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• The MRC des Laurentides, Pays-d’en-Haut and the southern part of the Antoine-Labelle region

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What’s On My Mind...

Susan MacDonald, Editor

Anyone who lives in, or who has visited, our beautiful Laurentian region knows just how vibrant and active our communities are. No matter where your travels take you, any town or village will present you with a spectacular backdrop to a thriving neighbourhood, providing unique shopping and dining opportunities, blended with a multitude of community activities.

Sport enthusiasts can enjoy a myriad of seasonal activities year-round, and cultural fans have a vast selection of events, exhibits and musical entertainment to choose from. Fine-dining establishments offer selections to tantalize all palates, select boutiques provide exclusive choices for clothing, home décor and gift items, and home specialists offer products, ideas and advice on any home project you may have in mind. Real estate experts and professional services are at your disposal as well, as are most car dealers that you would find in any large city. In a nutshell, we have it all, in a beautiful setting, without the madness of life in the cities, and we bring it all to you, each month, through the pages of Main Street.

For the past seventeen years, Main Street has covered the entire Laurentian region, bringing you news and information, in English, about what’s going on up here in our glorious mountains, and helping to keep us all connected. Being a monthly publication, this has been a challenge, and has prevented us from covering time-sensitive topics that happen between our editions. During our slow periods, when advertising is low, we are also obliged to limit our page count, cutting down on the space available for all our content. Well, I have exciting news for you!

Next month marks the 18th anniversary of Main Street, and what a milestone it is!

To celebrate, we will be launching a new, online newsletter, which will surely excite our readers, advertisers, community groups and organizations. Each month, mid-way between our print editions, we will provide you with local news briefs and time-sensitive updates on current issues. In our business profile section, we will introduce you to our local advertisers and keep you up to date with their special promotions and community involvements. We will look forward to inviting you all to participate in our upcoming contests, with some great prizes and opportunities for readers and advertisers to win free subscriptions and publicity in our monthly print publications.

To receive the newsletter and join the fast-growing list of subscribers, all you need to do is visit our website, themainstreet.org and click on the ‘sign up for our newsletter’ tab. You will be added automatically to our mailing list and our first online newsletter will be sent directly to your email inbox. That’s it!

Keeping our English communities united and up to date is important to us all, and we are excited to offer you this opportunity to stay abreast of what’s happening in your communities and beyond. Let’s do it together.

Enjoy the read.
It’s a mad, mad world

David MacFarlane - Main Street

Anyone capable of looking beyond the “fake news” we are fed by the mainstream media, will surely get a sense that all is not well in the world, and that turmoil is spreading rapidly. Political, financial, social, moral, cultural and traditional structures that previously held societies together are shredding rapidly, and dark clouds of an impending storm are gathering over our world like never before.

Unfortunately, this perception has become a reality already, but is still not severe enough to be felt universally. However, the fragmentation in many parts of the world is there to be seen, for example, in Venezuela, Guatemala, Mexico, Syria, Libya, Somalia, Yemen, Brazil, Italy, France, UK, most of Africa and, right now, China as a door-opener, according to Chris Martenson, PhD, an economic researcher and futurist, collapse is a process, not an event. He says that the many people are expecting to recognize the danger signs in time, if they are completely oblivious, like in a Hollywood blockbuster, but that’s how collapse works. It’s already underway, all around us.

In the early stages, most people will cling tighter to the status quo, attempting to ignore the growing problems for as long as possible, remaining blind to evidence to the contrary, until it is too late to take steps to protect themselves and their families. If the “fake news” is trumpeting “everything is awesome,” and is the only source of information, it can be a long time before a person discovers this to be untrue. In 1841, author Charles Mackay said that people go mad in herds, but recover their senses slowly, and only one by one. Such will be the case with this unfolding collapse and is a sad testament to human nature.

A perfect example of sudden collapse was the former Soviet Union. The systematic disintegration of the economy and the social and political structures went unnoticed by outside observers and came as a total surprise to all, including the intelligence agencies of the US that were blinded by this unforeseen catastrophe. The Soviet Union was dissolved in 1991 and independence granted to all 15 republics in the federation. Russia emerged as a single republic and its recovery to its present financial, political and military strength was a long and perilous journey.

Venezuela’s existential problems are all over the news circuits, and the question remains whether the legitimately-elected President, Nicolás Maduro, will survive the sinister American coup attempt now underway to replace him with their stooge, Juan Guaidó, who has been secretly groomed for this moment by the CIA for the past 10 years, and who has made several clandestine, extended visits to the US during that time.

Another major country now coming undone violently is France, where the “yellow vest” demonstrations against President Macron and the political and financial élites have been occurring every weekend since last October. This is a populist, grassroots political movement supported by over 60% of the population. Author, Eric Zemmour, stated that this “yellow vest” revolts is caused by the “despair of people who feel humiliated, forgotten, dispossessed of their own country by the decisions of a contemptuous upper class.” In addition, France is reeling under the serious demographic impact of unchecked Muslim immigration during the past 20 years, resulting in an immigrant population that refuses to integrate, yet depends largely on the generous social services available, while engaged in a long war against the establishment and producing thousands of angry, young French Muslims who are being radicalised in vast numbers. There are over 600 “no-go” zones in French cities under the control of Islamic and Muslim gangs, where the police cannot enter due to lack of resources and fear of violent reprisals. In a generation, France will have a Muslim population exceeding 20% of the total. The political and social ramifications are complete.

The end of the European Union is inevitable, although the globalists are scrambling to prevent this. However, now that the centre of the Union, Germany and France, has become ungovernable, (Merkel is a washed-up, lame duck, while Macron is a pretentious, vacuous popinjay, both unelectable next time) the peripheries will need to be re-drawn again, and, because of the EU’s indifference to Balkan repercussions in the suburbs of Paris, Berlin and Amsterdam, due to the large Muslim minorities there. The borders of multi-cultural and multi-religious Russia will need to be re-drawn again and, because of the EU’s indifference to Balkan history, their solutions are only adding fuel to the fires of violent rebellion. The new player in the region is China, busily offering generous trade deals and investments in infrastructure and communications, due to the forthcoming arrival of the new Silk Road project, with connections by sea, road and rail to the Far East markets.

Seeking a cause for all this turmoil, both politically and economically, is one confronted inevitably with the 800-pound gorilla in the room – the United States of America. The US has become the biggest warmonger on the planet, but at the same time, also the biggest debtor and, therefore, the biggest danger to the safety and well-being of all the planet’s inhabitants. In its relentless pursuit of universal hegemony, the US has reached the brink of insolvency. According to Robert Core, financial, lawyer and author, this quest for empire has become America’s noose, and hubris has become America’s curse. He states that long ago, in the late 19th century, America minded its own business and avoided interference in the affairs of other countries. This policy led to America becoming the world’s industrial, technological and commercial powerhouse, but it soon became a victim of its own success – a very human failing. For empires, while eventual failure is guaranteed, it is always preceded by that intoxicating feeling of being invincible.

