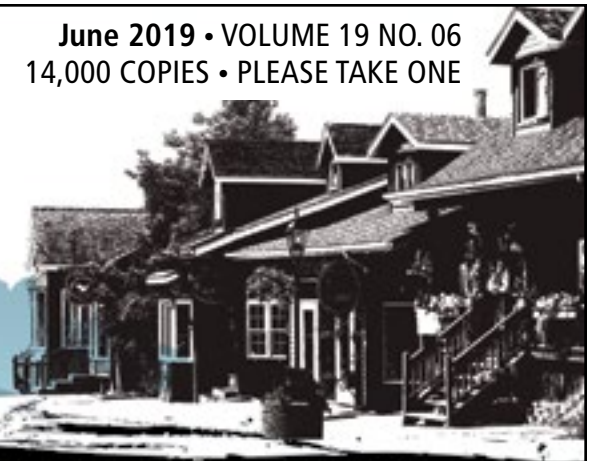


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What's On My Mind... Are we there yet?

Susan MacDonald, Editor

After a long, cold and brutal winter, I was so hoping for an early spring. I didn't care what day officially marked the new season, I just wanted the temperatures to start rising and the snow to finally end. On March 21, spring was ushered in, officially. I checked the calendar, then looked outside at the remaining three feet of snow in my yard and, like a petulant child, I asked myself, "are we there yet?"



Well, it was a long time coming, but warmer temperatures have prevailed and, finally, Laurentian life is up and running at a fast-enough pace to get back on its seasonal track. Hopefully, by now, the spring cleanup is done, the gardens have been planted, and everyone is geared up for another, enjoyable summer season. Schools will be closing for the summer in just a few days and, soon, it will be the kids in the back seat of the car, on the drive to the cottage, or the summer camp, or even their sports activities, asking, "are we there yet?" Warm weather is here, so let's get out and enjoy it while it lasts!

Here's a look at what's coming up ...

June 24 marks Quebec's National Holiday and festivities have been planned throughout the Laurentians. Following that, a week later, on July 1, Canada will celebrate another birthday, with a variety of scheduled events and activities for families. Check with your municipalities, and throughout this edition, to see what's on the agenda.

Also, coming up, are an abundance of music festivals and cultural events, such as the Blues and Jazz Festivals in Mont-Tremblant and the Route des Arts open-studio tour in Argenteuil. Art exhibits will be presented throughout the summer in nearly every municipality, so be sure not to miss your favourite exhibitions.

Plenty of outdoor activities are waiting for you as well, from free concerts in the park, in Ste-Adèle, to concerts by the lake, in St. Placide. Food and beverage festivals, and local fairs are on the agenda, including the oldest, agricultural exhibition and fair in Quebec, and the second-oldest fair in Canada, the Expo Lachute Fair.

Farmers' markets start up this month and, finally, we'll be able to enjoy fresh, local products and produce at their best. After a day at the market, who wouldn't be ready to light up the BBQ and enjoy a farm-to-table menu, all supplied by our local friends and producers? Please remember to use your eco-friendly shopping bags and leave the plastic ones at home.

With all these upcoming events, activities and more, just waiting for us to explore and enjoy, I am pretty sure the quote for all of us this summer could be... 'are we there yet?'

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Observations

The Times They are a-Changin', Indeed

David MacFairlane - MainStreet

As I mentioned last month, (The Global Warming Red Herring) although these warnings began 50 years ago, the Grim Reaper has not arrived yet. This is not to say that we don't have serious climatic and environmental problems; we do, but we've been conflating the two issues and see them as one, although they are distinctly separate, each with a different genesis.

All these doomsday prognostications begin with, "If these trends continue ...", and that is the problem. Obviously, the trends have not continued to their forecasted conclusions. Instead, they have modified along the way, but all the while, both nature and anthropogenic behaviour have contributed to the outcomes. It would help to view climate change and human-related environmental problems as separate situations. Global temperatures go up for a period, then go down, then stay flat. Agricultural yields ebb and flow depending on weather, soil fertility and demand. We fail to recognise that our lives are governed by natural climate cycles, while our own negligent stewardship of the Earth and its eco-systems has produced the huge, unintended consequences of flooding, forest fires, crop failures, ocean pollution and specie extinction which we are now experiencing and blaming on climate change.

Greenhouse gases, primarily carbon dioxide (CO₂), produced by burning fossil fuels, are said to be pollutants and the cause of global warming. However, scientific evidence has revealed that the average temperature of the Earth has risen by less than one degree Celsius in the last 100 years. According to NASA and the NOAA, the increase of atmospheric CO₂ has produced a significant greening of Earth's vegetated land surface in the past 35 years. This tremendous increase of vegetation has enabled agriculture to produce so much extra food that the 1970 prediction by the Earth Day organisation of mass starvation in the world by 2000 never materialised. The Rational Optimist blog says, "the good news is the impact that this greening has had in reducing hunger and starvation around the globe is undiminished, despite going unreported". As I pointed out last month, the atmospheric concentration of CO₂ today is hundreds of parts per million less than at the height of Earth's abundance millions of years ago.

The bad news is that we are pointing an accusing finger at CO₂ as the culprit for the world's environmental problems while doing nothing about the real cause of planetary degradation, which is our greed to rape the Earth of its most precious resources, in the reckless pursuit of profit and consumption at any cost. The climate is changing, and entering a new cycle of cooling, bringing with it all the extreme weather events we are experiencing these days. It's called a "Maunder Minimum" - a time when the sun's activity diminishes, and less UV radiation and heat reaches the Earth - a cycle that can last for a generation or two. There's nothing we can do about this because it is inevitable and beyond our control. What is within our power is to accept firm limits to our own behaviour. Our Earth is a living organism, like ourselves, and can only handle so much abuse before succumbing slowly to the violence of our rapaciousness and denial of limits to everything, including consumption and growth. Our belief that technological innovation will solve our ecological mess is merely fantasy and denial. It is tantamount to buying a lottery ticket out of ecological disaster. You cannot solve a problem by denying it exists.

In May 2019, the Times of London published a dismal report by an UN-sponsored group of eminent scientists on biodiversity. Their findings were grim. Over one million species are facing extinction in the next few years. The lead scientist concluded that, "what's at stake here is a liveable world". Honeybee survival, particularly, is threatened around the world, due to excessive use of pesticides, namely glyphosates (Roundup) and neonicotinoids (various trade names) made by Bayer Chemicals, the world's purveyor of the most dangerous and poisonous agricultural chemicals in history. Over \$800 billion of food crops are dependent on bees for pollination and have no alternative means of propagation. The report also revealed two diverging trend lines; one upward-sloping for people, and the other down-ward sloping for everything else. To keep 8 billion people fed, housed and clothed, we have transformed most of the Earth's surface. Over 75% of the land has been significantly altered, including 85% of our wetlands lost to development and human manipulation. Over 65% of our oceans are polluted, and the so-called "Great Garbage Patch" of trash and plastics floating in the Pacific measures 247million acres (1million sq.km.) That is the size of Ontario! In the last 10 years, over 75 million acres (310,000 sq.km.) of forest lands have been destroyed. Habitat

destruction, pollution and overfishing are primary causes of massive biodiversity decline. The report stipulates that the world is facing a serious threat to human survival and, since the effects are accelerating, the dangers of climate change and human-induced ecosystem and biodiversity destruction must be solved together.

The recent unprecedented weather systems have caused catastrophic flooding in the American mid-west, and Europe, and prolonged drought in Australia and Far East. US flooding has been aggravated by the failure of dams and levees built to contain the flow of rivers when at their peaks. These precautions proved insufficient to contain the massive increase of water from heavy, continuous rain. This surge of water has flooded fields and prevented spring planting, while millions of livestock have drowned. Over 12 million acres have not been planted in corn and soybeans and the resulting food shortages will be devastating to consumers and farmers alike. It's the worst farm crisis in US history. In addition, for the first time in 12 years, due to drought, Australia will be importing wheat from Canada following a production loss of over 20% this season. Australia was the 5th largest wheat exporter in the past. The rice crop in the Philippines also failed due to prolonged drought. Similarly, North Korea is facing an enormous food deficit, amplifying an already dreadful humanitarian situation. To make matters worse, in China, the Swine Fever virus has decimated the Chinese pork industry where over 200 million hogs have died of disease.

"Civilisation will end within 15-30 years unless immediate action is taken against problems facing mankind" – Harvard biologist, George Wald, warned in 1970 ...
"By 1985, air pollution will have reduced the amount of sunlight reaching Earth by one half" – Life Magazine warned in 1970.

Our planet is changing, and global weather patterns will keep shifting, while human greed and recklessness continue to destroy the natural ecosystems of our world. During the good years we struggled to feed the world, but now, with catastrophic crop failures, what will we do?

We all need to prepare for a very uncertain future.

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Simply Words on Paper Too many tests make for bad medicine

Jim Warbanks - Main Street

Regular readers may recall that my “go-to” guy for most science issues, including certain medical subjects, is Dr. Joe Schwarcz Ph.D. But a medical doctor that I appreciate and trust also is Dr. Alain Vadeboncoeur, who is an Emergency Room Physician and head of the Department of Emergency Medicine at the Montreal Heart Institute. An associate professor at the Université de Montréal, he is also the author of several essays on health care issues.

He readily admits that forgetting to prescribe a test, not thoroughly examining a patient, not discussing a diagnosis, in effect, not doing enough, can indeed harm a patient. But more and more scientific data demonstrate that doing too much can also be just as harmful.

He argues convincingly that too many tests and medical procedures make for bad medicine, waste precious resources and doctors’ time which would be more usefully employed treating patients who need appropriate specific care and by adopting the best practices as outlined by the College of Family Physicians Canada (CFPC).

Over-diagnosis

Over-diagnosis has become rampant in health care. This means receiving a diagnosis for a condition, which would never have become symptomatic before the end of life.

Among the recommendations: Lower back pain does not call for immediate x-rays, scans or MRIs to make a precise diagnosis, unless alarming neurological indications or possible infection are present. Exposure to cumulative doses of radiation increases certain cancer risks, and MRIs are costly. He insists that one in four medical imaging tests provides no benefit whatsoever to the patient.

Antibiotics should not be routinely prescribed for simple respiratory or flu-like problems, likely of viral origin. One of the grave consequences of such a practice is the proliferation of “super-bugs” which are resistant to most antibiotics currently available.

Excess screening

Chest x-rays, or electro-cardiogram screenings, should not be prescribed for low-risk patients who exhibit no symptoms.

Routine Pap tests should be limited to women between the ages of 21 and 69. Low-risk patients should be screened only every two to three years.

Unless the risk profile of the patient so indicates, annual blood-test screening should not be carried out for otherwise healthy patients. Dr. Vadeboncoeur suggests that the doctor take a few minutes to explain this recommendation to an uneasy patient, thus saving time, money and resources. Add to this list the prescription of Vitamin D to low-risk individuals. It is useless.

False positives

Routine mammography screening is no longer recommended for most medium-risk women in the 40-49 age groups, except on an individual case basis. The technique should be limited to women aged 50-69 (sometimes to age 74). The effects of the prevalence of false positives, over-diagnosis and the associated risks simply outweigh the advantages.

Eliminating the annual physical exam for adults in good health, who have no symptoms requiring a specific diagnosis, does not present a particular risk factor. Dr. Vadeboncoeur is particularly emphatic on this point. This repudiated practice restricts access to a family doctor for patients who are really sick. He cites this sad paradox; you tend to go to your doctor when you are well, but to the Emergency Room when you are sick. He does allow that this situation is improving slowly.

The DEXA bone-density test is not justified for women under the age of 65, or for men under the age of 70, if they are considered low-risk. Some even suggest that the test does not do anything to prevent a potential initial fracture.

Asymptomatic patients

Diagnosed diabetics, who do not take insulin, are advised to avoid a routine of regular self-monitoring. So, too, are the prescription of thyroid-function tests for patients who are asymptomatic. False positive blood tests cause unjustified worries, and often lead to the prescription of further unnecessary tests.

