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WHAT’S ON MY MIND...

Susan MacDonald, Editor

Balancing law and nature

Over the past few weeks, I have received several calls in regards to wildlife. While some have focused on adult raccoons and skunks trespassing through urban backyards, the majority of calls have concerned young orphans, lost babies and the question of what to do with them once “rescued.” If you live in the Laurentians, it is imperative that you have a basic understanding of the creatures that share our region, as well as the governmental laws that apply to them. Otherwise, you are going to find yourself in a very precarious and emotional situation.

All babies are irresistible and between mid-spring and early summer, we are often treated to the beautiful sight of young wildlife out on their first excursions with their moms. These first few weeks out in the “big world” are a monstrous challenge for the families and sadly, the mortality rate is usually quite high. This is the law of nature.

Education for the little ones begins as soon as they are mobile enough to keep up. Time is short and there is much to learn before winter if they are going to survive. This is when they are most likely to run into trouble and when well-meaning humans intervene, often, when they shouldn’t.

It is important for every person to spend a little time researching the basic habits of the local wildlife; this includes, city dwellers, as our encroachment has forced several species to adapt to urban living. It is vital to be familiar with their habits and be able to recognize when intervention is really necessary and when it is best to leave nature alone. For example few people know that baby fawns, unable yet to keep up with their mothers, are deliberately left alone in secluded locations, or, that baby raccoons sometimes wander away from their dens, but are soon retrieved by their mother. These are the mistakes orphaned that should have been left alone.

First and foremost, it is imperative to know that regardless of the situation, it is illegal for a citizen to harbor any wild animal and that there is a heavy penalty for doing so. If you do find a baby animal, your calls to the authorities will result in you being told to return the animal to the forest and allow nature to take its course. Second, by mid-June, the few wildlife sanctuaries and rehabilitation centres we have are full and will not accept any new arrivals, so these calls will also prove fruitless. And final point, regular veterinarians are not licensed to treat wildlife, so they are unable to provide medical care or humane euthanasia. So, here you are, with an illegal baby, but absolutely no resources to deal with it and nobody to take it off your hands.

The laws governing animal welfare in Quebec are profoundly lacking and this issue has never been a priority for our governments, at any level. Many of the laws we do have are ineffective or conflicting and legal consequences for those who inflict cruelty, provided they can ever be brought to justice, are not even worth mentioning. Those willing to help animals, domestic and wild, are forced to do so under great restrictions with limited or no funding and there are just not enough of them to effectively manage the ever-mounting surplus of animals in need. The problem continues to escalate with no solution in sight. We are 50 years behind most other countries in regards to animal welfare; isn’t it time for us to stand up for change?

We live in the Laurentians because we love nature but in order to live in harmony, it is important that we understand and respect our wildlife and act accordingly. The sign at the entrance to every wildlife park states, “Please don’t feed or touch the animals.” It is there for one reason, to protect us all.

Next month we will be taking a drive south to St. André d’Argenteuil so join us on our visit to this charming community.

Enjoy the read…

1 866 984-4848
Observations
The Battle Against GMOs

David MacFairlane - Main Street

“Here’s what I’ll do as President, I’ll immediately implement “country of origin” labelling, because Americans should know where their food comes from. (They) must (also) know whether their food has been genetically modified, because Americans should know what they are buying…” Barack Obama, on the campaign trail in 2007.

Genetically engineered foods are required to be identified, clearly, in the EU, Russia, Japan, China, Australia, New Zealand and many other countries around the world - 30 in all - because they recognise that genetic modification of plants poses super-pests, health risks and adverse effects on non-target organisms. This government department goes on to say, “environmental scientists do not yet know what long-term impacts on bio-diversity and ecosystem function could result from dispersing GMOs and herbicides and Bt toxins in the environment…” So, you see, even our own government admits ignorance of the impact of cultivation (and consumption) of GMO plants, yet they have allowed their use, knowing the possible dangers. This is totally ridiculous and sociopathic, and we are left to conclude that we are the guinea pigs, or lab rats, in this long-term experiment.

Recently, while public opposition to the use of GMOs continues unabated worldwide, the USDA very quietly pushed through approval of “second-generation” GMOs, without so much as a squeak of dissent from anywhere. This time, it is Bayer AgScience, the second-largest agro-chemical company in the world, which received USDA approval of its new soybean plant, which is designed to resist even more dangerous herbicide, isoxaflutole (IFT). This herbicide has been classified as “a probable carcinogen” of its new soybean plant, which is designed to resist an even more dangerous herbicide, and to provide incentives to support family farms, making entry into farming much easier than before. These promises, too, were broken and, instead, Obama has clearly supported the growth of farming worldwide by agri-business giants.

Regrettably, Canada has stood by and allowed GMO crops to dominate our farming industry, and today, our main farm outputs of corn, soybeans, canola and sugar beets are genetically modified. In fact, Canada is the third largest producer of GMOs in the world, and as cultivation expands and intensifies, even Environment Canada has begun to recognize “that ecological risks are emerging, such as super-weeds, pest resistance and adverse effects on non-target organisms.”

“...there is an urgent need to develop alternatives to the use of neonicotinoid pesticides on flowering plants wherever possible.” Most of Europe has banned the use of neonicotinoid insecticides, but we still forge ahead, regardless!

When you look around, it must be obvious that our world is very sick. The earth, air and water are being poisoned, people have been reduced to ciphers, animals are units of profit, the quality of life is declining in spite of advances in technology and science, wars (state-sanctioned murder) have become so banal, they are perceived as natural occurrences, ethics and integrity are dead and love has become redundant. We have become a disposable society of throw-away things and relationships. We have lost authenticity. Isn’t it time we woke up? Ding-a-ling-a-ling!

For whom does that bell toll? It tolls for us.

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(et liberer votre energie)

Rhonda Candell
450-226-7586
rhondacandell@hotmail.com
<table>
<thead>
<tr>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$179,000</td>
<td>SAINT-DONAT: Cozy 3 bedroom, 2 bathrooms, sold entirely furnished plus dishes and all. Great Price. MLS 8563906</td>
</tr>
<tr>
<td>$189,900</td>
<td>NOTRE-DAME-DE-LA-MERC: Great for young family or for retirement, 2009 construction, must see this property. MLS 22484494</td>
</tr>
<tr>
<td>$229,000</td>
<td>SAINT-DONAT: Condo with revenue off Archambault lake. Unit is situated top floor with view of the lake. MLS 22954297</td>
</tr>
<tr>
<td>$230,000</td>
<td>OUAREAU RIVER: Cozy, 3 bedrooms, two fireplaces, basement, large garage, alarm system, completely furnished MLS12420143</td>
</tr>
<tr>
<td>$239,000</td>
<td>ARCHAMBAULT CONDOS: Cond’Eautel du Manoir. Tennis, beach, faces pool, 2 bedrooms, 2 bathrooms, fireplace, furnished MLS 17810761</td>
</tr>
<tr>
<td>$269,900</td>
<td>BORDERS LAC GEORGE: A house with a view, watch the sun set. Southwest orientation, 3 bedrooms, sold semi furnished MLS 21169686</td>
</tr>
<tr>
<td>$299,000</td>
<td>LAKE GEORGES: Waterfront cottage, 3 bedrooms, veranda, boathouse, garage, sold furnished. MLS 24068520</td>
</tr>
<tr>
<td>$329,000</td>
<td>BORDERS LAC OUAREAU: WATERFRONT. 100 FEET approx., very sandy beach, safe for small children. MLS 21078327</td>
</tr>
<tr>
<td>$330,000</td>
<td>LAC ARCHAMBAULT: Great offer, two properties for the price of one. Three season, very clean and what a view! MLS 12936410</td>
</tr>
<tr>
<td>$324,000</td>
<td>ACCES TO KRI LAKE: Splendid spacious home, 4 bedrooms, 2 kitchens, 2 fireplaces, inter-generational, more. Furnished MLS 14730711</td>
</tr>
<tr>
<td>$359,000</td>
<td>LAC DUFRESNE: Gorgeous 3 bedroom waterfront, great view of lake/mountains, 10 min. to highway 15. Furnished MLS 20849738</td>
</tr>
<tr>
<td>$390,000</td>
<td>LAKE BEAUCHAMP: 3 bedrooms, 3 bathrooms, finished basement, safe, flat land, beach, docks, dead end street. MLS 9664558</td>
</tr>
<tr>
<td>$395,000</td>
<td>LAC BEAUCHAMP: 187’ waterfront, well cared for log home, 3 bedrooms, 2 bathrooms. New septic and artesian well. MLS 11656904</td>
</tr>
<tr>
<td>$515,000</td>
<td>LAC ARCHAMBAULT: 4 bedroom, waterfront with view of ski resort Mont Garceau, St-Donat, furnished and more MLS 26435499</td>
</tr>
<tr>
<td>$585,000</td>
<td>LAC BEAUCHAMP: Great deal, 3 bedrooms, 3 bathrooms, finished basement, sold under evaluation. Must see MLS 21705970</td>
</tr>
<tr>
<td>$599,000</td>
<td>LAC BEAUCHAMP: Great house, 3 bedrooms, 2 bathrooms, finished basement, safe, flat land, beach, docks, dead end street. MLS 9664558</td>
</tr>
<tr>
<td>$600,000</td>
<td>LAKE BEAUCHAMP: Upholstery &amp; awning business. Excellent reputation + 2 apartments, great incomes. No competition. MLS 17472850</td>
</tr>
<tr>
<td>$219,000</td>
<td>SAINT-DONAT: WATERFRONT MIRIMA LAKE, 4 season, 2 bedrooms, fireplace, good potential, add your deco. MLS 17787358</td>
</tr>
<tr>
<td>$695,000</td>
<td>LAC DES PLAGES: Amazing waterfront home, 20 min. to Tremblant, 4 bedrooms, 3 bathrooms, landscaped MLS 28067153</td>
</tr>
<tr>
<td>$727,000</td>
<td>LAKE BEAUCHAMP: 123 water-front, over 1 acre of FLAT LAND, Great home, open living space with large basement. MLS 25861195</td>
</tr>
<tr>
<td>$799,000</td>
<td>LAC OUAREAU: Waterfront. 5 bedrooms, sauna, spa, 3 fireplaces. Sandy beach, 130,000 sq ft of land, furnished. MLS 8736697</td>
</tr>
<tr>
<td>$799,000</td>
<td>LAC OUAREAU: House to entertain all, 2012 construction with 4 bedrooms, 3 bathrooms, fireplace, sous-sol, must see. MLS 17935891</td>
</tr>
<tr>
<td>$1,049,000</td>
<td>LAC ARCHAMBAULT: Special log home, 4 bedrooms, veranda, finished basement, 170’ waterfront, double garage. Furnished MLS 16378643</td>
</tr>
<tr>
<td>$1,099,000</td>
<td>LAC ARCHAMBAULT: View of lake and mountains, with unique layout on 3 floors, 4 bedrooms, 3 bathrooms, furnished. MLS 10932772</td>
</tr>
</tbody>
</table>
Summer is here! Great salads or pasta with Smoked Salmon!

This summer we will have salmon brochettes, marinated tuna steaks and all kinds of seafood to put on the grill. Order what you want in advance: fresh whole fish, lobster and shellfish*. On Tuesday and Thursday we always have fresh salmon, white fish & extra’s, and organic salmon. On Saturdays, don’t miss our hot smoked salmon with maple syrup. It is the perfect accompaniment to your cool summer salad!

*Call Wednesday for the weekend

Daniel Dubé & Michèle Deschênes
the smoke master and the chef
7, Avenue de l’Église, St-Sauveur, Qc
450 744-0471
Many readers will recall the much earlier ParticipACTION campaign urging Canadians to get out and exercise because, shamefully, our average fitness age fell well short of Scandinavian adults. It was aggressively promoted and did have a certain impact. A much more timid campaign was launched on June 24: the ParticipACTION Longest Day of Play List – 24 things every Canadian child should do by the age of 12. Unfortunately, given the level of inactivity among children and the growing levels of obesity, only a small proportion of the targeted youth could be expected to accomplish even the rather undemanding tasks listed.