The tone of American hubris today is unmistakably similar. The end of WW2 found America and its satrapies at the top of the global heap, but arrogance, petulance and total disregard for fiscal restraint has brought this once-great country to its knees, although it is in a total state of denial of its fading importance and approaching bankruptcy.

Today, Trump seems oblivious to the news that America has lost its pre-eminence. He talked about draining the swamp, but hesitated, and lost the initiative. Now, the Democrats will block every move he makes. His foreign policy has been strangely erratic and the neo-conservative fanatics who surround Trump seem to be leading him into very dark places. In addition, the future attempts to contain China and Russia contained and separated, have resulted in a very dangerous confrontation with these two powerful, nuclear-armed countries that have a mutual defence agreement.

The ideological hostilities between East and West must be resolved to avoid a nuclear Armageddon and requires the US to back down from its aggressive posture. The Doomsday Clock reads two minutes to midnight and carries the warning that the future of civilisation is in extraordinary danger.

Midnight would mark the certain end of humanity’s brief sojourn on Earth.
For the week of January 6, there was only one active case of measles in Canada. The successful effort to vaccinate Canadian children means that all new cases originate with international travelers who carry the virus. It can then spread in pockets where immunity is low, particularly among groups who oppose vaccination based on ignorance, erroneous information spread through social media, on certain religious teaching, or simply among parents who are lackadaisical about health care issues but also among those who seek to have their offspring live a “natural” lifestyle and are skeptical of preventative care. They somehow justify exposing their cherished offspring to possible brain swelling, blindness, and even death.

Complications
The disease is not benign. If infected, high fever, a full body rash, stuffy nose and reddened eyes are symptomatic. It is highly contagious, spreading through the air via coughing and sneezing. According to the US Centre for Disease Control and Prevention, complications can cause the death of one or two children per thousand. A single dose of the MMR vaccine is 93% effective. Two doses (recommended) are 97% effective.

I have previously recounted how committed my parents were to have us receive the polo vaccine. The measles vaccine, now administered as a combined MMR (measles, mumps rubella) vaccine, was not available when I was in elementary school. Before the advent of helicopter parents, we had a certain degree of freedom to roam and visit friends. Robert, a good friend who lived a dozen blocks from our home, was away from school because of a measles attack. My teacher asked if I would bring him his homework assignments. I was pleased to do so. When I arrived at his house, his mother invited me in to play with the two brothers. I made my way home some time later and recounted my good deed to my mother.

Sullied reputation
She, a woman who held strong opinions and had a propensity toward unequivocal expression, was livid. She declared that it was criminal for Robert’s mother to expose me to this disease and even questioned her sanity. Of course, I was infected and remained housebound for ten days or so. I recovered fully, but Robert’s mother’s reputation remained sullied at our house. A single dose of the MMR vaccine is 93% effective. Two doses (recommended) are 97% effective.

Further to the hospital, it is easy to assume that an emergency is likely occurring, yet supposed to be available within the law, takes the gâteau. When someone goes to the hospital, they can insist that the police are permitted to knock on your door, whether you’re dead or not. Imagine if you take a breathalyzer test. Imagine a bitter ex-partner, or grumpy neighbor, calling the cops and fabricating a story about your erratic driving, even if you were home all day just having a few pops or puffs, and it being incumbent upon you to prove otherwise.

Oh brother, Big Brother!
I used to ridicule the Green Onions, the Montreal parking police, for double-parking their little red cars everywhere in order to issue tickets. In a city paralyzed by roadwork, and a dire shortage of parking spaces, the exercise seemed to be overkill. Now, the OLP, or Office de la Langue Français, has reared its ugly and repressive head to take top honours from the Onions. The OLP, supported by the CAQ political party, has demanded that all English signs outside the hospital in Lachute be taken down as a breach of Bill 101. It was sad enough that the road safety of all is in jeopardy because unilingual signage, but this disrespectful action, in a place where bilingual essential services are supposed to be available within the law, takes the gâteau. When someone goes to the hospital, it is easy to assume that an emergency is likely occurring, yet even the word itself is seen as non-essential. Both French and English citizens see this action as overkill, in a society that prides itself for its inclusiveness. I salute people like Scott Pearce, the mayor for the Township of Gore, for openly condemning this attempt to divide them even more insidiously into French-English communities.

If there is one good thing about Trump being President, it is the strength and mobilization of the Women’s movement. His words and actions have fueled its growth and determination. Recently there has been discourse and divisiveness due to anti-Semitic factions within the camp. How disheartening to note that some within the movement have corrupted its noble intentions by allowing the focus on what makes us different, rather than on what makes us alike, to permeate and discolor its canvas. Racism is a destructive cancer.

In all three scenarios listed, and I’m Just Saying, we not only don’t know when to leave well enough alone, but we also seem to equate power with control, as opposed to power and social evolution. Let’s do better in 2019.
February 2019

Please forward any comments, news or topic to: mmcsp40@gmail.com ahead of you is never as great as the power behind you.

Our next workdays will be held on Friday, February 8

We distribute to women, men, teenagers and children.

We finished year 2018 with 154 quilts distributed.

Third Prize: Gift Certificate - Ms. Julie Takeda

Here are the results of our Raffle drawn at the Christmas luncheon.

VICTORIA’S QUILTS CANADA LAURENTIAN BRANCH

Valentine’s Day is close to our heart

Community Luncheon: The 1st Seniors’ Luncheon for 2019 was held on Friday, January 25, 2019. A delicious meal was prepared by Mike and Denise, and served by a very pleasant group of people. The next luncheon will be held on March 29. Please take note there will not be a luncheon in February. Cost $8, reservations required, please call 819-681-3383 ext. 5811.

1- Quebec greenhouse vegetables are a practice that allows consumers to buy any vegetables you want, when and where you want it, all year long! Without using pesticides or local landfills, farmers growing these vegetables are able to provide fresh, healthy produce just a few hours away from the consumer.

2- Quebec greenhouses are not limited to just fruits and vegetables – many Quebec agro-food companies are processors that use a majority of local ingredients in their products. When you are shopping, support local products, search out items such as jams, salad dressings, preserves, juices, and desserts that carry the “Aliments Québec” logo on the packaging.

3- Quebec meats, cheeses, and eggs are ready available year-round!

4- Certain fruits and vegetables can be kept for longer periods of time than others. For instance, squash and potatoes can be stored for up to 6 months, if placed in a cool, dry and well-ventilated place.

5- Quebec apples, squash and onions are available in most grocery stores 12 months a year!

Lastly, to prepare better for next winter, consider a subscription to a weekly fruit and vegetable basket from one of the local farms in your area, and perhaps explore the practices of fermentation or canning to preserve and enjoy over the winter months.

