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The Government of Quebec confirms its commitment to offering a very first secondary school in Prévost

The Premier of Quebec, Mr. François Legault, and the Minister of Education, Mr. Bernard Drainville, are proud to officially launch the project to build a first secondary school in Prévost, in the Laurentians. For the occasion, they were accompanied by the MNA for Prévost, Minister responsible for Seniors and Minister for Health, Ms. Sonia Bélanger, the Mayor of the Municipality of Prévost, Mr. Paul Germain, and the Director General of the CSS de Rivière-du-Nord, Mr. René Brisson.

An amount of more than \$226 million will go towards the construction of this next-generation school. Work is expected to officially begin in May. The first students are scheduled to arrive for the 2028 school year. Specifically, this new school will have a capacity of 1,218 students and will include 35 classrooms, six science labs, seven arts rooms, a 300-seat auditorium with a stage, four sports fields, an outdoor public square and a football and other sports field.

The selected land is located in the Old Shawbridge area, where the municipality is planning to develop an eco-district. The choice of this land will also allow residents of the area to benefit from the school's sports and community facilities outside of school hours.

It should be noted that since 2018, planned investments for the construction and renovation of schools have increased from \$9 billion to \$23 billion, an increase of 150%. In total, our government has opened about a hundred new schools, including 25 in 2024 alone.

Quotes:

"Since 2018, our government has committed to building new schools across Quebec, and that's what we've done. Projects like the Prévost high school are proof that education is our government's priority. We're taking steps to provide Quebec students with great schools and the best possible learning environment."

François Legault, Premier of Quebec

"Today marks an important milestone for students and families in Prévost. The construction of the very first high school in the area meets a dire need in the region. School exists for children; we're doing this for them. As we know, the environment in which our young people learn has a direct impact on their motivation, their perseverance, and ultimately, their success. Our children deserve the best!"

Bernard Drainville, Minister of Education

"A first high school in Prévost: it was an election commitment and we are proud to carry it out in order to promote the development of future students, teachers, managers, administrative employees and the entire Laurentians community."

Sonia Bélanger, MNA for Prévost, Minister responsible for Seniors and Minister for Health

"This school is a gift that we are offering to our young people. In the heart of Prévost, they will be able to flourish in a school that reflects them and become the citizens of tomorrow. It is an investment in their future and that of our city. The patience of the people of Prévost is now rewarded: our collective dream is becoming reality! The high school will forever embody the symbol of a united community, determined to offer its young people a promising future."

Paul Germain, Mayor of Prévost

"This is a great day for the Centre de services scolaire de la Rivière-du-Nord (CSSRDN), for our students and for the people of Prévost and Saint-Hippolyte. We would like to thank Premier Legault, Minister Drainville and Minister Bélanger for coming here to tell us this excellent news. Now that the tone has been set for the continuation of this project, we are eager to move on to the next steps."

René Brisson, Director General of the Centre de services scolaire de la Rivière-du-Nord

Highlights:

This new secondary school will be built on the model of new-generation schools, i.e.:

- common areas that promote socialization and adaptive educational spaces that will be at the heart of student learning;
- modern schoolyards and gymnasiums designed so that our young people can expend their energy to learn better;
- sustainable, safe and fully electric buildings;
- maximum use of natural light;
- the presence of fleur-de-lys blue and the use of aluminum on the façade, the predominance of natural wood inside and the display of a unique visual.

LET LOOSE DURING SPRING BREAK - MARCH 4 - 8

Municipalities across the Laurentians are gearing up for an exciting week of activities and events for the entire family, and are inviting you to come out and enjoy all the winter fun.

There is a plethora of programmed free activities to explore including live outdoor music, inflatable games, snow-sculptures, nature exploration, bonfires, sledding, tubing, skating and more.

In case of bad weather, including rain, the region's indoor amusement parks located in Blainville and Saint-Jérôme have you 'covered' with mega play structures, and Brind'O Aquaclub in Mont-Tremblant offers indoor swimming with 4 slides, 35 interactive water games and more.

To make the most of your March break, visit the municipalities' websites to find the adventure you are looking for.

Le Domaine des Pays d'en Haut celebrates its 70th Anniversary

Le Domaine des Pays d'en Haut started from a family passion for the sugar shack, the pleasure of sliding on the snow, folk music and being outdoors for the joys of winter. This landmark is celebrating its 70th anniversary this winter. Today, the Laurentian attraction brings in an international and local clientele, where moments of enjoyment are shared and fill the memory from one generation to the next.

Founded in 1955 by Arthur Raymond, Le Domaine was first and foremost a traditional sugar shack, marking the beginning of an unforgettable adventure. Soon after, Arthur had the visionary idea of adding tobogganing, transforming his project into a true destination of adventure for the public. Today, his son Mercier and grandson Nicolas run the organization. They invented original, patented rides that are unique in North America and have become emblematic of the Domaine des Pays d'en Haut. They continue to build a close-knit, motivated team and promote happiness at work.

With its ideal location off Highway 15 North, where the mythical giant tap straddles the top of its Tubes slope, Le Domaine des Pays d'en Haut renews itself over time. Pioneering the tubing for harvesting maple water in the mountains, it is now the world's largest snow slide centre and a key player in winter entertainment on the Quebec landscape.

To celebrate its 70th anniversary, wonderful surprises await visitors during the winter season, including a historical trail, where 10 historic stops scattered around the mountain allow visitors to follow each stage of the Domaine's evolution. The discovery stops, strategically located at specific points on site, summarize the challenges and historical issues of the time with interesting anecdotes. It's a great addition and a fun way to spend time with family and friends, while discovering the enriching history for which the company is now well known.

"It is important for us to mark the 70th anniversary of Domaine des Pays d'en Haut in memory of my parents, who would be proud to see us continue this family tradition to this day," says Research and Development Director and Co-owner, Mercier Raymond.

"Since 1955, our company has been a mecca of emotions for millions of visitors from the four corners of the globe. Today, we want to share our little piece of history and celebrate this important anniversary with guests who will come to slide, but who will also take the time to follow the historical trail tour and learn a little more about us," says Nicolas Raymond, Director of Operations and Co-owner.

Winter-long celebrations

To mark the 70th anniversary and to revive the sites, all four attractions, such as the Théâtre du Domaine des Pays d'en Haut, will be in full operation. An outdoor stage under the Igloo will serve as a giant dance floor where DJ Kevin Lagasse will encourage visitors to dance every Saturday from 3 pm to 6 pm. He'll also be on deck every day during spring break, from March 1 to 8.

70 Years of Memories contest

For the spectacular views they've been offering for the past 20 years, not only of the site's slopes but also of the splendid Laurentian mountains, the Domaine's helicopter rides are back in a contest format. Participants must share their best souvenir at Glissades du Domaine des Pays d'en Haut for a chance to win one of two helicopter rides.

Return of La Cabane menus and online tickets

In addition to the outdoor taffy on snow station at the bottom of the Tubes slope, the menu at La Cabane à sucre Arthur Raymond will be back from March 14 with the à la carte indoor menu and the take-out boxes. In the meantime, some sugar shack dishes will be available at the Halte-Resto Versant Soleil, such as the famous grilled cheese with cheese curds and pork jowl and Arthur's poutine. New menu classics at Domaine!

All winter long, sliding fans get a discount of up to \$10 per ticket when they buy online in advance.

Full details on glissade.ca/en/

About Les Glissades

Founded in 1964 under the name La Pente des Pays d'en haut by Arthur Raymond. At the beginning, there were two slopes and a crossbow-type ski lift for sliding on wild sleds. Today, the sliding masters that continue after 3 generations, Les Glissades offer 61 slopes of all levels, 15,000 lifts per hour, and 80-meter vertical drops, bringing together 3 sections among 13 snow ride areas on the same mountain. Rides for all tastes, to satisfy the most daring thanks to our unique rides: Bobsleigh, Vortex360, Rafting, Tornado and Tubing.



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What's On My Mind... A myriad of services

Susan MacDonald, Editor

Over the past few weeks I have spent countless hours reviewing our 2024 editions in search of a new bridge that would strengthen our communities and bring them closer together. Throughout the pages I perused, one fact stood out clearly – the countless services we already have access to, provided by our community non-profit organizations.



These groups provide the people of the Laurentians with vital services in nearly all aspects of our lives.

Health care, English resources, cultural events, social activities, support groups, food banks, animal rescue... the list goes on extensively. Without these amazing groups, our communities would be a mere shadow of what they are today. Are we returning the support?

Most are financed through successful grant applications, fundraisers and donations and, are supported physically, by many volunteers. It's a challenging endeavor to say the least as grants change annually, volunteers come and go, and everyone seems to be running on strict budgets these days. So, the question remains, how do we help support these groups that provide so many essential services to our communities? There are many ways to do so.

Becoming a member is a great place to start. Each organization has a website or Facebook page where you can sign up for a minimal cost (usually \$10 - \$20) at which time, you will also learn more about the group, and perhaps participate more in their activities.

Volunteering is another great way to become more involved with a group you particularly enjoy. Hours can be flexible to suit your availability and whatever time you do have to offer will be appreciated immensely.

Participation in their fundraisers is very supportive, as are financial donations, either during an event or at anytime throughout the year.

We depend as much on their services as they do on our support so if we're to maintain this win-win partnership, and keep our communities thriving, we all need to step up to home plate and continue batting in those home-runs.

Thank you for making our Laurentians communities a better place to live...