The reasons for this decline in the level of physical activity among children are obvious. The allowed physical activities at recess in schools have been severely curtailed. The prevalence of video games and the time spent vegetating in front of a television limit opportunities to achieve and maintain a decent fitness level. The scourge of helicopter parents, who ferry their kids everywhere, from the time of arranged play dates through adolescence, assure that these youngsters are unlikely to take the initiative to explore their environment. Organized sports programs tend to be very scripted and time-sensitive, which discourages true “play” time.

Down hill

Most of the proposed activities would have been taken for granted, even a generation ago. Not so today: Seeing a Coke commercial involving a short segment of a person actually enjoying rolling down a sandy hill motivated me to re-read the play list. Number 10 suggests rolling down a big hill. How many kids have ready access to a big hill? How few would even consider rolling down? Sliding down something on a piece of cardboard is also improbable.

There are several activities that would be prohibited as inherently unsafe by cautious adults. Experience total weightlessness at the top of a swing; hang upside down from a tree limb; ride a bike with no hands; create an obstacle course; swim in a lake or ocean; jump into water cold enough to almost take your breath away; bury someone you love in the sand. Why attempt these last three activities when a heated, sanitized pool is available close by?

Some of the suggestions made me feel sad for the unfortunate youngster who has to be prompted to experience such simple joys: skip stones across water; build a fort (it could collapse!); jump in a pile of leaves; fly a kite (hand-made!); throw rocks or snowballs at a post from a distance until you get a bull’s-eye (you might hit someone...or something); make up a game involving a ball. The very concept, competitiveness, inherent dangers, need to assemble and organize teams for (gasps) dodge-ball all seem like insurmountable challenges now.

Stare blankly

Play leaping and piggy back are two games that require no equipment or little preparation, just motivation. I am willing in wager that most 12-year-olds would stare blankly, if that were proposed to them.

Collect something in a forest and hike somewhere for a picnic both appear to be non-starters. Besides limited access, imagine how the lack of supervision would be greeted by politically-correct guardians.

What else is on this list that might be achieved by the average pre-teen? Paddle a canoe? Possible, but only in a supervised camp setting. Try a sport requiring a helmet? A somewhat mysterious entry since some propose the use of helmets for any activity that requires movement. How long before soccer moms insist that their precious charges wear a helmet to play soccer, since there is an alleged increasing incidence of concussion from heading a ball, (or simply prohibit heading until most of the kids decide to abandon the sport in their teens?).

In the rain

Play outside in the rain? Perhaps, if the child is wearing full rain gear, but that defeats the purpose, does it not? Make a snow angel? (Gasp!) In our secularized society, where Christmas has become virtually unmentionable, how did this insensitive suggestion make it past the censors/lawyers? Obviously, demeaning and sufficiently inclusive. People who profess faiths that do not include these winged wonders, as well as atheists, make it past the censors/lawyers? Obviously, demeaning and sufficiently inclusive.

Sigh! This leaves only a single item to consider: number 13 on the list is to make up a dance routine. This might just work...

In all fairness, there are some youngsters who potentially get to experience some of these simple activities now threatened with extinction. Some Scout / Guide troops and 4-H clubs fulfill the role of promoting health-play activities. It is a pity that so many kids today will miss out.
Montcalm is aiming towards economic development

Welcome to our new local development agent, Dominique Cadieux, and his administrative assistant, Marise Matte. For details: 819 681-3383 local 5804. A project in the works is a general store in the village of Weir. It is a project for the people by the people! Presently, 80% of citizens would become members of the COOP. Have you been surveyed?

Welcome to our new fire chief, Mr Yves Robitaille, who has recently retired from the Montreal fire brigade after 30 years of loyal service. Would you consider becoming a volunteer firefighter? If so, call the municipality for more information.

Hiking path: A grant of approx. $20,000 was awarded to refurbish the hiking path so it will meet the criteria of “Fédération de la marche.” Work will continue throughout the month of July. Access to Mont Larose will soon be clearly identified and welcoming to citizens and tourists.

Upcoming events:
Saturday August 2: Starting at 4 pm - Family Fest
Friday September 5: 9 am - Challenging Rally. Come see the cars and meet the drivers 9 am -10 am.
Thursday December 4: 9 am - noon - vaccination

News Wire
From Weir
Claudette Smith-Pilon - Main Street

News From City Hall

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Congratulations and welcome to:


Two sommeliers are on site to suggest excellent wine choices. Local and seasonal produce is always used. Open Tuesday to Friday: 11 am - 4 pm and for dinner: 4 pm to 9 pm. Brunch, lunch and dinner are available on weekends. Tapas and wine/cocktails are available on Thursdays. Ambiance is great, particularly with Pierre on site to share his fishing stories and tales about his “famous chaloupe” 450 229-4894.

Diane Lacelle, who opened a new denturology clinic at 1405 boul. Ste. Adèle, Ste. Adèle. The clinic is open 7 days a week for repairs, new dentures, etc. If you are not mobile, someone can visit you at your home to assist you with your denture requirements. 450 745-0339, wwwclinicenturedotor.com


Marc Colangelo, the new owner of O’Bodum restaurant, 220 chemin du Lac Millette, Ste. Sauvèr. The restaurant features large TV screens and an exciting new breakfast/lunch menu. In late August or early September, Marc will offer dinner on Thursday, Friday and Saturday evenings, with an expanded wine list. Fish ’n chips, chicken wings, and steak with fries (plus more) will be on the menu. 450 227-0458.

Stéphane Couture, Jack Allen Abramowitch and Jason Abramowitch have opened Mi Casa Automation, 6 Préfontaine est, Ste. Agathe. They will provide comprehensive security services in security alarms, camera systems and home automation. Their service will extend well beyond the initial sale and installation of a system, and their team will provide reassurance and peace of mind to all of their customers 1 877-787-2010.

Audrey Marleau, who recently opened Le Bouillon (Fondues Urbaines Bar), 375 Principale, Lachute. They offer a variety of delicious fondues, tapas and burgers daily. On Wednesday, it’s “all you can eat - mussels” from 5 pm - 9 pm. They have a lovely terrace, where you will enjoy a cold draft, or a refreshing jug of sangria with family or friends. 450 562-4233.

Seniors and Families at the Heart of Argenteuil

Maude Marcarauelle - Main Street

Need a Helping Hand?

For the past four years, the Coopérative solidarité Coup de pouce Argenteuil has continued to shine due to the professional services of domestic help and personal assistance it provides to residents of the MRC d’Argenteuil.

Whether it is for occasional work around the house, or for housekeeping services, Coup de pouce addresses the important needs of the population. Rates are adjusted according to the client’s income. In many situations, especially for seniors wishing to stay home as long as possible, the help of a trustworthy individual to prepare meals, do errands, or offer a few hours of respite to a caregiver is very valuable.

Anyone 18 years of age or older, who resides in one of the nine municipalities of the MRC d’Argenteuil, is eligible to receive services provided by Coup de pouce. Fees vary depending on the type of service required and the age, annual income and marital status of the client. Anyone 70 years of age or older is eligible for a tax credit. For a personalized assistance plan, contact Coup de pouce Argenteuil at 450 562-9993.

If you have any questions concerning other services in the area that could potentially meet your needs, or you simply need someone to talk to, contact Maude Marcarauelle, liaison officer for seniors, at 450 562-2474, ext 2304.

Not to be Missed this Month!

Everyone in Argenteuil is invited to the Courtre du Bois Challenge on July 29: 10 am at 45 Cambria Road. The event will also have a family component with a ton of activities for all ages, including a WIXX area for the kids. The Challenge combines an 8 km race with a ½ km swim. Other races will also take place during the day: 2 km for kids up to 15 years and a 2 km for those aged 70 and over. Participants can register on event day from 10 am -11 am. For more information call Tammy Hall at 450 562-2025, ext. 21.

Festival de la famille d’Argenteuil - July 26 to August 3

The festival has a day reserved for seniors called Bel Âge et a mobilité réduite. The entrance fee is $5. Entertainment includes: Polyphonie: 1 pm to 4 pm, Musiz: 7 pm, Chantal Fary: 8:45 am. To see the entire program, visit www.festivalfamilie.ca.
Argenteuil Liberal Association launches its youth committee
The Argenteuil Liberal Association’s president, Bernard Bigras-Denis, presents the achievement of one of his first commitments, the creation of a committee for Argenteuil’s young liberals.

Arqenteuil Young Liberals Committee aims to bring together the riders’ 16-25 year-olds to allow them to stand up for their interests within the Liberal association. Argenteuil’s young liberals are invited to join the committee and to attend the next young wing meeting of the regional council to be held in Lennoreau, August 9 and 11. More information can be found on the youth wing’s website (www.cplpj.org). For committee info email assisblierargenteuil@gmail.com.

The MRC d’Arqenteuil receives the 2014 Culture and Development award
The MRC d’Arqenteuil was named winner of the Prix Culture et Développement 2014 award in the 20,000 to 100,000 inhabitants category.

The MRC d’Arqenteuil was awarded the Culture and Development prize at the 27th conference of the community arts network, in Alna in recognition of its 53-minute documentary, “La gare de Lachute, une époque formidable.” The documentary tells the story of the railway and the old Lachute train station and the important role they played within the Arqenteuil community. The MRC would like to thank the creators of this magnificent audio-visual document, namely Catherine Lapointe, for the original project idea, and Maxime Hébert and Robert Simard, who co-directed the documentary.

Local news

Ways and Means: Our work would not be complete without our building projects. We continue to beautify the core of Lakefield of which the church is a major part and to be more environmentally responsible in maintaining the structure of the church. This sum will be passed on to those who have received a school bag in the past, but that has never been enough. This year, we are calling for donations of used schoolbags or backpacks in good condition, for their supplies and for all we provide the supplies required by the School Board. This association and the community will continue to be active as a worldwide organization, bringing together many women in many countries. It is an organization that unites these women with their desire to help one another through education, sharing life experiences and learning about everyday life. Congratulations to Lakefield-Mille Isles on this special anniversary!

News from Holy Trinity Church
• Soaking Time: For many months, we have been running what we call “Soaking Time,” meaning prayer in the church, providing a background to a period of quiet, conversation-free reflection. In the evenings, we play classical music, in the afternoon, traditional hymns. These soaking times (which are as popular as our regular services) occur on the same Sundays as our regular services, which are on the 2nd and 4th Sunday of the month over the summer period until Thanksgiving. After that, we will move to our winter schedule. To improve the sound of music up to the quality of the acoustics of the church, we are purchasing new music equipment, funded by grants from the Diocese of Montreal and the charitable Church of Canada. Both grants were only available for new initiatives involving community and neither for building upkeep.
• School Bags: Over the summer months, we will repeat our annual Schoolbag Project in which we provide school supplies to the residents of Gore who need assistance in bearing the costs of having children at school. For first-time recipients, we provide a school bag, for their supplies and for all we provide the supplies required by the School Board.
• Concert: On Saturday, July 5 at 8 pm, Glenn and the Watchmen, a crooner revival group, played at Holy Trinity. This was our first concert in 2014. Many of you will remember Marc Morin, a resident of Gore who was very instrumental in bringing in the musicians for our concerts from 2008 - 2013. Marc and Glenn Lévesque, both members of Glenn & the Watchmen, also play in M2G, a well-known and appreciated Montreal guitar trio.
• Building projects: Our work would not be complete without our building projects. We continue to beautify the core of Lakefield of which the church is a major part and to be more environmentally responsible in maintaining the structure of the church. This summer, we will be launching the basement to reduce energy use, repairing the nave and installing illuminating lights to make the view from Cambria and from R. 329 more attractive. The lighting is possible as a result of a generous bequest.

Family BBQ at St. Eugene Church
148 ch. Watchorn, Morin Heights September 7: 11 am – 4 pm
We have received several requests to date so for the table rentals. Therefore, the deadline for reserving a table will be August 15. After that date, registrations will be accepted depending on space availability. There will be a small fee to help cover the marketing costs: non-profit organizations $45 and $60 for profit enterprises. This fee includes your name published in our pamphlet being mailed to every Morin Heights home. There is also an opportunity for businesses to buy a complete business-card spot in the mailing pamphlet for $25.
For more info or to register for a table, please call the church at 459 226-2844 or email Johanne at johanne.leblond@gmail.com

Mont Tremblant
Governments of Canada and Quebec invest in public transit infrastructure
The Honourable Denis Lebel, Minister of Infrastructure, Communities and Intergovernmental Affairs and Minister of the Economic Development Agency of Canada for the Regions of Quebec, the Minister of Transport and Minister responsible for the Montreal region, Robert Poëti, and the Mayor of the City of Mont-Tremblant, Luc Birebise, are pleased to announce that four new bus shelters and five bike racks have been installed on the territory of Mont-Tremblant with contributions from the Governments of Canada and Quebec.