Happy exploring.
Mont Tremblant commits to protect water resources

In order to protect the water resources of its territory, the City turned to one of Quebec’s 40 watershed bodies (OBVs) recognized by the provincial government, namely the Rouge, Petite Nation and Salmon rivers, and by the same token, withdrawing its funding from AGIR for la Diable.

This decision was made by Board members for several reasons. On the one hand, AGIR for la Diable, and the Rouge, Petite Nation and Salmon River Watershed Organization (OBVRFPSN) covered the same territory. On the other hand, the OBV-RPNS is recognized as an official watershed organization by the Government of Quebec. The latter pays a substantial annual subsidy, which acts as an important financial leverage for the realization of various OBV projects. AGIR for la Diable was not a state-recognized organization and did not benefit from this grant.

Finally, other revenues of AGIR for la Diable have been gradually decreasing over the last ten years. Now, virtually the only funder, the City has decided to withdraw funding from this organization to focus its efforts to protect water resources through its internal resources in partnership with the OBV-RPNS.

The City intends to continue the recurring actions put in place by AGIR for la Diable and to continue relentlessly its efforts to protect the health of our lakes and rivers. The creation of AGIR for la Diable is the result of the Environmental Master Plan adopted by the City of Mont-Tremblant in 2003, as well as the work of a provisional committee that, from September 2004 to April 2005, had more than thirty or so major municipal, economic and community stakeholders in the Mont-Tremblant region. The consensus reached in this committee formally established this organization on June 22, 2005.

TACL releases new video

Transport adapté des Laurentides has produced a short video, in order to make even more accessible the information on its door-to-door transportation service, which is intended for people who have a disability and who are living within the municipalities of the MRCs des Laurentides, Pays d'en Haut, and the municipalities of Rivière-Rouge, La Macaza, and Nominogue. This video is part of a series of actions to reach customers, families and professionals effectively. The capsule is available online, on the website of the organization www.youtube.com/watch?v=7YV1hvp3Wpok&feature=youtu.be.

For more information, visit www.transportlaurentides.ca and our Facebook page.

Mont-Tremblant – new appointment

Ms. Julie Godard was appointed Executive Director of the City of Mont-Tremblant on Monday, January 21, 2019 during the meeting of the Urban Agglomeration Council. Ms. Godard has a degree in Human Resources Management in Law and Business Administration (MBA). She has over ten years of experience in human resources management, businesses and public organizations. From 2012 to 2016, she was the Executive Director of the Municipality of Rivière-Rouge, followed by her hiring in 2016 at the City of Mont-Tremblant as Assistant Director General. She has been a member of the Quebec Bar since 1991 and is a certified mediator.

MP Agnès Grondin highlights two announcements for agricultural clientele

Agnès Grondin, member for Argenteuil, underlines the announcement made by the Minister of Agriculture, Fisheries and Food, Mr. André Lamontagne, on Thursday, January 17, the creation of the leveraged loan guarantee, a new financing product offered by La Financière agricole du Québec, and the renewal of the Farm Investment Fund (FIRA).

Thanks to the leveraged loan guarantee, a promoter will now be able to obtain a loan of up to $100,000, without any movable or real estate security. If he does not have the financial guarantees normally required, his loan application can be analyzed from other angles. The decision whether to grant or not will be based on five categories of criteria: the group’s business plan, business network, as well as the profitability and potential of his project. A new entrepreneur who presents a promising and viable project to La Financière agricole du Québec is therefore more likely than ever to obtain the funding he requires.

Congratulations to:

Marie-Isabelle Poupart, new Director General of the Argenteuil Hospital Foundation. This non-profit foundation raises funds to pay for much needed medical equipment and services for the Argenteuil community. Equipment purchased includes: a CT scanner, 2 ultrasound scanners and a radiofluoroscopy for the imagery department; chairs, tablets and pressure devices for the oncology department and electric beds for their CHSLD. Many services such as breast surgery and orthopedic surgery have been enhanced to facilitate ease of community services, which alleviates driving to other hospitals. Donations helped to provide zootherapy for their CHSLD residents and better equipment / programs for youth mental health and child psychiatry, to name a few. If you would like to make a donation or volunteer, please contact Elise Desève, Donations and Fundraising Coordinator. 450 562-3761 ext. 7210 / fha@ssss.gouv.qc.ca or go to www.fhargenteuil.com.

Brothers Marc Desjardins and Richard Desjardins who celebrate the 54th anniversary of Desjardins Marine. Their father, Rolland Desjardins, and brothers George and Ronald Desjardins, initiated this successful business that sold, and still sells recreational vehicles, boats, snowmobiles and all-terrain vehicles. Rental of snowmobiles began in the 1980’s. They sell and rent snowmobiles, as well as repair them. Desjardins Marine is the official dealer of Yamaha products. Take note that there is a much larger selection of boats to choose from during winter months. Stop by and check it out. 1 866-818-7683 / www.desjardinsmarine.com

Did you know:

That you can take some amazing photography classes from professional photographer Despina Ioanidis to ward off those winter blues? Add an interesting dimension to your life. Despina can teach you all about your camera settings, how to develop your style, the art of taking photos and how to express creative awareness. Whether you wish to take private or group photo classes, Despina can be pleased to help you. She can also accompany you on nature photo shoots or be available for your special event. If you are looking to have a professional take photos of your furry friend, do a family portrait or sports shot, give her a call. 514 779-8074 / despinaphotos@gmail.com / www.despinaphotography.com.

That January 2019 marked the 4th year anniversary of the Laurentian Business Women’s Networking Group! These diverse business women from across the Laurentians meet the third Thursday evening of each month at La Grange Restaurant, Morin Heights from 7 pm to 8:30 pm. They support each other, network and learn together. There is an interesting English presentation provided at each meeting. For more info, call Lori Leonard at 450 224-7472 / lori.leonard@sympatico.ca.

Morin Heights Legion Honors and Awards Night

The Royal Canadian Legion, Branch 171 in Morin Heights, held their Honors and Awards Dinner at the Legion Hall on Saturday, January 26, 2019. Legion members warmly welcomed visitors to the event and newly-elected President, Mr. David Pittman, gave an opening speech to outline the evening’s agenda.

After a delicious meal, the awards ceremony got underway, commencing with Past-Presdident, Mr. Eddy Black, presenting certificates of appreciation to two individuals whom Legion members wished to recognize for their contributions to the community. The recipients were, Susan MacDonald, for her work in supporting the Legion, and Richard Desjardins, for his work in supporting and informing the Laurentian English population, as editor and publisher of the Main Street newspaper, and Monique Belisle, for her involvement spearheading the annual Guignee, as well as numerous other community endeavors. Several members of Branch 171 also received recognition for their years of involvement with the Legion.