Next month, we will be celebrating our 24th anniversary and I invite you to join us as we step into a new year filled with hope and promise.

Until then, embrace the winter, play safe and enjoy this month's read...

F.C. MORIN-HEIGHTS

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fcmorinheights.com

A Trek Under the Stars

COME OUT AND SHINE WITH US UNDER THE STARS!

February 15: Sainte-Agathe-des-Monts
February 22: Morin-Heights
March 1: Mont-Tremblant

DONATE, BUILD OR JOIN A TEAM: PALLIACCO.ORG

For 17 years, PALLIACCO has been providing free home accompaniment, support and respite care, end of life care, and bereavement support, in English and in French, for cancer patients and caregivers, including children, teenagers and their families.

819 717-9646 | 1 855 717-9646

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24 rue Sainte-Agathe | Sainte-Agathe-des-Monts (By appointment only)
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QAHN's 2025 Film Festival

Sunday February 23, 2025
 1:00 - 3:30 P.M.

Chalet Bellevue
 27 rue Bellevue,
 Morin-Heights Qc

Raising Spirits

Exploring the cemeteries, crossroads and vanishing places of rural Quebec. Including short films about Britonville (Morin Heights), Shrewsbury (Gore), Scotch Road (Grenville).

SPECIAL THANKS TO THE MORIN HEIGHTS HISTORICAL ASSOCIATION FOR HOSTING





A Fresh Start: Building a healthier and more connected Laurentians in 2025

Gaëlle Giraudeau

As we welcome 2025, 4Korners remains committed to fostering a vibrant and inclusive community for English-speaking residents of the Laurentians. Over the past year, we have shared moments of creativity, connection, and resilience, and we are eager to build on that foundation in the months ahead. This new year brings opportunities to support one another and celebrate our shared accomplishments.



Coming up next, there is the Health Caravan, bringing essential health and social services directly to communities. This program offers free on-site health screenings, consultations, and personalized advice from experienced professional interns. Whether you're seeking guidance on mental health, nutrition, or stress management, the Health Caravan provides practical tools to prioritize your well-being. Events will take place in March, with stops in Lachute and Sainte-Agathe-des-Monts. Screenings such as blood pressure and cholesterol checks will be available, along with consultations on healthy living.

Another cornerstone of our mission is collaboration, demonstrated through the Laurentian English Services Advisory Network (LESAN). In November, 4Korners hosted the annual LESAN Regional Exchange in Morin-Heights, where more than 20 organizations came together to discuss ways to better support English-speaking communities. Topics included the impact of Bill 96 on access to services, youth mental health, and strategies for enhancing economic opportunities.

This important work continues in March, when LESAN will reconvene for its next Regional Exchange in Saint-Eustache. The agenda will include presentations on Bill 15 (This Act proposes to renew the framework for the health and social services system) and other issues affecting the English-speaking community. By bringing stakeholders together, LESAN ensures that the needs and voices of English speakers are heard and addressed.

This year also marks a special milestone for 4Korners: our 20th anniversary. Since 2005, we have worked to empower the English-speaking population of the Laurentians through programs, partnerships, and advocacy. Special events throughout the year will celebrate two decades of growth and connection, honoring the progress we have made together.

At the heart of 4Korners is the belief that everyone deserves to feel included, supported, and valued. As we begin this new year, we invite you to join us in creating a brighter future. Whether by attending a Health Caravan event, participating in one of our programs, or becoming a member, your involvement makes a difference.

Membership is an impactful way to support our mission. For just \$10 a year, you help amplify the voice of the English-speaking community and strengthen our ability to advocate for services that meet our needs.

Together, we can continue to make the Laurentians a more inclusive and welcoming place for all.

For more information about 4Korners, our programs, or upcoming events, please contact us at 450-974-3940, info@4korners.org, or visit www.4korners.org.



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in the Laurentians

COME MEET THE HEALTH CARAVAN!

The Health Caravan is coming to your community, offering a range of **free health and social services**. Don't miss this opportunity to access health check-ups, screenings, and personalized consultations with professional interns and community organizations.

Services Available Include:

- **Screenings:** Electrocardiograms, blood pressure, cholesterol levels, glucose levels.
- **Consultations:** Mental health, nutrition, dental hygiene, stress management, recognizing heart attacks and strokes, and more.

Margaret Rodger Presb. Church,
463 rue Principale, Lachute
Wednesday, 1:30 p.m. - 4 p.m.
March 12th 2025

Trinity Church,
14, rue Préfontaine, Ste-Agathe-des-Monts
Wednesday, 1:30 p.m. - 4 p.m.
March 26th 2025

This event is open to everyone. Whether you're seeking advice on preventive care or simply want to learn more about maintaining a healthy lifestyle, our team is here to help.

Through McGill's Dialogue program, bursaries are available for students in the health and social services sectors

Students, send your application for the bursary if you are studying in health or social services.

To learn more, please contact us at
www.4korners.org/dialogue-mcgill/ | info@4korners.org | 450-974-3940



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Health Canada | Santé Canada



Arundel News

Janet Thomas

ARUNDEL CONCERT SERIES PRESENTS:

Richard Trépannier & Bernard Lapointe

Arundel Centre (Arundel United Church) 17 rue du Village, Arundel

Sat, Feb 8: 3 pm

Back by popular demand, this dynamic duo will perform a playlist from both French and English international songwriters: Aznavour, Bruel, Beatles, Billy Joel, Cabrel, Fugain, Elton John and more. Tickets \$20. Reserve early. Last year's show sold out.

For more information and to reserve, please contact janet.thomas700@gmail.com

CALL FOR PAID CHOIR CONDUCTOR

Arts Arundel is actively searching for a conductor to form a fun Community Choir in Arundel, Qc. Must be available April 1, 2025 to March 31, 2026, excluding most of December and all of July and August 2025. Generous remuneration for one-year position with possibility to continue... For more information and to apply, please contact Janet Thomas at janet.thomas700@gmail.com

JOIN THE ARUNDEL COMMUNITY CHOIR: CALL FOR MEMBERS

Want to sing popular songs with others just for fun? Then we are the choir for you! All welcome. No audition or musical background required: If you want to sing, you are in. The purpose is simply to come together in a joyful experience with others. Practices will be held at the Arundel Centre (Arundel United Church) in three sessions: April to June 2025, September to early December 2025, and January to end of March 2026. For more information and to sign up, please contact Guy Melhuish at guymelhuish@gmail.com

FOLK FOLIES FRIDAYS AT CAFÉ P'TITES FOLIES

1, Rue du Village, Arundel

Fridays: 5 pm - 7 pm

Looking for something to do on Friday night? Come to the café for food, fun and folk music. The featured musicians change each week. Finger food, delicious desserts and coffees of all sorts are available to tickle your pallet. Tickets: \$10. Reserve early: seating is limited. Check out the line-up at www.ptitesfoliestogo.com / 819-969-1799

CROSS-COUNTRY SKI AND SNOWSHOE TRAILS ARE OPEN

LOISIRS ARUNDEL TRAILS

Enjoy 13 km of groomed trails that are renowned for their beauty as they run through forests and fields. The trails begin at the Arundel United Church parking lot, cross the Arundel Golf course, follow the picturesque Rouge River and tour the Arundel Natural Science Centre. Visit www.loisirsarundel.com for fee information and map. See Loisirs Arundel Facebook page for trail updates and conditions. Passes are available at Arundel Provisions across from the parking lot.

Season passes for residents: only \$35 for seniors 65+; families: \$65; adults: \$45. Passes provide access to trails in both Arundel and Huberdeau. Day passes are \$12.

Season passes for non-residents: seniors 65+ \$45 ; families: \$80; adults: \$55; day pass \$15

Membership to Loisirs Arundel is free. Donations are always appreciated.

Stay tuned for news of the Annual General Meeting to be held in the spring.

LAURENTIAN HOUSE TRAILS

Laurentian House is opening its private trails to the public for the 2025 winter season. Over 20 km of trails were created and restored in 2021 - 2022. Laurentian House private trails are for snowshoeing and cross-country skiing only. Sorry, no walking is allowed on the trails in the winter.

Passes vary from Day Pass to Family to Season Pass, purchased online only. No cash payments will be accepted on site. For more information, visit: www.LaurentianHouse.com



Morin-Heights

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127 Watchorn Morin-Heights

Victoria Quilts

On December 9, VQCL held its annual fundraising draw. Here are the names of the lucky winners.

First Prize (Deep Blue Sea Quilt) - Jeffrey Frisch. Ticket #1114

Second Prize (City View Quilt) - Shelly Robert. Ticket #0173

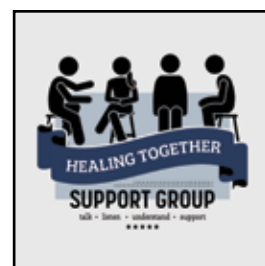
Third Prize (gift certificate from Tremblant Auto Spa) - Gene Drapeau. Ticket #0647

Thanks to everyone who helped us make this fundraiser a success.



Cancer Support Group Meets Feb 15

The next Laurentian Region Cancer Support Group meeting is February 15 at 1 pm at Chalet Bellevue in Morin Heights. Participants are welcome to attend in person or via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place or receive the Zoom link for the February meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.



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MAIN STREET 

Snow Castle Challenge

Loisirs Laurentides is proud to announce the launch of the 2025 Défi château de neige, which is back again this year. This major event will take place from January 6 to March 10, 2024, inclusively.