The new bus shelters have been installed at the following stops: No. 44 in front of the tourist office on the way to Béribé; No. 30 to the intersection of Saint-Jovite and Piner; No. 29 at the intersection of Boulevard Dr. Gervais and Cadieux Street and No. 58 at the intersection of rue Labelle and Montréal Ryan.

Mont Laurier
The Argenteuil Liberal Association's youth committee has been launched.

The Argenteuil Liberal Association’s president, Bernard Bigras-Denis, presents the achievement of one of his first commitments, the creation of a committee for Argenteuil’s young liberals.

Argenteuil Young Liberals Committee aims to bring together the riders’ 16-25 year-olds to allow them to stand up for their interests within the Liberal association. Argenteuil’s young liberals are invited to join the committee and to attend the next young wing meeting of the regional council to be held in Lennoreau, August 9 and 11. More information can be found on the youth wing’s website (www.cplpj.org). For committee info email assisblierargenteuil@gmail.com.

The MRC d’Arqenteuil receives the 2014 Culture and Development award
The MRC d’Arqenteuil was named winner of the Prix Culture et Développement 2014 award in the 20,000 to 100,000 inhabitants category.

The MRC d’Arqenteuil was awarded the Culture and Development prize at the 27th conference of the community arts network, in Alna in recognition of its 53-minute documentary, “La gare de Lachute, une époque formidable.” The documentary tells the story of the railway and the old Lachute train station and the important role they played within the Arqenteuil community. The MRC would like to thank the creators of this magnificent audio-visual document, namely Catherine Lapointe, for the original project idea, and Maxime Hébert and Robert Simard, who co-directed the documentary.
Changing attitudes

Again, I was moved to tears whilst watching the funeral of the three fallen Mounties in Moncton NB, such an outpouring of love and concern from their peers and the community to individuals doing a very dangerous job.

Officer Eric Zahpain gave his life in the line of duty on Dec. 29/09 while sitting in his car at an Ottawa Hospital - another senseless killing that stirred the nation and, now, here again, we have all been touched to the core by the three deaths in Moncton by a deranged individual.

Maybe it’s time to think of these officers, these members of the community, not as the “bad guys” who give out tickets, but as those who would go to extraordinary lengths to protect us and keep our communities safe.

Let’s change this stigma, and make a conscious effort to “THANK A COP” Attitudes change when we change. Start a trend and make a cop your friend!

Ken Draycott
Downtown Cushing.

The reader’s voice

The English Link

Mobilys

Laura Young - Main Street

Quebec is facing a big challenge; too many youth are dropping out of high school. The Agence de la Santé et des Services Sociaux des Laurentides puts the rate at 19.2% for the Sir Wilfrid Laurier School Board for the 2009-2010 school year. This number includes English schools in the Laurentians, Lanaudière and Laval regions. This is important to us as a society because, although there are exceptions to every rule, people without a high school diploma are more likely to be unemployed, or have lower-paying jobs, than high school graduates. With new programs aimed at keeping our kids in school, there has been a reduction in dropout rates over the last ten years although areas like the Laurentians, outside of the big cities, are still struggling with student retention.

The Mobilys Foundation is a non-profit organization whose mission is to mobilize Quebecers so that the academic success of our youth becomes a collective priority. The old saying, “It takes a village to raise a child,” is part of the philosophy behind this organization. Local businesses and citizens are encouraged to donate time, money and/ or materials to their local schools. Mobilys believes that when children feel supported by their community, and recognized for their efforts, they are more likely to become actively involved in continuing their education. Local celebrities, including Georges-P. Pierre and Alexandre Béliveau, are lending their voices and participating in a fun project where they share their high school graduation photos on the Mobilys website.

A New Year Ahead

Laurentians CARE believes education is the gateway to an improved quality of life and in extending longevity in the home. One effective way people can gain important knowledge is by learning how to navigate the health and social service systems in their area. Our new plan of action for the next 2 to 3 years includes a dynamic approach to providing home and health care maintenance and management, and, to improve communication and expectations between primary healthcare professionals and their patients.

Knowing what legal rights you can expect within the health and social care system has become our priority. We can provide that support in regards to the proper resources now available through our new legal resource contact. Steering you in the right direction is our way of ensuring our caregivers are well taught, trained and supported for the work they do.

This year, Laurentians CARE has embarked on a special project to film seniors out and about in their community. The purpose is to point out that seniors enjoy life the way people can gain important knowledge is by learning how to navigate the health and social service systems in their area. The majority of seniors and caregivers are unaware of the lengths to which

Sainte Agathe Academy was chosen to be part of this pilot project. Chantal Paquin, a behaviour technician from the school, states that although they have a low dropout rate, the dedicated staff and administration agreed to participate in a lengthy process of meetings and training sessions in Montreal and to allow a film crew into the school to create a short video promoting Mobilys. On April 23, Sainte Agathe Academy and Mobilys officially launched the project and invited members of the community to join the students and staff to view the video.

Sainte Agathe Academy’s new Facebook page announces all the activities and positive things taking place to help raise awareness of the school and its special projects. One month after the launch, the number of people following them on Facebook has doubled. To help a school in your area or to read more about Mobilys, check out www.mobilys.org.

For more about the dropout rates in Quebec and the Laurentians:

Wedding Congratulations

On July 5, friends and family gathered to witness and celebrate the marriage of Sylvie Barsalo and Barry Young, adoring friends and partners of several years. May they continue to share a lifetime of love, peace and happiness. Congratulations to you both.

Celebrated through a professional videographer, have already visited several families in various areas to gain knowledge of their individual experiences that will be transcribed into a video. Anyone interested in attending the August presentation at McGill can call L-CARE for information. The presentation will also be offered in the Laurentians at this year’s AGM in late August.

McGill University has asked Laurentians CARE to provide a presentation for the MELL department, focusing on seniors’ needs and how they cope while living in the Laurentians. Christina Vincelli (Executive Director and founder of L-CARE), Chris Wynne (director pertaining to Dementia / professional videographer), have already visited several families in various areas to gain knowledge of their individual experiences that will be transcribed into a video. Anyone interested in attending the August presentation at McGill can call L-CARE for information. The presentation will also be offered in the Laurentians at this year’s AGM in late August.

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Most when they can remain in their own home, surrounded by loving care. But, this can result in a toll that weighs heavily on the caregiver. This video sheds light on challenging situations that at times, can be a harsh reality, especially when request for aid is denied.

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The majority of seniors and caregivers are unaware of the lengths to which municipalities and regional groups will go to in order to monitor and provide needed services. One such organization is Le Table de concertation régionale des aînés des Laurentides (TRACL).

L-CARE was the first English community organization that joined TRACL then known as TRAL. Laurentians CARE is proud to remain an active member providing information pertaining to seniors living in the upper Laurentians as well as the needs from the Anglophone community to this organization. Working together with our French partners has always benefited L-CARE and we look forward to continuing our mission with TRACL.

Our work is done. In August, the AGM will bring in a new Board of Directors comprised of professionals with direct links to information pertaining to elders and caregivers, their needs and their safety.

The reader’s voice

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Marché Découvertes and the Laurentian Farmers’ Markets

Among the Laurentian Farmer’s Markets, The Marché Découvertes d’Argenteuil is unique in that it visits three different cities, St. André d’Argenteuil, Lachute and Brownsburg throughout the course of the summer season, June to September. During the month of July, the market is set up in St. André in the Presbyterian church parking lot (1, route des Seigneurs) and is open from 9 am – 1 pm. August 3 to September 13, from 9 am – 1 pm, the market moves to Lachute and can be found at the junction of Rte. 158 and Rte. 329. For the last two weekends, September 20 & 27, the market heads up Rte. 327 and sets up at the corner of rue Principale and Rte. 329 (9 am – 1 pm).

Since its beginning, several new members have joined this local coop, which now includes over fifteen members. For those who enjoy the freshness of locally produced food, the market offers an array of delicious products including seasonal fruit and vegetables, various meats (sanglier and lamb), sweets (chocolates, caramels and honey) and artisanal treasures such as soaps and “home-grown” blankets. Aux cassis d’Argenteuil offers refreshing beverages transformed from the unique cassis berries and there are several other interesting booths to browse through as well. While the coop members join together on market days, many also offer their products straight off the farm and there are a few who will provide food baskets filled to the brim of what’s ready each week. To discover the full list of producers, please visit www.découvertesdargenteuil.com. Drop by and meet the passionate producers who take pride in providing the best of the best for your table.

Other markets offering wholesome goodness are:

Mont Tremblant: Saturdays, until Aug 30: 9 am to 1 pm. Located in the heart of the old Tremblant village, next to Lake Mercier and the train station.

Ste. Agathe: Thus far no Farmers’ Market announced for this summer.

Val David: Saturdays, until October: 9 am to 1 pm. Over 50 producers, many sell organic products/ Located at Rue de l’Académie, on the corner by the church of Val David. 819 322-6419. www.marchedete.com.

Ste. Adèle: Saturdays throughout the summer: 8:30 am to 3 pm at Park Grignon, in the heart of town.

Morin Heights: Every Friday afternoon from 2 pm – 6 pm. 148 Watchorn Road. 450 226-2789. morinhightsmarket@gmail.com.


COMING SOON: ECOLOGICAL LOG SPLITTER POWERED BY YOUR ELECTRIC PRESSURE WASHER

Use QUADIVATOR ATV Equipment to care for your terrain. Beneficial and fun whilst using your ATV!!!

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Celebrate Canada Day

On July 1, even the very young spent the day celebrating Canada Day. Photo submitted by Kathryn Beaven.
Summer Festivals Music & Dance

16th Upper Laurentians Classical Music Festival
Sat, July 19: Marie-Josée Lord Qurantos (Centre culturel de la Vallée de la Rouge, Rivière Rouge); Sun, July 20: 7:30 pm: Luis Ledesma (Mont Tremblant Village church) and at the same church on Sun, July 27: 7:30 pm: Chamber Music by the Alcan Quartet. Sat, Aug 3: 7:30 pm: tenor, Simon Geller (Nom금용어). Sat., July 26: Michel Brousseau with the Nouveau Monde Philharmonic Orches- tra, plus choir with soprano, Maria Krupa, and baritone, Pierre-Etienne Bergeron (Mont Laurier church). www.concertshauts-laurentides.com Tickets: Regular $32. $1 877 545-3380.

Jazz Festival – Mont Tremblant
Nearly forty free jazz concerts, August 6 to 10. 5 jazz-filled days presented on 2 outdoor stages, and in cafés in Saint-Léon and downtown (sector) and the old Mont Tremblant village. The R.C. Jazz Ensemble, directed by Raoul Cyr, will open the festival on Thursday, August 7 at 9 pm. Info: 514 994-0543 festijazzmtremblant@gmail.com

Festival des Arts de Saint-Sauveur – See Page 21
July 31 – to Aug 9. Ticketed performances and free shows in the park! Not to be missed!

Sunday Brunch Concerts
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Art exhibition in Harrington

Hanging oil and watercolour paintings in the same place, at the same time, is a challenge but it can be, in some way, quite provocative. What an interesting adventure for visitors and artists; a perfect occasion to learn the differences and secrets of these two medias. Gilles Jean-Marie and Normand Laurin have accepted to hang their works side by side, giving them the opportunity to explain how they use technique to create art. Oil is commonly considered as being everlasting; watercolour, behind glass, so fragile and evanescent.

Gilles Jean-Marie

Born in Montreal, Gilles now lives in Saint-Côme, Québec. Because he desires to translate the delicate and fine texture of skin in his works, he is urged by the quest of the secrets of transparency. He paints with oil and uses its qualities to generate a smooth, pictorial finish. The result is particularly noticeable in portraits of young girls whose skin and hair have the softness of silk. Gilles is inspired by the great masters of the past as can be seen in his figurative paintings: still life, landscapes, portraits and animals. For the past few years, he has been teaching to communicate his passion for oil painting.

