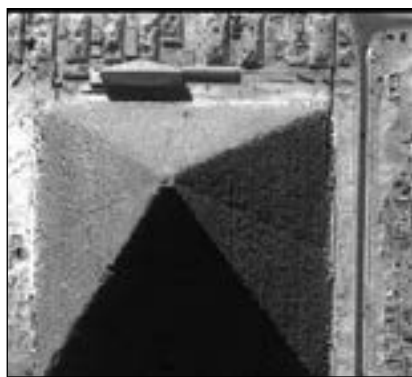
Behind the Sphinx is the Great Pyramid of Giza. No words can describe the magnificence of standing at this point and looking at a man-made mountain. It is massive and perplexing, and no photo can convey its size. If two lines are projected, east-west and north-south, through the Pyramid they quadrate the Earth's landmass; a feature that is not possible at any other point on the planet. This pyramid, despite having had its beautiful casing stones ripped off to rebuild Cairo after a massive earthquake in the 11th century, was first observed, by RAF pilot P. Groves in 1934, to have 8 sides, which are revealed every Spring and Fall equinox, for 5 minutes, at sunrise and sunset.

Edgar Cayce, the Sleeping Prophet, revealed in his trances that the Great Pyramid was a story of the Earth in stone. He claimed that the Biblical Enoch was the true Builder of the Pyramid, and it was built to remind humans of their past and future, like a puzzle to be figured out as we become mature enough spiritually to handle the information. We are now developing the technology and the mathematics to understand how intricate the encoded messages are in the Great Pyramid design.

Thanks to Egyptian historian and researcher Robert Bauval, we now know that the shafts exiting the Queen's and King's chambers are perfectly aligned with the stars of Orion and Sirius. We have sent robots up the shafts of the Queens chamber and found secret doors. We have discovered, and we know via sonar and radar, that there are more chambers within the structure, including another chamber above, and as large as, the Grand gallery. Loose blocks of stone have been identified revealing possible openings to other passages. What is in them remains a mystery and the Egyptian Department of Antiquities always reserves the right to determine when, or if, discoveries are to be made, or made public.

Other tangible and measurable items confirm that this amazing structure was created long before the "official dates" approved by the Department of Antiquities. In 1986, Engineer Chris Dunn found himself investigating the quarry where seventy-ton granite stones for the interior of the pyramid were cut. Only today do we have the technology to cut and move them from the Aswan quarry 400 miles up the Nile. Dunn was amazed to find that the stones, some still partially attached to the bedrock, were cut with laser perfection, when measured with the best tools we have. As he back-engineered the process, he saw that these stones were not cut with copper tools or rocks. Attempts to use similar tools were exhausting and unable to create the perfect cuts. Some other methods were being used. He could not explain how the 70-ton stones could be put on a papyrus boat and sailed down the river, let alone lifted, or rolled, uphill to the massive inner chambers. Every proposed theory, when put through computer simulations, has failed.

Cayce revealed that under the Sphinx is the Hall of Records housing a forgotten history that may date back 100,000 years. Attempts have been made to identify openings in the ground around the right paw of the Sphinx, and various technologies have detected cavities underground. To this day, there is powerful sense that great mysteries and knowledge are underfoot, under billions of tons of sand and limestone, just as we experienced on that day, when Lys and I walked the plateau communing with the ancients.



Recent aerial photo capturing 8 sides of Great Pyramid. Affiliated credit: Jean-Paul Bauval; 2016 essay; The Concavity of the Great Pyramid.



Zach Factor co-writer Lys Chisholm on the Giza Plateau, Equinox sunrise, 1981. Photo credit: Marcus Nerenberg.



The Story Behind

The Montréalists and the Sulpicians Part 2

Joseph Graham - Main Street
joseph@ballyhoo.ca

That first summer was the easiest one they would have. Somehow the Mohawk did not know they were there. Among their greatest challenges, once a fort was built, was to not lose courage completely when floodwaters threatened to wash them away towards the end of their first year. As the waters rose up towards their settlement, splashing against the gates of their fort, Maisonneuve exercised leadership by declaring that if the floodwaters subsided, he would carry a large cross to the summit of the mountain and erect it there. His faith in this appeal gave the others courage and once the waters ebbed, he fulfilled his promise.

Eventually the Mohawk did find them. They were only about 70 men and women, and the Mohawk warriors numbered in the hundreds. Maisonneuve wisely forbade his men from going on the offensive, limiting their strategy to defence, holing up in their fort when necessary. Jeanne Mance tended to the wounded. On one occasion, Maisonneuve authorized a foray against their war-painted opponents, discovering rapidly how ill equipped the colonists were. Maisonneuve was forced to call for a quick retreat, holding off the enemy himself to allow the others to get to safety inside the fort. Grabbed by a powerful Mohawk chief, he managed to push his musket into the chief's naked chest and fire it, killing the man. This was hardly the mission that Jerome Le Royer had described in his vision. There was no ministering to hundreds of angry, taunting warriors, although between skirmishes they did receive visits from the mountain peoples, Algonquin and Innu. Their supporters in France faithfully kept them supplied, responding to their needs and even finding other Montréalistes to join them.

Among them were Lambert Closse, who became Chomedey's right-hand man, Marguerite Bourgeoys, who followed in Jeanne Mance's path, Mme Claude de Bullion who remained in France and discreetly backed Mance and the hospital she founded, Father Jean de Brébeuf, captured among the Hurons and killed by the Five Nations, Mme Chauvigny de La Peltrie, who joined them from her mission in Quebec for a while but returned, and of course Jerome Le Royer himself. One other person, the key to their future survival, was Jean-Jacques Olier. He was one of the founders of what would become the most influential and powerful force in New France. Vincent de Paul, Jean Eudes and Olier, all resident in France, began the Concile de Trente, their goal being to retrain French priests and to give meaning back to the priesthood of their time. Only priests could benefit from their retreats and training programs. There was no congregation and there were no initiates from the lay community. Their role was pivotal in rebuilding the self-image of priests and through it they gained enormous social and economic influence. Their initiative soon came to be known as the Company of the Seminary of Saint Sulpice, more commonly known as the Sulpicians. Olier was also a Montréaliste.

By the mid 1650s, in spite of their great faith in the efforts of the missionaries in far-away Montreal, the members of the Société Notre-Dame de Montréal in France were aging and not being replaced with younger benefactors. Even though they found men to send to the defence of the mission, their fundraising efforts were producing less fruit. The Five Nations dominated the river and had destroyed or absorbed almost every indigenous nation allied to the French. Even Jean de Lauson, by then Governor of New France, lived in fear of them. In one telling incident in May 1656, three hundred Five Nations warriors attacked a Huron village under the protection of the French on Île d'Orléans, burning it and taking the survivors home. As they paddled their war canoes back past Quebec, they hurled insults at the French, who stayed put, incapable of an adequate military response.

In this atmosphere, the missionaries in Montreal, even less well defended than Quebec, held on as their backers in France melted away and French colonists further down the river contemplated abandoning the colony and returning en masse to France. Responding to a plea from Jeanne Mance, by this time an elderly woman, Olier, who was himself nearing the end of his life, committed the Sulpicians to supporting the missionaries.

It is hard to understand to what extent the Montréalistes and Sulpicians in France understood that Ville Marie was not capable of fulfilling its mission of ministering to the infidels. There were Algonquin and Huron war refugees in their care, but their major task was to fight for survival against a superior military force, and the Hôtel Dieu, the hospital that Jeanne Mance founded to care for the heathens of this far-away island, was busy with sick and wounded French soldiers. Jerome Le Royer was also in failing health, and soon support for the missionaries fell almost completely to the Sulpicians. In 1657 the Société Notre-Dame de Montréal donated their seigneurial title to the Sulpicians, and the European colonization of the island picked up its pace. Finally, at the beginning of the 1700s, the Five Nations and the French signed a peace treaty, and a number of years later the Sulpicians, still mindful of the mission they had inherited, petitioned the French king to give them a new seigneurie, relocating some of their congregation, those indigenous people who had accepted conversion, further from Montreal to the Lake of Two Mountains. This was a provocative action, given the power of the Five Nations and the recent treaty signed with them. The Five Nations were centred south of Lake Ontario with only scattered villages in the north, but the Lake of Two Mountains was theirs by right of conquest.