Children and families in the Laurentians region are invited to enjoy the pleasures of winter by taking part in a Quebec winter classic: building a snow castle! The primary goal of the Défi is to get moving outside and have fun. As a bonus, not only does it allow budding engineers to take a concrete step towards their physical and mental health, but it also offers them the chance to win magnificent participation prizes!

A FREE CHALLENGE OPEN TO ALL

No need to build a masterpiece. To participate, simply build a snow castle in the location of your choice, immortalize it in a photo and share it by registering it on the Snow Castle Challenge website at www.defichateaudeneige.ca. Prizes will be awarded randomly, at the regional level, among people who register their castle between January 6 and March 10, 2025 inclusively.

When you register, you will have the choice of listing your construction in one of the following four categories:

Family: for everyone;

Early childhood: for daycare services and early childhood centres (CPEs) that supervise children aged 0 to 5;

School: for elementary and secondary schools;

Organization/municipality: for organizations (both non-profit organizations (NPOs) and businesses) and municipalities.

SAFETY FIRST

Any construction "work" comes with its share of safety measures. This is why the construction of castles with roofs and tunnels will not be accepted. In fact, roofs and tunnels are extremely dangerous for the safety of participants, and are strongly discouraged.

ABOUT THE SNOW CASTLE CHALLENGE

Adopted by the Quebec regions in 2014, the Snow Castle Challenge is an outdoor challenge aimed at developing interest in physical activity and healthy lifestyle habits among children and families. It is an easy way to have fun and get young people moving outside, even in winter!

Lake Louisa Social Club

A century of memories and a bright summer ahead

The Lake Louisa Social Club (LLSC) has been a cornerstone of community life in Wentworth for over 100 years. Having celebrated its centennial in 2024, the LLSC is looking ahead to an exciting summer in 2025.

Operating as a private seasonal club, the LLSC welcomes members to a summer program filled with lessons, activities, and social events. The club thrives on the dedication of its volunteers, fostering a sense of community and connection that's truly unique.

One of the club's standout features is its certified swimming program, offered in partnership with the Lifesaving Society. From Parent & Tot classes to Level 10, all sessions are led by certified Lifesaving Society Swim Instructors. Advanced courses like Bronze Star, Bronze Medallion, and Bronze Cross are also available for aspiring lifeguards.

As the club prepares for the coming summer, it is seeking a dynamic Program Director to help shape another unforgettable season - coaches, teachers and university students are all encouraged to apply to manage and supervise the program and staff.

Join us in continuing the legacy of fun, friendship, and community at beautiful Lake Louisa.

Info: lakelouisa.llsc@gmail.com



STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Julie Nguyen, owner of the new **Ongles et Spa 68**, 175 ch. Jean-Adam, local 102, St. Sauveur. The salon opened in October 2024. They offer various types of nail services, gel polish, manicures, pedicures and waxing. Open Monday, Tuesday and Wednesday from 10 am - 6 pm, Thursday and Friday 10 am - 7 pm and Saturday 10 am - 5 pm. Best of luck to you! 418 692-9999 / Facebook:Ongles et Spa 68 / Instagram: Ongles et Spa 68.



Welcome to:

Cindy Morrison and Kévin Lauzon, owners of **La Ferme Elévic**, 2400 rte. Wilfred Laurier, Mirabel. The farm is called Elévic after their two children, Élise and Victor.



They started their adventure in May 2023. They sell beef, lamb, pork, chicken, turkey and eggs and are renting this farm for 10 years. The health of their animals is their top priority, with biodiversity also being important. Their cows and sheep graze from the pasture, which corresponds to their values and the hay is certified organic by Ecocert. Their poultry are free-roaming and grain-fed. They also have various breeds of egg-bearing chickens, which are free roaming, and produce different coloured eggs. Cindy and Kevin are currently in transition to acquire organic beef certification, their goal being to eventually have organic certification for everything they produce. Currently, they are allowed to sell 300 chickens and 25 turkeys a year as per government regulations. They will start selling duck in Fall, 2025.

Cindy has worked in the food safety industry for more than 10 years. Kévin has worked in construction as a carpenter for the past 10 years and also worked in the speciality of bovine insemination for the past 6 years. Both of them have their diplomas from CFMA (Centre formation Agricole Mirabel) in animal production. Open Friday to Sunday 10 am - 5 pm. 514 250-6312 / fermeelivic@outlook.com / Facebook: Ferme Elévic/Instagram: ferme élévic / TikTok: ferme élévic

Did you know that:

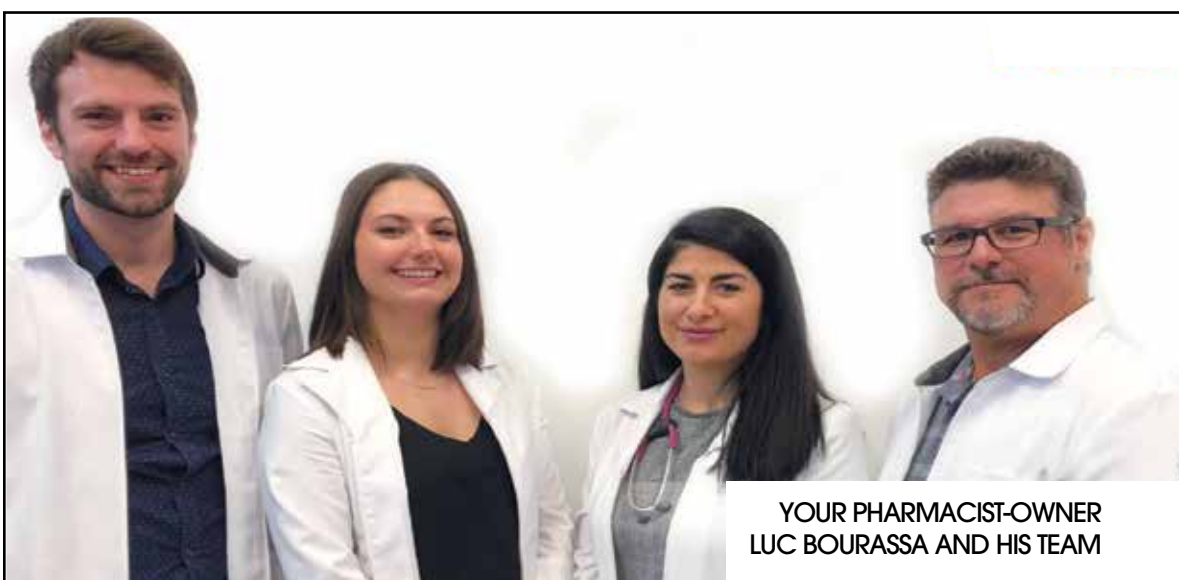
After 30 years of being in the basement of the large church in St. Sauveur at 205 rue Principale, **Soupe et Cie** will move to a new premise at 30 ave. Filion, St. Sauveur where the old Ski Museum was located? This amazing non-profit organization helps provide healthy, nutritious food and meals to the needy in the region. La Soupe Populaire lunches take place on Monday, Tuesday and Thursday at noon. Lunches cost \$5 or a voluntary contribution. The new premise will allow Soupe et Cie to serve 75 meals on each of these days. They used to serve 45 meals at the church. They will also look at creating a terrace in 2026. They are hoping to be able to provide lunches 5 days per week soon. There will be many exciting renovations completed at this building before the big move, which will take a large investment to complete. On Monday, Tuesday and Thursday, they provide nutritious cookies and frozen meals in some schools for children without lunches. For more information, call 450 744-0207 / soupeetcompagnie.com



Minera Emporium Crystal Shop, previously located on ch. du Village, Morin-Heights, offers mineral treasures for all types of enthusiasts and collectors? Founders, Marina and Louise are members of the Montreal Gem and Mineral Club. Marina is currently completing a gemmology certification at Institut de Gemmologie de Montréal.



They participate in local markets all year long. Their products include gemstone jewelry and the largest selection of gemstone bracelets available (handmade in Morin-Heights) and a curated collection of sterling silver jewelry with faceted gemstones. They offer a large selection of high-quality tumbled stones and sculpted specimens at great prices. Advanced collectors can consider high-end fine mineral specimens from all over the world. Natural citrines from Congo, aesthetic Peruvian pyrites and colourful fluorites from China are some of the many gems that will wow you! As of January 2025, introductory mineralogy classes for kids and adults will be offered in Morin-Heights, Val David and other places. Online classes are available on demand. You can also shop on line at mineraemporium.com. Feel free to contact them at 438 498-0142 / info@mineraemporium.com / FB: mineraemporium.



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Laurentian Personality Anik Korosec – Exemplary volunteer in Gore

Lori Leonard – Main Street

Anik Korosec was born in Montreal. Her mother was born in Québec and her father was born in Maribor, Yugoslavia. At home, her family spoke English and French. In 1970, the family moved up to Blainville.

Anik, being so active, enjoys trying unique activities. She took scuba diving lessons to acquire her certification. She also tried parachuting and completed not 1, but 13 jumps!

In July, 1996 Anik visited her parents' country home in Gore for the holidays. She noted that some residents lived there year-round and decided to try it out.

Anik and her husband had a son, Dominic. Whenever Anik volunteered, Dominic was there to lend a hand. He was a member of the Highland Cadets, Lachute and learned to play bagpipes, so, Anik became involved in helping the cadets.

Anik became a City Councillor for Gore in 2005 after being approached by Mayor Scott Pearce. Anik volunteers at many events and attends council meetings. Today, there are 3 women and 3 men who serve as councillors.