Normand Laurin

Normand hails from Chute-à-Blondeau, a tiny village by the Ottawa River at the eastern border of Ontario and Québec. After three years of teaching in Ottawa, he left for Paris in 1963 where he earned a master degree in arts. For the next thirteen years he taught history and French literature in Suisse Romande. Returning to Canada in 1978, he continued teaching French literature and arts at College Marie-Victorin in Montreal. At the same time, he was in charge of watercolour courses at L’Art vivant gallery in Montreal, Old City Gallery in Truus Rivière, and finally, at Auberge Val Carroll, where he exhibits every two years or so. His work is realistic but animated with lyricism so as to create emotion. His choice of colours, simplicity and scarcity of details suggest “approach” more than precise statement.

The exhibition will take place at AUBERGE VAL CARROL, (50 ch. Val Carroll, Harrington) on July 19 & 20: 11 am to 5 pm. A light lunch will be served from 12 to 3 pm ($22.50 - credit cards accepted). For information call: 819 242-7041 / 450 562-1272 / 450 883-0831.

Arts Morin-Heights - 31st Summer Season Exposition

Joan Beauregard – Main Street

The members of Arts Morin-Heights are busy preparing for their annual summer exposition. This year’s edition runs from July 25 to August 3: 11am to 5 pm, with a vernissage on Saturday July 27 (5 - 7 pm). The location is St. Eugène Hall, 148 Watchorn Road in Morin Heights.

Thirty artists from the Pays d’en Haut and surrounding region will present works in ceramics, wood, photography, glass, acrylics, oils, pastels and watercolour. The exposition offers a range of styles, sizes and formats.

Four artists will share their techniques in this year’s demonstrations, planned for July 27, 29, 30 and 31, between 2 pm and 4 pm. Demonstrators are: Kim Brewster (stained glass), Jean Cousineau (painting on glass), Ginette Fontaine (acrylic painting) and Sheila Watson (pottery).

The popular, collaborative mosaic, made up of 5 x 5-inch pieces from all participating artists, will also be presented. Last year’s display of large-format paintings was such a hit that it is being expanded. Also, five emerging artists have been invited to exhibit.

During the Vernissage, visitors can submit a vote for their favourite artwork and the piece with the most votes will be selected as the “People’s Choice.” There will also be a draw from the ballots and one lucky participant will win a painting on glass, created by Ginette Mayer.

There is no charge for admission to the exposition or any related activities. However, donations for the Food Bank of the Pays d’en Haut will be gratefully accepted. For information call: 450-226-3236 or 514-913-2087, or visit www.artsmorinheights.com.
Membership cards are available at a cost of $45.

Bar/Lounge is open on Fridays from 3 pm - 9 pm.

July 19: Golf Tournament – St. Andrew’s golf course – details at the legion. Please note that there will be no smoked meat dinners or legions activity cards, darts etc. in July or August.

Bus trips to the Casino continue as usual - details at the legion.

Branch 70 Filiale Lachute

July 19: Golf tournament – St. Andrew’s golf course – details at the legion. Please note that there will be no smoked meat dinners or legions activity cards, darts etc. in July or August.

Branch 71 Filiale Brownsburg

Aug 2: starting at 10 am – Annual Golf Tournament at the Oasis Golf Course. $75 and includes golf, electric cart and lunch. For information, please call Past. Steve Roach 450 533-9161.

Branch 192 Filiale Rouge River

July 11: 6 pm – TGIF

July 16: 6 pm – Meeting (executives only)

July 26: 5 pm – Christmas in July dinner. For tickets call 819 687-8971.

Cribbage every Tuesday night at 7:30 pm.

Darts will resume in September for those interested in learning / playing Military Whist or Majong board games, we would like to add those to our activities.

Branch 27 Filiale Sault-au-Récollet

July 24: meeting – 7 pm at the Legion.

Branch 171 Filiale Morin Heights

July 18: 6 pm – TGIF Smoked Meat

July 19: 6 pm – Barney’s Famous Roast Beef On The Spot

Legion Fleet Markets: August 2, September 6

NOTE: In case of rain the flea markets will be held on the following day. For information on any event call 450 562-2133 (after noon).

July 19: 10 am – Legion Flea Market

July 26: 5 pm – Christmas in July Dinner. For details please call 450 626-2213.

Community Bulletin Board

COMMUNITY BULLETIN BOARD
July 2014

ROYAL CANADIAN LEGION
LÉGION ROYALE CANADIENNE

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

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Coming up at the Lost River Community Center

July 23: 6 pm
Annual BBQ at Pub 327 in Lost River, Harrington.
On the menu: hamburgers, salads and desserts, plus music and door prizes.
Adults: $10, children (12 & under), $6.
For more details, contact mike.carroll@xplornet.ca

Sunday, August 3: 9 am – noon:
LRCC’s monthly breakfast.
Basket draw donations will go to the Lost River Presbyterian Church.
Everyone is welcome. For more details, contact mike.carroll@xplornet.ca

Celebrating Lifelong Learning: Seniors Programs
Check out these programs.

ADVANCE NOTICES
Yard Sale
Morin Heights United Church
Sunday, August 23: 8 am – 3 pm
Books galore – knick-knacks - odds and ends.
Something for Everyone

Ham & Salad Supper
Margaret Rodgers Memorial Church
463 rue Principale, Lachute
Sept 12: 5 - 7 pm
Delicious homemade pies for dessert!
Hosted by The Order of the Eastern Star, Lachute Chapter # 56
Keep this date open for a really good meal and great entertainment supplied by the Lachute Group.
We look forward to seeing you!

Walkers support the SPCA-LL
In spite of the previous record-breaking heat, 60 walkers helped to raise close to $7600 for the SPCA Laurentides-Labelle at Mont-Habitant on Saturday, June 14, during the first Walk-A-Thon to help the SPCA-LL. A 4-km walk was held during Bouger avec son chien Day, presented by Wouf Lapins.
A dozen participants won prizes, including a bicycle, gift baskets and a session with dog specialist Jean-Lessard. The team at the SPCA-LL would like to thank organizers, collaborators, sponsors, volunteers, participants who created what we hope will be an annual event in support of our youth. We could not help but feel that Bill was with us, smiling on that sunny afternoon and he will not soon be forgotten. See you next year!

Ensemble Cantivo
On June 19, “Ensemble Cantivo” performed a benefit concert for St. Francis of the Birds. If you are interested in joining Cantivo or want more information about this "a cappella" choir, please contact Louise: 450 224-7258 or cantivo25@yahoo.ca.

TO POST A NOT-FOR-PROFIT COMMUNITY NOTICE, EMAIL SUSAN MACDONALD: MAIN.STREET@XPLORNET.CA
A Word from the Mayor

Dear citizens and visitors,

I would like to start by saying that it is an honour and a privilege to represent the citizens of St. Sauveur; a place I have had the pleasure of calling home for the past twenty years. The municipality has a team of city councilors, and together, we are doing everything in our power to respond to the needs of our residents in our plans for the future, ensuring the continued quality of life in St. Sauveur.

Our charming village is well-known for its hospitality. The heart of the village is the hub for locals and visitors alike. We are growing, yet we strive to preserve the feel of a calm village. Our beautiful church, lovely streets decorated with flowerbeds, our parks and the library, are all there to be enjoyed by everyone. The village is bustling with activities and hosts many popular events throughout the year. There are festivals, holiday parades and dance performances of international scope. There is a summer theatre, art fairs and free concerts in park Filion. The choice of music is diverse enough to suit every taste, from traditional Quebec songs, to the blues, to country music. There are visual & fine crafts exhibitions, book fairs, a Vintage Car day, and last but not least, the Ski Museum displaying the strong connection of this sport with the history of our village.

You will find stores for every budget and restaurants offering delights for every palate and price range. Many of our restaurants and clubs feature live music for your entertainment. In short, our village has everything you need. Come and discover the diversity of things to do and entertainment to enjoy here. Whether you live in the Laurentians, come from abroad or from Montreal, I hope you will enjoy the beauty and tranquility that our village offers.

Welcome to St. Sauveur,
Jacques Gariepy
Mayor – Town of St. Sauveur

At that time, ownership of the hills was fragmented and divided amongst many different individuals and groups. It was only in 1970 that ownership began to be consolidated into one group of businessmen, led by another pioneer, Jacques Hebert, who was able to convince other operators to unite under a single corporate identity, known as Mont Saint-Sauveur International Inc. Soon after, night skiing was initiated and other ski hills were bought, and by the late 1990s, the company had become the major ski operator in the region and the town of Saint-Sauveur had become a popular tourist destination, attracting visitors throughout the year, with winter skiing being the major attraction.

Over the years, the town continued to grow and expand. In 2002, the town merged with the surrounding parish of the same name, to form the city of Saint-Sauveur, covering a greatly expanded territory and much larger population base. With its focus on promoting tourism, Saint-Sauveur has become known for its summer attractions of concerts, theatre productions and art exhibitions, in particular the extremely popular FASS (Festival d’Arts Saint-Sauveur), which brings visitors from near and far. It involves a week of exciting events focusing on the arts - dance, theatre, and music - an event that has grown in popularity and renown over the years and attracts artists and performers from around the world.

As a result of the city’s successful efforts to attract year-round visitors, the area is well-known now, not just as a winter destination. However, skiing continues to draw a steady stream of visitors, due to the availability of night skiing, extensive snow-making, abundant accommodations of various types, après-ski attractions of numerous bars and restaurants and, above all, its proximity to the large populations of the cities of Montreal, Laval, St. Jérôme and the surrounding regions.

Saint-Sauveur has grown steadily over the years and continues to attract both full and part-time residents and visitors, due to the natural beauty of its surroundings, the hospitality of its citizens, the fresh, clean air and hundreds of lakes of its territory and its first-class infrastructure of roads, highways and communications networks. Its future is bright indeed!

The Laurentian Ski Museum

Our beautiful Laurentian Mountains are the birthplace of the sport of skiing in Canada. The Ski Museum, located in St. Sauveur, contains memorabilia of the early days, such as skis, boots, maps, trophies and photos dating from the 1920s, on through the 50s and 60s, to the current era of this popular activity. In the Hall of Fame you will find information and photos of the early pioneers who contributed greatly to the growth and popularity of skiing and the resulting economic boom in the region.

There were many early skiers and businessmen who were responsible for making St. Sauveur a favourite destination for skiing, among them were some well-known names, such as, Emile Cochand, Victor Nymark and, more recently, Jacques Hebert. By the late 1960s, Jacques Hebert, with other investors and Mr. Nymark’s participation, bought up the various ski hills in the area and incorporated them into the major corporation that is known today as Mont Saint-Sauveur International, and during that time the town prospered, as it developed into an all-season destination for visitors from near and far. Since that time, the other ski hills in the region, Mont Avila, Morin Heights, Mont Gabriel and Mont Olympia have been incorporated into the same group.

Cross-country skiing also gained popularity during those early years, and the entire region contains endless miles of trails that are groomed and kept open all through the winter season. This sport owes much to the efforts of other early pioneers, such as “Jackrabbit” Johannsen whose name is synonymous with cross-country skiing.

The Laurentian Ski Museum is located at 30, Rue Filion, Saint-Sauveur, telephone 450 227-2364, and is well worth a visit by anyone interested in the history of this sport and its development in our region.
MESSAGE FROM THE MAYOR

SAINT-SAUVEUR

DISCOVER THIS CHARMING VILLAGE

A Stroll Through St-Sauveur
Discover St. Sauveur
Ilania Aibileah – Main Street

It takes a mere forty-five minutes to drive from Montreal to St. Sauveur where a unique church looms over the village. Exiting the highway, fields of flowers in exuberant colours welcome you to town. The colourful display continues throughout the village in flowerbeds lining the medians, sidewalks and store-fronts. In fact, the presentation is so spectacular that St. Sauveur has received awards for its floral display over the past few years.