To be continued...

The intrepid missionaries, ignoring all advice to the contrary, paddled upriver to their destiny in the spring of 1642, landing at the place we now call Pointe à Callières, where they established the mission of Ville Marie.

Le Studio Des Artistes®

Giorgia Fumanti

Le Studio des Artistes® and its artistic director, Francine Aylestock, are pleased to present the renown international singer, Giorgia Fumanti, for the launching of her newest album, "Aimons-nous" at the Lounge "Le Boudoir" at the Manoir St-Sauveur, 246 Chemin du Lac Milette, on Sunday, May 5 at 2 pm.

Giorgia Fumanti left Italy and became a resident of the Laurentians. She has given many concerts in the area and is fondly known as "the barefoot diva". She has performed on the most prestigious stages in Asia, Japan, Europe, South America, Mexico and the United States, and recently returned after presenting a concert in Melbourne, Australia.

Giorgia Fumanti will be singing a few songs from her new album at the up-coming mini concert and is looking forward to meeting with her fans in the Laurentians.

FREE ENTRY RSVP: velenosi@vega2.com

www.giorgiafumanti.com / <https://fr-ca.facebook.com/lestudiodesartistes/>

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4 Android Auto™ and Apple CarPlay™	✓	✓
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4 Android Auto™ and Apple CarPlay™	✓	✓



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Features	Available on this model	Available on this model
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17" touch-screen with navigation camera	✓	✓
4 Android Auto™ and Apple CarPlay™	✓	✓
1.8L 148hp engine	✓	✓
17" touch-screen with navigation camera	✓	✓
4 Android Auto™ and Apple CarPlay™	✓	✓



2019 TUCSON		Cash price
\$65 weekly	48 months	\$27,419
Includes: 1.6L 180hp engine, 17" touch-screen with navigation camera, 4 Android Auto™ and Apple CarPlay™		
\$6	48 months	\$29,919
Features	Available on this model	Available on this model
1.6L 180hp engine	✓	✓
17" touch-screen with navigation camera	✓	✓
4 Android Auto™ and Apple CarPlay™	✓	✓
1.6L 180hp engine	✓	✓
17" touch-screen with navigation camera	✓	✓
4 Android Auto™ and Apple CarPlay™	✓	✓

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Viking Loppet

The 20 km race got underway Sunday, February 24, during the 47th annual Viking Loppet. Held at the Viking Ski Club in Morin-Heights. The Loppet featured three events – 20 km, 10 km and 5 km – with age categories from under 10 years old to over 65. A total of 182 skiers registered while a team of 65 volunteers handled all the countless details to make this event run smoothly, despite challenging weather conditions.



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Spring Flooding Expected to Make Waves Flood preparedness tips for Canadians

Source: FirstOnSite Restoration, <https://www.firstonsite.ca/>

Each spring, regions across Canada experience the wrath of flooding. Last year alone, snowmelt led to evacuations in B.C., Alberta and New Brunswick, while areas in Ontario declared a state of emergency due to increased sea levels.

To provide insight of the damage ahead, last year alone insured damage from severe weather in Canada reached \$1.9-billion, a majority of that due to flooding. Last fall's GTA flood alone caused over \$80-million in insured damage.

Weather events and rainstorms have elevated the costs of flooding (now the costliest type of property damage) and the stakes for property owners are at an all-time high.

Water damage, mould and property loss are only some of devastating outcomes when property owners are unprepared, or unsure of how to deal with the after-effects of a flood.

FirstOnSite Restoration has spent the past decade mitigating floods and disasters for businesses and homeowners across Canada. Flooding prevention tips are available on the website <https://www.firstonsite.ca/>





David Graham
MP • Laurentides–Labelle

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admin@palliacco.org | palliacco.org



**Laurentian Personality
Main Street
Heroes**

Lori Leonard - Main Street

In life, many heroes work diligently behind the scenes and don't recognize themselves as heroes. Such is the case with Guy Lamoureux, Joel Ryshpan and Steve Kennedy who are committed and dedicated to ensuring copies of Main Street are delivered to various access points across the Laurentians each month.



Guy started delivering for Main Street about 8 years ago. He delivers 5300 papers each month to points from Lachute to Arundel and also to Hawkesbury. He keeps his 4 x 4 vehicle in top shape and has never had a mechanical breakdown. However, recently, he was unable to have his HVAC unit (heating, ventilation, air conditioning) replaced in time, and drove his route without heat or ventilation. He chuckled as he claimed that he installed heating pads in his boots. Luckily the temperature was not too cold.



Joel, a youngster at 83, formerly a professional equestrian ringmaster and judge, was presented with an award for his involvement in the sport for 60 years. He has delivered Main Street papers for the past 10 years through rain, snow and sleet. He drives a 2007 Saturn, fondly referred to as "Silver", with 560,000 km on the odometer. In early March, he drove literally through a wall of snow, using his four-way flashers, to deliver his papers to the Tremblant community.

Steve, also a dedicated school bus driver, has been involved with Main Street for 17 years. He was originally on the Board of Directors with Jack Burger, Founder of Main Street. Steve has driven the same school-bus run, #642 - Morin Heights and St. Sauveur to Lachute, since 1992. Steve said, "not one of my kids has ever required so much as a band-aid, and nothing strange has ever happened besides difficult driving conditions. My students stay the same age, while I am the one who ages." He loves driving and delivering safely, whether it's school children or Main Street papers. He continued, "During the last 10 years, only once were Main Street papers delivered on a Saturday instead of Friday." Quite a track record!

All three men ensure that copies of Main Street are available in numerous storefront spaces, with special attention given to display racks, and take care to provide an adequate supply of papers to each location. They also make sure that locations that need newspaper refills do not remain empty.

Thank you to our special "Main Street Heroes" for delivering Main Street to our communities each month.

Mikes Ste-Agathe
TOUJOURS SINCE 1967



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Lunch and Learn

There were some special members in attendance at this month's Seniors' Wellness Lunch and Learn. Shelby was clearly the attention hog, full of personality, greeting everyone with inexhaustible energy. Victor could have done with a little less affection if you ask me. He seemed over it by the time Shelby gave up her advances and decided to piddle on the floor before making her way to the kitchen. Meanwhile Diva, living up to her name in spectacular fashion, spread out her long limbs and lay down to observe it all with bemused disinterest. The Schnauzer, Shih-tzu and Standard poodle were part of the Zoo-Therapy presentation that took place at the Community Centre in Gore. The monthly lunch, with a focus on seniors' wellness, is open to everyone in the community.

What makes Zoo-Therapy so perfectly suited to seniors was demonstrated through an excellent PowerPoint presentation put on by Shelby's human, Lize Devey. Devey is one of the volunteers who, together with the qualified Zoo Therapists, makes visits to anyone and everyone who can benefit from this particular type of therapy. For seniors, this can consist of the simple joy of holding or petting an animal. There are different games for mobility, to build self-esteem or even just to express emotions. Many seniors who use a wheelchair enjoy rolling alongside while the animal goes for a walk and some like the small round face of a Schnauzer that reminds them of a baby's face.

Animals can instantly brighten the mood if you are having a bad day and they seem to help humans express hidden emotions. Zoo Therapists have found that the different dimension animals bring to a therapy session can be extremely beneficial for people who suffer from isolation, loneliness, depression and a loss of autonomy. Animals can create a link to the past and remind seniors of different stages in their lives and allow them to relive good memories. Before the session even began, we saw the way animals facilitate conversation as the attendees traded pet stories over lunch and coffee. I truly hope Manon has found a solution for her cat that scratches the litter box all night and that she has finally gotten some sleep.

If you think this may be beneficial to a friend or loved one, check out www.zootherapia.com or send an email to centredezootherapiecommunautai@gmail.com

Don't miss next month when FADOQ and the police will speak about mistreatment of elders and fraud. Seniors Aware will take place on April 9 in Gore.

www.4kornerscenter.org/

Email: info@4kornerscenter.org

Phone: 450-974-3940 Toll free: 1-888-974-3940

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A FOUNDATION THAT'S UNIQUE

At the Fondation médicale des Laurentides et des Pays-d'en-Haut, **100% of the donations received are invested in the health of the people** in our territory. We decided to invest 1 million dollars each year for 2018, 2019 and 2020.