There is a well-documented opioid crisis in Canada. Overuse and possible dependency issues can be avoided. Use of this medication should be limited to as little as three days for the immediate post-op period to alleviate expected pain. Opioid use to treat chronic pain should be avoided before other medical and lifestyle options have been explored sufficiently.

Being aware of the listed criteria for treatment options will lead to a more productive discussion with the doctor who is providing your care. Dr. Vadeboncoeur emphasizes, however, that the final decision rests with a well-informed patient.



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Loving Horses

A passion re-ignited

Susan MacDonald

I was born with a passion for horses and I can remember easily the excitement I felt, as a child, just seeing them out in the fields, as we drove past on our way to the cottage each weekend. Even at that young age, I was determined to have a horse of my own eventually. It was a child’s dream that would come true in time.

A few horses came and went until, eventually, I fell in love with Arabians, and in 1979, Kassar Yartarra came into my life. I started taking lessons and hit the show circuit, first with him, then a little mare named Karina. Later on, I continued with the true love of my equestrian life, Bellinzona. For the next 25 years, she and I developed a very close bond and shared many adventures on trails and in the show ring, which included my introduction to dressage.

After the loss of my beloved Bellina, combined with a major shift in my personal circumstances, I buried my passion for horses and accepted that this wonderful journey I had been on for most of my life had reached its conclusion. It took a few years, but I finally decided to sell my saddle, along with 40 years worth of equine paraphernalia. But, I kept the boots.

It was a few years later, when a friend bought a new horse, that I found myself being led back slowly into the equestrian world. At the time, her horse was located at a riding facility in Ontario, but eventually she moved him closer to home, to a beautiful stable in St. André d’Argenteuil, where I would sometimes accompany her on visits to the stable.

She took lessons, and I watched. When she entered her first dressage competition, I was her groom, and the night before, we slept in the back of her car, at the site, so as to be up and ready for her class. We giggled like little girls and we talked about horses well into the night. It had been many years since I had really ‘talked horses’ with anyone, and old memories were stirred.

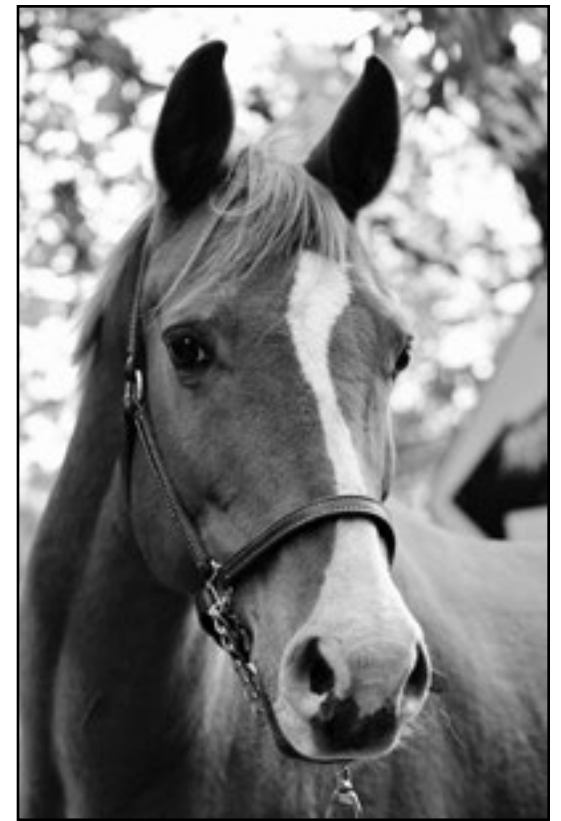
With a slight push and a nudge, I hesitantly took a lesson; it had been at least five years since I had last ridden. I was now in my early sixties and I no longer possessed that reckless abandon of years ago. My confidence was low, and I had no idea what to expect. I need not have worried, as within two rounds of the arena, I felt as if I had come home.

The stable owner/instructor, and the horse, were extremely patient with me, and the lesson went very well. Elated, and grinning from ear to ear, I scheduled another one immediately, and so began my return to riding. It felt wonderful to be back in the saddle again.

My intent, at the time, was to continue along the path I was on, taking lessons and hanging out at the barn. However, fate and friends intervened and, within a year, a beautiful Trakehner gelding, named Eisenstein, came into my life. That childhood dream had come true, again...

Looking back, I realize there is no point in regretting the years I spent away from horses. Other responsibilities, such as family, financial situations, or life-changes, often take priority at certain stages of our lives. What is important is that when I was presented with an opportunity to re-ignite my life’s passion, I did so wholeheartedly, although my expectations today differ from those of years ago. Perhaps Eisenstein, now fondly nicknamed Bobby, and I will revisit the show circuit or, maybe, just continue to enjoy the quieter pace of lessons and trail-rides. We’ll have to wait and follow the path ahead as it unfolds. It really doesn’t matter, because what’s important is that I’m back in the saddle again and enjoying the ride.

Only those who have experienced the world of horses will understand its uniqueness. Far beyond any other sport, it requires a connection, and a partnership, with a 1200-pound animal that is pre-programmed with a fight or flight instinct. To earn the trust of a horse, and to acquire the skills necessary for it to submit all its power, willingly, into quiet hands, and a yielding seat, is both a challenge and an achievement beyond description. For a rider, there is no higher sense of elation, or accomplishment.



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About Sainte-Adèle

Chris Lance - Main Street

The golf courses are open, but the fairways are wet and soft, although at least they are open. Closed forever



at season's end, last year, were Bonniebrook Golf and Golf Victorien. Golf La Vallée Ste-Adele was sold, and remains open this year. Golf Alpine is still open for a great nine-hole walk. Golf Mont Gabriel, the hilly, billy-goat course, is also open for business. If you want to find great golf green fee deals, use the internet and google Canam Golf. It's free and, after you sign up, they offer seasonal deals, monthly deals and daily specials throughout the season. I can't wait to get Gray, Jack and Butch out on the links. The Legion's golf league, over in Morin Heights, is up and running according to Ste-Adele's Kenny Forbes. Golf Chantecler is also up and running through Golf Beaudet group. There are lots of deals being offered, so have a great time.

The tennis season has started at last. It's been a slow start for every venue in our region. Mont Habitant, Mont Gabriel, and all the municipal courts were late, as a result of the rainy spring and late thaw, but are now up and running. Get out there and run yourself ragged.

As the soft sun of summer warms our lakes, you will soon be welcoming city slickers, long-lost relatives and tons of teens in and out of the house, along with the muddy dog Rover who drags in mosquitoes and freshly mowed grass.

You've done your spring cleaning, you've got your sandals, sunscreen lotion and "Off", but do remember to keep the fridge full of water bottles, smoothie makings, beer and Gatorade. Send those guests out to review the history of Sainte-Adele depicted in "Les Murales des Pays-d'en-Haut" - you can reserve by calling 450-229-2921 ext. 8300. There are tours, Thursday and Sunday, from June 23rd to August 31. If it rains, send the kids to Salon de Quilles & Billiard Ste-Adele - call 450-229-2426. The summer hours are in effect: Wednesday and Friday, 5pm to 10pm, and Saturday and Sunday Noon to 10pm. If it's hot, drop them off at the municipal beach. There are lots of bike trails around, there's pickle ball and basketball in various parks around town. Don't forget, Saturday Marche public at the Place des Citoyens. Need a meal break? Send your guests to Mon Oncle for a hamburger, or Chez Milot for a la carte menu. Park Doncaster has great trails for walks, fishing and a picnic.

Soirees Nostalgia starts up June 29th with Sylvain Cossette, Retrospective Phil Collins on July 6, Rhapsody on July 3rd, Les Brothers on July 20th, Beatz on July 27th and closes with Disco Divas on August 3rd. These concerts are free.

For the ladies, you might want to check out Karen Anne's clothing Boutique So-Fine at 1001 Valiquette street, close to the Ste-Adele Bakery.

Don't forget, Cinema Pine has great new English releases. You can grab a meal next-door at Spago, and if you are celebrating something special, you can get great cigars, or musical instruments, at the Tabagie Le Calumet, situated at 1128 boul. Ste-Adele.

There's lots to do, and hopefully, we'll get enough good weather to enjoy our short summer up here. Just check your iPhone at the cottage door, put on that swim-suit, sandals and sunscreen and enjoy our wonderful town, with or without potholes and detours.

Enjoy the early summer season and see you again in July.



Village of Weir Newswire

Claudette Smith-Pilon

June is bursting out all over, let's enjoy it



MUNICIPALE NEWS

Weir has lost a gentle man, a squire and one of its true elders... Terrence Kyle Davis: 1938 - 2019. Born in Weir, 2nd son of Marvin Davis and Yvonne

Marion, brother of Norman and Corinne. Husband to Shirley O'Brien-Davis for 58 years. Father of 2 children, Dale and Tammy, followed by 2 grandchildren, Joshua and Jordan.

Terry left Weir as a young man to find employment in Montreal. His first job was with Pinkertons Canada. After 9 years, he left to join Air Canada and worked in Dorval. He retired after 32 years and returned to Weir with his wife and renovated the old Duncan main house.

In his younger days Terry played hockey with local teams. He was also a musician (guitar, banjo, mandolin) and an artist (following in his mother's footsteps). Many of his paintings and sketches were of trains and train stations. He was also an avid collector of stamps and miniature trains.

Terry, keep watch over us. Sympathies to Shirley and the Davis family.

Community Luncheon

The last senior's luncheon of the season took place on May 31. Congratulations to the committee! The luncheons are well attended and appreciated greatly. They will resume in the autumn. We will advise you of the upcoming dates in plenty of time.

Victoria's Quilts Canada Laurentian Branch

Our next workday will be help on Friday, June 28 at 9 am. If required, we may have U.F.O. days, and will let you know.

If you are interested to see how this quilting groups produce lovely quilts for cancer patients, please stop by on our sewing days.

Please forward comments, news or topics to mmcsp40@gmail.com.

6 main.street@xplornet.ca

Our Communities, Our Heritage



Come celebrate our connection with our MRC d'Argenteuil, a once in a lifetime, fun-filled event !

Friday Night: 5 pm - 10 pm - a "meet & greet" at the Brownsburg-Chatham Legion Hall (210 rue McVicar, Brownsburg-Chatham) with surprise entertainment. Music provided by "Andre Sequin & Marie-Eve Birmingham. An enjoyable evening for all.

Saturday: 10 am - Registrations. There will be an abundance of displays (past & present) of local talents and organizations. Peruse the history of our MRC through photographs, videos, newspaper clippings etc.

From 1 pm - 5 pm: fun activities for all ages are on the agenda plus music by two local artists, Ray Sequin and Norm Campeau. Supper option is available (cost not included in entry fee). During the evening the band Black Out will be performing live to entertain us. Bring your dancing shoes!

Sunday: 10 am - Reminisce and weekend wrap-up with a breakfast / brunch available on site (\$\$). Music will be provided by Mountain Steam.

Entry fee for the entire weekend is \$20 / under 16 years free.

Argenteuil County Women's Institute Annual Convention

Argenteuil Women's Institute held their annual Convention on April 26 at Margaret Rodger Memorial Presbyterian Church with 17 members and 6 guests in attendance.

A Memorial Service was held to honour members that had passed away within the last year. This included- Lorraine McCart, Grenville Branch, June Skinner and Diane Dawson, Upper Lachute East End Branch and Jim Kenton, recipient of the Erland Lee Award of Appreciation (husband of Judy Kenton) Lakefield/Mille Isles.

Lakefield/Mille Isles Branch members were presented with a corsage to congratulate them on their 100th anniversary this year.

Guest speaker was Candace Robinson, a local Environmental Biologist. She touched on many subjects in an interesting talk, including wolves in Yellowstone Park, milkweed and monarch butterflies, dandelions and honeybees, and skunks and the lawn. She brought self-crafted clay seed-pods to distribute to members to toss about, encouraging wild flowers and milkweed to grow in their areas.