St. Sauveur is “downtown” for the locals and a “playground” for Montreal visitors and other tourists. Throughout the year, there is always something going on in the village such as downhill and cross-country skiing, tobogganing, sliding, biking, hiking and golfing. For water lovers, there is an Aqa Park and several lakes in the area. One can catch a show at the Festival of the Arts, a comedy at Théâtre St. Sauveur or simply stroll along the beautifully decorated main street with its boutiques, restaurants, terraces and clubs. In the heart of town is the spectacular church with its carillon bell and Park Filion, where the tourist office, filled with local information can be found. Some people opt for a Calèche ride, some shop till they drop! Oh yes, there are designer clothing stores and boutiques selling women’s and men’s apparel and shoes, in fact, there are shops with everything your little heart could desire.

Across from the park, is an indoor food-mart with selected stores offering local produce, baked goods, well-raised meat, fresh salmon and other specialty products. Elsewhere in town, you’ll find fine toys, kitchen accessories, gift stores, home-décor items, art galleries, home & garden supplies, fireplaces and BBQs. Anything available elsewhere, from holistic pet food to organic products, can also be found in St. Sauveur. There are hotels, spas, sports clubs, yoga classes and medical clinics. There are a few gas stations, as well as a good garage and CAA service.

People come to stay and relax for a weekend, or, a full vacation and enjoy meals in one of the many restaurants about town. And the choices are staggering, beautiful terraces serving leisurely breakfasts and / or brunches, meals on skewers, sizzling steaks, grilled seafood, fine French cuisine and Italian specialties. There is Asian food, popular North American venues serving poutine, pizza, hamburgers, and sushi as well.

Pierre Urquhart, General Manager of the Chamber of Commerce, says there is something for everyone, “The rich and the poor, and, every taste and budget”! The village map states: Here you can have the best memories, fresh air, happiness, culture and excitement. It is time to discover what this charming village has to offer!

Brûlerie des Monts

Located in the heart of St. Sauveur, Brûlerie des Monts has been a landmark for visitors and locals alike for nearly 20 years. This traditional coffee-roasting house and café-resto remains firmly committed to providing customers with the best coffees in the world, while offering a creative and flavourful choice of items on the in-house menu. Some two decades later, Brûlerie des Monts has earned a distinctive reputation for its undisputed mastery in the art of roasting coffee. Come in and let us impress you with our amazing blends or, purchase one of our famous roasts online at bruleriedesmonts.com.

Le Rouge Tomate

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17 rue de l’Église, Saint-Sauveur (450) 227-3083
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www.lerougetomate.com

Brûlerie des Monts

Elane Bonnetière

The “Elaine” collection is made with quality fabrics imported from Europe and crafted with care in Quebec. the collection “Elaine” designed by the owner of the shop is available exclusively at Boutique La Bonnetière.

A collection out of the ordinary!
Free activities & shows in St. Sauveur
Iliana Abileah – Main Street


Keep an eye out for further activities to be announced in our upcoming editions with details on the Jamaican Weekend (Aug 23-24) and the Fiesta Cubana (Aug 29 – Sept. 1), the annual event that turns St. Sauveur into a hotspot! Vintage car show & Patsy Gallant (Sept 14). Half-marathon (Oct 4). Country Weekend (Oct 11 – 13). Halloween Parade (Oct 31) and the Christmas Parade (Dec 6.) are all on the calendar! Call 450 227-2564 / 1 877 528-2553. www.valleesaintsauveur.com

The municipality provides:


Outdoor Skating rink at Park John-H-Molson, 20, avenue Viviane, St. Sauveur. There is also a sliding facility next to the skating rink. Trail in the woods with artwork displayed along the way at Park John-H-Molson. www.ville.saint-sauveur.qc.ca

Watch the World Go By from the Terraces of St. Sauveur!
Iliana Abileah – Main Street

Obodum, 220A, chemin du Lac-Millette. 450 227-0459. This is a “safe bet” for breakfast and also open for lunch until 3 pm.

Bistro Le Passé Composé, 90, av de la Gare, 450-227-3818. Located in the previous Café de la Gare (the old train station of St. Sauveur). Fine cuisine meals for breakfast and lunch: 8 am - 2:30 pm. Closed Mon & Tue.

Moe’s Deli and Bar, 21, rue de la Gare. 450 227-8803. Deli, American, burgers, pub food, salads and smoked meat – This is a very popular meeting place for locals and visitors.

Baton Rouge. 120 Chemin du Lac-Millette, 450 227-8678. Open seven days a week. Lunch & dinner specials featured. Wheelchair accessible.

Orange & Pamplemousse, 120, rue Principale. 450 227-4330. Restaurant serves unique dishes for breakfast, lunch and dinner. Open 8 am – 3 pm & 5 pm to 9 pm. Mon & Tue: 8 am – 3 pm.


Brulerie Des Monts, 197, rue Principale (across from the church). 450 227-6157. Open 7 days a week morning to evening. Tasty dishes, muffins, pies and cakes, coffees and teas, friendly service.

Lou Smoked Meat, 17 de l’Église. 450 744-0766. Open for lunch and dinner 11 am – 3 pm & 5 pm to 9 pm. Closed Mondays.

Le Carré des Saveurs, 206, rue Principale. 450 744-1766. Fine, creative cuisine - beautifully prepared plates. Closed Mon. & Tue.

La Bohème, 251, rue Principale. 450 227-6644. French bistro-style meals. This is one of the most welcoming spots in town – the owners say: “There is always room for friends here!”

Le SaintSAU & Bar, 235, rue Principale, 450 227-6673. Serving Table d’hôte: Thurs & Fri: 11:30 am to 2:30 pm. Fine dining serves Prime Canadian beef.

Le StSAU, 236 rue Principale, 450-227-0218. There is a good choice of beers and wines, lunch and dinner specials too. Live music, Thur., Fri., Sat. Open 7 days a week for breakfast, lunch and dinner until midnight.

La Bruyère, 10, ave. Filion. 450 227-4447. Seafood & steak. New location, right next to Park Filion. When there is music in the park – one may enjoy it from this terrace.

Créperie L’Armoricaine, 231, rue Principale, 450 227-0880. Enjoy Crépes and fondue on a lovely terrace. Summer hours: Sun -Thurs: 8 am to 10 pm. Fri & Sat - to 11 pm.

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VILLAGE UPDATES & SUMMER EVENTS

Culture, entertainment and theater

When you think of the Saint-Sauveur Valley, you think of endless enchanting evenings!

It is here that you will find comedy shows hosted by the funniest people in showbiz. Or, theatre, performed by actors who will seduce you with their talent. In Saint-Sauveur, you can also catch a concert or dance show, and top off the evening with a delicious meal in one of our many restaurants.

In the summer, Georges-Filion Park is the site of free concerts, every weekend, where you can participate, by singing along or learning a few dance steps.

There’s never a dull moment in the Saint-Sauveur Valley!

PROMOTION 3 FOR 1  
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Tapis LGL, 220-J chemin du Lac Millette, Saint-Sauveur
450 227-4955  www.tapislgl.com
Farewell to Grass – Hello Flowering Fields
Ilania Abileah – Main Street

The flower fields lining the highway at exit 60 off Highway 15 heading towards St. Sauveur, at the Pays d’en Haut Tourist Information Center and around the slopes of the elevated road, is a special project made possible by the cities of St. Sauveur and Piedmont, and, the OLD Pays d’en Haut. These spectacular gardens have bloomed profusely since 2011. Throughout the summer, starting in early May, the flowerbeds change colors with different wild, bi-annual and perennial flowers until autumn arrives.

Christine Landry of “Champs Fleurs,” who has been designing public and private gardens for the past fifteen years, was the designer. After spending a few years commuting to an engineering job in Montreal, Christine conceived the idea of creating fields of flowers along the highways, thus saying “Farewell to grass – Hello flowering fields.”

Her approach is unique and ecologically friendly, starting with the seeds she picks by hand from her own gardens. Christine has been invited to speak at the Montreal Botanical Gardens and has been a speaker at several horticultural associations. She also participates in growers’ markets and seed fairs around Quebec. The next highway gardens she will create will be for the town of Rivière Rouge in the autumn of 2014. For more information visit her site: www.lechampfleuri.com.

SAINT-SAUVEUR NEWS
Animal services:
Anyone with complaints regarding domestic animals are advised to contact the Service de Protection Canine des Monts at 450 227-2768. Complaints or concerns regarding wild animals are to be directed to the Ministry of Natural Resources at 1 866 766-8441. They may also be contacted at www.mrnf.gouv.qc.ca, www.mrnf.gouv.qc.ca/fr/faune, or www.mrnf.gouv.qc.ca/fr/animaux-importuns

Notice from the Canadian Food Inspection Agency
The MRC des Pays d’en Haut recently received a notice from the Canadian Food Inspection Agency to the effect that the territory was now dealing with the issue of EAB. This insect is a brilliant blue- emerald green color, approximately 8.5 to 14mm in length. Because of its infestation it can easily be transported from one region to another, the City of Saint-Sauveur must stop collections of door-to-door branches. Citizens must now bring their pruning branches to the Écocentre, located at 2125 Jean-Adam Road, where they will be accepted at no charge (with proof of residency). For large amounts of branches please contact a pruning or wood chipping company. Note that it is mandatory to obtain a permit from the city before chopping down trees or burning wood residues.

Blood Drive July 18: 1:15 pm – 7 pm Chalet Pauline-Vanier, 33 rue de l’Église

SAINT SAUVEUR NEWS & NOTICES

GRAB SUMMER
BY THE TAIL
LOBSTER FESTIVAL

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TheMainStreetNews
FACEBOOK CONTEST
for a chance to win a $50 gift certificate for BÂTON ROUGE

EAB: photo by Charles Lam

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Saturday (only St-Sauveur)
9 am to 1 pm

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Saturday and Sunday
8:30 am to 4 pm

Ste-Marguerite-du-lac-Masson branch

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Thursday
10 am to 8 pm

Saint-Adèle branch
803, Saint-Adèle boulevard
Saint-Adèle (Québec) J8B 3N1

Saint-Sauveur Head office
218, Principale street,
Saint-Sauveur (Québec) J0B 1R0

Lac-Masson branch
2, des Lilas street,
Sainte-Marguerite-du-Lac-Masson
(Québec) J0T 1L0

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Incredible variety of Crêpes bretonnes and delicious fondues
Large terrace in the heart of the village of Saint-Sauveur

Incredible variety of Crêpes bretonnes and delicious fondues
Large terrace in the heart of the village of Saint-Sauveur

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Visit website
The Festival Under the Big Top and in the Park

Ilania Abileah – Main Street

The incredible festival of the arts St. Sauveur is approaching!

Thurs, July 31: 8 pm: Opening night featuring Guillaume Côté and dancers from the National Ballet of Canada, Svetlana Lukina from the Russian Bolshoi Ballet, and ProArteDanza.

Fri, Aug 1: 6 pm: Ailyn Pérez and Stephen Costello - A sheer musical pleasure.

Sat, Aug, 2: 8 pm: Martha Graham Dance Company - what an opportunity to see this company, founded by an icon of American dance.

Sun, Aug 3: 8 pm: The Montreal Jubilation Gospel Choir will enthral you with their music!

Wed, Aug 6: 8 pm: Appassionata and Arthur Murray Montreal. Christopher Panasuk and Anna Akselrod join this orchestra to create an amazing musical experience.

Thurs, Aug 7: 8 pm: Marie Chouinard's choreography has received rave reviews. It combines the physicality of dance with visual art and expressive movement to the music of Chopin.

Fri, Aug 8: 8 pm & Sat, Aug 9: 8 pm - International Ballet: These are two evenings with internationally acclaimed dancers.

Free concerts the festival offers at Park Filion

Thurs, July 31: 6:30 pm & 9:30 pm: D’Harmo: four harmonica players perform klezmer, traditional Quebec folk tunes, jazz, tango and classical music.

Fri, Aug 1: 8 pm: Les imprudances: A group of four who perform a 90-minute match of improv/dance.

Sat, Aug 2: 6:30 pm & 9:30 pm: Les Sortilèges – Quebec’s folk heritage, from the jig to square dancing with captivating traditional music and costumes.

Sun, Aug 3: 1 pm – 4 pm: Tohu-Bohu – an afternoon packed with activities for children.