Money raised by the Foundation is always used to purchase **high-quality equipments** and upgrade the services at the Hopital Laurentien, 7 CLSC, 5 CHSLD, 4 Health Co-ops, 3 test centers, 5 family medicine groups and 1 medical center.

THE FOUNDATION IN NUMBERS

TERRITORY: **32 MUNICIPALITIES**
POPULATION: **80 000 RESIDENTS**
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Garden Talk

Moon-guided gardening

June Angus - Main Street

When is the right time to plant seeds and annuals? Common wisdom says “after the last frost in spring.”

In our part of the world, that narrows things down, somewhere between late May to almost mid-June, depending on weather patterns for a particular year. However, a growing trend among some gardeners is to take the phases of the moon into account when choosing the right time for planting.

It turns out that the idea of gardening by the moon isn't new. In fact, it's been widely practiced since ancient times. Even the Old Farmer's Almanac gives advice on the subject; annuals and vegetables that bear crops above ground should be planted during the waxing moon, which means from the new, or dark moon, up to the full moon. Flowering bulbs, perennials, biennials and vegetables that bear crops below ground should be planted during the waning moon, which means from the day after the full moon until it is new once again. Lunar planting calendars are widely available on the Internet. Some even tie astrological signs into the phases of the moon.

While this all sounds a little farfetched, I got curious and did some digging to find out if there is any science behind these notions.

We know that the gravitational pull of the moon influences tides, oceans and people. The theory is that the moon also has an impact on moisture in the ground as well as plants. When the moon's pull strengthens, as it heads towards becoming full, it draws more moisture out of the ground to jumpstart seeds and to irrigate the leafy part of plants. Conversely, as the moon wanes, more moisture remains in the ground to develop roots. Presumably this goes on all through the growing season and not just at the time of planting.

I didn't find anything conclusive to prove that the moon has any real affect on plants. At best, a few studies said even if there's an influence, it's too small to measure. However, anecdotal evidence abounds.

Throughout our growing season, we can use other gardening strategies to take advantage of the moon's phases. If you enjoy a lot of outdoor, evening time in the garden, choose plants, such as lamb's ear, white Echinacea and white hydrangeas, that will “glow in the dark”, or at least do a good job of reflecting moonlight. Fragrant evening flowers, such as evening primrose and moonflowers, are also good additions to a garden. White marigolds also reflect moonlight well and act as a natural insect repellent.

As for how the moon's influence affects the way a garden grows, I'm willing to give the benefit of the doubt to the believers. This year, we have a new moon on May 4, with a full moon on May 11. The next new moon is June 3, with a full moon on June 17. It'll be interesting to see if any of these dates coincide with the last frost, the right weather conditions for planting, or provide enough time to do my gardening. If they do, I might just give moon-phase gardening a try.



Word Play

The home stretch

Louise Bloom
louisebloom@me.com

A recent conversation with a friend and reader led me to a contemplation of age and life stages, both mine and my contemporaries. For those of us who have seen 60, 70, and sometimes 80 years of life pass by, evidently, we are in “the home stretch”.

The definition of “the home stretch”: The final portion of an activity, project, competition, etc. Likened to the straightaway at the end of a race. The bulk of the work is behind us now—we're on the home stretch!

And what of our lives when regarded as such a project? Those of us who are at the top of the pyramid, warming our seats for the next generation, are we prepared to relinquish our days of glory? Or are we treating our days with a view to achieving glory, and making our remaining years as illuminated as possible? The word “glory” here, is not referring to fame and fortune. Rather, I am suggesting that glory is a state of contentment and good will, born of a certain attitude. The rewards come from the awareness of how precious is the time that remains, as well as how precious is the gift of life itself.

Taking the time to contemplate our death might bring us to a decisive moment requiring a change of attitude regarding the state of our current existence. Beyond our sleepy and rote-filled activities and opinions, we might adopt instead a personal view of gentle urgency, requiring us not to squander our allotted hours, and welcome our remaining days with grace and gratitude.

This gratitude would measure the smallest pleasures and advantages of our individual circumstances. It would ask that we honour our lives, suspend our grievances, and examine them as one would when healing wounds. If we tend to slip backwards into the sorrow of what hasn't been, we could focus on the possibilities of the present moment and make small comforts and daily achievements the foundation of a more joyful present.

In truth, contemplating the inevitability of death is appropriate for those of all ages. The tendency in contemporary, secular cultures is to leave the realization of death to those who are closest to it by chronology. In our North American culture, the paradigm of distracting entertainment has become the constant, irrepensible strategy to avoid uncomfortable thoughts and emotions. This has left many of us unprepared as we approach the finish line.

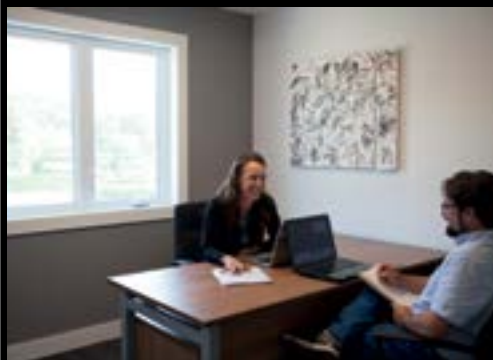
Would it not be a gift to make the study and contemplation of death and dying a part of the general education curriculum? With the acknowledgement of the inevitability of death would come the questions; “Are you prepared?” and, “What does that mean?”

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



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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, Apr 13: 8 pm - The Ian Hanchet Band
Fri, Apr 19: 6 pm - TGIF Smoked Meat
Sat, Apr 20: 8 pm - Posa Blue Band
Sun, Apr 21: 9 am - 1 pm: Easter Brunch
Sat, Apr 27: 8 pm - Country Night with The Stragglers
Sat, May 4: 8 pm - 50's & 60's Dance Music with Classic J
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

Bus trips to Casino canceled until further notice.
Tues: 1 pm: Euchre
Every second **Wed: 1 pm** - shuffleboard games
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

Fri, Apr 12: 6 pm: TGIF - Quiz Night & Spaghetti Dinner
Sat, Apr 13: Bowling Party & Pot Luck - register at the bar
Sat, Apr 13: 5 pm - Painting Social with Erin McCarthy
Sat, Apr 27: 6 pm - Veteran's Dinner
Mon, Tues & Fri: 9 am - weekly yoga
Tues: 7:30 pm - cribbage. Info Lloyd (819-687-3541)
Wed: 1 pm - Bridge. Info Connie (819-687-2403) Everyone welcome
Bar open daily at 3 pm
For further info: 819 687-9143 / arundellegion@gmail.com

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NOTRE DAME DES MONTS PARISH
Office 887, Chemin du Village, Morin Heights
Huberdeau 10:30 am • Laurel •
Montfort 11 am • Weir 9 am
Info: 450-226-2844

CHABAD OF SAUVEUR
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27 Rue St Henri West, Ste. Agathe
819 326-4320
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514 918-9080 • rabbist@ste-agathe.net
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MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH
463 Principale, Lachute / www.pccweb.ca/mrmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Sunday service and Sunday school 10:30 am.

MILLE ISLES PRESBYTERIAN CHURCH
1261, Mille Isles Rd.

ST. ANDREWS EAST PRESBYTERIAN CHURCH
5, John Abbot St., St. André d'Argenteuil
Interim Moderator: Rev. Linda Robinson
Info: Sharon McOuat: 450-566-4549
All services at 11:15 am

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Thurs: 4 pm - Prayer Meeting
Sun: 10 am - Sunday School
Sun: 10:45 - Worship service

LACHUTE BAPTIST CHURCH
45 Ave. Argenteuil - 450 562 8352
Pastor Rénauld 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.
Sun, Apr 14: 11 am - Palm Sunday: Liturgy of the Palms & Holy Eucharist
Thurs, Apr 18: 1 pm - Soup lunch and Liturgy of the day in the Church Hall, 7 Church Rod.
Fri, Apr 19: 2 pm - Good Friday: Ecumenical Service
Sat, Apr 20: 7:30 pm at St-Simeon's in Lachute: This service will include all the parishes of the Laurentian Regional Ministry
Sun, Apr 21: 11 am - Easter Sunday - Holy Eucharist

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.