Photos: Rosemarie Susan MacDonald and Monique Belisle being presented certificates of appreciation by Past-President, Mr. Eddy Black.
unable to walk. During the dinner, the boy’s condition improved dramatically, revealing that his internal organs had literally burned up. Doctors could not understand how Gröning could have continued to live with his organs so exposed. Despite masses of people who benefited, in an appeal case in 1958, he was eventually prohibited from practicing any form of healing work.

Gröning’s “method” was truly a success. As a result, Fischer decided to help him. With healed people and had to confirm, much to his own astonishment, that he must make himself receptive to these energies. Gröning described these forces as “Heilstrom” or the Healing Stream.

Gröning’s fame came in a tense, post-Nazi time, with growing concern over the source of the sugar, would also ruin the habitat of the deer that they depended upon. They asked George Brown to come and interpret for them, and he received assurances that Mr. Wright’s actions were condoned by Sir John Johnson, the Indian Agent, as well as the ‘Great Father’ King George III. Were they to question such an authority? In their traditions, a leader would never act in a way that would prove detrimental to his people, and weren’t they French allies, shows they were not officially contested by the Algonquin or Mohawk, whose historic territory they had just enough money to buy a loaf of bread. Cyrus Thomas, in his History of the Chaudière Falls area, reacted similarly to the arrival of the homesteaders.

Gröning’s story is one of extraordinary healing, and it is a testament to the power of human interconnectedness and the universal longing for healing. Despite the challenges and the resistance from those who did not believe in the power of the Healing Stream, Gröning’s message of hope and healing continues to resonate with people around the world. His legacy is a reminder that even in the darkest of times, there is always the possibility of healing and transformation.
and a wonderful way to spruce up our indoor environments, but some can create tummy upsets, or be toxic, if ingested by pets. Fortunately, there are plenty of plants to choose from that are safe to have around cats and dogs.

Many of my favourite, indoor flowering plants are non-toxic to pets. A Christmas cactus will generally bloom at least a couple of times a year, including around the holiday season. It likes medium light, not too much water and is easy to propagate, so makes a better alternative gift than traditional poinsettias, which are irritating to a pet’s digestive tract.

Other benign flowering plants include African violets. Easy to care for, they require moderate light and watering. Their fuzzy leaves generally don’t appeal to most pets. Bromeliads are safe too and the spiky leaf edges can act as a deterrent to curious cats. A hardy orchid, such as Phalaenopsis, is another non-toxic alternative and does well with high temperatures, high humidity and indirect bright light.

Safe options among leafy, green tropical plants include parlor palms, spider plants and Swedish ivy (which isn’t actually part of the ivy family). All prefer low to medium indirect light and a weekly watering.

Most true ferns are harmless, but beware of other plants, such as “asparagus fern”, which are not actually ferns but are part of the toxic lily family. The following fern varieties are pet safe and do a good job of helping purify indoor air. The Boston fern has lush, full foliage that is easy to care for and looks at home in country or modern spaces. A staghorn fern is also harmless. The attractive fronds display well in wall-mounted pots that are difficult for pets to reach. While maidenhair fern is harmless too, its delicate foliage is tempting to nibble on and the plant will suffer if regularly chewed. In a pet-friendly home, it’s best to display this one in a hanging basket.

Pots of scented herbs, such as lavender, oregano, rosemary, basil, sage and thyme tend to repel animals and, if ingested, cause no harm. Also, if eaten once, it’s likely that the pet wouldn’t like the taste and will avoid chewing on the same kind of plant again.

For persistent cats try offering “catgrass” (not to be confused with catnip, which is part of the mint family). Catgrass is sold in small trays, or as seed mixes such as sweet oats, that are untreated with pesticides and fungicides keeping them safe for your kitty. Catgrass is easy to grow and may discourage your cat from picking on your other plants.
MONT TREMBLANT

ST FAUSTIN
Maison des Arts et de la Culture 1171, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm / http://mainedesartsstfaustin.ca
Jan 19 to Mar 9: a collective exhibition of painters, sculptors, photographers and digital art creators.

STE-GATHÉ
Théâtre Le Patriote 208, Rue Saint-Sauveur / 450 227-0218 / www.saint-sauveur-pub.com

Maison des Arts et de la Culture 1171, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm / http://mainedesartsstfaustin.ca
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VALE D’ADÈLE
Place de citoyens, 999 boul. de Ste-Adèle, 450-355-3030 / www.ville-sainte-adele.qc.ca

EXHIBITIONS
Feb 7 - Feb 24: an exhibition entitled Ravardage by Danielle Lauzon. This is a collection from a personal diary and recent paintings on paper and canvas. Mar 7 to 24: Artist Karina Marquis presents a collection entitled “Blanc” using movement, and texture to add accents to the painting.

ST ADOLPHE D’HOWARD
L’Ange Vagabond 2676, Open Wed - Sun: 11 am - 5 pm / 819 323-1878 / Open: Wed – Sun:

VAL DOUVIS
Salle Polyvalente 146, Chemin de la Gare Sat & Sun, Mar 16 & 17: 2 pm - Christophe Perret is a flutist and a pianist performing classical music as well as his own compositions. Christophe Perret invented and built an American flute, which he will also play at both concerts. These events were arranged by Francine Aylstock, the Artistic Director of Le Studio des Artistes, a non-profit organization providing cultural events to assist Laurentian artists of all disciplines. Free admission. 514-797-6469 / lestudiodesartistes@gmail.com.

PIEDMONT
Salle Polyvalente 146, Chemin de la Gare Sat & Sun, Mar 16 & 17: 2 pm - Christophe Perret is a flutist and a pianist performing classical music as well as his own compositions. Christophe Perret invented and built an American flute, which he will also play at both concerts. These events were arranged by Francine Aylstock, the Artistic Director of Le Studio des Artistes, a non-profit organization providing cultural events to assist Laurentian artists of all disciplines. Free admission. 514-797-6469 / lestudiodesartistes@gmail.com.

ST. JÉRÔME
Laurentian Museum of Contemporary Art (101, place du Curlé Labeille) 450 432-7171 / www.musee laurentides.ca
Feb 13 - May 1: Carl Titian’s project, Des Gleïndit III. Part I was exhibited at the MAC LAU in 2017 and Part II was exhibited at the Nicolas Robert Gallery in September 2018.
Feb 13 - May 1: Milti Gavas – the artist deals with perception of identity, cultural, political and social, using black and white photography of communist monuments and sculptured lamps created in collaboration with family members in Serbia.