Thurs, Aug 6: 6:30 pm: L’Académie Dansetout - a variety of dance styles from classic ballet to contemporary to tap, jazz and more.

Fri, Aug 7: 6:30 pm & 9:30 pm: les Bluebell Sisters - four sisters, their instruments, and voices, accompanied by a brother on drums, playing music from the 50s and 60s.

Sat, Aug 8: Radiotango - 5:30 Tango Class with shows at 6:30 pm & 9:30 pm - quartet from Montreal playing traditional and modern Tango.

Sun, Aug 9: 6:30 pm & 9:30 pm: Carlos Marcelo Martinez - a virtuoso guitar and singer accompanied by two musicians and a Flamenco dancer. Also, “Get fit while having fun!” Thursday to Saturday: Free 30 min. Zumba classes near the park stage.

Info: 450 227-0427. www.fass.ca

Unique Book Fair in St. Sauveur

Lori Leonard – Main Street

On July 18, 19 and 20, St. Sauveur will be hosting a unique book fair called “Auteurs dans la Vallée.” Samuelle Garnier, will be the featured guest author/speaker on July 19, the day she officially launches her new book, “Opérette et Voltaire.” To mark the occasion, she will bring along several artists from her show troop, including acrobats, musicians, riders and beautiful horses. Calèches, transporting featured authors, will parade along rue Principale to everyone’s delight. At 2 pm, Samuelle, accompanied by the horses that were behind the inspiration for her book, will be on site at Park George Filion to autograph purchased copies of her novel.

During the three-day event, forty featured authors and artists will be on site selling their books and signing autographs. Each day, a different author will be featured. For more information check the website www.valleesaintsauveur.com/calendrier-des-evenements.html.

Encadrimage St-Sauveur

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main.street@xplornet.ca
Zach Factor
On Murder, Quakes and Eclipses:

The New Madrid Seismic Zone
Lys Chisholm & Marcus Nerenberg - Main Street

George Lewis was a 17 year-old slave in New Madrid, Missouri, in 1811. On a bitter winter day in December, Lilburn Lewis, a bankrupted farm-owner and nephew of then President Jefferson, while in a drunken rage, chopped George to death for spilling water. Lilburn planned to bury the body, as it was illegal to murder a slave, but was thwarted by a massively destructive earthquake - an upheaval so powerful that it reset the course of the Mississippi River. Lilburn desperately stilled George up a chimney and tried to burn him. A second powerful quake collapsed the chimney. Lilburn rebuilt the chimney, but in a month there was a third massive quake, and a dog ran off with George’s skull. Neighbors alerted authorities and Lilburn was caught. George’s murder was exposed by the largest search of earthquakes in the recorded history of continental America, the New Madrid megquake.

The US Geological Survey, and the University of Memphis in Tennessee, catalogued journal entries that describe the events of the three consecutive earthquakes and their impact on the 5000 settlers. One businessman named Bringer described his wagon trip towards town through what would now be classified as the epicenter. He described a sudden release of brackish water filling up lowlands, and then being shot skyward and falling as rain. He said, “the roaring and whistling” sound of escaping air, along with the sight and sounds of “the horrible disorder of the trees, which... being blown up cracking and splitting, and (falling) by thousands at a time.” He said, “the surface was sinking and a black liquid was rising up to the belly of my horse, which stood motionless, struck with a panic of terror. . . . These occurrences occupied nearly two minutes;... the whole surface of the country remained covered with holes, which... resembled so many craters of volcanoes.” At dawn, there was a “perpendicular bouncing that caused the earth to open in many places... the deepest I saw was about twelve feet. The earth was... entirely inundated with water. The pressing of the earth... caused the water to spout out of the pores of the earth, to the height of eight or ten feet.” He ends his account saying that no one could stand up for several minutes and that the air smelled strongly of sulphur.

The New Madrid multiple earthquake series, between Dec 1811 and Feb 1812, was dismissed by scientists as a rare occurrence. However, comparative studies - Burke & Dewey (1973), Nuttli (1973), and Ervin & McGinnis (1975), have allowed the earthquake to be re-categorized in the 8.2 range, or higher, by comparing effects to other recent large eruptions throughout the world. Concerns are mounting about this area. Rather than expending expertise on watching California’s San Andreas Fault, USGS has begun paying closer attention recently to a number of smaller incidents in the New Madrid area, which is indicating increasing seismic activity. Technology exists to allow scientists to gather data on sensitive seismic zones, and evidence is being reported of increasing pressure on this particular fault line.

Earthquakes in this region can shake and damage an area approximately 20 times larger than California. An earthquake, like New Madrid, would be felt all the way from Montreal to Mexico. Today, the New Madrid - St. Louis - Missouri area, populated by over 10 million people, is the hub of most North American trucking routes. An earthquake today, like the one in 1811-12, would collapse bridges, cause firestorms and destroy skyscrapers. Many buildings were built before earthquake-proofing became a required engineering standard. Virginia Tech Emergency Preparedness teams expect 86,000 deaths, just from infrastructure collapses alone. The west side of the US would be cut off effectively from the east, as would the south be cut off from the north. But, the most deadly effect would be the release of radioactive material from multiple damaged nuclear reactors along the fault line; think Fukushima times 5.

The New Madrid earthquakes took place within a two-month span, prior to a total eclipse of the moon on Feb 27, 1812. If a total lunar eclipse turns out to be the trigger for megaquakes, as some researchers declare, we may want to watch such a future event closely; the next full eclipse of the moon over North America will be on October 8, 2014.

As for the story of George Lewis, Zachians can read more in the novel, “Jefferson’s Nephews” by Boynton Merrill, Jr.

Special honour presented to Lt. Campbell Fox

On July 1, 2014, the former of the municipalities of Greenville-sur-la-Rouge and Harrington honored Lieutenan Campbell Fox for his forty years of service. A golden axe was presented after the annual Canada Day Parade in Harrington.
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Vital Eats

Meaty Mondays
Heather Jackson, co-founder of Marché Fermier Morin-Heights

The smell of roasted meat wafts into the air mixing with the smell of the surrounding forest. I smell the grass-fed beef, marinated with mint, hyssop, oregano and other fresh herbs from my garden, slowly release its aroma. Summer! That primal urge to eat meat is a part of many of us, not all, but enough to have created a global industry of confined animal feeding operations (CAFOs).

If you are buying a steak that does not say what province or country it comes from (Canada grade A OR USDA), chances are you are buying meat that was raised in a CAFO. The problems with these operations are far too numerous to list here, but are reported on periodically in news reports of pathogen outbreak, animal abuse, decreasing nutrition and increasing prices. This is public knowledge and if you research the government food inspection agency websites you will find the frequent re-calls of food and food products.

In food studies, traceability is the capacity of locating the origin or development of the food we eat. The more processed food is, the more difficult it is to find the source of the products that go into it. The importance of small farms in our food sheds cannot be stressed enough when it comes to sourcing meat.

On-farm slaughtering is making a comeback in some progressive states such as Vermont where a local expert will visit a farm and perform the killing and butchering of the animals, resulting in less stress to the animals and less cost to us. It is becoming easier to know where your meat came from and how it was raised and cared for before butchering. Smaller operations and abattoirs increases traceability and, should a bacterial outbreak occur along the line of production, it could isolate the event and limit the negative effects on both supplier and consumer.

There are an increasing number of farms that provide full service CSA (community supported agriculture) and offer meat in bulk or in smaller portions throughout the year. Price per pound may be higher than CAFO sourced meat, but the quality is well worth it. You can actually visit these farms, talk with the farmers and see where the animals live and sleep, and of course, support ethical eating.

You may have to do a little more legwork to make these choices, but that doesn’t mean you can’t find what you’re looking for. Buying direct makes economic and environmental sense; it all comes down to whom you choose to give your money to - a corporation, or a friend.
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Live entertainment

The reunion will start with registrations at 10 am on Saturday, August 2nd. and through-out the day there will be continuous music and entertainment. Gary Carpenter, a well-known entertainer and impersonator will be performing as well as acting as our MC. Between his performances there will be a variety of other music to enjoy. During the opening ceremonies, scheduled at 1 pm, a representative from the Children's Wish Foundation will be present to accept our donation.

From 2 pm – 4 pm, Rick Whitham and his band will be on stage, followed by a Country and Western singer, and music from 4 pm – 8 pm. Our main event of the evening (8 pm – 10 pm) will be Victor Courte, another well-known singer, and Ray Seguin. All our music is performed live, by locals from Lachute and the surrounding area. There will be “Open Mike” throughout the entire weekend, so, if anyone has talent and wishes to join, please plan on doing so.

Sunday at 10 am, an outdoor church service is scheduled and everyone is invited. Pastor Jerry Connell will be officiating and his brother, George, will be providing the music for the service.

Sunday only, we will hold a “mini flea market.” There will be regular vendors at the market, but we are planning to have ours on our site, although anyone attending our event is welcome to stroll the grounds and visit other booths. If you are an artist or artisan, please come and sell your precious goods. There is a $20 fee for the “spot” (table included).

From noon until 3 pm, Daniel Robert will perform country and old time rock and roll music.

Visual entertainment

Tables and historical displays of many local families, groups and businesses of “yester-year” will be set up; the Legion and Lions, History of the Ayers and Wilson Mills (where many local people were employed), pictures of the train station and lot’s more. People are still signing up for spaces, so the number of displays will increase as time goes by. If you are interested in participating, the cost is $5 for a table. The display area has an overhead roof, so it’s out of the sun.

We are looking for volunteers to help out, especially with parking. The planning committee for this wonderful event is only 8 people, and we cannot manage the parking on our own.

Youthful Perspective

Risky Business

Yaneka McFarland – Main Street

Do you want to be swaying on a rocking chair at eighty years old, on a porch somewhere, wondering what you have accomplished in your life, and what it’s all been about? After all, taking risks and living on the edge is completely reckless, and gambling on continued success is always risky, right? Wrong! Entirely, and absolutely wrong! Of course, I don’t mean, necessarily, to advise you to sell all your things and hitchhike across Europe, or go skydiving (although I’d love to try it.) What I do mean, however, is to be ambitious, to think divergently, and to realize that colouring inside the lines your whole life may not bring you to greatness – much less, happiness.

In the end, it’s not regretting what you’ve done, but what you had the chance to do but didn’t, that will haunt you, forever. That “window of opportunity” that you shut closed is what will keep you wondering… “what if?”

Obviously, you also have to think rationally. You don’t want to become the Jim Carrey in “Yes Man”, blindly agreeing to every occasion that presents itself, as no one wants to see you riding a motorcycle in an open-back hospital gown! I believe it’s about being sagacious, without eliminating the idea of spontaneity. Whereas, it may be true that we can’t lose if we don’t play, in fact, we can’t win if we don’t play, either!

Additionally, the risks we take do not have to be as large as the ocean. We all can acer-tain our capabilities as well as our limitations. I think the key is in finding the balance between not going too far and not letting those perceived limitations hold us back. Doing that little voice in our heads is telling us to go for is what living life to the fullest is all about.

We’re all head of taking the road less travelled, but why not choose our own, unique road, instead of taking the well-beaten path? The experiences we live, and the decisions we make along the way, are what will shape us as individuals, and will mold us into the people we become.

Instead of setting for the flatlands of conformity, why not venture into the wild and, per-haps, discover something extraordinary within us that could be entirely worth the risk? Years from now, I don’t want to be sitting on that metaphorical porch wondering, “what if?” Perhaps, it’s because I have grown up surrounded by people who have travelled, and who have enjoyed recounting their adventures to me that I feel the need to see the world, and to live within it according to my own terms.

Camp YMCA Kanawana Celebrates 120 Years in the Laurentiens

Once a Kanawanian, always a Kanawanian

Derek Walsh – Special to Main Street

Established in 1894, Camp YMCA Kanawana (formerly known as Kamp Kanawana) was Quebec’s first residential summer camp and is Canada’s oldest children’s summer camp still in operation today. Over the years, it has given thousands of youth from Quebec and beyond their first opportunity to enjoy a unique outdoor experience in the Laur-entien. Many who attended Kanawana as children or young adults are today Laurentien cottagers or permanent residents.