UNITED CHURCHES OF CANADA
450 562-6161 or 514 347-6250
KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Contact: James Hocquard - 819-242-4722
Sundays: 9:15 am - Weekly Sunday Worship and Sunday School

ST MUNGO'S UNITED CHURCH
661 Rte. Des Outaouais, Cushing
Contact: Sandra Goorbarry - 819-242-5523

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

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

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

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

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

MORIN HEIGHTS UNITED CHURCH
831, Village, Morin Heights
Contact Catherine Davis - 514-712-8863
Sundays: 10:30 am - Weekly services

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

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
Apr 21: 11 am - Easter Sunday, Holy Communion
May 19: 11 am - Holy Communion
June 16: 11 am - Holy Communion
ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Apr 21: 4 pm - Easter Sunday, Holy Communion
May 19: 9:30 am - Family Service / Golf / BBQ
June 30: 11 am - Holy Communion

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Apr 19: 11 am - Good Friday - Stations of the Cross
Apr 28: 11 am - Holy Communion
May 26: 11 am - Morning Prayer
June 23: 11 am - Morning Prayer
Bilingual services with gospel/ bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Apr 14: 11 am - Holy Communion
May 12: 11 am - Holy Communion
June 9: 11 am - Morning Prayer

VALLEY GATE CHURCH
Pauline Vanier, 33, de l'Église, St. Sauveur
Pastor Kevin Cullen: 450 229-5029
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

LAURENTIAN CLUB NOTICE

Holy Trinity Church
12 Préfontaine Ouest (corner of Tour du lac)
Ste-Agathe-des-Monts, Quebec J8C 1C3
Guest speaker: **Rachel Lapierre**
Rachel Lapierre, a graduate of l'Université de Montreal, was an ER nurse, before committing her life to doing philanthropic work through her not-for-profit foundation, Le Book Humanitaire. Accompanied by many people, she travels around the world doing humanitarian work: raising money for impoverished communities in 3rd world countries, offering healthcare and education, helping women earn an income. Her work has been recognised by the 29th Governor General of Canada, Julie Payette.
Tuesday, April 23: 1:30 pm - 3:30 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
April 13, 2019 - 1 pm
Chalet Bellevue (main entrance)
27 Bellevue, Morin Heights
Group Discussion
Upcoming meetings: May 25 / June 15
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
REGISTERED CHARITY - DONATIONS APPRECIATED



COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA

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Bazar MPDA Lachute
(177 Rue Bethany, Lachute).
Used clothing, shoes, books and more for the whole family.
Tues - Thurs: 10 am - 3:30 pm
Fri: 10 am - 2:30 pm

WILLKOMMEN

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE 327
Sun, May 5: 9 am - noon: May Breakfast
Basket draw donations to Breast Cancer Research
Everyone welcome!
Sat, June 22: 9 am - 3 pm: Flea Market
To book a vendor table (\$10 each or 2 for \$15) please contact Barrie Smith: 819-687-9498
Indoor / outdoor tables available.
Everyone is welcome to sell, buy or visit!
Facebook at LRCC-Lost River Community Center

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
The facilities are now open and we are ready to continue our activities!
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

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

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

Laurentine 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

MORIN HEIGHTS HISTORICAL ASSOCIATION

Chalet Bellevue
Apr 28: 1:30 pm
Presentation by archaeologist Roland Tremblay
Pre-Historic Times in our Laurentians
Learn about the life and habits of early inhabitants of our area long before history was recorded.
Tickets: Members \$5 / non-members \$10.
www.morinheightshistory.org / mhha98@hotmail.com

THEATRE MORIN HEIGHTS

Annual General Meeting
Morin Heights Lgion
Thurs, Apr 25
Doors open at 7 pm / meeting starts at 7:30 pm
A short play reading will follow the AGM
Audience participation welcomed.
Info: 579-765-3999 / www.theatremorinheights.ca

ALCOHOLICS ANONYMOUS MEETINGS

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

LACHUTE ARMY CADET CORPS

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

ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

HUBERDEAU GOLDEN AGE CLUB

Huberdeau Church Basement
Thursday evenings: 7:30 pm.
The Club Huberdois invites you for a game of Pétanque Atout.
Info: Lionel Provost: 819-687-3720
Info: Gilles Goyer: 819-687-3498

SENIOR VOLUNTEERS READING PROGRAM

The Table des aînes of the Pays-d'en-Haut MRC is looking for volunteer readers aged 50 and over to share the pleasure of reading with children in schools.
As part of a movement to promote the pleasure of reading with children in the community, the Table des aînes has implemented an intergenerational reading program throughout the MRC. For further information please contact Violaine Guérin at 819-321-9404.

COOP SORE'S COMMUNITY LUNCH

Chalet Bellevue, Morin Heights
Community lunch prepared by Soupe & Cie every Monday.
Voluntary donation of \$6 is suggested.
Meal includes soup, main dish, salad, dessert, tea or coffee.
Advance reservatiopn required on Fridays from 9 am – 4 pm at 514-944-9335

CALL TO ARTISTS

Deadline: Apr 15, 2019
The Culture Department of Val David invites visual artists to submit an exhibition project to the selection committee of the Galerie de la petite gare in Val David for the summer season. Materials should be sent to Daphnee Cyr at culture@valdavid.com.
Details: valdavid.com/publications/culture

ART BY THE WATER EXHIBIT & SALE Beaconsfield Yacht Club

26, Lakeshore Road, West Island
Fri, Apr 26: 6 pm - 9 pm - Vernissage
Sat, Apr 27 & 28: 5 pm -
Exhibit & Sale
We invite you to join us for the annual spring art exhibition and sale benefitting adolescent colon cancer.
Highway 40 West: exit St. Charles south to Beaconsfield Blvd.
Highway 20: Exit 48 south: turn left onto Beaconsfield Blvd. at traffic light.
At the 2nd stop sign turn right onto Lakeshore Road.

CHOEUR TREMBLANT

25th Anniversary Concert
May 5: 3 pm
Tickets available on Eventbrite.ca

LRS COMEDY NIGHT FUNDRAISER

Laurentian Regional High School
Fri, Apr 26
Featuring The Comedy of Robert Maxwell, comedy stage hypnotist.

WINE & ARTS FUNDRAISER Maison des Arts Saint-Faustin

1171 rue de la Pisciculture, St. Faustin-Lac Carré
Sat, Apr 13: 7 pm
Enjoy the DADA exhibition combined with wine tasting and tips from Jean-François Demers, wine critic and columnist.
Tickets: \$30 available from board members or at La Maison des Arts Saint-Faustin.

RED CROSS COURSES

Morin Heights Elementary School
Apr 27: 9:30 am - 6:30 pm: Emergency First Aid
(Adults and youth 11 +)
Apr 27: 9:30 pm - 3:30 pm: Stay Safe Program
Youths 9 yrs - 13 yrs
Registration fees apply
Profits to benefit students of MHES
Register / info: Natalie: 450-226-2017 ext. 6217
fomhes@gmail.com

LACHUTE UNITED CHURCH SALE

Lachute United Church
232 Hamford Street, Lachute
Plants, home-baked table, treasures and books
Sat, May 18: 8 am - noon
Coffee and muffins available

ADVANCE NOTICE

50TH ANNIVERSARY OF THE LACHUTE RESIDENCE

An event to celebrate the 50th Anniversary of the Lachute Residence will be held on Saturday, **June 15, 1 pm - 6 pm.**
at The Lachute Residence, 377 rue Principale, Lachute.

LACHUTE UNITED CHURCH SALE

Lachute United Church
232 Hamford Street, Lachute
Plants, home-baked table, treasures and books
Sat, May 18: 8 am - noon
Coffee and muffins available

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Caisse de la Vallée des Pays-d'en-Haut

The Annual General Meeting of the Caisse Desjardins Pays-d'en-Haut will take place on **April 13 at 10:15 am.**
Refreshments will be served at 9:30 am, prior to the meeting.



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Grenville Women's Institute

Grenville Women's Institute acknowledged February as Women's Institute Month by presenting a gift of reusable produce bags to the members as a small way of reducing our plastic waste



Photo: Joyce MacIntyre, Elaine Maher, Hannah Hoare, Marilyn Lein, Eleanor McNeil, Margaret Mack-Brinkley, Nancy Harkey, Kathy Ivall, Joyce Crooks.