Anik became involved with Environmental Day to give away some trees. Initially, this was done from her home and was sponsored by 4H. Then Scott Pearce asked her to do this for Gore. Initially, 700 trees were distributed to residents. Recently, 2500 trees, compost, black earth and wood chips were handed out. They also sold tickets for a drawing and the money collected from the drawing and donations were donated to Les Sentiers de Gore.

Anik also works with Les Sentiers de Gore on public trails alongside a wonderful group of volunteers. They built a 48-foot bridge at Parc Denommé and a footbridge at Parc des Pionniers. One year, they tagged dangerous trees to be cut down. Whilst waiting for other volunteers to arrive, they built a bench with a fallen birch tree, just for fun.

Anik assists the Gore Firemen when they host a special day for kids and is their mascot. Last year, Patrice Beliveau joined her as mascot. Anik attended a firemen's practice. They allowed her to be a firefighter for a day. Quite the experience! Anik was surprised at the weight of the clothing and equipment.

For years Anik has played the role of Santa's elf at Christmas time with Clark Shaw as Santa. Great memories!

Anik was also an Easter Bunny in 2020 during Covid. When no one was allowed to gather, Anik and her son Dominic dressed up to spread a little joy. Dominic played bagpipes, while Anik "hopped" around with a sign saying CA VA BIEN ALLÉE.

In 2022, Scott Pearce sought someone to look after the Dome. He inquired if anyone was interested in looking after the goods that came into the Dome. Once again Anik stepped up to the plate. Three of Anik's friends, Hélène St-Pierre, Suzanne Chomko and Rose Constantini also helped. The goal is to reduce, reuse and recycle what could end up as waste.

In June 2024, the Dome became an official non-profit organization. Since 2022, the Dome has generated considerable revenue that has and will be redistributed to needy community members in Mille-Isles, Wentworth and Gore. Members of the donation committee include Shirley Roy (Gore), Philippe Cyr (Wentworth) and Cassandra Lescarbeau (Mille-Isles). The amount collected this year from the Dome was \$23,548.98! Anik took photos of all the items for sale at the Dome to showcase them on Facebook.

Anik says "What I really like about the community is that we have so many good people who are pleased to volunteer. It's important when the public visits Gore and the Dome that they enjoy the atmosphere and are well-received by volunteers. I volunteer because it makes me feel great that I am doing something positive for my community. I could not do it without all the community support."

People may see Anik at 2 different events in one day. She may be seen serving coffee and waffles at the monthly Gore breakfast, then working at the Dome later in the day. They could also see her working on trails in the morning, then at the Dome in the afternoon.

In her spare time Anik loves to read and paint on wood (she cuts her own wood, sands it, then paints it.)

Thank you Anik for all your amazing volunteer work. You are a force to be reckoned with and a person your community can be extremely proud of!



Making it Work in the Laurentians Time management and your job search

By YES Employment +

Entrepreneurship

Looking for a job can be daunting, especially when you're busy, but effective time management can make the process more productive and fruitful. Follow these four phases to organize your search and stay on track:

Phase 1: Define Your Direction

Before diving into job applications, take time to understand what you're looking for. A desire for change is a starting point, but clarity about your ideal role is crucial.

Online research can be done any time, but setting up a weekly schedule with blocked hours can be extra effective. And if sitting at home scrolling is a slog, get thee to a library or café!

Informational interviews are another way to explore industries, roles, and companies. If networking fits into your job search strategies, designate time in your weekly routine to create a list of contacts and reach out to one or two people at a time.

Phase 2: Prepare For Greatness

Once you've identified your target roles, ensure your CV and LinkedIn profile reflect your skills and aspirations.

If you're prone to procrastination, decide on a specific time to start - when that time comes, focus on it for an hour and schedule another session, chances are you'll need multiple.

For a little extra encouragement, get others involved: that friend who offered to review your LinkedIn profile; the coworker who can proofread your CV; or a coach to help you navigate the process.

Hot tip: don't fall into the trap of endless editing—once it's good, it's time to get out there!

Phase 3: Applying Yourself

During the application phase, consistency is critical. Commit to checking job postings daily to ensure that you don't miss out on positions of interest and have time to meet application deadlines.

Job applications can be time-consuming, so block off focused periods for this task. If you've found a job that's worth it, you may need to tweak your schedule (or get help with other tasks) to make time.

Phase 4: Interview Time

If you work remotely and the interview is virtual, you can plan it for any time. Choose options when you're alert and focused, even if it means using your lunch break or adjusting your day.

If the process involves multiple interviews, consider requesting back-to-back meetings to save time and maintain momentum. Be sure to prepare in advance by researching the company, practicing common questions, and having a clear narrative about your skills and experience. A coach can help you practice!

Take Control of Your Search

The sheer number of job postings can be overwhelming, but a strategic approach will set you apart. By defining clear goals, dedicating time to preparation, and executing a systematic plan, you can significantly boost your chances of landing a job that suits your soul and propels your career.

Need personalized guidance? A YES career coach can help you create a tailored plan, prepare for the search and hiring process, and achieve your career goals. Don't navigate this journey alone, schedule your free consultation today and take the first step toward landing your dream job. Let's make it happen!

Contact us today to make an appointment at info@yesmontreal.ca



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- Window cleaning
- New roofs

Anyone or anything...

Viking Ski Club Classic Cross-Country Ski Loppet

The Morin-Heights based Viking Ski Club will host its popular cross-country ski Loppet event on Sunday, February 23, 2025. This year will mark the 53rd anniversary. Offered are the usual course distances of 5, 10 and 20 km, plus, returning this year, a challenging 30 km course.

More details and access to registration can be found at: www.skiloppet.com Take advantage of the Early Bird registrations available until Sunday, February 9, 2025.



COMMUNITY UPCOMING events

AMIQUÉBEC – ALLIES IN MENTAL HEALTH

Various workshops and programs for families and friends of people living with mental health conditions.
Contact: 514-486-1448 / www.amiquebec.org

VALENTINE'S DAY SUPPER

Morin-Heights Legion (127 Watchorn)

Sat, Feb 8: 6 pm

Donation: \$25

VALENTINE'S DAY SUPPER

P'tites Folies to go (1, rue du Village, Arundel)

Fri, Feb 14. RESERVATIONS REQUIRED

Info: 819-969-1799

FRAUD AWARENESS INFO SESSION

Morin-Heights Legion

Sun, Feb 16: 1 pm

ANNUAL LEGION SNOWBALL GAME

Morin-Heights Legion ball field

Sat, Feb 22: 1 pm – chili to follow after the game

VIKING SKI CLUB – SKI LOPPÉT – 53rd ANNIVERSARY

Date: Sun, Feb 25.

Offering the usual course distances of 5, 10 and 20 kms, plus a challenging 30 km course.

More details and access to registration can be found at: www.skiloppet.com Take advantage of the Early Bird registrations up until Sunday, February 9, 2025.

73rd KIDS RACE

Sommet Morin Heights

Fri, Mar 7 11:30 pm

ARUNDEL JAM SESSIONS

Arundel Legion

Next dates: Thurs, Feb 6 & 20 and Mar 6

Casual, no agenda: a musician's night to practice and exchange ideas.

Free... Enjoy the music and support local venues and musicians.

ST. PATRICK'S DAY SUPPER

Morin-Heights Legion

Sat, Mar 15: 6 pm

Corned beef and cabbage on the menu

FOLK FOLIE FRIDAY

P'tites Folies to go – 1, rue du Village, Arundel

Live folk music featuring local musicians and great food. every. Next dates:

Fri, Feb 7: 5 pm & 7 pm – featuring Guy Beauchamp

Fri, Feb 28: 5 pm – 7 pm – featuring Eva Lalonde

PLUS every Friday in March.

Tickets: \$10 - Limited seats, reservations required:

819-969-1799 / www.ptitesfoliestogo.com

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THE SECRETS OF WINTER WILDLIFE

Parc National du Mont-Tremblant (Discovery Centre)

Saturdays in February and during spring break

Time: 1 pm – 3 pm

Have you noticed a track in the snow and wondered which animal it belongs to? Join the park rangers and naturalists to uncover the secrets of winter wildlife.

Info: 819 688-2281 - sepaq.com

DARTS TOURNAMENT & PIZZA

Arundel Legion –

Fri, Feb 21: 6 pm

MUSIC NIGHT- PART OF THE ARUNDEL WINTER CARNIVAL

Arundel Legion –

Fri, Feb 28

WINTER TRIATHLON FOR CHILDREN – 2nd EDITION

Au-Coeur-de-la-Nature School (110 rue du Collège, St-Adolphe-d'Howard)

Sat, Feb 1: 10 am – 1 pm

An invitation extended to children aged 5 – 12 living in MRC des Pays-d'en-Haut, La Rivière-du-Nord and Laurentides. This inclusive event offers all children aged 5 to 12, including those with disabilities, the chance to experience skating, skiing and snowshoeing. The main idea is to get our children out into nature and get them moving, with the emphasis on participation rather than competition.