This year marks Kanawana’s 120th year. From its original site on a small island in Lac Saint Joseph in Saint-Adolphe-d’Howard, and its move in 1910 to Lac Kanawana in St. Sauveur, the Camp continues to provide the Kanawana experi-ence. Although many things have changed since the days when campers rode a train from Montreal before taking a horse and buggy from the St. Sauveur station to the site, the Kanawana spirit is as strong as ever. The memories and friendships garnered from a few weeks at camp remain with Kanawanians to this day.

“For many, decades have passed since they last visited camp, while for others, their memories date back to only last summer. Wherever you go, whatever you do, you will always be a Kanawanian,” explains Sean Day, the current Camp Director.

As part of the Kanawana’s 120th anniversary celebrations, there will be an alumni reunion dinner on September 5 in Westmount where former campers, staff mem- bers and volunteers will have the opportunity to catch up and reminisce with their old friends. The festivities will continue on Saturday, September 6, and Sunday, September 7 at the St. Sauveur site where Alumni and friends from all years will share their experiences. Several activities are scheduled: rock climbing, archery, ropes course, canoeing, swimming, face painting, arts & crafts, guided tours, hik-ing and camp “cuisine”!

For additional details about the Friday Alumni dinner and weekend at Kanawana, please contact Aki Avis at YMCA Camp Kanawana Alumni & Friends Associa-tion, 450 226-8117 or email camp.kanawana@ymcaquebec.org.

Facebook event – Kamp YMCA Kanawana Souper de Retrouvailles /Reunion Din-ner: A registration form is available on the website: www.ymcakanawana.ca. If you are in contact with other Kanawana alumni and can help expand the alumni network please call as well.

Derek was a camper at Kanawana in the 1960’s, a staff member in the 1970’s and is a part-time resident of Gore.
For more information on Lyme disease or how to remove a tick consult: 

\[ \text{ate} \text{ly if these signs appear.} \]

\[ \text{headache, fever, loss of appetite and swollen lymph nodes. Contact a physician immedi-} \]

\[ \text{ate each other for the past 3-4 days.} \]

\[ \text{may accompany this redness: muscle or joint pain, neck stiffness, unusual tiredness,} \]

\[ \text{appears on the skin, usually 3-30 days after the bite of an infected tick. Other symptoms} \]

\[ \text{The most common symptom of Lyme disease is a rash of more than 5 centimeters that} \]

\[ \text{areas where children play. After working in the woods, examine your skin carefully and} \]

\[ \text{It is recommended to wear long clothes, closed shoes and use a mosquito repellent} \]

\[ \text{around the perimeter of the house, cut and maintain the vegetation, especially near} \]

\[ \text{Samuelle Garnier} \]

\[ \text{tick consult: www.sante.gov.qc.ca or contact Health-info: 811.} \]

\[ \text{Use caution to prevent} \]

\[ \text{Lyme disease} \]

\[ \text{In recent years, there has been an increase in the number of reported cases of Lyme disease} \]

\[ \text{in Quebec and Dr. Eric Goyer, the Director of Public Health for the Laurentians,} \]

\[ \text{You can call the Commandeur family's mountain home Mont Sauvage.} \]

\[ \text{it is still called that today, although the Commandeur family is gone.} \]

\[ \text{It is still called that today, although the Commandeur family is gone.} \]

\[ \text{They were here when Alexander the Great believed he was conquering the world 2300} \]

\[ \text{world has been replaced with speeding cars and concrete homes filled with giant tele-} \]

\[ \text{virtual mythologies, personality cults and world-class sports teams, provisions screens and} \]

\[ \text{We even count the years from an arbitrary point 2014 years ago as though we} \]

\[ \text{mean of knowing whether the Anishinabe or some other original American nation lived here} \]

\[ \text{including ours, come and go. Between great civilizations and way before the first} \]

\[ \text{The Constant} \]

\[ \text{The Laurentian World was for the first European-descended colonists who explored} \]

\[ \text{to have shared with us, but instead, the Commandeurs faded into the woods,} \]

\[ \text{They could have shared with us, but instead, the Commandeurs faded into the woods,} \]

\[ \text{and the Commandeur family is gone.} \]

\[ \text{In their world, the Anishinabe knew of the Little People, hidden, mystical, called the} \]

\[ \text{it in canoes acquired from the Anishinabe. They even learned the rhythm of paddling} \]

\[ \text{songs from them, used to maintain their tempo as they moved, sometimes fabulously,} \]

\[ \text{They were here when Alexander the Great believed he was conquering the world 2300} \]

\[ \text{Le Haras Laurentien} \]

\[ \text{Le Haras Laurentien offers private horse/musical dinner-shows and a wide range of} \]

\[ \text{The Laurentian Personalities} \]

\[ \text{the Laurentian woods for centuries, possibly for millennia. There is no sure way} \]

\[ \text{of knowing whether the Anishinabe or some other original American nation lived here} \]

\[ \text{formed.} \]

\[ \text{thousands of variations and specific characteristics that lived lightly on the land and left} \]

\[ \text{tions, including ours, come and go. Between great civilizations and way before the first} \]

\[ \text{tions, we are blind to that “early” state of humankind, a constant human society with its} \]

\[ \text{and maintained by the residents of that mountain and their ancestors, used intermittently for uncounted} \]

\[ \text{of the colonizers, though, is a great deal of difficulty navigating the river to the north of} \]

\[ \text{Le Haras Laurentien} \]

\[ \text{they met the Commandeurs. They were Anishinabe – savages, according to the French} \]

\[ \text{The Commandeur family no doubt knew of them – may have even had encounters that} \]

\[ \text{between great civilizations and way before the first} \]

\[ \text{The Laurentian World was for the first European-descended colonists who explored} \]

\[ \text{How different the Laurentian world was for the first European-descended colonists who} \]

\[ \text{The colonizers, though, is a great deal of difficulty navigating the river to the north of} \]

\[ \text{Le Haras Laurentien} \]

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Obituaries

VOWLES, Alan Reginald
(January 27, 1922 – June 18, 2014)
Passed peacefully at the Argenteuil Hospital in Lachute, Quebec following a lengthy illness. He is survived by his wife, Joan (Orr), daughter Martha, son-in-law, William Tomes, sisters Wyneth Ball, Marjorie Bayne (Jack) and several nieces, nephews, great-nieces and nephews. He was pre-deceased by his parents Francis and Cewendine Vowles (Campbell), his wife of fifty-five years, Audrey Watson, his brother Gerald and brother-in-law Kenneth Ball. He will be sadly missed by all of us and especially his dog, Freddie. Alan was the owner of Martha's Cove Marina from 1964-1990. He was well-known as a master craftsman in woodwork. His proudest accomplishment was the construction of his log home in Cushing, which he completed in 1991. Special thanks go to his nieces, Gerald Vowles, family friend, Donovan Ryan, the homecare team consisting of Sylvie Sumes, Grace Morrow, Randall Beaulieu, Karina Lariviere, Dominique Aumont, Karen Loughren and Dr. Mitchell. The family also wishes to thank the many loyal friends and neighbours who helped out in countless ways.

A funeral service was held on Monday, June 23, 2014 at 2 pm at St. Mungo's United Church in Cushing. Interment was at St. Andrews East Cemetery. Donations to the Montreal Children’s Hospital Foundation, 1 Place Alexis Nihon, 3400 de Maisonneuve Blvd., West, Suite 1420, Montreal, QC. H3Z 3B8 or the SPCA Laurentides-Labelle, 355 Blvd., West, Suite 1420, Montreal, QC. H3Z 6E7 or the Laurentian Eye Institute may have to pay for them after July 1.

An excerpt from Jane Edward’s essay

“Where I am Perfectly Content”

A testament to the world Jack Watson made for his grandchildren and which they now treasure.

“As I crest the hill, I stop and look out at the view that I know so well and love so much. Nothing matches the beauty of the sun hitting the frozen lake and the snow-covered spruce trees. Looking at the contours of the ancient hills and the curve of the lake, my mind reaches back. I think of my grandfather’s stories of travelling by horse and sleigh and my grandmother’s stories of coming to the Laurentians on the ski train. My mind then jumps back to memories of tourtière pie baking in the kitchen rises to greet me. I feel safe. I feel loved. This is where I am perfectly content.”

Christmas tree my sisters and I picked out in the woods behind the house. I see myself winning pennants at the regatta. I see myself growing and changing, but the view of the lake always remains the same. This house, this lake, these hills, and the community surrounding it are a part of who I am. It has kindled my thrill in competition, my love of nature, and my close relationships with my family. I do not live at Manitou, nor does my extended family anymore, but it is our true home. My sisters, cousins, parents, aunts, and uncles are spread across the U.S. and Canada, and as I have gotten older and the demands of school and my sports have grown, I have spent less and less time here. Despite this, I remain inextricably linked to this place. For my family, Manitou is where our spirit resides and where everyone gathers to rejuvenate that spirit. The lake and the mountains seem to be untouched by time, untouched by my family growing further apart each year, untouched by my attitudes and values changing as I have grown up. With the sun dropping quickly in the west, I ski down the hill, and the blue cottage comes back into sight. I see my family gathered in the living room, and the smell of tourtière pie baking in the kitchen rises to greet me. I feel safe. I feel loved. This is where I am perfectly content.”
Main Street Money: Ladies’ Investment and Financial Education

Incorporating investment tax planning into your overall strategy

It’s a good idea to take every opportunity to minimize the tax you pay. After all, paying more tax than required means less money in your pocket. Investment taxation is an often overlooked but very important area of personal tax planning.

If you have any questions regarding the topic of this article, please contact me at 514 788-4883 or my cell at 514 949-9058.

The opinions expressed are those of the author and may not necessarily reflect those of Manulife Securities Incorporated or Manulife Securities Insurance Inc.

Scouts Argenteuil

The Scouts go fishing…

During the weekend of June 7, the Argenteuil scout group had the opportunity to go fishing at the Bois de Belle-Rivière. A licence, a fishing rod and the chance for each child to catch two trout were provided. The program at Bois de Belle-Rivière offered information and awareness regarding the fragility of the aquatic fauna as well as a passionate exchange with available specialists who shared some great fishing tips. Sparkling eyes at the end of the day confirmed that a return trip would be scheduled again for next year!

Thank you to everyone for making this a super year for us!
I’m Just Saying
Highway to Hell
Ron Golfman - Main Street

As one who has, at times, used my column as a vehicle to promote public and political motivation to consider and advocate better public safety in Morin Heights (making dedicated parking and wider roads in front of the church, moving the flower plantations etc.) there remains a glaring threat to life and limb I cannot ignore. It seems that nearly every town in the Laurentians has a highway running through it. After some research, it appears that every hamlet has a 50 km/h maximum speed when approaching the town, except Morin Heights, where the 80 km/h speed limit does not decrease. This puts everyone driving, biking and walking at great personal risk.

Highway 364, coming from Saint Sauveur, and, conversely from Montfort, traverses the town via the main intersection, at what we locals refer to as the “Four corners.” At this location we find a big IGA, a mini-mart, two large gas stations with dépanneurs and a small park all of which produce high volumes of merging traffic. The fact that the speed limit has not been reduced to 50 km/h for everyone’s safety, is both insane and idiotic. Yet, this outrage is accepted without a whimper, in spite of frequent accidents and near misses. In my opinion, the speed limit is a deterrent to the health and safety of the many pedestrians who walk the sidewalk. A pedestrian school crossing would be taking a giant step forward.

Step one: drink a cup of warm water with the juice of half a lemon squeezed into it first thing in the morning. This hydrates and nourishes the body with essential nutrients. Step two: do 5 - 10 minutes of calming your mind and body. Use music, meditation or whatever works for you. This is to centre and ground yourself so that you can meet your day in a more peaceful and clear frame of mind. This month’s challenge is to add 20 minutes of physical activity to your morning routine.

I go for a brisk, uphill walk, rain or shine, and then swim in the lake. I feel invigorated from the walk, the fresh air and the cold water. To hit it in, I get up half an hour earlier and feel satisfied that I accomplished so satisfyingly my 8 am. The cumulative effect of these three habits far outweighs doing just one or two.

I would never ask you to do something that I do not do myself. As a result, I now have a new morning ritual that I developed gradually by layering in a new healthy lifestyle habit every month. I am astounded with the results! My life has changed; I am more balanced, focused and productive.