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2019 Cadet Regional Shooting Championship, Zone 16



The Lachute Cadet Corps 4 shooting team wins gold again, in the Laval, Laurentian region. The team consists of 3 seniors and 2 juniors, from left to right; Sergeant Shawn Beausoleil, Master-Corporal Raphael Coté, Lance-Corporal Thomas Ménard, Warrant Officer Nathan Hooper-Boyer and Sergeant Carl Malette. In the individual ranking Carl Malette also won the first position making him double gold medalist, Shawn Beausoleil was looking for the 2nd place. Junior Raphael Coté brought back the silver by taking the second place. Next stop is the provincial championship in Valcartier from April 12th to 14th. If you are between 12 and 18 and you are interested contact us at (514) 927-9260.



Photo by: Capt. Demers

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Making it Work in the Laurentians E-commerce for artists

Rachel Morgenstern-Clarren

E-commerce has made it easier than ever for artists to sell their work, so to help your art to stand out from the competition, creating a high-quality website is a must! How to get the right look

Taking professional photos is extremely important, since this is the only way your potential customer can interact with your art while shopping online. If necessary, you can rent photography equipment; a light box might be a good investment. For photo size, use the 1500-2500 pixels rule (between 1500-2500 pixels width). Be stylistically consistent; either use a variable (a model, a certain background, etc.) for all the photos on your website, or don't use it in any of them. Display your artwork from different angles. To edit your photos, use software like Photoshop, Lightroom, Pixlr, Canva, and Gimp. If the cost is prohibitive, there are several free editing programs as well. Lastly, use website resolution to avoid slowing down your website loading time and so that no one can reproduce your art.

Crafting a narrative

Your website copy is just as important as your images in conveying to potential customers who you are as an artist. Don't just explain what the product is but share the story behind your work. Accompany each image with information about the medium, title, year and dimensions of the piece. Show that you're a professional by making sure all text is well written and free of spelling and grammar mistakes. Lastly, use keywords to improve your SEO (search engine optimization) rankings.

Pricing and costs

Be strategic in pricing your art right for the market – don't make it too high or too low. If you're just starting out in e-commerce, consider using cost-based pricing, based on the materials, labor and time you put into your art. Also, be aware of distribution costs; are you selling your work through a wholesaler, distributor or directly to the customer? The first two options usually take a percentage. If you have any doubts, look for online tools that can help you.

How to handle payments and fees

Offer multiple payment options on your website (credit/debit cards, PayPal, etc.) and keep in mind that some payment options take a percentage of the sale. When you're figuring out your pricing, it's also important to remember that international sales may incur extra fees.

Terms and conditions

Make sure that your terms and conditions are spelled out clearly and are agreed upon by you and the customer. Include information on insurance, intellectual property, liability/warranty, and the return policy. Also specify under which law these terms and conditions apply (for instance, Quebec law).

Do your research

In order to make your website unique, you must know what your competition looks like. Research how other artists are selling their work and decide what works and what doesn't. Brainstorm design and copy ideas with others. By taking the time to assemble a professional website, you will be able to showcase your art successfully and make it easy for customers to find and purchase your work.

Take your online marketing and e-commerce knowledge to the next level with the YES Artist Adventure, an award-winning game for creatives. Find out how at www.yesmontreal.ca

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
Available at: IGA, Provigo, Rachelle Béry, Petino's, Jean Coutu, TD Bank, Brulerie des Monts and Fumoir des Lacs, Chalet Pauline Vanier

STE- ANNE-DES-LACS – 50 copies
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Available at Au Petit Poucet Restaurant, Familiprix and Metro

STE-ADÈLE – 535 copies
Available at IGA, Valso Esso, Tim Horton's and Chateau Stationary

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Available at Dépanneur Kilmar

HAWKESBURY – 650 copies
Available at Freshco



Nature Stewardship: A Tale of the Atlas Mountains

By Mat Madison, biologist

In the February issue of Main Street, I shared ideas for nature conservancy. This month, I'd like to stay

with that theme and discuss a case study of my last trip into the Atlas Mountains in Morocco.

Environmental stewardship

Being a good steward of the environment and nature is all about responsible use and protection. Conservation isn't about putting a huge "glass bell" over natural landscapes, so that no one can do anything to it and nothing bad can happen to it. Conservation is about sustainable uses and working with nature so that both humans and nature can benefit. Two of the three ethics of permaculture are Care for the Earth and Care for the people. We will get back to permaculture in future articles.

No matter how you choose to do nature conservation, what matters are the ethics; the moral principles that govern how humans behave in relation to nature and conduct activities accordingly. In nature stewardship, it's about changing the concept that "humans are above all of nature and dominate it" and creating, instead, a win-win situation where decisions and management practices benefit both nature and humans.

Let's talk about the Berber clans of the Atlas Mountains. Berbers are known to have inhabited North Africa for thousands of years. As nomads, they traveled long distances following the seasons. Eventually, with agriculture, they established themselves in locations suitable for growing crops. In the Atlas Mountains, Berbers established villages on the steep slopes of valleys, near streams and rivers, sometimes as high as 2000 meters in altitude.

During my travels in the Rhirhaia and the Ourika Valleys in the High Atlas Mountains in March, I witnessed a few things that I'd like to share with you about nature stewardship.

Village establishment and housing: On the steep slopes of the mountain ranges, the main villages are established on the south-facing slopes. This allows for more sunlight and for a warmer microclimate. Communal houses are built so that every building can receive sunlight on the stone, clay or adobe walls, in ways that avoid creating shade on other buildings. The villages are established just a little higher on the slopes, to avoid encroaching on the lower parts, which are protected and reserved for agriculture uses. Clearly, these ways of establishing communities transcend individual people, and are the results of shared cultural values and knowledge, passed down through Berber generations.

These communities needed to feed themselves: Food sources are a combination of raising livestock and growing food. The livestock, comprised of cows, sheep and goats, cover great distances every day. The herders know the mountains well and understand that the animals cannot remain in the same locations, as they would overgraze the land and prevent the vegetation from re-growing. Instead, they allow large numbers of livestock to graze in selected areas and then move them to other areas within hours. In this way, the plants that have evolved with wild sheep and mountain goats are stimulated to grow back after grazing. The herders know this, and they work with nature to ensure that pastures remain green for daily use, and also for the future needs of their communities. This is what we call intensive rotation grazing in North America.

Berbers in the Atlas Mountains have also built great water management infrastructures to capture, irrigate and manage water sources for agriculture. Just like in Southeast Asia, or in Peru, the Atlas communities have built large terraces, starting at the base of their villages all the way down to the valleys. I've seen some valleys that had terrace systems hundreds of meters in height. These systems are designed to capture the water resources, the energy and the minerals, and store them and distribute them creatively throughout the system in order to obtain good agriculture yields. They only take what they need, and the water is returned to the rivers in the end. These areas are grown with annual vegetables, or seeded for grain crops, and even planted with cherry, apple, plum and walnut trees. As a result, the Berbers have greened the rocky slopes of their valleys, which show high concentrations of biodiversity and wildlife.

It is the Berber culture to do things this way; to learn from nature and to work with it. Knowledge and cultural ethics are passed down from parents to children, through the generations. There are things to be learned, and I was truly inspired by this trip.

In the next issues, I will present a local case study. We will examine some of the challenges a local conservation group has been working on, and how great results have been achieved, in only a few years, by becoming nature stewards and establishing a culture of nature conservation in their community.

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Obituaries

DEANS, Betty Jane (Adams) 1924-2019

It is with great sadness that we announce the passing of our beloved mother, Betty Jane. She died peacefully March 20, 2019 at the CHSLD residence in Ste. Adèle with family at her side after a long and courageous battle with Parkinson's disease. Pre-deceased by her youngest son, Donald; she is survived by her 3 children Pamela (Mark), Robert and Kathleen Ann (Arthur). Aunt Boots will be missed by her nieces and nephews out west and by Ev, to whom she was a second mom.

After she retired from teaching at the Sir Wilfred Laurier school board, Betty Jane moved to St. Adolphe d'Howard. She was very involved in the church community life in Morin Heights and enjoyed winters in Florida where she was also active in her Cocoa Beach church community. She was always "on the go", organizing, driving and helping others whenever needed.