Théâtre Gilles-Vigneault, 118, rue de la Gare, Saint-Jérôme / 450-432-0660 / http://theatregillesvigneault.com
Wed, Feb 13: 7:30 pm: “Deux ne t’a pas créé juste pour durer.” (God did not create you just to die). $17.50 Fri, Mar 1: 8 pm: Gualtiero Tanganza takes the audience into the world of Elvis Presley and that musical period with her show entitled 3764 Elvis Presley Blvd. You will hear music of the legendary musicians along with Elvis Presley, Patsy Cline, Johnny Cash, Jerry Lee Lewis and others performed in country style. She is accompanied by her musicians and dancers. $50 ($120 Loge)
Fri, Mar 8 & 9 pm: Bears of Legend “A Million Lives.” These seven musicians are back with a new show. They sing folk, classic and rock music using unique arrangements and harmonies. $35

ST PLACID
Maison de la culture de Saint-Placide, 74 2e Avenue / reservations: 514-462-1050 / www.arts-culturelestsplacide.com
Sat, Mar 16: 8 pm - Anthony Roussel is a songwriter and composer. He sings and plays folk music with the guitar. He presents “La Gymnastique de l’Amour.” Doors open at 7 pm, giving the public time to talk and enjoy a cup of coffee or a glass from the bar. $15
It’s almost Valentine’s Day and, for most of us, that will mean popping a cork or two to enjoy some drinks with our favorite Valentine and maybe a little chocolate. Sparkling wine, technically, is any wine that contains carbon dioxide bubbles, which means Prosecco, Cava, and yes, Champagne. However, the differences in these types of sparkling wine is pretty much everything else.

**All Champagne is sparkling wine, but not all sparkling wine is Champagne** ~ Veuve Clicquot

The major differences between prosecco and champagne have to do with three factors: the grapes that are used, the wine-making processes and the regions where they’re made.

**Champagne, by definition (and European law), comes from the Champagne region in France, and is made with any combination of chardonnay, pinot noir, and pinot meunier grapes. It is usually more expensive than the other types of sparkling wine. This is because of its reputation as a luxury product, and the much more regulated and labor-intensive methods used to produce it. These extend from the vineyards, where the producer must follow very strict regulations on the types of grapes, how to prune the vines, and not being allowed to irrigate the vineyards, even on the hottest, driest summers, to allowable yields. Once the grapes are harvested, they must be viniﬁed to strict standards, including how long the wine is aged, including a second fermentation that must be done inside the bottles it will be sold in. This is called the Méthode Champenoise, which produces a mousse of small, compact bubbles. Champagne tends to have ﬂavours like green apple, pear, brioche and pineapple. Price starts at about $40.

**Cava** is made from macabeo, parellada, and xarello grapes in the Catalonia region of Spain. It must also follow some very strict regulations to be called Cava and is made in the same Méthode Champenoise style as Champagne, giving it those ﬁne, frothy bubbles. However, because of the different varieties of grapes used, it tends to be less acidic than Champagne, with ﬂavours that are more citrus, baked apple, fennel, ﬂoral, even a little nutty. Price starts at around $20.

**Prosecco** is an Italian sparkling wine made from Glera grapes in the Veneto region of Italy. Prosecco is made using the more affordable “tank” method where the bubbles are created in a large tank full of wine and then bottled. This method gives it bigger, coarser bubbles than Champagne or Cava and has a lot to do with its lower price. Of course, this also means that it has little to no aging capabilities, so it is meant to drink fresh. The ﬂavor is bright and uncomplicated: peach, white cherry, and lemon. Prosecco works great in cocktails. Think Bellini. Price starts at about $10.

**Fun facts about sparkling wine:**
* There are approximately 8 million bubbles in one bottle of Champagne or Cava.
* The pressure in a bottle of sparkling wine is 90 pounds per square inch, about three times that in your automobile tire.
* A flying cork can travel up to 50 MPH with enough force to cause permanent eye damage.
* According to new research, one to three glasses of champagne each week could counteract memory loss associated with aging.
* Dropping a raisin into champagne causes it to travel from the top of the glass to the bottom continuously.

Happy Valentine’s Day!

~Cheers!

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**Kafka’s Ape comes to Morin Heights**

Febr 15, 16 & 17

Theatre Morin Heights in collaboration with Montreal’s Infinitetheatre will present 3 performances of “Kafka’s Ape” at Chalet Bellevue in Morin Heights on Saturday, February 15 and 16 at 8 pm, and on Sunday, February 17 at 2 pm. Based on Franz Kafka’s short story “A Report To An Academy (First published in 1917), Guy Sprung’s adaptation titled “Kafka’s Ape” makes this classic tale of freedom, power and alienation an American story of our time. In this one-man show, Howard Rosenberg’s performance as Redpeter elevates the story into a theatrical tour de force.

Captured on the Gold Coast and imprisoned in a cage, Redpeter’s only escape route is to become a walking, talking, spitting, hard-drinking member of the Peace Industry, the entrepreneurial world of mercenary soldiers that is one of the biggest growth industries of the 21st century. Along the way Redpeter examines his enforced evolution from Apehood to Humanhood and discovers that he is more animal now than he ever was as an ape.

For more information or to purchase tickets ($20) visit theatremorinheights.ca or call 579-765-3999.
In the January issue of Main Street, I shared ideas about assessing the value of forests. I’d like to stay in the forest ecosystem theme for this article as well and more about the conservation of natural ecosystems. Let’s go through the Who, What, Where, When, Why and How together.

What is nature conservation? Protecting nature is anything we can do to ensure that natural resources are conserved with, or without, land uses that might be involved on a piece of land. In that sense, you can protect nature by putting a ‘glass bell’ on top of it, to stop any other access or uses on the land, but you can also allow other uses that are compatible with nature conservation, like tourism, trails, wildlife observation, camping, and even forestry activities. This is what we would consider as sustainable use of the land in a way that is compatible with conservation goals. These goals need to be set, and that brings us to the Why.

We could want to protect a piece of natural area for many reasons. Maybe there are forest resources, biodiversity and species at risk, or even rare medicinal plants that we are trying to protect. We could even be trying to protect landscape, mountains or rivers for their natural beauty. Whatever your conservation goals are, it is important to consider what actions are needed to reach them. For example, I was working on a conservation project in Sainte-Agathe. Our goals were to protect the water resources: the river, the wetlands and the biodiversity in these ecosystems. Our actions were to limit access and activities within these high interest areas. We also had to consider invasive species and that involved eradication efforts.

For the When, it starts with an opportunity, or an interest, within the community. Perhaps there is a new need for conservation in an area where a potential development could impact the conservation goals or a need to prepare in advance as an opportunity to protect nature. Conservation efforts need people. Without the hard work and determination of volunteers, collaborators and believers, no conservation project can begin. Next comes the Who.

In the Laurentians alone, there are many conservation initiatives going on. Nature Conservancy Canada is working on a network of protected land between Prévost and Mont-Tremblant. They are even working on the west side of the region on a huge conservation project at the Kenaux reserve. There are also smaller organizations such as Conservation Manitou, Comité régional pour la protection des falaises and the Fiducie foncière de Sainte-Adèle. New initiatives like Conservation Lakefield are booming all over the region. Even cities and towns have moved forward for conservation, such as Saint-Jéréme for the Lake Jérôme project and Sainte-Adèle for Mont-Loup-Carou. Each of these initiatives has set goals for conservations that determine Where they are involved.