Fit Tip #88
Active Living
Lisa McLellan - Main Street

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If I don’t start with the water, I feel like something is missing. The meditation, which I do for 15 minutes, seems to root me into a deeper source of energy, not troubled by an anxious nervous system. The walking gets my circulation going and when it is raining I discover the young girl in me I never knew I had to play in the rain. Some mornings, I open the door and set off at a run. These changes are organic and the result of augmenting my vitality, little by little. For those of you already doing it, 10 gold stars.

Practical tips:

1. If you can’t walk, try to stand up every 20 minutes to counter the negative effects of sitting. If you can’t stand, move your body by bending, twisting, pushing and reaching in all directions. Moving your body against gravity procures the health benefits. Accumulate your minutes gradually throughout the day.

2. If you already walk, swim or bike, enhance it by adding a small challenge, such as walk faster, incorporate hills of vary your swim stroke. If you have sore knees or hips the water is a great place to exercise.

3. If 20 minutes is too much at one time, work your way up gradually, minute by minute if necessary, or divide your time into 2 or 3 sessions. Use a walker, a cane or walking sticks if you have trouble with your balance. Get up and get going. You will be astounded at how your life will change.

Two-thirds of Canadians do not meet the recommended, minimum physical activity guidelines of 150 minutes a week (2013): That’s 25 minutes a day to help prevent the onset of chronic disease, increase your vitality and improve your quality of life. Join me in establishing a morning ritual that will help transform your life.

A Library Addict
Grif Hodge - Main Street

Some new books at the Jean-Marc Belzile Library in Lachute that can be borrowed for free by residents of Gore, Harrington, Lachute and Wentworth.

NEW FICTION
Abraham, Daniel - A Game Of Thrones: The Graphic Novel, Volume 3
Are you a fan of the show, Game of Thrones on TV? Here is a visually text version of the noted novel. We’ve been looking forward to reading Book 5 in this gripping tale of mighty power struggles and palace intrigue.

Cussler, Clive - The Bootlegger
Here is a different take on the Prohibition period in true Clive Cussler style. Isaac Bell of the Van Dorn Detective Agency finds himself in charge in “The Bootlegger.” It’s 1921, and both Prohibition and bootlegging are in full swing. Bell must stop the mastermind behind most of the bootlegging, a Russian criminal, who has a bold plan to take out the United States.

Evannovich, Janet - The Chase
There’s some local colour in this novel of an internationally renowned thief and con artist. Nicolai Fox is famous for running elaborate and daring scams. His greatest con of all, convincing the FBI to team him up with the only person who has ever caught him, and the only woman to ever capture his attention, Special Agent, Kate O’Hare. A daring heist and a deadly chase lead Nick and Kate from Washington, D.C., to Shanghai, and from the highlands of Scotland to the underbelly of Montreal.

King, Laurie R. - The Bones of Paris
Parts in 1929 was a heady time and place. The author weaves real people into a private eye novel (Hemingway, Cole Porter and Salvador Dalí). Her PI has left the FBI after a blowup with J. Edgar Hoover and is barely scratching out a living in Europe when the ideal job presents itself; prowls the bars, nightclubs and cafes to find a missing girl whose family hasn’t heard from her in months. Author is noted for her novels about Mary Russell and Sherlock Holmes.

YOUNG ADULT FICTION
Harris, Charlaine - Cemetery Girl. Book One: The Pretenders
The first graphic novel in a brand-new trilogy illustrated by Don Kramer. Calexia Rose Dunhill lives in a cemetery, hiding out from the world of the living.

Paterson, James – First Love
A remarkably moving tale with its origins in James Patterson’s own past, First Love is testament to the power of first love and how it can change the rest of your life.

NON FICTION
Lewis, Michael – Flash Boys: A Wall Street Revolt
The characters in Flash Boys are fabulous. Several have walked away from jobs in the financial sector that has paid them millions of dollars. From their new vantage point, they investigate the big banks, the world’s stock exchanges and high-frequency trading firms, and expose the many strange new ways that Wall Street generates profits.

Orr, Bobby - Orr, My Story
"One of the greatest sports figures of all time at last breaks his silence in a memoir as unique as the man himself. Number 4. Invoke that number and you can only be talking about one player – the man often referred to as the greatest ever to play the game: Bobby Orr. From 1966 through the mid-70s he could change a game just by stepping on the ice. Orr could do things that others simply couldn’t, and while teammates and opponents alike scrambled to keep up, at times they could do little more than stop and watch. Many of his records still stand today and he remains the gold standard by which all other players are judged.” Goodreads

Pele - Why Soccer Matters
Brazilian soccer legend, Pelé, became a superstar with his performance in the 1958 World Cup. He played professionally in Brazil for two decades, winning three World Cups before joining the New York Cosmos late in his career. Named FIFA co-player of the Century in 1999, he is a global ambassador for soccer and other humanitarian causes. He shares his most inspiring experiences, warming stories and hard-won wisdom while putting the game in perspective.

Val David
From 28 June to 24 August, discover Val-David by participating in a walking tour.

Work your neurons at the same time as your legs! Answer quizzes and chance to win 10 prizes donated by local merchants.

Three questionnaires for three different tours are available at the tourist office, located in the heart of the village at 2525 rue de l’Église. The draw will take place August 27 at 1 pm. To review the rules, please visit www.valdavid.com. For more information: 819 324-5678, ext 4235.
Healthy Channels
Lowering Inflammation with Acupuncture
Christopher Garbrecht, Ac. - Main Street

One of the things acupuncture is best known for, besides treating back pain and sciatica, is its ability to lower inflammation. Chiropractors and osteopaths often refer their patients to an acupuncturist because their inflammatory response is too high for them to treat.

Inflammation is a natural reaction to trauma or injury. It is part of the immune response to heal wounds and fight infection and disease. It is critical to healing wounds, but out-of-control inflammation can contribute to serious health problems. The normal cycle of healing involves three phases: the Inflammation Phase, the Proliferative Phase and the Remodeling Phase. However, the process can sometimes get stuck in the Inflammation Phase. The reason is that there is a compression of tissues and surrounding nerves, which restrict the local blood flow.

In Western medicine, inflammation is often treated with cortisone and corticosteroids. It is given in one of four forms: oral (for rheumatoid arthritis), topical (for allergic skin reactions), inhaler (for asthma and allergic lung reactions) or injection, directly into a joint. Cortisone is part of the family of chemicals known as corticosteroids. In its natural form (cortisol), it is produced by the adrenal glands and is released in higher amounts during times of stress. Over extended periods of time, the use of corticosteroids can have harmful side-effects, such as lowering the immune and inflammatory response.

Doctors have discovered that controlled dosages of corticosteroids can suppress inflammation and relieve symptoms associated with pain due to inflammation. The idea is that if inflammation can be reduced, pain can be controlled, proper blood flow can be restored and healing can flourish. The problem is that cortisone injections have been shown to prevent cartilage and joint repair. It has also been found to weaken ligaments and tendons surrounding the injection site.

There are several treatment options that both help reduce inflammation and improve joint healing. Treatment can include dietary changes and homeopathy, as well as cold-laser therapy and acupuncture. Acupuncture is a comprehensive system of medicine that can be used to treat both systemic inflammations (body-wide), such as allergic responses ranging from asthma, edema, and sinusitis, to more local joint based inflammation such as tendinitis. In Traditional Chinese Medicine, inflammation is not seen as a distinct disease. Instead, the flow of Qi, blood, and water is examined to see how it has been blocked. The idea is to help unblock the area in pain so that the body’s natural healing process can work at its full potential. Acupuncture has been shown to help with the anti-inflammatory response and actually decrease the body’s natural pro-inflammatory response. Acupuncture is an important tool to reduce inflammation without compromising your immune system. Before you take the next round of corticosteroids, ask your physician for a complete list of side-effects and health risks.

For more information about acupuncture, visit my blog at: acupuncturevaldavid.blogspot.com or call 819 219-0048.

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Homemade Pop tarts

By Tiffany Rieder
Food Stylist, Chef and Recipe Developer
www.stylisteculinaire.ca

On May 16, I attended Food Revolution Day hosted by La tablée des chefs at Jean-Talon Market. La tablée des chefs’ mission “… is to fight hunger by nourishing less privileged families and by developing culinary autonomy for future generations in order to break down the eventual cycle of food bank dependency” (source: www.mindfultable.ca/2011/12/gift-idea-cooking-classes-at-tablee-des-chefs)

I purchased my $20 ticket online, which granted me entrance to the event itself, and to 5 vouchers that I could exchange for delicious samples offered at the various kiosks made up of restaurants, bakeries and food stores. My ticket also allowed me to attend a cook off between 3 chefs: a local chef, a celebrity chef and a chef who bid for the spot with proceeds going to La tablée des chefs.

Below is a recipe inspired by one of my delicious samplings. Homemade Pop tarts

Yield: 8 to 10 servings

**Pie dough:**
- 625 ml (2 1/2 cups) all purpose flour
- 5 ml (1 teaspoon) salt
- 90 ml (3 oz) butter
- 165 ml (5 1/2 oz) vegetable shortening
- 1 large egg, lightly beaten
- 60 ml (1/4 cup) ice cold water

**Filling:**
- 5 stalks rhubarb, cut in 1 cm (1/2 inch) pieces (about 2 packed cups)
- 60 ml (1/4 cup) brown sugar
- 60 ml (1/4 cup) water
- 1 ml (1/4 teaspoon) ground cinnamon
- 250 ml (1 cup) mixed berries (e.g. raspberries, blueberries)
- 5 ml (1 teaspoon) vanilla extract
- Sufficient quantity icing sugar

**Pop dough:**
- Add the flour and salt to a large bowl. Cut in butter and shortening until only pea sized pieces of butter and shortening remain. Combine the egg and water, in another bowl, and add to the flour mixture. Incorporate the liquid with a fork. With as little manipulation as possible bring the dough together. Form 2 disks, and wrap them in plastic wrap. Chill disks in refrigerator for at least an hour.

**Filling:**
- To a small saucepan add the rhubarb, brown sugar, and water. Bring to a boil and reduce heat to medium low. Cook until thickened (about 10 minutes). Add the berries and cook for 5 to 10 minutes (until rhubarb breaks up). Uncover and raise heat to medium high. Cook until thickened (about 10 minutes). Add the berries and cook for another 2 minutes. Transfer filling to a bowl, add vanilla extract, and let cool completely.

**Assemble:**
- Line 2 baking sheets with parchment paper. Roll out 1 disk on a floured surface to form a rough rectangle about 3 cm (1/8 inch) in thickness. Cut out rectangles about 10 cm by 13 cm (4 x 5 inches) long. Repeat with the second dough. Bring dough scraps together and repeat. Hopefully you have an even number of rectangles (about 16 to 18). If not just cut a rectangle in half (to make a mini pop tart), and proceed with the following instructions: Arrange 4 rectangles on each baking sheet. Brush the border of each rectangle on the sheet with a little water. Spoon 1 1/2 tablespoons of filling in row down center of each rectangle. Top preserves with second dough rectangle. Using fingertips, gently press all edges of each tart to seal; press all edges with tines of fork to double-seal. Brush the pie lightly with egg yolk and sprinkle with sugar. Using toothpick, poke a few venting holes in each “pop tart”. Meanwhile preheat oven to 200°C (390°F). Bake pop tarts until golden (about 20-25 minutes). Let pop tarts cool slightly on a wire rack.

Sprinkle pop tarts with icing sugar and serve.
La croque et le fromage

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Battle of the Legions

On June 17, the Rouge River & Morin Heights branches of the Royal Canadian Legion swung their weapons of choice on the planes and slopes of the Arundel Golf Course. This friendly competition was originally championed by Vicki Lebreque for her Tuesday gold buddies, (the Morin Heights Legion Br. 171) and co-organized by Paul Pepin (Rouge River Legion Br. 192). The event presently attracts approximately eighty participants, two from each club forming a foursome.

The day started with breakfast at 7:30 am and an 8:30 am shotgun tee-off and ended with burgers and refreshments at the R.R.L. Br. #102. After lunch, Kevin and Jennifer presented the “Jenko Mini Excavation” trophy to Norm Hess, representing the winning branch, # 102.
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