We would like to thank the ladies of Margaret Rodger Memorial Church for our delicious lunch.



Candace Robinson



Lakefield/Mille Isles members pictured are Patsy Crockett Rebecca Fillion, Jean Edwards, Anne Cochrane, Judy Kenton

Arundel News

Janet Thomas

ARUNDEL CONCERT SERIES PRESENTS:

I SOLISTI D'ASSISI

Arundel United Church

June 23: 2 pm

Featuring chamber music for flute, clarinet, violins and cello, I Solisti d'Assisi is an ensemble of professional musicians who perform across North America as well as in Assisi, Italy, each summer. They will treat us to a varied repertoire of well-known classics mixed with contemporary pieces.

Advance tickets: \$20 at Arundel Provisions or by e-transfer to loisirsarundel@gmail.com.

\$25 at the door.

ARUNDEL UNITED CHURCH STRAWBERRY LUNCH

June 29: 11:30 am - 1:30 pm

Treat yourself to a tasty variety of sandwiches followed by strawberry shortcake, tea or coffee. Adults: \$10 / children 5 - 12: \$5, / under 5: free

ARUNDEL CRAFT FAIR AND FARMERS MARKET

Arundel United Church

June 29: 9 am - 3 pm

A host of artisans, farmers and producers bring you a wide selection of treasures and treats.

ANGLICAN CHURCH RUMMAGE SALE

Grace Church

July 8: 10 am - noon

Find a treasure to take home at a bargain price!





NEWS BITS FOR JUNE

Modernization of the Saint-Jérôme Regional Hospital



Health and Social Services Minister, Danielle McCann, with Sylvie D'Amours, Minister Responsible for Aboriginal Affairs, and with Minister Responsible for the Laurentians, and Saint-Jérôme, Yuri Chassin, announced recently that the Modernization Project of the Saint-Jérôme Regional Hospital (HSJ) will be enhanced by other new projects which were not initially planned, in order to better meet the needs of the population.

In addition to the modernization of the surgical technical platform, as originally planned, the project will now include the addition of care units, a mother-child center, and the enhancement of the various support services required for the proper functioning of the installation. Everything will be done in one phase.

The complete modernization of the HSJ will reduce the time required for this project in several phases, while also reducing the inconvenience caused by the work done in hospital. The Opportunity File, which is being developed, will identify the best options for meeting needs. The project, which is part of the Québec Infrastructure Plan, is entrusted to the Société québécoise des infrastructures.

SOPFEU



The Society for the Protection of Forests Against Fire (SOPFEU), in collaboration with the Ministry of Forests, Wildlife and Parks, supports the Yukon, which is presently dealing with major forest fires. Two tankers and their crews, two pilots, two co-pilots, and a technician have been deployed. An air-speeder, a pilot and a King-Air airplane also left Quebec recently for the Yukon. In addition, Quebec also responded positively to a request from Alberta for equipment by sending 75 sets of motor pumps, 3,000 hoses and three freestanding tanks. This equipment, added to the 60 firefighters sent previously, will meet the needs of the province of Alberta, which is still struggling to cope with these serious forest fires.

Workforce file: employees' turn to express themselves



Employees working in the territory of the City of Mont-Tremblant are being asked to participate in the search for solutions to counter the labor shortage in Quebec by responding to a short, online survey, at villedemont-tremblant.qc.ca (home page), between June 5 and June 28. This new approach by the City of Mont-Tremblant follows the workshops last April, when business people came together to discuss the situation and, above all, to come up with concrete solutions to the challenges of the workforce.

"It is important for the City to get the pulse of the workers in the territory to complete the survey of the solutions. The objective is to know their opinions, and to receive their comments, on their EMPLOYEE EXPERIENCES within their workplaces. I invite them to answer in large numbers, because that will give us a complete picture of the situation" said Luc Brisebois, Mayor of the City of Mont-Tremblant.

Groupe Ambition was commissioned by the City to conduct this survey. The information collected will be treated confidentially and anonymously. During the year, the City of Mont-Tremblant will unveil the results of the workshops and the survey, as well as the actions that will result from it.

For more information on this approach, please contact the Economic Development Department at 819-425-8614 extension 6404.

CCL - call for entries



The Council of Laurentian Culture (CCL) has commenced its process of call for entries for the 30th edition of the Grands Prix de la culture des Laurentides, which will take place on November 7 at the Maison de la culture Claude-Henri-Grignon de Saint-Jérôme.

This event aims to highlight the exemplary achievements of individuals and organizations in the field of heritage and history. In doing so, we want to make citizens and organizations aware of the importance of heritage and develop the pride of belonging to a common history.

Those interested have until September 19, 2019 at 5 pm to submit their entries.

For further information contact Aurélie Suberchicot, Communications Officer at 450-432-2425 # 102 or by email at culturelaurentides.com

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Martine Dragon, owner of **Friperie Triskel Collection**, (behind Anges et Dragons) 28 rue de la Gare, Bloc 102, St. Sauveur. They offer brand-name clothing at affordable prices. Casual wear, clothing for special occasions, or for work. There is a wide variety of recycled and new clothing. Open on Friday, noon to 8 pm, Saturday, Sunday and Monday from noon to 5 pm. 514 928-1756. Check out their Facebook page: Friperie Friskel Collection.



Congratulations to:

Irina Marschinkowski, a talented singer-songwriter from Ste. Adèle, who recently launched her exciting new Book-CD "**The Key to Harmony**", a musical adventure story. This is Irina's fifth album and her style of music is folk-rock. The book/CD is available for \$40. www.irinamusik.com.



Farley Lewis, owner of **Le Vieux Canot**, 75 rue de la Gare, #B3, St. Sauveur who celebrates 33 years of his family-run clothing store. They offer men's and women's casual clothing at competitive prices. Women's clothing: blouses, jackets, jeans, sweaters and jewelry. Men's clothing: shirts, jeans, sports jackets, pyjamas, shorts and pants. The staff offers friendly and experienced service. 450 227-7186.



Did you know that:

Les Jardins Insalada Inc., producers of annual flowers, located at 1495 ch. du Lac Echo, in Prévost, offers an array of colourful flowers for your gardens until June 30? Open 7 days/week from 8 am to 7 pm. 450 224-5421 / Facebook: [lesjardinsinsalada](http://lesjardinsinsalada.com).



Gouttieres des Sommets can provide you with new installation of eavestroughs, repair of eavestroughs and cleaning? Owner, Jean-Sébastien Lépine, offers 5-inch gutters without nails or joints. His products include T-rex, which comes with a 25-year warranty. Installation of standard hooks (nail heads on the front of gutters are no longer used). For info, call 514 945-6769 / jean-sebastien@hotmail.com.



Soupe et Compagnie, 205 rue Principale, St. Sauveur, are seeking out volunteers to help them prepare meals in their kitchen? So, if you enjoy cooking and helping others, this is a great way to help others in your community. 450 744-0207 / soupeetcompagnie.com.



Le Lounge, 193 de la Gare, St. Sauveur has completed brand new renovations? Their team will be pleased to show you the exciting new look. Le Lounge is a great place to meet friends, colleagues, or to stop in for a 5 à 7 for a glass of wine or a cold beer. They also have a lovely, outdoor terrace and an enticing menu. 450 227-0166 / Facebook: Le Lounge Pub Urbain.



Laurentian Club Report AGM May 28, 2019

Julia Stuart

The Laurentian Club of Canada concluded a highly successful year with its AGM over lunch at Steak Frites St Paul in St. Sauveur. Thirty-six people attended.

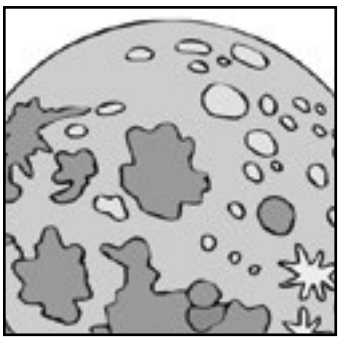
Often, memories that continue to delight over many years are the result of glitches, of surprises and mishaps that cause us to stumble, speculate, create and move on. Tuesday's event, scheduled to start at noon, was no exception. Board members arrived early to set up for the auspicious occasion, but found the building locked and empty except for a repairman in sight through a closed window. Amidst the cold and confusion that followed ...a way forward was discovered...that lead ultimately to a collaboratively enjoyable experience that will be happily remembered.

The AGM began with President Ann Stafford's acknowledgement of our being on the unceded territory of indigenous nations; minutes of the 2018 AGM were read and approved; Board members for 2019/20 were presented and unanimously accepted; there were no nominations from the floor; a financial report; the president's report; meeting adjourned. A delicious meal followed, with door-prizes, a raffle for a generous donation from 'Maison 1890, which raised \$117 for Holy Trinity Church. Greatest of all was meeting and sharing with old and new friends. _

Le P'tit Train du Nord



The P'tit Train du Nord has a new website Information in English is available. Stay up-to-date on trail conditions and their latest news by visiting www.ptittraindu nord.com



Zach Factor

The glyphosate in my oatmeal

Lys Chisholm & Marcus Nerenberg - Main Street

As a new practitioner of mindful eating, I sit with a bowl of oatmeal and raisins in the morning, and before digging in, I stop to think about where the oats came from, what clerk stocked the shelf, what trucker brought it to the store, what miller bagged the grain, and I think of the farmer, his family and those who have a conscious commitment to protect our “daily bread”; the real people connected to my food. I feel grateful to them all.

Lately though, I think about the farmer that had to use Round-Up-ready seed and herbicide and then, in addition to these synthetic pesticides and herbicides, spread a desiccant (drying agent) containing glyphosate, an established neurotoxin, on his entire grain crop to dry it for the combine, a shared harvesting machine, making its one-time visit to his debt-burdened farm. Many farmers feel forced into using glyphosate as a desiccant, a practice, which the Canadian National Farmers Union is petitioning to have outlawed in Canada.

This year, three lawsuits were won against Monsanto, the manufacturer of Round-Up herbicide, the primary ingredient in which is glyphosate. In a recent American case, this past month, plaintiffs Alva and Alberta Pilliod, a farming couple in their 70s, who both developed non-Hodgkin lymphoma, claimed that Monsanto should be held liable for their illnesses, because scientific evidence shows Monsanto’s herbicides can cause cancer and the company failed to warn of the risks properly. The judge awarded them a whopping 2-billion-plus dollars. It is speculated that Monsanto and the plaintiffs will negotiate a settlement. In the two Alberta cases, lawyer Brent Wisner revealed how Health Canada was implicated in supporting and rubber-stamping questionable research. In a jolting example of science for sale, Wisner’s closing arguments exposed that Monsanto hired a private Canadian firm, Intertek, to co-ordinate four independent, expert panels. They then published 15 ghost studies in the journal “Critical Reviews in Toxicology” The 15 papers all concluded that glyphosate was not a carcinogen. In turn, Health Canada used these papers - all 15 of them - in its references for re-issuing the approval (2017) to Monsanto for the use of glyphosate as an herbicide until 2032.

Along with wheat and oats, glyphosate is used to desiccate a wide range of other crops including lentils, peas, non-GMO soybeans, corn, flax, rye, triticale, buckwheat, millet, canola, sugar beets and potatoes. Sunflowers may also be treated, pre-harvest, with glyphosate, according to the National Sunflower Association. – EcoWatch

So, what is the concern? Normally, you need to wash your produce thoroughly, or rinse your grains, to remove topical pesticide residues, but glyphosate does not wash off. Animal feed manufacturers use these GMO ingredients in their products. Animals consume the grain and it gets concentrated in their collagen. Glyphosate contamination is systemic, meaning it is present in every cell of the plant, from the root to tips of the leaves. Last year, 93% of Americans tested (all ages) had glyphosate in their systems.