ART EXHIBITION - TERRITOIRES

Centre 'Art d'Argenteuil (585, rue Principale Lachute)

Until Feb 23 (WED - SUN): 11 am – 5 pm

Info: 450-562-9090 / info@centredartargenteuil.com



WHERE TO SKATE



PARK DU DOMAINE VERT

10 423, montée Sainte-Marianne (Mirabel)

Open daily: 8:30 am – 4:30 pm

Skating trails conditions: domainevert.com

PARK RÉGIONAL ÉDUCATIF BOIS DE BELLE-RIVIÈRE

9009, route Arthur-Sauvé (Mirabel)

Thurs – Sun: 9 am – 4:45 pm

Skating trails condition: boisdebelleriviere.com

SAINT-COLOMBAN

360, côte Saint-Nicholas (École à Orée-des-Bois Times and ice conditions: st-colomban.qc.ca)

SAINTE-ADELE

Claude-Henri Grignon Park

Open 9 am – 9 pm daily

Info: 450 229-2921, poste 7244

DOG SLEDDING (\$)



LAUREL AVENTURE NATURE

2363 route Principale, Wentworth-North

Info: 450-226-8446 / laurel@aventurenature.com

ADVENTURES PLEIN AIR

42, rue de la Chaumine, Saint-Hippolyte

Info: 1-877-563-4443 / 1-450-563-4443



On With the Show Matt Rock

Florian Gaudreau

There are times that acting like the only guy at the party wearing a lampshade gets the better of me. Old Rock & Roll does that for me, what can I say; I'm a wild and crazy guy. A couple of years

ago I had a chance to see Matt Rock perform at Theatre des Petits Bonheurs in Lachute and it was a real exciting performance. Matt must be fueled by Nitro Oxide spiked coffee, because his performance just oozed Rock & Roll revile. The reason I'm writing about him so many years later is because recently, I had the honour of playing with him at an open mic. He had just returned from a tour in France checking out various venues.

Matt's musical influences stem from artists such as Johnny Hallday, Eric Lapointe, and of course, Elvis. It's easy to see these influences in his music and stage presence along with his raspy booming voice, which quickly takes over the room and captures the audience's attention. The band's set mostly consisted of old Rock & Roll, but carried some unique guitar riffs. Added to that was a keyboard, which would make Fats Domino proud.

Matt Rock was also deeply influence by the sounds of Rockabilly and Blues. He started out his musical career imitating Elvis Presley, which can be recognized in his present day performances. He started playing around with guitar at the age of 8 and eventually started hanging out at Smoke Meat Pete's by age 15.

His family musical influence came from his father who played guitar and his mother who sang.

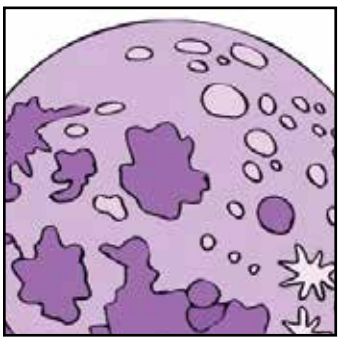
All this great music is made possible by his band mates: Steve Ross (lead guitarist who Matt has known since high school), Matty Boom (bass), Martin Lapointe (on drums with 30 years of experience) and last but not least, Benny Blue (keyboard).

Recently, his band played such venues as Bistro a Jojo (January 25, 2025) and Restro Montage Pub (January 17, 2025). In 2017, his band won the Chantal Rioux Award at the Argenteuil en Blues Festival.

Matt Rock earned the respect from "French-speaking Top 10 on Radio Énergie for 10 weeks, including three consecutive weeks as number one. He was also named the future star of iHeart Radio." (ViVD Media)

Keep an eye out for him this coming summer when he visits the Laurentians. You can hear his music on YouTube and under his Facebook page under Matt Rock.





Zach Factor

Predictions 2025: The end and the beginning

Lys Chisholm & Marcus Nerenberg

We are at the threshold of understanding what it means to be humans on this unique and marvelous planet. Traditional warfare grows tedious and costly. The urge to move beyond the global nightly news rhetoric is evident in the collapse of major news chains that have tried and failed to control media for the masses. Power is shifting to individuals as large, bloated, top-down organizations crumble.

Astrology: Pluto moves into Aquarius for the next 20 years and will sextile Neptune in Pisces at a critical 29 degrees this March, inferring ‘you ain’t seen wet yet’, until now. Pluto, the symbolic Planet of deep underworld transformation combined with the energetics of Watery Neptune, suggests the end of insurance for basement reconstruction work and to be prepared for more flooding, and the collapse of weakened infrastructure as the planet warms. Aquarius represents Freedom and Power to the Youth via technology and computing. It heralds the organized uprising of local and community control over environmental and social issues. Look to young indigenous groups to push the Reconciliation agenda into material demonstrations rather than just words. We are all living on borrowed land, which does not belong to any of us. Visit the indigenous “Landback” movement websites supported by many small church communities aiming to end centuries of crushing colonialist stewardship and disrespect for Mother Earth.

Technology: Throughout 2024, the uses of virtual private network (VPN) services remain a growing market across the world. People are turning to this security software to bypass ever-growing Internet restrictions and protect privacy and security against new threats but may just be creating more complications for themselves when their IP address appears to be coming from different global locations every day. Our rights to privacy online are dwindling. Algorithms from large IT companies know your banking habits and disposable income; they know what web sites you peruse and target advertising at you. They know how much time you spend on devices and what health problems you may face from the check out choices at your favorite grocer (one day your shopping cart may suggest you put junk-food back on the shelf).

Services like Mozilla have successfully fund-raised to keep the Internet open-sourced and free. Expect smaller Internet search engines to chew away at top-down patriarchal control of the web. Watch the major Hollywood studios erode, and crumble, as creative independent film producers rise in popularity through waves of young on-line influencers and pod casters.

Environment: The Earth once held many diverse species of plants and animals. The Living Plant Index (LPI 2024) reveals that since 1970 the average decline of 34,836 studied wildlife populations was 73%. Without protective measures, the next creature to leave us is the adorable seahorse, a species that primarily live near the coast of Italy. Seahorse nurseries are being destroyed by billion-dollar yachts and pleasure craft, which separate the creatures from their lifetime partners thus preventing reproduction. As digital transformation accelerates, 2025 will see greater sustainability reporting and disclosure processes advance. Out of this will arise more stringent and standardised international requirements and increased scrutiny of tourist destinations. No Green, No Go.

Medicine: Drone medical delivery is becoming a significant solution to many health care issues. Drones can bring urgently needed medical supplies directly to homes; they can collect patient samples for lab testing. They are secure and effective ways to transport organs for transplant. They can deliver defibrillators and supply remote rural areas with emergency equipment especially in the aftermath of fires, earthquakes, tornados, hurricanes and floods. Doctors predict that AI will continue to reduce, if not end, the vast and varied administrative tasks and medical records analysis that burden our health providers, allowing them more time with their patients.

Workplace: AI will play a growing role in addressing diversity, equity, and inclusion practices in the workplace. Companies and organizations will use AI to identify biases in hiring such as nepotism, ageism, gender and racial discrimination to reduce costly Human Rights Violations. It will find hidden prejudices in employee evaluations, and performance tracking, enabling targeted interventions to ensure fair workplace practices.

Politics: A new Liberal leader will not prevent four years of Tory folly. Trump will act ‘sanctimonious’ and reduce our threatened 25% tariffs back to the original 10% after the overturn of the Great Lakes Compact at the US Supreme Court to divert water resources to drought-stricken Southwest. Remember Zachians, these are just shadows of what may come, not necessarily what will be. Happy New Year!



LandBack mural in the Downtown Eastside, Vancouver. Photo credit: Gunargie O'Sullivan. LandBack is an indigenous movement with deep meanings, some economic, involving the return of Church and Government lands, but at the core are issues of stewardship and protection of the Earth herself.

<https://davidsuzuki.org/story/indigenous-land-back-movement-charts-better-way-forward/>

<https://www.ncronline.org/earthbeat/viewpoints/its-time-catholic-church-return-indigenous-land>



The Story Behind

Caring for Our Assets

Joseph Graham joseph@ballyhoo.ca

Years ago, a neighbour left a book in my mailbox. It was Robin Wall Kimmerer’s Braiding Sweetgrass,

Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants. At that time, it was an unknown book by an unknown author. A few years later, the book took off, becoming a best seller on the New York Times best-seller list. The author was a botanist, a single mother, and a member of the Potawatomi Nation. I knew of the Potawatomi, a member nation of the Three Fires Council that includes the Ojibwe, the Odawa and the Potawatomi, although I was more familiar with the other two. After reading Kimmerer’s book where she described the gift culture and where she did not hesitate to describe the wrongs that the colonial community had inflicted upon her people and nations, I felt no anger from her. She was teaching us, as Indigenous people have been trying to do since Europeans first arrived in the Americas.



Over the years since, I have recommended Kimmerer’s book to many people and so I was delighted when I learned of her new book, The Serviceberry, Abundance and Reciprocity in the Natural World. It is more of a booklet than a book like Braiding Sweetgrass and in a sense there is a certain aspect of it that made me see it as a gentle manifesto, what we should do together especially in the face of the huge step backwards that the colonial society has taken, a guide to how we can protect ourselves from the madness that is taking over.

We all belong. Where we belong and how we support what we belong to is what she describes. That is our strength and resilience, to adhere to and help build our own small communities.

In English Quebec, we all belong to small communities. Those communities are at risk from a dictatorship of the majority, a way of thinking that insists that we all must become a part of it, regardless of our own linguistic and cultural identities. We are aware that the majority community has reinvented itself as a persecuted minority as it drives all its members into believing in the same mythology. We are aware of it in English Quebec because it has caused a lot of people – our neighbours and families – to leave Quebec rather than be forced into that identity, one that we did not seek and that we will never really be accepted into. Those of us who remain are not bitter. We understand that the majority in Quebec feels itself to be a vulnerable minority in a much larger society, and while the image of the English is cast as the Square Mile and Westmount leaders of industry, English Quebec consists of small communities scattered across the province.