There will be visitation with the family at the Morin Heights United church Saturday, April 13 at 12 pm (noon) followed by a service to celebrate her life at 1 pm.

We would like to thank all the caregivers who attended to Betty Jane with much kindness over the past 9 years at her various residences in Morin Heights, St. Adolphe d'Howard and Ste. Adèle.

In lieu of flowers a donation may be made to the Parkinson's Society of Canada, World Vision, or a charity of your choice.

GAIN Curtis 1954-2019

It is with great sadness that we announce the passing of Curtis John Gain on February 19, 2019. Curtis was born December 19, 1954 in Lachute. He was the son of the late George Gain and Stella Brown.

Curtis is survived by his wife Carole Morin, to whom he was married 36 years. He is deeply mourned by his son Nicolas Gain (Carolyn Woodruff) and by his two sisters Shirley Garsonnin (Gain) and Donna McClinton (Gain), as well as his cousin who was a big brother to him, Robert Gain (Ann Jackson).

He is also survived by his sister and brother-in-laws as well as many niece's nephew's as well as many cousin's to whom he cared so deeply.

A commemoration of Curtis's life will be held on Saturday, May 4, 2019 at 3 pm at the Salon Roland Ménard Inc. 395 rue Grâce, Lachute (QC) J8H 1M3. Opening of the parlor Saturday from noon.

If so desired (and in lieu of flowers) donations in Curtis' memory can be made to The Argenteuil Hospital Foundation.

MacKay, Dawna (nee: Swail)

Mrs. Dawna MacKay, late of Fort Saskatchewan, passed away on February 28, 2019 at the age of 72 years. She is loved and missed by her family; husband of 50 years, Robert; children, son Brad and daughter Cindy (Gavin) Knight; 3 grandchildren, Braydon Knight, Cameron Knight and Alyssa MacKay; a sister Diane Anderson of Montreal; as well as numerous other family and many dear friends. Dawna was pre-deceased by her parents, Ross and Jean Swail and her brothers Brent and Glenn Swail. Family and friends joined the family at the Silverwing Room of the Fort Saskatchewan Legion on Thursday, March 14, at 1:30 pm where they raised a glass in Dawna's honour. Donations to honour Dawna's generous heart gratefully accepted directly to the Heart & Stroke Foundation or to Cross Cancer Institute. Online condolences may be sent through www.riverviewfuneral.com



In Memoriam

SMITH Claude
January 25, 1953 -
April 15, 2013

Six Years my love,
doesn't seem possible
Life to me is not the same
without you
When I look up to the sky I see the
brightest star
And know that you are watching
down over me

You were the Sunshine of my
life, the man and husband that I
was so proud to be with
Miss you everyday and a day
Will always love you a " Bushel and
a Peck and a Hug around the neck "
Forever your wife, Ilene
XXXX



The English Link

L'Antr'Aidant

By: 4 Korner's Family Resource Center



If there is any question as to whether angels walk among us, all you have to do is observe the tireless work of a caregiver. So it is only fitting that L'Antr'Aidant, a non-profit community organization that specializes in caring for caregivers, is nestled in a church rectory right in the middle of Saint-Sauveur at 200 rue Principale.

L'Antr'Aidant offers services in French and English to caregivers of seniors, free of charge. This group of healthcare professionals, trained and officially qualified in gerontology and geriatrics, is led by the formidable Julie Gravel. Over 20 years ago, Gravel spent time working in palliative care in Africa through an NGO with ties to Doctors Without Borders. L'Antr'Aidant volunteer Gisèle Brett describes their leader as the soul of the organization, someone born to give, who views working with the elderly as her calling.

This strength of spirit has spread to the small but robust staff working out of the rectory above the church. Brett speaks with passion about the importance of empowering caregivers as opposed to leading them by the hand. A significant distinction when you consider the unexpected, demanding and exhausting role caregivers have taken on.

There is a quick questionnaire to recognize if you are in fact a caregiver who could benefit from the services offered at L'Antr'Aidant:

Are you concerned about a loved one's aging process?

Do you worry about the mental health of an older person in your family or circle of friends?

Do you feel responsible for a loved one who has lost their autonomy and feel alone in coping with it?

Do you feel overwhelmed by the physical and cognitive decline of a loved one?

If you see yourself in the questions above, you do not have to wander this difficult path without a road map. This is what L'Antr'Aidant can provide you with.

Listening to Brett explain all the support they offer, which runs the gamut from information about social services in the area to teaching caregivers how to communicate with someone suffering from a neurocognitive disease, it becomes impossible to ignore just how much a caregiver may have on their plate. Brett puts a fine point on the situation by saying that many are grieving while simultaneously having to be at their best.

Caregiving is a daunting responsibility. When you have access to health and social services, recognize your own needs, accept guidance and support, learn about neurocognitive disease and build a support network, the responsibility will seem a lot lighter. L'Antr'Aidant is your gateway to all this and more.

There are L'Antr'Aidant support groups open to the public every week at the CHSLD in Sainte-Adèle and Maison Aloïs in Saint-Jérôme.

For more information, contact L'Antr'Aidant at:

Phone: 579-888-0211

Email: information@lantraidant.com

www.lantraidant.com

4 Korner's can always help link you to English services.

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Upcoming Activities

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

PERSONAL SESSIONS TO RELIEVE STRESS

Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe, Mont-Tremblant and Saint-Sauveur by appointment.

FOR PEOPLE WITH CANCER OR WHO ARE IN REMISSION

Comforting Tea

Mon, May 13: 10:30 am - noon (Mont-Tremblant)

Fri, Apr 26: 10:30 am - noon (Ste-Agathe)

FOR PEOPLE IN MOURNING

Coffee Meeting for the Bereaved

Tues, May 14: 7 pm - 8:30 pm

by reservation (Mont Tremblant)

Thurs, Apr 18: 1:30 pm - 3:30 pm (Ste-Agathe)

Regenerating Yoga

Thurs, Apr 18 & 25: 1:30 pm - 2:45 pm

May 2 & 9: 1:30 pm - 2:45 pm

(Mont Tremblant)

Thurs, Apr 18 & 25: 9:30 am - 11 am

Thurs, May 2 & 9: 9:30 am - 11 am

(Ste-Agathe)

Relaxation Group

Exercises to relax, promote calm and serenity. Available to caregivers, people with cancer and the bereaved.

Thurs, Apr 18 & 25: 10:30 am - noon

Thurs, May 2 & 9: 10:30 am - noon

(Mont-Tremblant)

Fri, Apr 19: 10:30 am - noon

Fri, May 3 & 10: 10:30 am - noon

(Ste-Agathe)

Training for Caregivers

Training to accompany a loved one during the palliative and / or end of life phase. To support you, you can share with other caregivers and prevent burnout. Sectors: Rivière-Rouge / Ste-Agathe-des-Monts / Mont Tremblant: **Tuesdays, May 7, 14, 21 & 28.**

Accompanying services

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)

Palliacco is looking for volunteers to help with palliative home care. To become a volunteer, you will receive training in palliative care support and support to caregivers to acquire skills, knowledge and personal skills to accompany home care.

STE-AGATHE AND MONT TREMBLANT

April 10, 17, 24

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

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

A Trek Under the Stars

The 2019 PALLIACCO-DESJARDINS' A Trek Under the Stars, presided over by Honorary Chair Mrs. Dominique Laverdure of Rouge Marketing was a great success! It was the Seventh Edition at Mont-Tremblant's Domaine Saint-Bernard on January 26 and the Third Edition at the Sainte-Agathe Camping and Outdoor Center on February 2.

A total of 46 teams registered, with nearly 460 participants. Palliacco raised \$136,375 at the two events, well exceeding its goal of \$100,000. Thanks to the support of generous sponsors and partners, net expenses did not exceed \$10,000, remarkable for an event of this scale.

Demonstrating Palliacco's commitment to eco-responsibility, the waste reduction team led by Mr. Pierre Bourget succeeded in limiting actual waste to 5% for the two events and yielded 65% recyclable and 30% compostable materials.

PALLIACCO wishes to thank Dominique Laverdure, CEO and Partner of Rouge Marketing Montreal and Mont-Tremblant, for her contagious enthusiasm as Honorary Chair, the sponsors and partners of the event, the hundred or so volunteers, the nearly 460 participants, the many donors and the media, who made the A Trek Under the Stars 2019 a double success.