The How is where things get even more diverse. There are many types of conservation options, from donation of land, to conservation easements, to private recognized conservation status. There are groups like Institut des territoires that has set goals for conservations that determine Where they are involved.

If you’re interested in knowing more about conservation in the Laurentians, I recommend you participate in the activities of Eco-corraders laurentiens, a non-profit group contributing in many ways within our region.

Upcoming services and activities

The New Year is upon us and 2019 is shaping up to be an exciting one for 4 Korners Family Resource Center! 4 Korners is growing and expanding to offer more to our communities throughout the Laurentians. With this growth and expansion comes strengthened and new partnerships with the communities we serve, the organizations that we work alongside and the people who call the Laurentians home. Partnerships of getting together with the community with health, social service and legal information and services in English. Our growth and new partnerships are allowing us to continue connecting you with important information and services that your community offers.

4 Korners serves individuals, families, children, youth and seniors. If you are looking for a specific service but do not know where to begin, give us a call. We can assist you or refer you to an organization that can. If you are a caregiver, a parent or step-parent, a youth looking to speak to someone, reach out to us.

4 Korners serves the whole Laurentians and we are very pleased to announce our new locations in Sainte Agathe and Saint Sauveur. In Sainte Agathe we are sharing space with Prévoyance envoys des alpes and in Saint Sauveur with Parkinson’s Quebec. We are grateful to share space with organizations that play such a vital role and are leaders in what they offer the community.

4 Korners continues to partner with the Lachute United Church at Open Circle (Lachute) and St. Munro’s Church (Brownsburg-Chatham) for day centre programming every Monday, and in Harrington at Rouge Valley Days. Visit https://4kornerscenter.org/programs.html#header1-bi for information on upcoming activities.

4 Korners will be coming back to Gore for monthly Seniors Wellness Lunch and Learns, starting in February and run by our new employee, Nancy Martine. Welcome Nancy! The first one kicks off on February 12 from 1 pm to 3 pm and Service Canada will be giving an information session on financial benefits and allowances for seniors.

The annual Health, Justice and Social Services Caravan in partnership with John Abbott College is returning again this March to Sainte Agathe and Lachute. For some, the new year is a time of resolutions and getting things in order. Join us in the Arundel Community Center for the Women’s Wellness Wednesday series that will run until the end of March. You can find the upcoming event schedule at www.4kornerscenter.org.

To keep in touch with the exciting new developments that are underway at 4 Korners or to find out more about what is happening in your community you can register for our monthly newsletter at www.4kornerscenter.org, or if you have any information to pass on to the community or to register to receive the Laurentian Community Bulletin Board emails for more general events being held in English, please contact lucie@4kornerscenter.org.

Have an idea or something to say? We would love to hear from you! To speak with us or to register for an event please call 1-888-450-974-3940 or email info@4kornerscenter.org.

Readers Voice

Road Safety Concern in Sainte-Adèle

I am writing this letter as a concerned resident who lives on Chemin Pierre-Péladeau. My family and neighbours are all frustrated by the excessive speed limit; it must be reduced for the safety of the community.

Currently, the speed limit is 90 km in my area and the statistics say that people on average drive 104 km an hour. I have two children, ages four and six, and we have to cross the road to catch the school bus. It is more than a challenge and extremely dangerous for us to cross the road. Last year there was an incident where the school bus was stopping on our side of the road to let my son off the bus. A truck travelling at excessive speed came around the corner, was not able to stop, and had to veer into the opposite lane and pass the stopped bus. If the speed limits were lowered this sort of thing would not happen.

Exiting our driveway onto Chemin Pierre-Péladeau is the most dangerous part of our day. There is a bend to the left and to the right of us so there is no clear visual either way. Due to the excessive speed limit, and the extra speed at which people reach the intersection, it makes it extremely challenging to cross the road safely.

I am appealing to you all to lower the speed limit!

Anna Samuelson
Sainte-Adèle
Regardless of what job you’re interviewing for, you can expect it to start with this seemingly innocuous request from your potential future employer: “Tell me about yourself”. Why is this common question so difficult to answer? Most of us don’t have a lot of practice talking about ourselves in a professional context. The best way to make a good first impression is to make sure you have a great answer prepared in advance, because your response will set the tone for the rest of the interview and may very well be the reason you get hired.

What to say

Structure your answer with a Present, Past, Future approach: explain what you’re doing now, how you got here, and how these experiences will help you in your new role. Use keywords from the job posting to describe yourself and your achievements. Talk about how your values align with those of the company. Most importantly, try to evoke an emotional connection – your resume and cover letter helped you land the interview, but now you must show your personality and demonstrate that you would be a productive and engaging colleague.

What not to say

Don’t just repeat what’s on your resume; the hiring manager wants to get a bigger picture of who you are as a person, and what you bring to the team. This is a chance to hammer home how your previous experiences have led you to this opportunity, and to engage them with how passionate and knowledgeable you are about the company.

Body language

In addition to what you say, the way you say it is incredibly important. Use body language to convey your confidence; smile, make eye contact, shake hands, and sit straight. As much as possible, avoid fidgeting, excessive nodding, and crossing your arms.

Doing your research

Hiring managers are often looking for someone who can solve a specific problem for them. Do your research beforehand, so that you come off as competent, enthusiastic, and memorable at hire you. Ask a friend or family member to give you feedback on your answer of the interview, the employer should know why you applied, what you have to say in airplanes, please place the oxygen mask on yourself first, before helping someone else.

Giving ourselves the gift of time to do things we love is a great place to start. Make time each day for reading or having a relaxing bath. Maybe it’s meditation and self-reflection, perhaps journaling or making a vision board. Whatever it is, if it brings joy, it is a great way to show love to yourself.

Essential Oils

Why don’t we practice a little self-love for a change? Sadly, our society makes us feel self-ish and guilty for taking care of Number One, but it’s important to take care of ourselves. As they say in airplanes, please place the oxygen mask on yourself first, before helping someone else.

Giving ourselves the gift of time to do things we love is a great place to start. Make time each day for reading or having a relaxing bath. Maybe it’s meditation and self-reflection, perhaps journaling or making a vision board. Whatever it is, if it brings joy, it is a great way to show love to yourself.

If baths are your thing, consider adding some essential oils to the experience. Don’t just add some drops to the water, because essential oils and water don’t mix. Combine them with some Epsom salts or bath oil first, and then add that mixture to the water. This will keep them evenly dispersed and not floating in big globs on the top. Some common ones to use are lavender and other flowers for calming our nervous system. Eucalyptus is wonderful for opening our respiratory systems, while citrus oils are very uplifting and tree oils, such as cedar wood and fir oils, are great for grounding.