Organic farmers, despite hours of dedicated tracking, and tracing the purity of their crops for you, the consumer, face a ruthless enemy. The spray from herbicides drifts over into their crops from other farms. Bobs Red Mill, a respectable source of Organic flours, used even here, in Quebec, faces litigation after glyphosate was found in their products. Bobs assumed that because their farmers were in the Pacific Northwest, where the growing season was longer for all farmers, they would be safe from desiccant drift. They were wrong.

What to do? Remove glyphosate and other synthetic chemicals from your diet. They can be found in every non-organic processed food you eat, from pasta to nuts, to meat. According to Lucy Sharratt, of the Canadian Biotechnology Action Network, it is not legal for Organic farmers to use glyphosate or other synthetic herbicides or pesticides, nor is it legal to use glyphosate as a drying agent. Says Sharratt, Canada boasts one of the strongest Organic Food Certification standards in the world; organic certified will tell you that the product is not genetically modified (NON-GMO) and the product or animal has been raised following the highest ethical standards. Sadly, she concludes, that despite these safeguards, all our food contains traces of glyphosate now. The goal is to act with the power of your wallet and choose organic.

On May 23, a class-action lawsuit was filed in Quebec against Monsanto-Bayer. 13,400 cases are now pending in the USA alone. The World Cancer Association has identified glyphosate as carcinogenic and there is a growing prohibition of its use internationally.

Caption: The Gold standard Canadian National Organic Certification Label. Look carefully at your groceries to make sure this is on everything you eat. Speak to your store manager and demand changes.



The Story Behind The Sulpicians and Joseph Swan

Joseph Graham - Main Street
joseph@ballyhoo.ca

The Sulpicians encouraged French-Canadian settlement at Lake of Two Mountains. Settlers cleared their new land with fires, often having them burn some of the land that was crucial for Mohawk survival. Since the Sulpicians, French-appointed guardians of the Mohawk and Algonquin on this territory, refused to extend property rights to the Mohawk and Algonquin, the people of Kanesatake petitioned the government, working for a solution to the problems that threatened their survival. They were farmers. Some lived with the Algonquin on the vast territory north of the settlements, but even there, the land was being divided and given to settlers. Some opted to become homesteaders, abandoning traditions of stewardship that were millennia old, but that was not an option where the Sulpicians held sway. Things got worse when the seigneurial system ended in the 1850s and the Sulpicians gained full ownership – including the right to sell. During this whole period, they had been refusing the people of Kanesatake the same rights they were according settlers. When 14 chiefs asked for an Indian Agent to represent them, the language of the petition so enraged the Sulpicians that they excommunicated the chiefs, who soon recanted. The Sulpicians may have also been reacting to the arrival of an Ojibwe Methodist preacher.

They got their Indian Agent, though. In 1858, the Commission of Indian Affairs suggested organising a school to teach the boys how to become farm labourers. No thought was given to their culture in which the women had been farmers for a thousand years, but of course they needed land in order to farm. Labourers could work on Sulpician farms.

Not all blame should be laid at the door of the Sulpicians. From the early 1800s, the Algonquin and Nipissing had accepted to lease land to different settlers. This was a logical idea and had been tried in New York 75 years earlier, but the Settler culture deeply resented paying rent to ‘Indians.’ As had happened in New York, laws were passed rendering the leases invalid, but not returning the property. At best, Indigenous people were seen as an exasperating part of the wildlife, and like the wolves and coyotes, they had to be pushed further away. The Algonquin, who were generally not farmers, had been petitioning for recognition of their right to property and in the early 1850s the Maniwaki Reserve was created. Its location was good for them because even though the parcel was small, peripheral territory was not under the same development pressure as the Ottawa Valley was.

At the same time, a reserve one third the size was set aside, cut out of the future Township of Doncaster, for the people of Kanesatake. They had not been petitioning for this hunting and fishing territory. As farmers, they wanted their farming rights and needs to be recognized. Despite their high level of frustration they inspected Doncaster and their knowledge was revealing. They saw what the Settlers would not see for another generation: This area would never provide more than the meanest subsistence farming. They pressed on, trying to encourage comprehension, treating the Settlers and the Sulpicians as intelligent human beings who would see reason.

A feudal elite mostly straight from the Sulpician cloister in Paris, the priests hoped to catholicize the people into accepting a status of unquestioning subservience, but their fundamental racism was documented in Kanesatake history, which refers to rules stipulating that these Mohawk people could not marry Whites nor even other Mohawk who were from Akwesasne or Kahnawake. The Mohawk had laws concerning consanguinity. Sulpicians rules taken together with their laws would have effectively been telling the Mohawk to be celibate.

In the 1860s, a bright young student named Sosé Onesakenarat, or Joseph Swan, became a great hope for the Sulpicians. They were impressed with his academic ability and sent him off to the Petit séminaire de Montréal, where he studied with, among others, Louis Riel. When he was 15, he was hired as one of the Sulpician secretaries in Oka, and it was there some time later that he is purported to have found documentation stating that the Sulpicians were not intended to be the owners of the land, but only to hold it in care for the Indigenous people in their care.

Swan offered to address the congregation, and the Sulpicians were enthusiastic. When he stood in the pulpit, he spoke in Mohawk, telling of his discovery, and encouraged the congregation to follow him out of the church in protest, which most of them did. At 22, he was named chief and he ordered the Sulpicians to leave. They had him arrested, but a few days later he was back, and later that summer Charles Chiniquy, a former Roman Catholic priest originally from Kamouraska, who had become a Protestant minister, came by Kanesatake and talked to the people for three days. Chiniquy was so influential that bishops around the world were looking for means of discrediting him. After he had gone, many of the people of Kanesatake called on the near-by Methodists, who built a church with them. In 1875, the Sulpicians dismantled it saying it was on Sulpician land, but by spring of 1877, their own Catholic church burned to the ground.

Arrested as arsonists, Swan and his father discovered that English Montreal families stepped forward in their defense and four successive juries failed to convict them. By this time, the Sulpicians hoped to move the whole Kanesatake community to land they had acquired in Muskoka. Swan, who had melowered, encouraged the move. He became a Methodist minister himself, translating the books of the bible into Mohawk, but the people were not willing to leave, to follow him. A healthy young man of thirty-five, he died suddenly on February 7, 1881. His cause of death was never revealed. Six months later, the majority of the Mohawk of Kanesatake formally rejected the Sulpician offer and only a small number of them moved.

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Luc Brisebois
Maire / Mayor

villedemont-tremblant.qc.ca

Ville de
Saint-Sauveur



FÊTE NATIONALE 2019

The City of Saint-Sauveur wishes all citizens a
Happy National Holiday and welcomes them to
participate in the many activities scheduled
to take place on the weekend of June 22 to June 24
at parc Georges-Filion.



Jacques Gariépy
Mayor

Details of the program: ville.saint-sauveur.qc.ca |
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FASS

A thrilling program is coming to the Big Top

Ilania Abileah - Main Street

The 28th Festival des Arts de Saint-Sauveur features an innovative program highlighting women choreographers, tap dancing, an indigenous dance group, a world premiere by Guillaume Côté and two evenings of classical music.

The festival begins Thurs, July 25 at 8 pm with Dorrance Dance. This award-winning tap dance company from New York presents Sound-space, which explores tap-dance movement as music. Choreographed by Michelle Dorrance, with solo improvisations by the dancers, and music by Gregory Richardson. The second piece is "All Good Things Come to an End" danced to the music of Artie Shaw and Fats Waller.

Fri, July 26, 8 pm: Les violons du Roy - an award-winning Chamber music group is returning after a 20-year absence to play "Serenades" by Mozart, Dvorak, Wolf, Puccini and Tchaikovsky.

Sat, July 27, 8 pm: Plamondon-Barbuto-Kiel - Triple Bill: a new creation by Giocconda Barbuto; "Counter Cantor" choreographed by Anne Plamondon and Emma Portner, plus an excerpt of Resonance, by Hanna Kiel.

Wed, July 31 & Thurs, Aug. 1: 8 pm: To mark the fifth anniversary of Guillaume Côté's Artistic Directorship of the festival, he presents a world premiere of Crypto created in collaboration with librettist, Royce Vavrek. Crypto is filled with theatre, video and technology, to the music of Swedish composer, Mikael Karlsson.

Fri, Aug 2 & Sat, Aug 3: 8 pm: Complexions Contemporary Ballet from New York is returning to the festival celebrating their 25th anniversary. They present "From Bach to Bowie" - Bach 25 - choreography by Dwight Rhoden, music by Johan Sebastian Bach and his son. Star Dust a ballet tribute to David Bowie, choreography by Dwight Rhoden, music David Bowie.

Sun, Aug 4, 8 pm: The Indigenous award-winning Red Sky Performance, directed by Sandra Laronde, presents a Quebec premiere of Trace, in which contemporary acrobatic dance is infused with ancestral traditions. Choreographer Jera Wolfe, composer Eliot Britton.

And to close the festival Mon, Aug 5: 8 pm - Yannick Nézet-Séguin conducts The Orchestre Métropolitain, with music by Brahms, Grieg, and Tchaikovsky.



Complexions Contemporary Ballet, Star Dust,
Photo by: Sharen Bradford

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Je parle et j'écris
en français



Laurentian Personality Mathieu Madison

Biologist/environmentalist with
passion

Lori Leonard - Main Street

When you meet Mathieu (Mat) Madison, the first thing you realize is that he is exceptionally passionate about our environment, the layout of the land, waterways and nature. He appreciates every plant, tree, bird, animal and body of water.

Mat grew up in Rouyn-Noranda. At a young age, he enjoyed hunting and fishing, watched Kratt's Creatures on TV and realized he wanted to become a biologist or zoologist. At 16, he took Science Nature classes at CEGEP Rouyn-Noranda and at 18, started his Bachelor of Science Ecology from Université de Sherbrooke. Mat obtained his Masters Degree in Environmental Management, at Université de Sherbrooke in 2013.

Mat's first job was at Abrinord, the Rivière du Nord Water-Shed Group, as the Environmental Project Manager, and is currently President of the Group. In 2013, he was Environment Inspector in Gore and worked on "Let's Grow the Right Way" project to help citizens with regulations/permits. He also worked on the "Eco-Loan" Program, which loaned money, through another program, to replace old septic systems. Mat inspected 400 septic systems. He was integral in initiating the Eco-Center in Gore, which kept costs down for the municipality.

In 2012, Mat opened his own business, offering services to citizens, municipalities and non-profit groups and teaching them how applied biology can be useful to their projects and issues. He works alongside contractors and land surveyors to ensure lots for sale are suitable to acquire building permits, and that wetlands are protected.

Mat is passionate about "Ruisseau Jackson", a non-profit project located between Morin Heights and St. Sauveur. He has explored this 20-km piece of conserved land carefully, applying biological assessments. For more info on this project please see his article on page 17. Mat has been involved in working on nature trails in Wentworth-Nord and Gore. He helps non-profit organizations to protect the environment and teaches them to appreciate the beauty of nature. He takes others nature hiking in our beautiful Laurentians and teaches them about sounds, trees and waterways.

Mat believes in permaculture and, at his "little oasis" in Mille Isles, practices what he preaches by growing fruit trees, raising chickens, restoring land and growing fruits and vegetables.

Mat currently teaches Urban Planning at Rosemont College, as he feels it is important for youth to feel empowered after they acquire their college degrees. He donates a special bursary at the college to help students persevere in their studies.

Mat's wish is for everyone to see and appreciate the beauty of our natural surroundings.



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unless otherwise specified

June 14-15-16: Sidewalk Sale – vendors and several activities and shows

June 14, July 5 & July 12: Outdoor Cinema

June 15: Big Day for Small Entrepreneurs with live entertainment

June 16 & July 7: 1:30 pm: Beautiful dancing Sundays

June 22-23-24: Quebec National Day Weekend

June 23: 8:30 pm: Great musical show with Vincent Vallières

June 26, July 3 & 10: Youth Mornings

June 28 & July 12: 8 pm: Saint-Sauveur in humor

June 29-30: Exhibition Saint-Sauv'Art

July 12-14: Used Book Fair



More information 450.227.2564 | 1-877-528-2553
www.valleesaintsauveur.com



Strings & Things The real thing?