A Trek Under the Stars will be back in 2020! Please visit us on Facebook at www.facebook.com/palliacco to see photos of both Trek events.





Main Street Money Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

What to consider when someone invites you to take on this important responsibility.

Being asked to be an executor is an honour. It means that someone trusts you to manage, with diplomacy and grace, a wide range of important tasks after their death. It's also a big responsibility. An executor quite literally executes the terms of a will, and there's a lot more to that than simply ensuring beneficiaries receive their bequests. Here are some things to consider when someone pops the executor question – and always keep in mind that help is available if you need it.

What will you have to do?

At a high level, an executor must notify those who need to know about the death (including government agencies and financial institutions), as well as manage and distribute the assets in the estate. An executor must also ensure that any amounts owed in taxes or to creditors are paid and keep very careful records throughout.

It can be a complex and time-consuming job, so, when you take on the role, it's important to think about how you will manage the required tasks over and above your own busy schedule. Look at family dynamics to see if you can anticipate tensions and prepare to nip them in the bud. In addition, location matters: if you live outside the deceased's province of residence, additional steps and costs may be needed to carry out your duties as an executor.

Seek help if you need it

Sometimes, wills appoint co-executors so more than one person can share the workload. If you're concerned about the time commitment, you may want to ask for this. You can also request assistance at any time from a professional executor, accountant, advisor or lawyer. And don't forget that you are generally entitled to compensation for the work you put in – typically a percentage of the estate assets, up to a maximum of five per cent.

Most important of all, remember that being an executor can be a very rewarding experience. After all, you're making sure the wishes of someone close to you are carried out exactly as that person intended. In addition to doing a great service for someone you care about, by doing the job to the best of your abilities, you have an opportunity to make a real difference in the lives of that person's beneficiaries.

For more information, speak with your advisor, who can connect you to appropriate resources and professionals.



DID YOU KNOW?

Executor's insurance can be purchased before dealing with the administration of an estate. It may provide coverage in the event a claim is made against the executor.

Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc. 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 at 514-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca

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Royal Canadian Legion 192

We are looking for volunteer teams of 4-5 people to install the insulation and siding on Saturdays in April and early May. We also need a couple of volunteers to flip burgers for the FREE lunch. If you can only donate one Saturday your help will be sincerely appreciated. In an effort to make this more appealing, at the end of the day the beer is on us.

Dates: Saturdays: April 20, April 27 and May 4

Info: Norm Hess: 819-421-5495 / Elizabeth Vezina 819-687-3640
Legion Bar: 819-687-9143

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Real Wine for Real People What is this gunk in my glass?

April Sirois - Sommelier - ISG

Have you ever opened a bottle of wine and wondered what the crystals stuck to the bottom of the cork were all about? Or maybe you were enjoying a bottle of wine and, when you got to the last pour or so, found some odd, bitter, crunchy things in the bottom of your glass? Have you wondered, "What is this? Where did they come from? Can I drink them? Is the wine bad?"

Well, this month, I am going to introduce you to the types of wine sediment, and what it means when you find them in your glass. That sediment is technically called "dregs" in wines. The dregs are not a fault and they are not a bad thing. Some winemakers even leave them in the wine on purpose.

Tartrate crystals

These shiny, little particles, usually the size of grains of raw sugar, occur naturally, and mostly, but not always, in white wine. You will find them often stuck to the bottom of corks, but they can also be floating through the wine. They are tartaric acid crystals, Tartaric is the prevalent, natural acid in wine.

The crystals can be removed before bottling, by chilling the wine in the tank to make them stick to the sides before the wine is drawn off for bottling. The tartaric acid can then be scraped off the tanks and used to produce Cream of Tartar. (I kid you not.)

I was lucky enough once to visit a German winery that had these large, beautiful, old wine casks that you could walk right into. The insides of them were covered completely in the most beautiful layers of glittering tartrate crystals, the results of many years of wine making.

Sediment

This is found sometimes in red wine, and consists of old yeast cells, grape solids (stems, seeds, skin), and tartrates. Winemakers can choose to "rack", or filter, the wine, meaning to separate the wine from the sediment. Personally, I think that wine, like food, is best when it is handled and processed minimally. So, if you find sediment in your glass, I think it is a good sign that the wine has not been over-handled by filtering out all the grape nuances along with the solids.

It's possible to drink the dregs, although you will find them to be bitter and harsh. If you don't mind a bit of sediment, go ahead and pour away. But for those who'd rather skip it, be sure to stand your bottle upright, for at least an hour, before serving it. Then pour it slowly into a decanter, so that the settled sediment remains behind at the bottom of the bottle. You can also skip the decanter by pouring the wine carefully into the glass and handling the bottle gently so that the settled sediment is not disturbed.

~Cheers



I'm Just Saying In Between

Ron Golfman - Main Street

As I gaze out my window, given that the snow is covering most of my view and I can't really see much, I cannot recall having so much of the white stuff everywhere. This may be attributed to my memory not being as strong as it used to

be, or perhaps it is simply that we encountered an exceptionally hard winter. Either way, worries about the melt causing flooding, and fears that I'll still be shoveling in July, preoccupy my thoughts. Even with the notion of writing about this in late March and knowing that this next edition will be only available in early April, I am confident that my favorite color, green, will not be predominant by then.

I have decided to offer ways in which we can all pass the time with a little more fun. Personally, I take a roof shingle spade to the ice in my driveway, making furrows so that the melting snow can run away from my property. This exercise not only allows me outdoor time, but also gives me the sense that I am in control of the elements while being artistic in my designs. Another thing I like to do, which can be more accurate than the guessing-game most weather people and meteorologists provide, is to build a snowman within view of my window and watch its disappearance with sadistic glee and optimism about spring.

Here, in the lower Laurentians, our municipal street cleaners do a wonderful job clearing roads and keeping them passable during the winter. I am always pleased that they use sand and gravel, as opposed to corrosive salt as they do in the cities. Once the snow has begun to disappear, our driveways and paths will often have potholes due to the brutality of snow and ice. Instead of cursing over the amount of leftover gravel and sand, I use it to fill in the cracks and holes, grateful that I can avoid going to the local hardware store and destroy my back lugging heavy bags of the stuff from my car. It is a pretty easy way to feel one is contributing to recycling.

During the spring melt, in order not to be too peeved at the volume of dog poop left on my property by pet walkers who were too lazy or cold to bother picking up after Fido, I now put on cheap rubber gloves and fill a bunch of baggies with recovered poop and leave the 'treat bags' in my neighbors' driveways. I disguise my prank as a good-neighbor gesture. My rationale, if ever confronted, and I'm Just Saying, is to suggest that I am simply returning what is theirs.

There are many more activities during the "in-between" season that I could offer, some less labor-intensive, and some less fun. Saying goodbye verbally to layers of clothing is always fun, though I suggest you make sure you are alone. The important thing to remember is that after you've had your snow tires changed after April 1, it'll probably snow at least once more.

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Essential Oils Focus on lemon essential oil - a cleansing oil

Susan Rich

Spring is finally here, and for many of us this means spring-cleaning our homes. We open the windows and let the fresh air in, we clean out our closets and bring out our summer finest. However, it's also important to clean our bodies and emotions during this time of year. So, let's talk about how you can incorporate lemon essential oil into your spring-cleaning routine.



Our homes: When it comes to spring-cleaning, this oil is a powerhouse for all areas. It's anti-bacterial, anti-fungal and antiseptic, and it smells amazing. It's a powerful grease cutter, and easily gets rid of sticky messes. Put a few drops on a damp cloth to wipe down surfaces or use full-strength on those tough-to-clean areas, and you'll be amazed at how easy your job will become. Stagnant air? Opening the windows and exchanging the air is wonderful but diffusing some lemon oil at the same time will cleanse and purify more effectively. You can use a diffuser or simply fill a spray bottle with lemon oil and water, and spritz away.

Our Emotions: Lemon is also known as the oil of focus. After a long winter of cocooning, our emotions can be sluggish. We might be feeling sad, or depressed, and our brains might feel foggy. When diffusing lemon oil, we will experience clarity of thought, our moods will be uplifted, it will invigorate us and make us happier and lighthearted.