If you like reading or meditating but can’t slow down your mind to get into the reflection, perhaps journaling or making a vision board. Whatever it is, if it brings joy, it is a great way to show love to yourself.

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 Living Essentials Public Education/ Essentials de la vie education publique.
Laurentian Club Report
Your life, your legacy
Julia Stuart

Despite winter warnings and sub-zero weather, a relatively small but intimate group of people came to hear Lori Veins, a certified Funeral Arrangements Practitioner and a Family Service Counsellor with Dignity Memorial, give her talk titled: “Your Life Your Legacy,” at Holy Trinity Church. The talk focused on the advantages of being fully prepared for death, and the many ways to achieve this. In her gentle, caring manner, Lori emphasized the importance of family conversations on the subject of death and dying; of recognizing and expressing the uniqueness of lives lived, and the importance of making final decisions before death to spare those left behind.

Lori was accompanied by her professional partner, Notary Sarah Lacasse Dwyer, from ‘Lacasse Dwyer Notaires’ in Lachute, who contributed in great detail the legal aspects surrounding death, including land transfers; the importance of taking patrimonial inventory; the meaning behind Power of Attorney; and Protective Mandate, Advanced Medical Directives etc.

The two women presented a broad, courageous and multi-faceted look at the path to dying and death. Their approach was sensitive and honest and they were sincerely appreciated.

Join us for ‘Fit Over 50’ by Karen Sampson on February 26.

Fit Tip #132
Are you getting enough magnesium?
Lisa Mcellan – Main Street

Studies show that we don’t get enough magnesium. A lack of magnesium underlies heart disease, high blood pressure, diabetes, and osteoporosis. Magnesium works with other minerals to aid in red blood cell formation, nerve signaling, blood pressure control and muscle health. We are highly complex mechanisms. Who would have thought that this mineral plays such an important role in our health?

Heart Disease
A shortage of magnesium can cause the heart to beat irregularly (arrhythmia) and the arteries to stiffen, constrict and clog. Blood pressure rises and blood tends to clot. A high level of magnesium in the blood cuts the odds of dying from blocked or narrowed arteries by one-third, helps to lower blood pressure, keeps arteries more elastic and helps prevent the heart from becoming enlarged.

Diabetes
Low magnesium increases the risk of developing type 2 diabetes. Insulin grows weaker and blood sugar jumps. Magnesium supplement can improve insulin activity.

Bones
Magnesium builds bones and is critical for bone density. It activates vitamin D, which, in turn, supports calcium metabolism necessary for building bones. Strong bones are built on two key minerals: calcium and magnesium. The body needs a balance of 1:1 ratio of calcium to magnesium for best results. Excess calcium weakens the efficacy of magnesium in regulating 350 other bodily processes. Excess calcium is widespread. Not all bones are created equal. Hips require 100% more magnesium than other bones. Reducing the intake of animal-based foods and eliminating refined sugars is a first step towards optimal bone health.

Pain Relief
Adequate amounts of magnesium help to relieve pain from muscle and leg cramps. It may help prevent or relieve fibromyalgia, chronic lower back pain, restless leg syndrome and chronic fatigue. Half of migraine sufferers have low blood magnesium. Magnesium works in part by reducing a pain transmitter in the nervous system.

Sleep
Magnesium helps to promote sound sleep. A lack of magnesium can alter activity in the brain causing agitation and frequent awakenings.

Food Sources of Magnesium
High magnesium foods are anti-inflammatory. Low magnesium intake is often correlated with chronic inflammation, a driver of aging, obesity, and many chronic diseases. Magnesium-rich, leafy greens are spinach, kale, Swiss chard. The magnesium found in Swiss chard is responsible for its healthy status and helps muscle health by reducing cramping and pain. The magnesium in almonds has shown to regulate blood sugar in a way that reduces food cravings. Sesame seeds seem to normalize blood pressure levels. Cashews help improve bone health because the calcium, magnesium, and potassium together protect against bone demineralization. Flax seeds are very high in magnesium, which helps regulate blood sugar and blood pressure levels. Avocados and dark chocolate (70%+) are also high in magnesium.

Knowledge is power my friends. Take care of yourselves, please. Small, consistent actions can make a huge difference in the quality of your every day life.

I’m off on an adventure to Costa Rica! Hugs and kisses.
It was a challenging year for market returns and global economic growth. 2018 was the weakest year for global markets since the great financial crisis in 2008. Markets were dragged down substantially in the final three months of the year due to higher interest rates, a slowing global economy, U.S. government shutdown and continued trade tension between the United States and China. Equity markets can move up or down for many reasons but, over the long term, market valuations tend to return to their fundamentals. However, the fundamentals during the past year do not justify the sell-off that we’ve experienced, which suggests that the worst may be behind us.

Canada
The S&P/TSX Composite was down 11.6 percent in 2018, driven by lower energy prices and negative market sentiment. A resolution to the North American Free Trade Agreement (NAFTA) in November couldn’t spare the Canadian index, as oil, measured by the West Texas Intermediate (WTI), fell nearly 25 percent due to increased supply driven by the United States. Although energy was the worst performing sector, the sell-off was widespread across the S&P/TSX. Eight out of ten sectors were negative for the year.

The United States
U.S. equity markets were down for 2018. The S&P 500, Dow Jones and Nasdaq were down 6.2, 5.6 and 3.9 percent respectively. One reason for the weak equity markets was a strong US economy that led to four interest rate increases of 25 basis points each. These interest rate hikes have caused concern that higher rates may dampen credit growth and company earnings in the future. Employment continued to improve in 2018 and the unemployment rate dropped from 4.1 percent to 3.9 percent.

Overseas
In overseas markets, international equities fell 16.1 percent in U.S. dollars as measured by the MSCI EAFE Index. Overseas markets were driven lower due to negative market sentiment, a slowing global economy and political risks surrounding Brexit. China’s weakening economy, which was affected by tightening financial conditions and trade tensions, was a focus for investors.

Central Bank Policy
In 2018, the Bank of Canada increased its interest rate to 1.75 percent by announcing three rate increases of 25 basis points each. In 2019, it’s expected rates will increase very gradually. The Bank of Canada will wait to see the effect on the economy of the previous hikes, high consumer debt levels and the impact of lower energy prices. Interest rates remain the highest since December 2008.

The U.S. Federal Reserve raised its overnight rate four times from 1.25 percent to 3.9 percent in 2018 and lowered their forecasts for interest rate hikes in 2019 amid recent market volatility and slowing global growth. A U.S. interest rate cycle that’s likely near its end would be positive for global economies and markets since the cost of borrowing will grow more slowly.