Dale Beauchamp

A while back, I related a story to you, regarding a lady who brought a violin to my shop for a repair. She had urged me to take the utmost of care when handling this instrument, as it was a priceless Stradivarius. While not a qualified appraiser of violins, a couple of dead giveaways screamed out to me, and that despite bearing the legendary luthier's name (visible through one of the 'f' holes), this wasn't the genuine article. Some fakes are easy to spot, while others need the meticulous eye of a connoisseur to be rooted out. In the guitar world, people like George Gruhn and Walter Carter are the real pros. They have co-authored a book, now in its third or fourth edition, called Gruhn's Guide to Vintage Guitars. This is the bible for validating a guitar's authenticity. It covers electrics and acoustics by the big names, like Martin, Gibson, Fender, Gretsch, and Guild. Characteristics of every model are laid out concisely, including serial numbers, potentiometer (volume and tone controls) codes, as well as the years when any changes were introduced. Gruhn's Vintage Guitars, in Nashville, is a mecca for players in the market for vintage guitars. They have been lovingly restored and cared for by George, and his staff of cream-of-the-crop luthiers. He's an interesting guy who's always happy to answer a serious e-mail query you might have.

Recently, a customer purchased a Gibson electric jazz guitar on eBay and brought it to the shop for a set-up. The action was too high for his playing style, and the intonation was way off. Aside from that, it was a beautiful instrument that looked nice and had great-sounding pickups. The neck sported large block pearl inlays, in true Gibson style, and were expertly installed. The only thing wrong was that it wasn't a real Gibson. Gibson's instantly recognizable 'open book' profile on the top of the peghead, isn't nearly as pronounced, or deeply cut as this one was. Then I noticed no model name anywhere, and no serial number. None of this means this wasn't a good guitar. The craftsmanship was top notch, and after some adjustments, I fell in love with it.

One fellow came in, some years ago, with a nice copy of a Fender Telecaster and asked me to put the Fender logo, complete with a phony serial number and 'made in U.S.A.' on the peg head. It would be easy enough to get a frisket (stencil) made at a printing shop, which I've done before, but only for a genuine guitar that suffered damage to the head. I won't do that for a fake, even if it plays great. That's fraud, plain and simple. It may be a copy that's possibly superior in some regards, but it still "ain't" the real thing.

La Fête nationale du Québec



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Happy Canada Day

Stéphane Lauzon

Member of Parliament
Argenteuil - La Petite-Nation

450-562-0737 / 1-800-268-0737



Garden Talk

Zucchini adventures

June Angus - Main Street

Growing, harvesting, cooking and eating zucchini is a true rite of summer! And many gardeners have personal tales of adventures and misadventures with these delectable summer squash.

A few years ago, a good friend had such a large, on-going harvest of zucchini that she just couldn't keep up. For about a month, she kept a big basket of zucchini in her car trunk ready to give away. When I ran into her in a parking lot, she popped open her trunk and handed over a half dozen ripe beauties. We still joke about the year she was "trafficking" in zucchini. She's not alone with such a dilemma. That's one reason recipes, such as chocolate zucchini cake, were invented!



Last year my zucchini foliage grew well in my straw-bale garden. While beautiful, abundant flowers developed, they kept disappearing. As a result, I didn't harvest one zucchini. Something was eating the blossoms and I couldn't catch the culprit. I am pretty sure no pests, such as squash bugs, were to blame. The foliage remained unharmed and the blossoms didn't just drop off...they disappeared completely!

It might have been a rabbit, raccoon, ground hog, skunk, or porcupine that had breached my deer-proof fence. All these critters love the delicious sweet taste of the blossoms, which even we humans enjoy as a gourmet treat...And no, I don't think any of my human neighbours carried out midnight raids.

In general, zucchinis are easy to grow. Plant them in full sun, in compost-rich, well-drained soil. They do well by starting from seed directly in the ground, but the soil must be about 15°C in order for the seeds to germinate. If you prefer to plant seedlings, start the seeds indoors in biodegradable pots. That way, when transplanting, you simply put the plant, pot and all, directly in the ground without disturbing the developing roots. Space them about 2-4 feet apart to provide good air circulation. Keep the soil evenly moist.

Zucchinis are heavy feeders. If the leaves turn pale, the plants may need supplemental fertilization. Try side-dressing the plants with aged compost, or spray the foliage with a diluted, liquid seaweed fertilizer early morning or early evening - never during the hottest part of the day.

Zucchini plants produce male flowers (large flowers with a long, thin stem) and female flowers (a small protrusion "ovary" appears at the base of the flower). Bees and other insects are needed for pollination. Only the female flowers will produce fruit.

One zucchini plant can produce from 6 to 10 pounds of fruit in a season. So, it's no wonder harvests can become overwhelming. Manage this situation by staggering planting in the early part of the season, and remember, a few plants will go a long way.

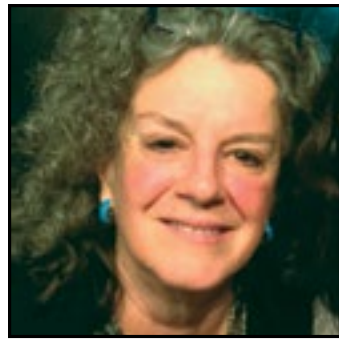
Zucchini fruit are ready for harvest after they reach about 4 inches in length. Since they can grow an inch or two per day, you need to keep an eye on them. Larger zucchinis are fine too, but not quite as sweet.

This was a fact lost on my Scottish grandmother. The first time she ever laid eyes on a zucchini was at Montreal's Atwater market. She chose the biggest monster in the pile. It was a foot long, with a 4-inch diameter at its widest point. I don't remember whether she mastered cooking this beast or not, but after that experience she always looked for smaller specimens. Happy harvesting!

LES ÉCURIES Dressage du Midi

Kids are gone, now it's your time to start back riding. We have the facilities and a horse just waiting for you!

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1630, Côte du Midi, St. André d'Argenteuil
Tel: 514-880-1223 Email: mlevasseur6@gmail.com
Website: dressagedumidi.com



Word Play

The Truth according to Wabi-Sabi

Louise Bloom - lousebloom@me.com

During this long and drawn-out winter, seeking inspiration, I revisited a small and treasured book: Wabi-Sabi for Artists, Designers, Poets and Philosophers. This title, in fact, refers to those characteristics or qualities in us all.



Wabi-Sabi is the name for the Japanese "comprehensive aesthetic system", whose material qualities include the rustic, simple, unpretentious, natural and imperfect. In fact, it is a worldview, or universe, where things (art, sculpture, household objects etc.) are metaphors for the Wabi-Sabi universe.

Here is a short analysis:

- Wabi-Sabi metaphysics: that things are constantly evolving or devolving.
- Wabi-Sabi spiritually purports that Truth comes from the observation of nature. Greatness exists in the inconspicuous overlooked details. And beauty can be coaxed out of ugliness.
- Wabi-Sabi encourages a state of mind that accepts the inevitable and appreciates the cosmic order.
- Wabi-Sabi morality demands that we rid ourselves of the unnecessary and focus on what is within, ignoring material hierarchy. That would mean that fine Bone China is not more valuable than a simple Japanese crockery bowl. Beauty is as observed.
- Wabi-Sabi material qualities are as described here at the outset.

I discovered the principles of Wabi-Sabi in my portrayal of "Winter Birch" employing the lens of examination that this aesthetic system provides.

Winter Birch

Here at home they surround the house, peeking in at every window. They are entirely my familiars, yet remain aloof, shy, kind of looking away. They are like a silent walking companion, no eye contact please, those who stand with a hundred smudgy eyes.

They are each the exotic albino, setting themselves apart by their very presentation, defining the landscape in contrast to the others.

In winter they seem the truest offspring of the land, white growing up from white. They lean, either solo, or in a group, casual. In a storm they hide behind white veils, shape-shifting in the wind.

They are native, and also from another tribe.

Some days against the winter backdrop they remind me of giraffes, slender feigned fragility in the forest. But they are as strong and valiant as any, standing against the weather.

I love that they are renegades, can be so untidy in public, ruffled and peeling, flapping and discarding their exquisite bark with little regard for orderly appearance, dropping their peelings to the ground. This delightful florid debris, their pink and orange linings decorate the winter trails with audacious surprises offering the only flash of colour over the miles of bleached beauty. I like to pocket these prizes.

The birch do enjoy a caress as you pass, and leaning sometimes for a moment's rest against a smooth and papery trunk, I feel them, almost warm.

I am recommending the reading of Wabi-Sabi, because it upholds the objectives of making more space to appreciate what is, to derive joy from our natural surroundings, exploring sometimes what we take for granted and developing the capacity to recognize beauty where unexpected.

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



2019 Floods Disaster Relief

1 877 644-4545 urgencequebec.gouv.qc.ca/floods



RELIGIOUS SERVICES



ROYAL CANADIAN LEGION LA LÉGION ROYALE CANADIENNE

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

Branch 171 Filiale Morin Heights

Fri, June 14: 6 pm - SPECIAL DATE - TGIF
Sat, June 15: 8 pm - Southern Rock with Bootleg
Fri, June 21: 6 pm - Lobster Dinner (Limited tickets)
Sat, June 29: 6 pm - Canada Day Steak Supper. Plus - The Keepers!!
Sat, July 6: Flea Market #2
 Darts: Thurs: 3 pm - new players welcome
 Military Whist: 1 & 3 Mon at 1:30 pm
 Check with the legion for daily bar hours
 Hall rental available at competitive prices
 Info: 450 226-2213
<http://www.legion171.net> / Facebook: legion 171

Branch 70 Filiale Lachute

Monthly bus trips to the Casino have resumed. Please call the branch for info
 Monthly Saturday night Military Whist Games - call for info.
Tues: 1 pm: Euchre
Thurs: 1 pm - Cribbage
Saturdays: 2:30 pm - Darts
 For information call: 450 562-2952 after 3 pm
 634, rue Lafleur

Branch 71 Filiale Brownsburg

1st Tues of each month - Soup luncheon
4th Thurs of each month - Military Whist
Bar open Wed - Fri 3 pm - closing
 Everyone welcome.
 Contact Sheila: 450 562-8728 / 514 909-8885

Branch 192 Filiale Rouge River

Fri, June 14: TGIF & Opening of terrace
Tues, June 18: Golf Morin Heights Challenge
Sun, June 30: Surf & Turf - Canada Day (Norm)
Tues - Fri: 9:30 am - Yoga
Tues: 7:30 pm - cribbage. Info Lloyd (819-687-3541)
 Wed: 1 pm - Bridge. Info: Connie: 819-687-2403
 Everyone welcome
 Bar open daily at 3 pm
 For further info: 819 687-9143 / arundellegion@gmail.com

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

CHABAD OF SAUVEUR
 Jewish educational & social events.
 Rabbi Ezagui 514 703-1770, chabadsauveur.com

HOUSE OF ISRAEL CONGREGATION
 27 Rue St Henri West, Ste. Agathe 819 326-4320
 Spiritual Leader: Rabbi Emanuel Carlebach 514 918-9080 • rabbi@ste-agathe.net
 Services every Sabbath, weekend, holidays

MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH
 463 Principale, Lachute / www.pccweb.ca/mrmpc
 Rev. Dr. Douglas Robinson: 450 562-6797
 Sunday service and Sunday school 10:30 am.

MILLE ISLES PRESBYTERIAN CHURCH
 1261, Mille Isles Rd.

ST. ANDREWS EAST PRESBYTERIAN CHURCH
 5, John Abbot St., St. André d'Argenteuil
 Interim Moderator: Rev. Linda Robinson
 Info: Sharon McOuat: 450-566-4549
 Services from May 19 - Aug 25 at 11:15 am
 * There will be no service on July 14 *
 August 18: Communion Service

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

LACHUTE BAPTIST CHURCH
 45 Ave. Argenteuil - 450 562 8352
 Pastor Régnald Leroux
Worship Service - 10:30 am

TRINITY ANGLICAN CHURCH - MORIN HEIGHTS
 757, Village, Morin Heights (450-226-3845)
Sundays 11 am: Worship service
 We are a member of the Laurentian Regional Ministry.

ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH
 94 Ave. St. Denis, St. Sauveur 450 227-2180
Sundays: 9:30 - Worship services.

HOLY TRINITY ANGLICAN CHURCH
 12, Préfontaine St. West, St. Agathe
 The Rev Josée Lemoine
Sunday service: 9 am
 Fellowship in the church hall afterwards.

ANGLICAN PARISH OF ARUNDEL & WEIR GRACE CHURCH
 Sunday services are held every Sunday at 11 am, followed by tea / coffee, refreshments & fellowship in the Church Hall.

ST. SIMEON'S ANGLICAN CHURCH
 445, Principale, Lachute
 The Reverend Josée Lemoine - Priest in Charge
 The Reverend Nick Brotherhood - Interim Priest
 Tania Lesack - Curate
 Services are held every Sunday at 9:15 am.
 The second Sunday of each month is a fun Family Service
 Everyone is most welcome to join us.

ANGLICAN CHURCHES ALONG THE OTTAWA RIVER
 Holy Trinity, Calumet, St. Matthew's, Grenville
 Holy Trinity, Hawkesbury
 Please call 613-632-9910 for information about Sunday service times.

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

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

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

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

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

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

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

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

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

BROOKDALE UNITED CHURCH, BOILEAU
 Info: 819 687-2752

PARISHES OF THE LOWER LAURENTIANS
 Everyone welcome and we look forward to seeing you and your family.

ST. AIDAN'S WENTWORTH
 86, Louisa Rd - Louisa
June 16: 11 am - Holy Communion

ST. PAUL'S - DUNANY
 1127 Dunany Rd, Dunany
June 30: 11 am - Holy Communion

HOLY TRINITY - LAKEFIELD
 4, Cambria Rd, Gore
June 23: 11 am - Morning Prayer
 Bilingual services with gospel/bluegrass music

CHRIST CHURCH - MILLE ISLES
 1258, Mille Isles Rd - Mille Isles
June 9: 11 am - Morning Prayer

VALLEY GATE CHURCH
 Pauline Vanier, 33, de l'Église, St. Sauveur
 Info: porte.valle@gmail.com
 Website: <http://www.portedelavallee.org/>
 Please join us every
Sunday at 10 am

VICTORY HARVEST CHURCH
 351 des Erables, Brownsburg-Chatham
 Pastor Steve Roach 450 533-9161
Sunday: 10 am - Bilingual Service

MORIN HEIGHTS HILLSIDE CHAPEL
 755, du Village, Morin Heights
 Every Sunday until the end of September
 Services at 6:30 pm
 An evening of old-fashioned hymn sings.
 Everyone welcome, invite a friend!
 Refreshments and fellowship will follow each Hymn Sing

FABRIQUE DE LA PAROISSE ST-SAUVEUR
 205 rue Principale, Saint-Sauveur
Saturdays: 5 pm - The parish offers a bilingual mass
 Everyone welcome.

FAUBOURG SUICIDE PREVENTION CENTRE

24 / 7 HOTLINE
 1-866 APPELLE (227-3553)
 Intervention and help for all Laurentian residents.

For info and full services visit www.cps-le-faubourg.org



50th Anniversary of the Residence of Lachute

The Residence of Lachute
 377 rue Principale, Lachute

Saturday, June 15: 1 pm - 6 pm

Come and see photos, articles, and memorabilia from the past and present. Special guests who have helped build this seniors' home serving the Laurentian region will be on site to welcome you. Light refreshments will be served. This event is organized by the Lachute Regional Residence Foundation, the Ladies' Committee of the Residence of Lachute and Le CISSS des Laurentides.



Laurentian Region Cancer Support Group

Groupe de Soutien du Cancer de la Région des Laurentides



Next meeting for cancer patients, families and caregivers is

SATURDAY AFTERNOON June 15, 2019 - 1 pm

Chalet Bellevue (main entrance)
 27 Bellevue, Morin Heights

Group Discussion

Meetings are conducted in English
ADMISSION IS FREE

For more information about meetings and the group's other services call June Angus 450-226-3641 Email: cancer.laurentia@yahoo.ca or mail PO Box 2645, Morin Heights QC J0R 1H0

REGISTERED CHARITY - DONATIONS APPRECIATED

COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA

LACHUTE MOUVEMENT PERSONNE D'ABORD LACHUTE

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

WILLKOMMEN

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE 327
Sun, June 17: 9 am - noon: Father's Day Breakfast
Basket draw tickets at the door - proceeds will go to Prostate Cancer Research
Adults \$7 / children (6-12) \$3.50 / under 5 yrs. free.
Everyone welcome!

Sat, June 22: 9 am - 3 pm: Flea Market
To book a vendor table (\$10 each or 2 for \$15)

please contact Barrie Smith: 819-687-9498
Indoor / outdoor tables available.
Everyone is welcome to sell, buy or visit!
Mon, July 1: 11 am - 2 pm:
Canada Day Celebrations
Flag raising ceremony at noon, family fun & refreshments

Sun, July 7: 9 am - noon: July breakfast
Adults \$7 / children (6-12) \$3.50 / under 5 yrs. free.

Proceeds of Basket Draw will go to Victoria's Quilts – Laurentian Branch.
Facebook at LRCC-Lost River Community Center

HARRINGTON GOLDEN AGE CLUB

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

Cook's Night Out: 1st Friday of the month at 5:30 pm
Bingo: 1st & 3rd Sunday of the month at 1:30 pm
Quilting: Mondays at 10 am
Knitting: Mondays at 1 pm
Line dancing: Tuesdays at 7 pm
Welcome back to all

SCOUTS MORIN HEIGHTS

Morin Heights Elementary School /
Wed evenings: 6:45 pm - 8:15 pm - meetings. Come join us!
Info: ScoutsMorinHeights@live.com

ARGENTEUIL GIRL GUIDES

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

THEATRE MORIN HEIGHTS

We are currently preparing for our 2019-2020 season including casting our major production in November.
Want to become a member, work behind the scenes or act, call
Info: 579-765-3999 / www.theatremorinheights.ca

ALCOHOLICS ANONYMOUS MEETINGS

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

LACHUTE ARMY CADET CORPS

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

ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

HUBERDEAU GOLDEN AGE CLUB

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

SENIOR VOLUNTEERS READING PROGRAM

The Table des aînes of the Pays-d'en-Haut MRC is looking for volunteer readers aged 50 and over to share the pleasure of reading with children in schools.

As part of a movement to promote the pleasure of reading with children in the community, the Table des aînes has implemented an intergenerational reading program throughout the MRC. For further information please contact Violaine Guérin at 819-321-9404.

COOP SORE'S COMMUNITY LUNCH

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

LACHUTE UNITED CHURCH STRAWBERRY SOCIAL

Grenville Community Centre
21, Tri-Jean Street
Thurs, July 4: 6:30 pm - 8:30 pm
Entertainment by the Lachute 4-H Square Dancers

50th ANNIVERSARY OF THE LACHUTE RESIDENCE

Residence Lachute, 377 rue Principale
June 15: 1 pm - 6 pm
Photos and articles from past publications will be on display.
Come and see how things have changed over the years and renew acquaintances.
Visit with staff and committee members, and families.
Light refreshments will be served.

HAM AND SALAD SUPPER

Grenville Community Centre
June 15: 5 pm - 7 pm
Assorted desserts included
Adults: \$15 / children \$5
Hosted by the Grenville Women's Institute
Everyone welcome!

RIFLE CLUB WILLIAM TELL

Upcoming events
3229, Cr. Fridolin Fandrich,

Wentworth North
Sun, June 16: Flintstone Beef BBQs
Sun, Aug 11: Schlachtfest - to establish a king & queen
Sun, Sept 22 - Schlachtfest (Thanksgiving)
Sun, Nov 24: Adventkranzbinden (binding of our own Advent wreath)

PUB NIGHT FUNDRAISER

Lachute Golf Club, 355, Bethany, Lachute
Fri, July 5: 7 pm
Entertainment by Sueling Pianos Ottawa xz Special invited guest, the Jabbour Band
Fundraiser for the Yvon Lacasse and Dan Darlington scholarship fund.
Tickets: \$25 – available in Lachute at PEP (484, rue Principale) & Ultramar D'Arcy Latour (1295, rue Principale)
Info: 450-562-2025

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4, ch. Cambria, Gore
Doors open at 7:30 pm / Concert 8 pm
June 15: Keltik Pilgrim
Aug 17: Carlos M. Ramirez
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Advance tickets \$25 / at the door \$30.
Info: Jody: 450 562-2025 ext. 3543

COUREUR DES BOIS CHALLENGE

Municipal Park, 45 Cambria, Gore
Sat, July 20: 9 am - 3 pm
Races, duathlon, demonstrations, lunch (\$) games for children and music!
Registration: 9 am – 9:30 am / race at 9:30 am.
Info: Jody: 450-562-2025 ext. 35423

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MORIN-HIGHTS
1855

CALL FOR TENDERS

sale of municipal surplus equipment
 (Reference TP-28.06.2019)

The Municipality of Morin-Heights is seeking a call for tenders for the sale of used municipal equipment for which the descriptions may be consulted at any time by contacting Mr. Francis Pilon, Public works and mechanics foreman at 450 226-3232, extension 125 until the date of the opening of tenders, Friday, June 28th, 2019 at 11:00. You may also arrange to see the following equipment by contacting the above-mentioned foreman:

Number	Description	Year	Amount excluding taxes
1	Multi-function articulated Holder tractor, C-4,74	2007	
2	Freightliner truck, model FLD112, CAT C-12, 18 speed	2004	
3	Freightliner truck, model M2-106, Cummins, 8.3 L	2010	
4	Ford F-250 pick-up, 5,4 L, V8 motor (reconditioned)	2009	
5	Ford F-150 pick-up, 5,4 L, V8 motor (reconditioned)	2010	

The Municipality of Morin-Heights can modify a call for tenders during its publication. This change would then be published on the Municipality's website at: www.morinheights.com.

Offers will be received and opened at the municipal office located at 567, chemin du Village, Morin-Heights, Quebec, J0R 1H0, on Friday, June 28th, 2019 at 11:00. The Municipality is not committed to accept the highest nor any offer received and will not incur any obligation nor any costs to a tenderer if an article is removed from the list before the date of the sale.

The purchaser must arrange for the transportation of the awarded equipment at their own cost from the storage location at the municipal garage. The equipment is sold « as is », as seen and every sale is final without any guarantee at the risk of the purchaser.

The Municipality will apply By-law (571) regarding contractual management by making the necessary adjustments.

Given in Morin-Heights, on May 29th, 2019.

Hugo Lépine

Director general / secretary-treasurer

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On behalf of the city council members and the employees of the City of Sainte-Agathe-des-Monts, I wish you and your loved ones a great **Québec National Day** and a happy **Canada Day**.

- Denis Chalifoux, Mayor



The Lost River Community Center and The Harrington Valley Community Center will both organize activities for the whole family on the following dates:

Harrington Valley Community Center: **June 30**
Lost River Community Centre: **July 1**

Come Celebrate Canada Day with us!



For more information visit our Facebook page:
Facebook page: Harrington Valley Community Center
Facebook page: Lost River Community Center



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Making it Work in the Laurentians

Market research: The backbone of a successful business

Rachel Morgenstern-Clarren

Market research is the information you need to turn your business idea into a thriving company. With the right data, you will be able to create a strategy and get your business up and running.

Why is market research important?

Market research allows you to find out more about the following:

Industry: Is your industry in a growth, maturity or decline stage? What are the threats and opportunities? What is the power assessment for suppliers and buyers?

Market analysis: What is your market size and value? How easy is it for a new business to enter the market? What are the potential barriers? What are the demographics (age, gender, income level, etc.) and psychographics (values, opinions, attitudes, lifestyle) of your ideal clients? What problems do your business solve for them?