Our bodies: Lemon essential oil is probably the easiest way to support our organs, so they can do the work of detoxifying our bodies and function at optimal levels. Putting one drop into your water every morning will help clean out the pathways for proper detoxing. Did you know that you're supposed to drink half your body weight in ounces of water per day? If you aren't a fan of water this is a great way to add some flavor and help you to consume more of this vital liquid. (150lb/2 = 75 oz. of water per day).

****Please read your labels and make sure your oil is safe for consumption when ingesting, because not all oils are prepared equally.****

For more information on how to get 100% pure CPTG 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



Fit Tip #132 Journey

Lisa Mclellan - Main Street

I have closed my studio and my school. It was time for a change, and so I set off on a new adventure. I began this journey at PachaMama, an eco village and intentional community, in Guanacaste, Costa Rica. An intentional community is a planned residential community, designed from the start to have a high degree of social cohesion and teamwork. The members of an intentional community typically hold a common social, political, religious, or spiritual vision, and often follow an alternative lifestyle.

PachaMama has about 80 residents and 30 children, a "downtown", a Jungle shop for organic food and sundry needs, a Wild Treats Café, with cacao shots instead of espresso, a school that also receives the children of guests, a Welcome Centre for administrating the many people who come here for work exchange, workshops and training. We are all here to experience an alternative and ecological way of living.

We are guests in the village and, as such, we have been invited to respect their ways. This includes the 3 R's (reuse, recycle, renew), absolutely no plastic and a period of total silence daily, from 6:30 - 7:15 pm. You can camp or rent a variety of lodging styles.

No alcohol is permitted here, and no processed sugar or processed foods. The fare is organic vegetarian. No meat. Yoga is offered twice daily, as well as sweat lodges. The founder is a world-renowned DJ, who loves to create mystical musical happenings. They are wild and transforming journeys, so they say. We are free to live here within this framework, adopting a healthy lifestyle in a conscious and intentional way. I love hearing the children singing at school in the early morning; their innocent and joyful voices are so touching. How lucky to grow up in this safe and peaceful environment, learning the values of living in harmony with Mother Earth and with oneself.

PachaMama is in the jungle. We live with the surrounding wildlife, which hosts a multitude of wild birds and their songs, Howler monkey families, butterflies, squirrels, raccoons and more. We have a beautiful river, with fresh, cool water, and the ocean is 15 minutes away, in the little town of San Juanillo, where you can get nut milks, raw chocolate and other unexpected goodies.

I meet people of all ages from around the world, who are on individual journeys towards greater truth, health and happiness. In a way, we have all chosen to step outside of the box to give ourselves the opportunity to experience wholeness. I have reconnected with the spirit deep within me that resonates with respect, humility and gratitude. This is a great way to unwind, to reset and begin this next phase in my life.

Namaste my friends. Here's to a great life.

April 2019

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Tales of Lachute Past... This is really, really strange...

Léonard Lafleur

When I was 11 or 12, I heard, or was told, or thought I was told, that a local Lachute guy, named Williamson, had discovered a diamond mine in South Africa ... how did that happen, you might ask?

He was prospecting, and his jeep got caught in mud. He proceeded to dig it out. He shoveled some mud, lots of mud, some rocks...until one big, fist-sized rock caught his attention...yup, a big diamond!

Nah...can't be, it's a fairy tale, n'est-ce pas?

So, many years later, on May 13, 2017, my lovely wife, Monique, and I visited my favourite brother-in-law, Pep Pariseau, and his wife, my older sister, Anne, in Lachute, Quebec, Canada, planet Earth.

Pep is quite a character, closing in on 80, and is one of those bigger-than-life, small-town heroes, who is very vocal in both official languages!

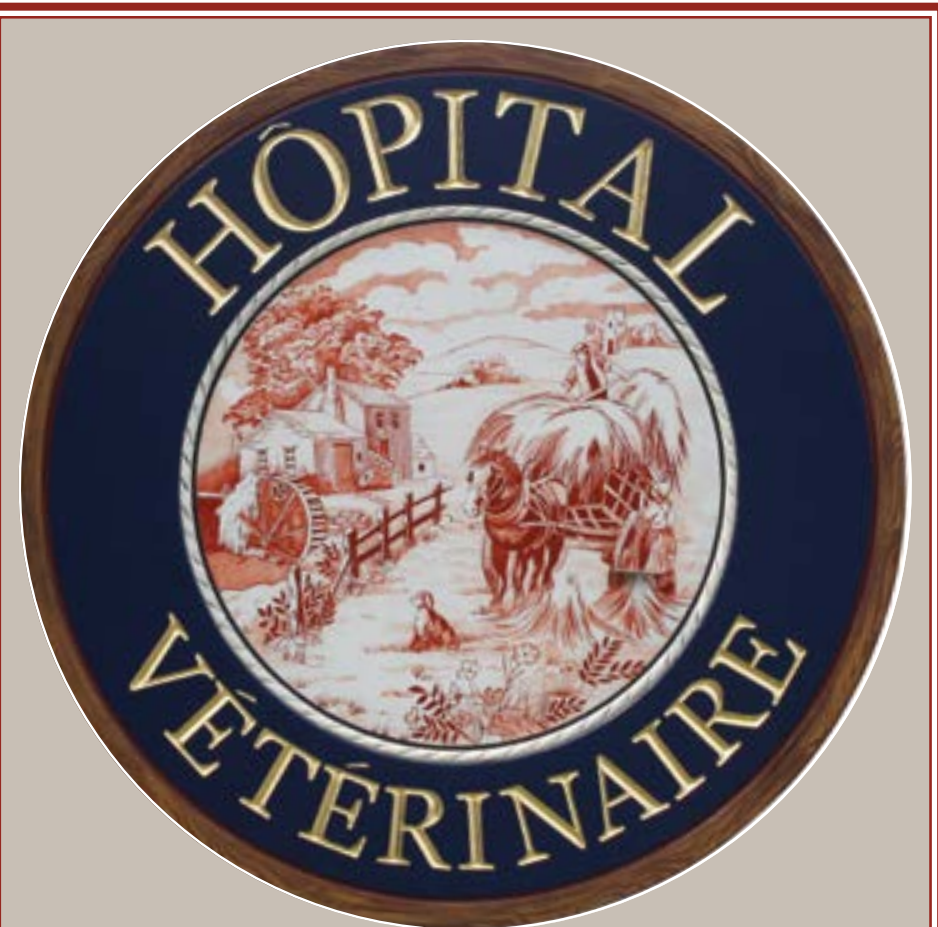
I had never told anyone of this foolish, youthful fantasy that I had been lugging around in my memory for nearly 60 years. After a good Stella Artois beer, a few glasses of wine, and lots of good food, I shared my silly story.

Pep looked at me, "Tabernac," he said, "my father sold a piece of land behind the store to Burl Todd, who built a garage there, on Berry street".

"OK," said I, "so what does that have to do with my story?"

Pep replied, "Todd's friend was Williamson, and I was 10 years-old when I was at the garage one day, and I saw Williamson open his hand and show my dad and me a fistful of uncut diamonds".

End of true story...



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Sharing the road, a case of caution and vigilance

With the arrival of spring, agricultural vehicles will be more numerous on rural roads as work resumes in the fields. For a harmonious cohabitation of the road, motorists and farmers must remember the rules to follow and the precautions to take to share the road to avoid dramatic accidents.

Motorists and cyclists are asked to be extra careful. Roadside Control Quebec and the SAAQ recall the importance of slowing down when approaching farms and fields, as an animal, a vehicle or machinery can suddenly appear on the road.

Vigilance and patience are also required, in the presence of an agricultural vehicle. It must be remembered that these vehicles move more slowly, are often very wide, and sometimes occupy a little more than the width of the driving lane and may affect the visibility of other users. They are often without change of direction lights, just like their equipment, are generally equipped with a slow-moving fluorescent warning sign - orange triangle with a red border and can not drive on the shoulders.

The decision to cross a continuous line of traffic to overtake an agricultural vehicle should be made only if the safety of the driver or cyclist who exceeds it and that of other road users is not compromised. Special attention must be paid to the different entrances, since agricultural vehicles may want to make a left turn.



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