Looking forward
Although the sell-off didn’t quite meet the definition of a bear market, from an investment perspective it felt like it. Sell-offs of this magnitude are caused by recession or negative sentiment, with the latter usually resulting in a subsequent rebound in the near term. Yes, global economies have slowed, but none of the traditional elements of a recession (employment, housing, manufacturing) appear today, which indicates that the risk of a recession over the coming year has not increased materially. Long-term investors who stay the course will likely be rewarded in 2019.

As always, if you have any questions about the markets or your investments, I’m here to talk.
COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE
2811 Rte 327
Sun, Feb 10: 9 am – noon: Valentine’s Breakfast
Basket draws will go to the Heart & Stroke Foundation
Sun, Mar 3: 9 am – noon: March Breakfast
Basket draws will go to the Arundel Public School
Everyone is welcome.
Sun, Mar 17: St. Patrick’s Day Corn Beef Dinner.
Doors open at 5 pm - dinner served at 6 pm
Music, dancing, fun, singing - BYOB.
Adults $17 / Children $8.50 / 12 and under – FREE
See event details and photos on Facebook at LRC-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 2:30 pm
Quilting: Mondays at 10 am
Knitting: Mondays at 1 pm
Line dancing: Tuesdays at 7 pm
Welcome back to all!

SANDY-JACQUES COMMUNITY CENTRE
425, 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
Laurentian Elementary School
455 Court St. Lachute
Side entrance on Bellingham
Wed evenings: 6:30 pm - 8 pm
Any girl (age 5+) or woman is welcome to join us

MORIN HEIGHTS HISTORICAL ASSOCIATION
www.morinheightshistory.org / mh998@hotmail.com

THEATRE MORIN HEIGHTS
Chalet Bellevue, 27 Bellevue, Morin Heights
Feb 15 & 16: 8 pm
Sun, Feb 17: 2 pm
TMH in collaboration with Montreal’s Infirmitaires presents “Kafka’s Age” by Franz Kafka (Adapted by Guy Sprung).
Tickets: $20
Info: 573-765-3999 / www.thetheatromorinheights.ca

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

LACHUTE HAT 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: 514-927-9360

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

JOYFUL NOISE CHOIR
Chalet Bellevue, 27 rue Bellevue, Morin Heights
Wed. Jan 27: 7 pm
A new season is about to begin. If you want to share your voice with us and get ready for spring, now is the time!
Joyful Noise Choir sings an eclectic assortment of music in four-part harmony. JNC will present a delightfull concert on Sunday, June 2 at The United Church, Morin Heights.
Cost is $135 (Jan – May)
Choir Director: Mr. Ian Lebofsky
Info: Penny Rose: 450-226-2746 / pennyrose@jennason.com

MORIN HEIGHTS UNITED CHURCH
383, ch du Village
Mar 5: noon to 1:30 pm
Shrove Tues-
day
Pancakes, maple syrup, sausages and homemade beans with tea or coffee.
Cost: $6
Everyone welcome

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February 2019

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WINTER TRIATHLON FESTIVAL
Parc Adolphe-Jodin – front of the Church
Sat & Sun, Feb 9 & 10
Groupe Propulsion d’Howard in collabora-
tion with the municipality of St-Adol-
phe-d’Howard is proud to organize the 5th edition of the winter triathlon.
In partnership with Triathlon Québec, the event will also serve as he Québec Winter Triathlon Championship.
Info: 514-800-8287 / triathlonstadoophero.com

CALL TO ARTISTS
Deadline: Apr 15, 2019
The Culture Department of Val-David invites visual artists to submit an exhibi-
tion 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

ECOLE DE CIRQUE
New ballet program
Info: 450-512-8436 / www.filpircirque.com

FUSION - WINTER AND ARTISTIC EVENTS
Sat, Feb 16: 1 pm - 4 pm
Culture celebration with lots of family events
Info: www.lacentraledear腻rites.com

WINTER FESTIVITIES AT STE-MARGUERITE-DU-LAC MASSON
Themed Saturdays: Feb 9, 16 & 23
Skating, live music, fireworks and more.
Info: 450-228-2543 / lacmasson.com

DANCE NIGHT
Saint Jovite Church, Mont-Tremblant
Sat, Feb 17: 6 pm – 11 pm
Open to online and social dancers who enjoy dancing and having fun. Animated by Jocelyne Larocque and Yves Bolin
Light snack served.
Tickets: $15 for Fadq members / $20 for non-members
$1 extra at the door.
Available at Nicole St-Amour (450-245-5063) or Jean-Paul Flureant: 819-425-3226 / Aline Robillard: 819-425-3885
Organized by the heads of online dance classes - Mt-Tremblant Living Club

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**Unity for Autism Grants $20,000 to Autism & Arts in the Laurentians.**

Unity for Autism, a Toronto-based foundation that provides funding to non-profit organizations making a substantial difference in the lives of individuals with autism, has awarded a $20,000 grant to the Autism & Arts in the Laurentians (AAL) program.

Amongst the 22 organizations, which received grants from Unity for Autism this year, AAL was noted for being the only English program for teens and young adults with autism in the Laurentians. While Anglophones represent 15-17% of MRC d’Argenteuil’s population, there has been a service gap for English speaking families living with autism for decades. AAL is the first program of its kind offered to Anglophone families in the region and arose through a collaborative effort between the Community Learning Center, Sir Wilfrid Laurier School Board, local families living with autism and concerned citizens who recognized a need for socio-recreational services for individuals on the autism spectrum.

“The mission of Unity for Autism is to have a direct and profound impact on the organizations it funds, especially grass roots organizations like AAL,” says Karen St-Denis, Executive Director of Unity For Autism.

AAL is a free arts program and friendship club that began at Laurentian Regional High School (Lachute) in 2017 and has since expanded to Ste-Agathe Academy. AAL’s weekly arts program is diverse and includes activities ranging from visual arts to music. Group outings to museums & festivals are also part of AAL’s program. Participants are encouraged to try new things and are supported by AAL’s team of artists, contributors and volunteers as they step out of their comfort zones.

While AAL’s goal is to provide a stimulating and nurturing environment for creative expression, art is also used as a vehicle for social engagement and inclusion. AAL participates in and organizes a number of fund-raising events that help increase awareness, knowledge and acceptance of individuals with autism in the Laurentians. The program aims to provide a safe and welcoming space for youths on the spectrum to develop friendships, showcase their many talents and be part of their communities.

The funding from Unity for Autism will allow AAL to continue providing its services well into the 2019-2020 school year.

For more information on AAL, please visit www.Autism-Arts-Laurentians.com, or contact Melanie Bujold at 450-562-8571 Ext.8449 / mbujold@swlauriersb.qc.ca.

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**Happy New Year to all from our home to yours**

We wish everyone the best in 2019 - we are looking forward to the new adventure this New Year will bring, and would like to thank everyone who supported us and The Lost River General Store under our ownership! We look forward to seeing you all out of office!

Love Sharon and Robert  
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