Something similar, but much more severe, is happening in the United States as the new government takes office and refuses to tolerate any public voices that object to the majority’s perception of who they are. It will also happen in Canada when Pierre Poilievre becomes prime minister. Are progressive Canadians, who pride themselves on our modern culture, ready for this change? Do they realize that we are all parts of different minorities? There is an assumption that Canada is stronger than this rage that is burning around the world. It cannot touch us because our democracy is too strong. How will people plan and react when they discover that the rage is here and is in power?

In Quebec, we have a head start. We have been learning how to deal with our minority status, and one of our most important assets is our individual communities’ histories. Many groups have formed to guide us, and slowly we are seeing that we simply need to be respected in our attempts to celebrate ourselves, our splintered cultural riches, and to find that respect, we need each other. This includes minority communities that are not necessarily English. Some are Indigenous and some are ethnic groups and visible minorities.

I am a longtime member in one of those groups, the Quebec Anglophone Heritage Network (QAHN.org). While membership started with local heritage associations, small groups that wanted to protect their identity and conserve their cultural valuables, they have not all succeeded. Originally, our group was the Ste Agathe Heritage Committee, but over time, the co-founding English membership diminished, and the committee did not bother to maintain its membership in QAHN. Thankfully, QAHN anticipated this and offered individual memberships for people like me.

It is time for all of us to pull together and reinforce our small groups that still exist, to learn to take pride in our English minority status and expect to be accepted for who we are. Wisely, QAHN has no political ambitions to ‘have us recognized’ but works simply to help us help ourselves, to recognize our place and value.

QAHN offers a heritage web featuring different regions and groups, news, online exhibits – both photographic and video – funding programs, essay and photo contests and a speaker’s bureau. More importantly it offers a sense of belonging by simply being involved with them. I receive their quarterly review, the Quebec Heritage News, containing articles that keep me in touch with other minority groups and that shares historic and heritage-related information and stories. The groups include associations from the Gatineau Valley to the Gaspé Peninsula and many in between.

The best known of these locally is the Morin Heights Historical Association. If a group exists where you live, join your local association, and join QAHN to receive your own copies of communications, including, by snail-mail, the Quebec Heritage News. QAHN needs our membership, especially as the Canadian and the world political environments shift and the future seems harder to predict. Go to QAHN.org/join-qahn and see how we can all get involved. Doing so, we are fulfilling Kimmerer’s gentle admonition to safeguard our own small spaces. I hope to see you there!



Garden Talk Poinsettia postscript

June Angus - Main Street

While the holidays are over and decorations are all put away, many of us still have a splash of red hanging around the house as our poinsettias continue to bloom and grow – if we're lucky.

This was a banner year for poinsettias at our home. I ended up with five of them to brighten up the season. I bought two small specimens at a school fundraiser. The purchase of a larger plant supported a local charity. I received one as a gift from a friend far away that was delivered by a local florist. Finally, the last one was a holdover from Christmas 2024 that started to turn red again.

Having so many plants around gave me a unique opportunity to observe the various ways these plants responded to their surroundings. The ones purchased from the school and delivered by the florist continue to thrive and grow. Unfortunately, the charity purchase started to lose leaves and droop within a week of coming home in mid-December.

Here are thoughts about what went right and what may have gone wrong.

The three new plants that continue to thrive seem happy with the amount of light (bright but indirect) and watering (soil moist but never soggy) that they receive. None of them are in a draft.

The plant holdover from last year spent the summer indoors. It did turn completely green in the spring and dropped a few leaves, but in general stayed healthy and seemed to thrive. Throughout December and continuing now, this plant is producing distinctive red leaves. The small yellow flower buds that appear in the centre of the leaf clusters are also starting to form. In the past, I put poinsettias out on the deck for the warm season, but wind, too much rain or not enough water tended to finish them off before I got them back inside in the fall. While some folks have success putting their poinsettias outside during the growing season, I've had better luck keeping mine indoors, so will plan to follow that strategy again this year.

The new poinsettia that didn't do well was a surprise. In theory, it should have thrived just like its compatriots as they were all exposed to the same conditions and treatment. One key difference was that the day I brought the plant home was very cold. While it was somewhat protected, my car interior was a bit cold. I didn't have far to go but that cold exposure may have caused enough stress to set the plant on its path to demise. I also saw a few small flies around the plant. While I don't think it was infected, it was in a vulnerable state. What happened to that plant? I threw it out, something I rarely do with any plant. I did it as a precaution to protect my other plants.

If your poinsettias are doing well, great! But if they are starting to look a bit wan or droopy, it's not too late to take action. Consider adjusting your watering routine. If the plant is too wet or too dry, leaves will droop and then fall off. Check the soil every three or four days by sticking your finger in the soil to see if it is moist. Also, as our indoor temperatures can fluctuate widely over the winter, protect your plants from drafts such as an open door or too much heat from a fireplace or furnace vent. Finally, poinsettias will tolerate low lighting conditions for a few weeks, but eventually they need bright indirect light. Even if they've managed to survive in a dark corner over the holidays, it's time to move them into brighter light now.

My plan is to continue monitoring my poinsettia family and see if I can coax them to thrive this summer and reward me next holiday season with more colour.



Word Play Exploring embodiment

Louise Bloom - louisebloom@me.com

As New Year's Day has come and gone and I find myself on the outer edge of 2025, I realize that I have barely **embodied** the significance of this moment in time. While I am speaking for myself, I am beginning an exploration of this word **embodied**, saying the experience of this moment in time is far from integrated, still outside my field of comprehension.

What is the meaning of the word **embodied** and why is it something to consider?

The word embodiment has many definitions and covers very broad terrain. To begin with, "embodiment is making manifest or comprehensible an idea or concept, through physical presentation". One of the synonyms for **embodiment** is **incarnation**, as being born into a physical form. It can mean, therefore, the bringing of the unseen into the visual field. As an example, the word or idea of **suffering** is incarnated or actualized in the crucifix, the symbolic representation of human pain personified.

A further example of embodiment is a national **flag**, which can be acknowledged as the embodiment of a country, as the concrete form of an abstract idea.

Other examples of the abstract ideas that might be embodied are love, hate, fear, or justice. The embodiment (or symbolic representation) of justice could be an image of the gavel used in a courtroom.

To be clear, embodiment is a process. It is a movement, from the outside (as idea) to the inside, as the physical object representing the "idea" becomes a container of meaning.

Embodiment can inevitably be understood as well, as **your experience in your body**. In describing this internal experience, I would say that your body itself is now the subject, the container, rather than an exterior object that represents an idea (ie: Flag) The ideas, are now embodied, (love, hate, fear etc.), a part of your inner experience.

How do we identify this experience, and of what benefit?

Further research into the process of "**coming into the body**", uncovered something known as the Four Pillars of Embodiment, a method that helps us to "drop into ourselves", waking up our physical senses. The Four Pillars are **Awareness, Breath, Movement and Sound**, four aspects of "presence" that encourage our connection to ourselves.

"Embodiment, as a therapeutic method, refers to the practice of integrating physical sensations, movements, and awareness into the therapeutic process. This approach emphasizes the **interaction of our physical body and mind**, acknowledging that our physical being influences our emotional and psychological experiences."

Recently I was practicing meditation, while using an image of a Meditation Master as a point of focus. During the practice I began to embrace the idea of gratitude for the wisdom of this Master, whose teachings I have often benefitted from (referred to). The gratitude became an emotional state. The state then expressed itself in the body, as I felt a warm sensation at the center of the chest, and I became aware of an unwavering gratitude in my body, an inner knowing that was now a part of my whole being.

This experience, of truly knowing, engendered a new kind of personal confidence. I began to notice and acknowledge the physical reactions experienced along with an emotion, and the resulting depth of understanding.

Thinking about **embodiment** as a source of information seems to have deepened my reflections on the human experience. Making an effort to identify our feelings as bodily sensations, can expand our general awareness, and contribute to a more self-responsible relationship to the constant stimulus that inhabits our world. This is another way of communing with oneself and a source of discovery. Knowing what we have embodied, helps us determine what to keep and what to release.

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

CALL FOR PROJECTS

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CONTACT

PHILIPPE LAPLANTE
Cultural development advisor
450 229-6637, ext. 119
plaplante@mrpcph.org

Application deadline :
February 17, 2025



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Pays-d'en-Haut**



© Annie Cantin, La Volute, Centre sportif Pays-d'en-Haut, 2022 |
MRC des Pays-d'en-Haut, Fabien Bedoucha, photographe

Obituaries

McDonald, Gus

It is with heavy hearts that we announce the passing of Angus "Gus" McDonald, who peacefully left this world surrounded by the love of his family on Monday, December 9, 2024, at the age of 86.



A man of many talents and passions, Gus had a lifelong love of horses and enjoyed the simple pleasure of riding his buggy through the town. He was a skilled carpenter, known for his craftsmanship and the beautiful things he built with his own two hands—whether it was a sturdy cabin, intricate dollhouses, or finely crafted cabinets. There wasn't anything Gus couldn't make, and his creations were a testament to his patience, creativity, and love for the craft. Gus was not only a man of the land but also a dedicated community member, always ready to lend a hand or a kind word to those in need. His integrity, work ethic, and selflessness made him a pillar of his community and a friend to many.