Competition: Who are they and who are their clients? What is their market share? What are their strengths and weaknesses? How do they compare to your business? How do they set themselves apart?

Primary market research

Primary market research refers to information that you can collect firsthand directly from the source (i.e. the customer) through observation, focus groups, interviews, questionnaires, etc. It is either exploratory (looking at broad issues) or specific (segmented audiences, focused on specific issues). Primary research allows you to have complete control of the process, deciding what is collected and how. However, it can be time-consuming and costly.

Secondary market research

Secondary market research refers to research done by a reputable outside source, such as Statistics Canada, or information that you'd find in a business magazine or book. It includes public data, like trend reports, market statistics and industry content. This research is less expensive and time-consuming. However, you may not be equipped to interpret all the data, and a lot of it might be irrelevant to your company.

What comes after the market research?

After combining and analyzing the findings from your primary and secondary research, get feedback from your friends and family: What do they think of your product or service? What do they like and what do they think needs improvement? How much would they pay? With all this information, you'll be able to create a prototype, which you can test and adjust until you are confident that you can launch your business and reach the right customers. And remember that market research is important, not only before you start your company, but it's an ongoing process to stay on top of changing industry trends.

At YES, we can guide you through some of the key marketing aspects of starting and running a business – find out how at yesmontreal.ca.

Distribution Points

We are often asked where our FREE copies of Main Street can be picked up. While there are too many locations to list them all, below you will find our major distribution points across the Laurentians where your copy of Main Street can be found on the 2nd Friday of each month. Better be quick though as they literally fly off the shelves! Enjoy the read...

MORIN HEIGHTS – 1325 copies
Available at: IGA, Familiprix, Vallaincourt's

ST-SAUVEUR – 2675 copies
Available at: IGA, Provigo, Rachele Béry, Petino's, Jean Coutu, TD Bank, Brulerie des Monts and Fumoir des Lacs, Chalet Pauline Vanier

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STE-ADÈLE – 535 copies
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STE-MARGURITTE DU MASSON – 100 copies
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PIEDMONT – 100 copies
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GRENVILLE – 650 copies
Available at IGA

ARUNDEL – 150 copies
Available at Arundel Provisions

HUBERDEAU – 125 copies
Available at Dépanneur Au Petit Centre

HARRINGTON – 40 copies
Available at the Municipal Town Hall

LOST RIVER – 50 copies
Available at Dépanneur Lost River

GRENVILLE-SUR-LA-ROUGE – 50 copies
Available at Dépanneur Kilmar

HAWKESBURY – 650 copies
Available at Freshco



Jackson River

By Mat Madison, biologist

In a past issue of Main Street, I had promised to share the case study of a local initiative involved in nature stewardship.

Our story began more than 100 years ago with the creation of the Lake Echo Association, in Morin-Heights. As the log homes were built, property owners decided to come together and create this non-profit to enhance community life around and on the lake. They planned parties, activities and even an annual regatta-style canoe race. From the beginning, the association worked at a community level to protect the environment and the lake.

Over subsequent decades, the focus spread beyond the lake to the watershed upstream; if you want to protect the lake, you need to understand what comes into it from inflowing streams. Lakes upstream, and even sand pits, became some of the issues the Lake Echo Association would invest time, energy and funds in, to acquire knowledge, and even to fight against pollution. The association became an environmental group, standing up for nature conservation and fighting those who had negative impacts on the water quality. This took a toll on the overall citizen commitment; members of the association grew tired of always fighting environmental battles and became progressively less participatory in the mission of the association.

In 2014, a younger board member, Mathieu Régnier, thought it was time to change that. He promoted the idea of a positive vision of the future, with environmental gains fueled by discovery, raising awareness and greater citizen participation. This positive attitude led to the creation of Ruisseau Jackson: Aire naturelle protégée. The vision behind RJANP is a mosaic of green spaces, stretching far beyond the lake, to the entire watershed that Lake Echo is part of - the Jackson stream.

RJANP's work started with discovering what was out there. I took part in a full-scale biodiversity and ecological assessment of the 20-square-kilometer area that the new non-profit wanted to dedicate itself to, located in Morin-Heights, Saint-Sauveur and Mille-Isles. We found wetlands of regional importance, both for biodiversity habitat and for water regulation (filtration, flood control). We also found beautiful hardwood forests with birds and plants, and deep, coniferous valleys, where deer spend the long Laurentian winters.

This assessment gave RJANP the necessary information to begin its biggest work yet; getting people involved. RJANP held nature walks with biologists and Bioblitz activities (community biological assessments) with professionals from universities and colleges. The recipe was simple; people will act upon social values, according to the things they discover and understand on their own. For that, we needed to get people out there, and we needed to show them the value of the watershed, especially as it had a significant importance for the overall quality of Lake Echo.

That brought us to the greatest achievement to date. In 2018, with the leadership of Jane Hope, a property owner on Lake Echo, RJANP rallied an informal Lake Echo Buyers Club and raised hundreds of thousands of dollars. This money was used to compensate the owner of one of the most important ecological properties in the watershed area. In exchange, the owner would develop part of the land but protect the greatest part of it. The result was the creation, in 2019, of the Ruisseau Jackson Nature Reserve, a 215 acre protected area that was donated to the City of Morin-Heights. You can read about it on the RJANP website, but the story goes ... "A politician, a developer, and a conservationist meet in a bar ..."

What I'm trying to demonstrate with this story is that it wasn't through hate, fighting and demands that this success story happened; it was through the love of nature and the love of community. The ingredients were simple: nature assessment, citizen discovery and awe of nature, and recognition of community social value. RJANP didn't raise thousands of dollars with images of clear-cutting of forests, housing encroachment and dirty water. People came together and participated because of the love they have for their community and for their lake. "It's love, not hate".

Heat waves and bug bites – how to survive a Canadian summer

(NC) Summertime here is unlike anywhere else. It doesn't matter if you're on the east coast, west coast or somewhere in between, you are guaranteed to experience miraculous warm days that the rest of the world doesn't know we experience.



Now's the time to reclaim the outdoors, no matter the temperature or buggy conditions. Here's what you need to know about managing the heat and avoiding mosquitos this summer:

The heat. We're sometimes prone to heat-wave-like conditions across the nation and, unless you're set up at a lake, it can be hard to beat the heat. Remember to stay hydrated by drinking lots of water, especially if participating in any strenuous activities. Wear sunscreen that has both UVA and UVB protection and be sure to reapply often. Keep an eye out for heat warnings from Environment Canada and seek shade as often as possible.

The bugs. It's a given that communities across Canada are going to encounter seasonal bugs, but don't let that stop you from enjoying the sun and fresh air – get geared up in mosquito-repellent clothing. Yes, you read that correctly. WindRiver No Fly Zone is the first of its kind in Canada – clothing with built-in mosquito-repellent technology that lasts through 70 washes. Exclusive to Mark's, the clothing line is available for men and women in a selection of tops, pants, shorts, jackets and hats that provide effective, long-lasting mosquito protection.

Obituaries

AMELIA (AMY) JUNE (HAZEL) COBBAN

June 15, 1939 – August 4, 2018

The family of Amy will be holding a Celebration of Life service on 16 June 2019 at 11 am. It will be held at Complexe Funéraire Mozart Desforges at 331 Bethany Ave in Lachute, Quebec. Burial will be directly following the Celebration of Life service at the Brownburg section of the Lachute Cemetery. Then to Eatayla Restaurant, Bethany Ave for Father's Day Buffet.



MARJORIE (PAT) NIELSEN COMMERFORD

1922-2019

In Ste-Agathe des-Monts, May 14, 2019, at the age of 97 years, Mrs Marjorie Nielsen beloved wife of the late Basil Commerford, passed away peacefully.

She leaves behind her two sons Glen (Ann), Brent, her grandchildren Ryan, Adam and Evan, she also leaves behind nieces, nephews, relatives and friends. She will be sadly missed by all...

As per her wishes, a celebration of life will take place at a later date with her family.

The family wishes to thank the staff of Pavillon Philippe Lapointe de Saint-Agathe for the excellent care and compassion they showed towards our mother, during her stay.

Arrangements entrusted to |||Maison Trudel, 400 Place du Curé-Labelle, Saint-Jérôme. 450-438-1234 / www.maisontrudel.ca



HUFFEL (SCHOLL), ANNA

1931-2019

It is with great sadness that we announce the passing of Anna Elisabeth Huffel on May 1, 2019, at the age of 88. Wife of the late Viktor Huffel. She passed away peacefully, surrounded by her family at Sainte Agathe Palliative Care Hospital. Loving mother of Victor (Henny Salle), Annabelle (Glenn Cooper), and Norman. Cherished grandmother of Sharon (Steven Thompson), Cassandra (Ivo) and Timothy. Great grandmother of Caileigh, Lachlan, Shayanna and Isa. She will also be greatly missed by her brothers Karl (Helena) and Hubert (Evelyn), nieces and nephews in Germany, Saskatchewan and B.C. At Anni's request, funeral services will be private and at a later date.



Arrangements entrusted to Maison Trudel, 400 Place du Curé-Labelle, Saint-Jérôme 450 438-1234 / www.maisontrudel.com

MONDOU VAILLANCOURT, MARIE BLANCHE,

Marie Blanche Mondou Vaillancourt (wife of Allan Vaillancourt) of Morin Heights died peacefully in St Sauveur on November 29, 2018.

Her sweet and kind nature influenced us all and her non-judgmental ways helped us to all be kind in all we do. She leaves her one remaining sister, Juliette, and 4 children: Linda Hoppe, Michael, Johnny and Allan Vaillancourt, 11 grandchildren, and 3 great grandchildren!

She is very much missed by her family. We love you Grandma Marie! The family will be having a private service this summer.

CELEBRATION OF LIFE FOR JUNE SKINNERSAT, JUNE 22: 1 PM9

Celebration at 1221 Chemin Laurin, Lachute J8H 3W7, presently owned by Shaun and Gabrielle Legere, former house of June Skinner. Celebration of Life, in honor of our Mother's happy and long life! If possible, please bring a small amount of food (not hot), and your beverages, chairs. Our family is looking forward to enjoying stories that you might like to share!



The English Link Cosy Corner

Andie Bennett

Don't be fooled by the dulcet tones of dominoes hitting the table and the low

murmur of Rummy 500. Cosy Corner grew from the roots of rebellion. It has been 25 years since two players from the Heritage Club were asked to pipe down when a game of bridge got out of hand. Their response was to take their exuberant card playing elsewhere and join the budding rebel alliance we now call Cosy Corner. The current/long-time leader of this band of misfits would do Princess (now General) Leia proud.

Lucille Green is easy to spot when I descend the stairs to the Morin Heights United Church basement. Her voice cuts through the din with the clarity of an elementary school teacher from days past.

"Andie Bennett!! 4 Kornerers!! It's 4 Kornerers." I hear her announce to her table while simultaneously popping up next to me to welcome me and immediately shuffle me over to a table of domino players that I MUST speak with. I quickly discover this is the table of Green's top officers. They are, in fact, just a handful of the many volunteers that help keep the seniors' Tuesday social gathering running. Whether it is setting up the beverages, tables and snacks, driving seniors to the church or selling tickets for the monthly military whist, everyone does their part to keep the games running and the coffee and tea flowing, but there is no mistaking that Green is running the show. The word dynamo is used to describe her more than once.

When I ask the seniors what brings them back every week, the answers vary. Some like the brain training of the card games, for others it is Bingo. Bunny Basler skips the games and just goes for the coffee and conversation. Elizabeth Sellka was back for a visit after a recent move to Kelowna and says what she misses most is this weekly gathering with her friends. The 91-year-old could be speaking for many seniors when she tells me what Cosy Corner brought to her life, "The loneliness was gone."