The family wishes to express their deepest gratitude to the compassionate staff at the Palliative Care Unit and the ICU at the Hawkesbury General Hospital for their exceptional care during Gus's final days.

A celebration of life will take place in the summer. Date and time to come.

For those who wish, donation to the I.C.U. and the Palliative Care Departments of the Hawkesbury General Hospital would be appreciated.

A tree of remembrance will be planted in Gus' memory in the McAlpine Forest in Vankleek Hill.

Funeral arrangements were entrusted to Hillcrest Funeral Home, 151 Bond Street, Vankleek Hill, ON. hillcrestfuneralhome.ca

A devoted husband for over 65 years, Gus will be deeply missed by his beloved wife, Beverley McDonald (née Sherriff). Their enduring partnership was a testament to love, devotion, and the strength of family. Gus was the cherished father of Jimmy (Janet), Wanda (Jim), Peggy, the late Mark, and Janice (Ian). His children, who were the pride of his life, will always carry forward his legacy of hard work, kindness, and integrity. A proud and loving grandfather, Gus leaves behind his adored grandchildren: Janice, Steacy, Lorelei, Erica, Courtney, Byron and Rebecca, along with 12 great-grandchildren who brought immeasurable joy to his life. He was the dear brother of Freda (late George), Brenda (late Reggie), Malcolm (Linda), and Linda. Gus was predeceased by many beloved brothers, sisters, and his parents, Henry and Gladys McDonald, whose love and guidance shaped the man he became. Gus will also be deeply missed by numerous brothers-in-law, sisters-in-law, nephews, nieces, cousins, and countless friends. His generous spirit and warm heart left a lasting impact on all who knew him.



The Other Side Of Getting Old Conscious aging

Florian Gaudreau

There are a lot of choices in life, but getting older isn't one of them. I recently came across a gentleman, 20 years younger, yet I'd considered him older than his age. He looked appropriate for his years, yet he had resigned himself to come to terms with being aged beyond his years. Then I came across this new age term called "Conscious Aging," meaning not buying into the age related ideas of what aging should be. I've written about this several times before, that I've never really acted my age, possibly related to receiving that infamous slap on the back of my head from mother dearest telling me to act my age, so it's something that comes natural to me.

Some ideas from the fountain of youth I've come across; "Don't retire from something; have something to retire to" (Harry Emerson Fosdick). For some reason, I've always had something happening in my life. Fixing an old house, kayaking, writing, music, doing something before you're done, is the best way I can explain it.

Gratitude is one of those values, which seem to fall to the waste side when life runs you over like a bulldozer. Appreciating your talents, loved ones and the morning sun I hold dear, anything that warms the soul and brings light to the darkness. I still have a bucket list, which doesn't seem to be getting shorter, so I guess it brings me something to look forward to. Learning to surf, seeing the northern lights, learning a martial art or as simple as having a more reflective prospective of life.

Seems to me this path gives new hope and brings me closer to the light. Like a plant that grows towards the sun, life is like being drawn to what makes us grow and proves we're not stunned and wasting away.



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Quaint Family Adventures Aiming for stability in 2025

Claire Gaudreau

Each New Year that passes I reflect on the previous year and look forward to where I would like to be. I ask myself what the most challenging parts were and what made these things so difficult for me. What would I like to have happen differently this year? Once I've contemplated these questions, I choose a thematic word to help me move intentionally toward my objective for the year. In 2024, we added a new member to our household. Becoming a mother to a second child has inspired me to reflect on how I might be more available both physically and emotionally for my boys. I want to soak up every moment while I can, because as parents know, time passes all too quickly.



Therefore, for 2025, I choose the word stability. I wish to create a solid base for my children, so they know what to expect. I hope to create more emotional stability as well; an emotionally dysregulated adult cannot hope to regulate a child. So, with the intention of reducing chaos in our home and returning to calm, I will aim to do more planning ahead, practice modelling healthy ways to regulate our emotions as parents (and labeling it out loud e.g. "I am feeling angry. I am going to breathe slowly to calm down") and remember to be in the moment to enjoy our time together.

One of the things that seem to bring us back to the present is connecting with each other and participating in activities we enjoy. My son is very spirited, so we decided to add more movement into our routine. Last month we began to attend Club nature aventure des Laurentides. What a wonderful way to explore the great outdoors with guidance and to meet other families who enjoy the same. They have offerings for families, camps, and childcare from 18 months to 12 years. Their approach is gentle, welcoming, flexible, and nurtures children's love and respect for nature. What's more, exposure to nature has been found to reduce stress levels, improve sleep, increase positive emotions, reduce anxiety and depression, and the risk of future mental health challenges.

I am so excited to embrace this new year, with great adventures as well as increased stability. I wonder what you might aspire to this year!

Socio-community fund of the MRC des Laurentides renewed

To support community organizations in providing services to vulnerable citizens, the council of mayors of the MRC des Laurentides is allocating an envelope of more than \$100,000 this year. The purpose of this fund is to provide support primarily for the organization's mission, but also for starting a new project to address an issue or to ensure the continuation of an existing and essential service or activity.



Non-profit organizations, associations and other entities working for community well-being are invited to submit their applications to benefit from this financial assistance. The amount allocated, up to \$10,000, will vary depending on the projects submitted that meet the evaluation criteria and intervention priorities of the MRC des Laurentides territory, including: support for vulnerable populations, housing and homelessness, mental health, food security, and public and adapted transportation. Last year, 17 organizations received financial assistance through this fund for a total of \$103,500.

The deadline for submitting the file is set for Monday, February 17, 2025 at 11:59 p.m. to the following email address: sociocommunautaire@mrclaurentides.qc.ca. The decision will be made no later than April 17, 2025. Consult the explanatory document and download the funding application form here: <https://mrclaurentides.qc.ca/fonds-sociocommunautaire/>. For any information, contact Geneviève Biron at 819 425-5555 ext. 1043 gbiron@mrclaurentides.qc.ca

Outstanding Christmas Spirit in Gore

Lori Leonard

The Gore Christmas Basket team would like to thank all of the volunteers who were involved in the Christmas food drive. The door-to-door food drive took place in Gore on Sunday, December 15. There were 40 bright-eyed, bushy tailed, cheery volunteers involved and hundreds of homes were visited. So much food was collected that this allowed them to donate to 32 needy families who received 3 to 5 boxes of food each depending on the size of the family. It was truly a wonderful community project that was a great success.

The Gore firemen also raised an impressive \$2,000 in monetary donations. Don Manconi had led this project since 2009. Sadly, he passed away this summer. Despite Don's absence, the firemen and city councillors came to the rescue and exceeded the challenge. To honour Don's memory, this project will continue well into the future.

It was amazing to see what a group of enthusiastic like-minded people can accomplish when they work together on a project to help others. Kudos to all the volunteers and to the Gore residents who generously made all the monetary and dried good donations!

The Gore Basket Team would like to thank everyone who was involved and hope that they will participate again next year.



Theatre Morin Heights

Hosts AGM and play reading Feb 19

Theatre Morin Heights will combine business with pleasure on February 19.

First up is the group's Annual General Meeting starting at 7 pm, Chalet Bellevue, Morin-Heights. While everyone is welcome, only 2025 members are eligible to vote. To subscribe with



a new membership or to renew for 2025, visit theatremorinheights.ca or in person at any TMH event including the upcoming AGM. Memberships are \$20.

A free open play reading will follow the official business on February 19. Volunteer to read when you arrive, or simply sit back, relax and enjoy. Scripts provided. Cash bar.


On March 26, TMH will present a free staged-play reading. Actors will be selected ahead of time, attend a couple of rehearsals and then perform with scripts in hand accompanied by a few costumes, props, lights and sound. If you are interested in volunteering to read for this event, contact TMH by March 1.

Finally, save the dates for the annual Spring Production set for 6 performances running April 30 to May 4. Tickets go on sale end of March. More show information coming soon!

To reach TMH email theatremorinheights@gmail.com or call 579-765-3999.

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Real Wine for Real People The great grape

April Sirois – Sommelier - ISG

Let's talk about grapes. Grapes are found growing all over the world between 50 and 30 degrees latitude (North and South hemispheres) and can grow in many different climates and altitudes. This adaptability may have a lot to do with the fact that almost every culture uses them to create some form of alcoholic drink that we label as wine.

Grapes, interestingly enough, are actually classified as berries by botanists.

The cultivation of grapes began approximately 8,000 years ago, and the fruit itself has been used as human food throughout its history. As early as 10,000 years ago Native North Americans were drying and eating grapes knowing this little fruit packed a powerful punch of carbohydrates in the high sugar content along with many other health benefits. It was also easy to dry and so could be stored over the winter or packed along while traveling.

Of the over 16,000 varieties of grapes worldwide, more than 11,000 can be used in the making of wine. The rest of course are mostly used for eating. The difference is mostly in the sweetness and the flavours. Table grapes (*Vitis Labrusca*) are larger and have thinner skins and firmer flesh for a nicer mouth feel and eating enjoyment. Wine grapes, (*Vitis Vinifera*) on the other hand, are smaller, have thicker skins, juicier flesh and more flavour. They also contain more tannin giving them more of that bitter mouth-drying flavour. Table grapes are also sweeter than wine grapes, and are usually seedless, while wine grapes have between two to six seeds per grape.

How grapes are grown also differs. Wine grapes are usually grown upwards on vertical trellises to add exposure to sun and to concentrate their flavours. Table grapes are grown more naturally just minimizing contact between clusters to encourage prolific growth while avoiding any rot. Winemakers aim for quality over quantity, while table grape producers aim to maximize yield. Wine grapes are also harvested later than table grapes when they're much riper and more full of sugar. The time / speed that a grape ripens also affects its flavour; the slower the grape ripens the more intense its flavour.

So, do green (white) grapes make white wine and red (blue) grapes make red wine? Well, not always. White wine is made from fermenting only the juice from the grape. Any grape, even red ones, can be used - think Pinot Noir in Champagne. Grapes are crushed and the skins removed right away with only the juice left to ferment into wine. When red wine is made the skins get to soak in the juice allowing the flavours and color pigment to become part of the wine. The lighter the red wine (rosé) the less time the skins are left in the juice.

On a side note, it takes approximately 75 grapes (or one cluster) to make one glass of wine and about 400 grapes to make one bottle and a typical vine will produce about 10 bottles of wine.

~Cheers



Words About Food

Comfort

Karen Feiertag

Minutes away, in Carillon, friends of ours live in a 17th century house centered around a magnificent hearth. It's the kind I had witnessed only in period films as a child but that has kept me glowing all years hence. You could tell me this architectural feature simply came from necessity, logic, but the deep, true warmth of the idea beguiles me still. The committed, loving energy of cooking, transformative inside earthenware, outside, its heat collected and made to emanate from massive stone masonry, thereby providing the ultimate in food and comfort to all creatures - well, I say ingenious. I say, elemental. I say, brilliant.

But this isn't Words About Architecture - it's Words About Food. What food has constituted the warm, sustaining, soulful engine of family, what staple has served as humanity's hearth? Perhaps underappreciated here but grown by more farmers than any other crop on earth and serving as the soul food for most of the world's population is ... Rice.

This cereal grain from the grass family grew wild for hundreds of thousands of years before its domestication by humans. How many of our generations mistook it for just another grass? Who first noticed that dragonflies would dance above this specific variety before its faint and humid scented flowers bloomed? How many tried to tame it?

The domestication of rice is considered by many to be the most important event in the history of agriculture, leading to complex cooperation, if not civilization. The story of rice is so complicated and fraught with controversy that I almost quit my job. The point remains: February is a month for warming up the hearth and cooking up some comfort.

The fact that half the planet eats at least a bowl of rice every day doesn't help those who fear cooking it. Whatever your level, I implore you to renew experimentation. Measure. Or don't. (Even the casual middle-finger-first-knuckle technique ruins it for me.) So many methods await your trials, like so many types of rice. Follow Michelin chef Niki Nakayama's steps for a timeless experience in comfort; steam rice, add an egg. Pick a recipe from any corner of the earth. Or play with your own favorite aromatics, spices, nuts, veggies, proteins, and add rice.

It's said that rice kernels are guests to which we must show appreciation. True. Increasingly so. True, also, that when we do, they warmly welcome our ideas.

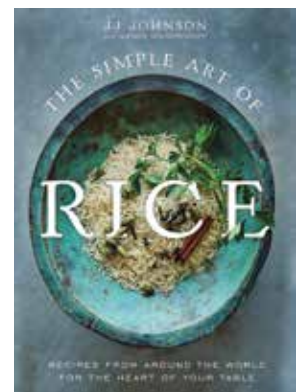


Photo: From a Canadian Fine Art Collection of puzzles: Henri Matisse's 1908 masterpiece *The Dessert: Harmony in Red*.

Call for projects for artists, writers and arts organizations in the Laurentians

The Conseil des arts et des lettres du Québec, the MRCs of Antoine-Labelle, Argenteuil, Deux-Montagnes, La Rivière-du-Nord, Laurentides, Pays-d'en-haut and Thérèse-De Blainville, as well as the cities of Saint-Jérôme and Mirabel, in collaboration with Culture Laurentides, are launching the third and final call for projects provided for in the Territorial Partnership Agreement in connection with the Laurentians community.

Professional artists, writers and arts organizations whose main address is located in the territory of one of the partners must submit their application to the Council no later than April 10, 2025.

Information and forms

To find out all the details about the Laurentian Territorial Partnership Program, visit developpement@culturelaurentides.com and click on the section of your choice and then select a discipline or profile to access the information:

Professional artists, writers

- Creation, production and outreach
- Mobility

Professional arts organizations

- Production, dissemination, promotion and consolidation
- Support for hosting in residence and co-production (mobility)

Support for artists and organizations

Culture Laurentides offers free support to professional artists, writers and representatives of arts organizations who wish to submit an application.

Group information sessions:

- Information session for OBNL – virtual: January 20: 1:30 pm to 3 pm.
- Information session for artists – virtual: January 22: 10 am to 11:30 am (this session will be recorded)
- Information session for artists – virtual: January 28: 1:30 pm to 3 pm (this session will be recorded)

To register for an information session, visit: <https://forms.office.com/r/JBHwtk0rUE>

For any questions about the programs, contact our development agent at developpement@culturelaurentides.com. The proofreading service with our development agent is available for Culture Laurentides members between March 3 and April 4, 2025, make an appointment by writing to: developpement@culturelaurentides.com (you must send your documents at least 1 week before the meeting).

Managed by the CALQ, this program aims to stimulate artistic creation in the region, contribute to the growth and dissemination of artists and writers, promote their retention in their locality and encourage the emergence and inclusion of digital technologies in artistic practice. It also aims to support professional artistic organizations that are structuring the development and influence of arts and literature in the territory and beyond.

Submitted projects must involve partnership initiatives in connection with the community or stakeholders in the region.



Keeping it Weird They are here. They live amongst us.

As you may have figured out by now, I was not dealt a full deck of cards whenever they were dealing them out. I was also dealt a lot of conspiracy cards, which I seem to play at will and double down on, because I ask questions.

I am sure many of you are rolling your eyes and thinking, here come the aliens. No, I will save that for another issue, I am speaking of one of the 90's many fear mongering campaigns, the dreaded African Killer Bees that were coming over the ocean to get us. They arrived and they are here and seem to have integrated just fine. That's weird right?

The 90's had some good ones; acid rain, the hole in the ozone, the global ice age and of course, Y2K, when our precious computers would just melt away along with our mullets.

Then 9-11 happened and they gave us all new things to fear. We went to war on terrorism, and innocent people boarding planes were stripped of their shampoos, toothpaste and shoes, not to mention some of their dignity, with over-zealous pat-downs. We went to war and killed many innocent people on the other side of the world that had nothing to do with 9-11. They had resources, but none of the greatly feared Weapons of Mass Destruction. Oh well, it was time for a new fear, one we couldn't see or prove.

Then, some of the big brain scientists who were doing research for one of the multi-billion dollar climate organizations "discovered" that the earth's temperature rose by almost two one hundredths of a degree. Even though this finding was scientifically disputed, many well funded scientists supported the notion of Global Warming and rising sea levels. Miami, Manhattan and Montreal all under water! We had a good decade of this fear whilst Obama bought ocean-front on Martha's Vinyard and in Maui at bargain prices. Many fine ocean front citizens of the globe put marks on their dock and checked it; even years later, no change. Many ordinary Canadians, who would welcome a warmer winter, still froze their nuts and syrup, waiting to plant oranges and bananas. Then it became Climate Change! The cause of all our natural disasters, earthquakes and many forest fires. Carbon! We are emitting too much carbon!

Please don't hang up now, I am not a denier nor an idiot. I firmly believe that our 8+ billion population, which is defecating as much waste faster than we can consume our goodies, is having an impact on our beloved and only planet. It's the corporations that worry me even more. Like BIC for example, they invented disposable and single use plastics, and they are still doing it without any shame. With today's technology we could easily make cars that last a lifetime, but alas they are disposable as well.

Here's the real climate scare folks, HAARP, cloud seeding, weather manipulation, contrails and Bill Gates wanting to block the sun by putting dust into the atmosphere. What could go wrong? There is too much to add links here, you can look it up for yourself, it's all real. Lyndon Johnson knew this back in 1962.

"He who controls the weather will control the world."



What's New in Real Estate? Where the real estate market stands and what 2025 holds

Lucyne Farand

Real estate in 2024 experienced what appeared to be a positive year, with a strong increase in transactions at the provincial level compared to 2023. However, this encouraging rebound remains far from the heights reached during the pandemic frenzy. The market has returned to levels similar to those of 2019, marking normalization after several years of roller-coaster activity.

The pandemic disrupted the real estate market like never before. While many feared a price collapse, the opposite occurred: confined to their homes, households sought space and comfort, while remote work allowed people to move away from urban centers. This resulted in a surge in transactions and prices between 2020 and 2022, propelling the market to historic highs. These three years will remain etched as an extraordinary period for real estate.

Since then, the market has adjusted. In 2024, transaction volumes were still wildly below the 2020 peak but had risen compared to 2023. In the Laurentians, for example, the number of transactions was below 2020, despite a slight increase in average prices in 2024. However, inventory continues to grow, creating increased competition among sellers, especially for luxury properties, where buyers remain scarce.

In 2025 sellers must adapt to a market where buyers regain some power with more options and persistently high interest rates, pressure on prices should persist. However, demand remains strong for affordable homes, especially among first-time buyers.

Real estate remains a safe long-term investment. Sellers will need to adjust their expectations, while buyers can take advantage of this heightened competition.



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