Cosy Corner is the Morin Heights United Church's outreach program and is open to any senior. Cost is \$3 in spring, summer and fall, and that jumps to \$5 to cover the soup lunch offered in winter. They meet every Tuesday afternoon and hold a military whist on the last Wednesday of every month. Just keep your eyes out for 96-year-old Maria. I hear she is a real card shark.



25 New gatekeepers trained for suicide prevention in the Laurentian Region

As part of a project to reach English-speaking people in the Laurentians, 4 Kornerers Family Resource Center organized two one-day training sessions for community volunteers and workers to become Gatekeepers (Sentinels). This service is important because suicide is a serious problem in this province and in the Laurentians. According to a report by the Quebec Institute of Public Health in 2012, the suicide rate in Quebec was 18.9 suicides per 100,000 people, significantly higher than the national rate of 16.0, while the Laurentian region's suicide rate was 15.6 suicides per 100,000 people, lower than the provincial average but still too high. While progress has certainly been made since 2012, the English community in the Laurentians was an area underserved and 4 Kornerers is working to counter this trend.

4 Kornerers undertook to train community members to become Gatekeepers, a Quebec network of community members whose goal is preventing suicide and assisting vulnerable people. In total, 25 community members were trained by the Centre de Prevention de Suicide le Faubourg during two sessions. The one-day courses covered important topics such as how to detect when someone is vulnerable to suicide and how to actively encourage them to request help, along with a practical component where the trainees participated in different role-playing scenarios. This allows for these newly trained Gatekeepers to be the link between mental health professionals and the community, to guide people who are using the community resources and who need assistance. This training represented an important opportunity to counter misconceptions around suicide, its causes and the people affected by it.

These training sessions would not have been possible without the Centre de Prevention de Suicide le Faubourg. They are the primary suicide prevention centre for the Laurentians and offer a 24-hour crisis phone line as well as support for Gatekeepers. This project is one of many initiatives that 4 Kornerers Family Resource Center has undertaken within its mission of adapting programs and bringing help to the Laurentians' English-speaking community to improve access to health and social services.

To learn more, visit: www.4kornerscenter.org.

Join us on Facebook for community info: <https://www.facebook.com/4KornersCenter/>



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FOR PEOPLE WITH CANCER OR WHO ARE IN REMISSION
Comforting Tea
Mon, July 8: 10:30 am - noon by reservation (Mt-Tremblant)
Fri, June 28: 10:30 - noon (Ste-Agathe)

FOR PEOPLE IN MOURNING
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Main Street Money

Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Have grandkids – will spoil

How to be a generous grandparent while also being prudent financially. Grandparents agree – having grandchildren is one of the most fulfilling experiences in life. Loving grandparents undoubtedly want to ensure their grandkids want for nothing, but it can be easy to get carried away. From toys to clothing, to school supplies and entertainment, the costs can really add up, and may even impact retirement savings if not managed carefully. If you are a doting grandparent, here are some strategies to help keep your finances on track without compromising your status as the World's Best Grandma or Grandpa.

Create a budget and stick to it

Buying grandchildren gifts can be rewarding, but it's a good idea to set limits on spending. Consider setting up an annual budget for presents, taking birthdays and holidays into account. It's also helpful to find out what your grandkids truly want, instead of trying to predict what they will like. This way, money will be spent on gifts they will use and appreciate.

Open a separate "spending" account

You may want to keep your retirement savings apart from savings that are specific to helping your family. Depending on your situation, there are a couple of options to consider. If not already part of your retirement plan, a Tax-Free Savings Account (TFSA) is a great way to grow savings tax-free, and money can be withdrawn at any time without tax implications. But remember that any withdrawals cannot be added back in again until the following calendar year. Another option is to set up automatic deposits into a non-registered savings account that pays high interest – even a small amount each month can add up quickly.

Give the gift of education

A Registered Education Savings Plan (RESP) allows family members to contribute money towards the education of a child. The earlier contributions start, the longer the investment will enjoy tax-deferred growth. The RESP may also be eligible for the Canada Education Savings Grant (CESG) – a 20 per cent match on contributions up to \$500 annually. It may be worthwhile to coordinate with the child's parents to eliminate the confusion of multiple accounts while ensuring the plan qualifies for the maximum government benefit.

Consider gifting life insurance

A permanent life insurance policy in a grandchild's name can earn cash value that accumulates over time and give grandchildren access to funds that may help them later in life. Policies for youngsters also have the added benefit of lower rates, allowing them more affordable insurance coverage for life. And when grandchildren become of age to access their policies or cash values, they could use those values to help pay for their education, or even help purchase a new home.

Spend more time and less money

Consider giving grandchildren experiences rather than just things. Sometimes, just spending time with grandchildren is worth all the money in the world. Playing board games or cards, tobogganing at the local hill, or baking cookies are just a few fun activities you can share. Even small things, like reading a book together can create fond memories. Being a grandparent is a rewarding experience. With a bit of planning and preparation, you can be generous while balancing the costs of your other needs. Speak to your advisor – he or she can help you decide which strategies best meet your goals.

SNAPSHOT ON GRANDPARENTS

There are 7.1 million grandparents in Canada. Life expectancy at age 65 has increased over the past 50 years – by 5.7 years for women and by 5.6 years for men, representing more time grandparents can spend with their grandkids. Grandparents have an average of 4.2 grandchildren. Nearly 600,000 live in the same household as their grandchildren. 72,000 grandparents live in a "skip-generation household" where they are raising their grandchildren. Of those living with their

grandchildren, 50.3 per cent report having some financial responsibility in the household.

Sources: Anne Milan, Nadine Laflamme and Irene Wong, "Diversity of grandparents living with their grandchildren," Insights on Canadian Society, Statistics Canada catalogue no. 75-006-X, last modified November 27, 2015, www150.statcan.gc.ca/n1/pub/75-006-x/2015001/article/14154-eng.htm (accessed June 8, 2018); vanierinstitute.ca/snapshot-grandparents-canada

Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc. This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell at 514-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca

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News from Autism & Arts in the Laurentians



Autism & Arts in the Laurentians (AAL) participated in the 2019 Autism Speaks Canada Montreal Walk on June 9, 2019. The group had a table at the event and sold crafts made by its members. AAL was awarded a \$25,000 Family Service Community Grant from ASC in 2017 and the group was proud to raise ~\$300 for this year's walk. The event, held at McGill University, was attended by many Laurentian families and friends who came out to support the group and hear Kyle Balian perform for the walk's closing ceremony. The 16-year-old student from Laurentian Regional High School got everyone swinging to a flawless rendition of Bobby Darin's "Beyond the Sea".

AAL will also be having its first Car Wash fundraiser at Garage Williams (248 Des Erables, Brownsburg-Chatham) on Canada Day, July 1, 2019. All proceeds will go towards AAL's future programming costs. \$5/wash.




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Essential Oils Spotlight on Tea Tree

Susan Rich

With all the flooding that has happened this spring, mold is going to be an issue. Mold is toxic to our bodies and wreaks havoc on our immune systems causing respiratory issues mainly, as well as many other problems.

In the past, I was an advocate for bleach to take care of the mold. However, as I've learned through research, bleach does nothing more than slow it down, and fade the colour to where we can't see it. This is temporary though, because with time and humidity those mold spores come back to life and continue their destructive path. Other toxic cleaners are just that, TOXIC, both to you and the environment. Using clean natural alternatives are more appropriate and won't destroy your health.

Have you heard of Tea Tree essential oil? This baby kills mold!!!

Recipe:

16 oz glass or stainless-steel spray bottle

50 drops of tea tree oil

Top up with water.

Shake, spray and let dry.

Repeat, repeat, repeat.

This is a potent formula, specific for mold, but it can be used also to clean all your household surfaces effectively.

Tea tree oil is an anti-fungal, anti-bacterial, anti-viral, all-round powerhouse cleaning agent. However, it's also amazing for all kinds of skin issues, including those yellow nails we try to hide in the summer. Make yourself a foot-soak using a few drops of tea tree oil and baking soda and watch your nails come back to normal. This is not a one-time cure all. You must repeat daily until you see the results. Do you have skin and scalp issues? I call tea tree oil my "pimple-be-gone" cure. Simply dab a tiny amount directly on the spot and let the healing begin. You might have to repeat a few times, but if you catch it early, once might be enough. For the scalp, you can add a few drops to your shampoo for a clean and healthy scalp, in addition to getting shiny and fresh hair.

Please be sure you are using only 100% pure, therapeutic grade, Tea Tree oil, as anything less will not give you the desired results.

For more information on how to get 100% pure CPTG oils, please feel free to contact me at 819-421-2253 or join my public education page on Facebook at [Éducation Publique Living Essentials Public Education](#)



I'm Just Saying Better call Sol

Ron Golfman - Main Street

While this article won't be seen for another three weeks or so, given how things have gone to date, I am confident that the subject matter will remain reasonably appropriate. Of course, I am talking about the awkward, stumbling segue from winter

to summer, here in the lower Laurentians. Springtime seems to have had a psychotic break of sorts, with a weather forecast that reads rain, with scattered sunlight, then more rain, day after day, on an endless loop Our softball league season opening day has been postponed by three weeks so far, as the super-saturated field dries at a snail's pace.

Gardening and planting flowers have been delayed by weeks as the temperatures slowly shed their single-digit overnights. The confusion has birds screaming, as they zig-zag the skies looking for trees budding well enough to hold nests, and I have sighted only one bumble bee on my property this bizarre spring, and given that this is a species we can ill afford to lose, the weather isn't helping much to inspire them to feel welcome.

It'll be June in a few days, and the usual ritual of storing lined coats, and replacing wet-weather shoes and boots with sandals, remains on my to-do list. It's one thing in winter to expect to dress like a club sandwich, peeling layers as the day goes on, but at this point of the year jackets, not hoodies, accompany umbrellas every time we leave the house.

As Canadians, we maintain a God-given right to talk about the weather, and often when speaking to people from away, we cite how lucky we are to live in Vivaldi's four seasons. Our summers are short enough as it is up here, and there's a feeling of quiet desperation in these parts, making it inevitable that we'll rely on some voodoo to prolong the greatly anticipated warmth of summer well into fall, in order to save the dry season.

With all the discussion, promotion and denial of global warming taking place, as we move closer to the eve of destruction produced by our own folly and negligence, alarm bells are ringing loudly. I know, I shouldn't complain too much, given the wildfires in some areas, and the incessant and numerous tornadoes to the south, but I just can't help the feeling that, given how hard this past winter has been both physically and financially for most of us, we're owed the reprieve and joy that a full summer provides.

Doing my fair share to save the planet, I'm almost as lazy as most, but this non-spring has awoken my conscience to do better in this area. If we accept that the weather, like death and taxes, is both inevitable and out of our control, we'll continue, and I'm Just Saying, to abuse the planet until we lose not only full summers, but also the legitimacy to enjoy complaining about it.



Fit Tip #135

Dopamine, a double-edged sword

Lisa Mclellan - Main Street

Why do we do things that we know are not good for us? Certain habits and behaviour trigger the reward/pleasure centres in our brains and produce the desired responses. Dopamine is the specific neurotransmitter (brain chemical) in this process. It is considered the reward/pleasure enhancing neurotransmitter, that makes us feel happy. A surge in dopamine does not come from the action itself (eating that piece of cake, drinking that glass of wine or smoking that cigarette) but rather from our ANTICIPATION of what we are going to get. Dopamine is released right before we engage in the action!

The brain is finely tuned to expectations. Positive expectations increase the levels of dopamine in the brain. Unexpected rewards release more dopamine than expected ones. On the other hand, an expectation that isn't met, no matter how seemingly unimportant, leaves us feeling disappointed. Unfortunately, the dopamine circuitry not only helps us repeat positive experiences but is used also to numb negative emotions. Feel bad; eat a sugary snack; release dopamine; feel better and repeat. If you feel bad a lot, you will eat sugar-rich, comfort foods way beyond what is good for you, and you will negatively impact your well-being, which will make you feel worse. Dashed hopes are a common trigger for negative and unhealthy behaviour. When our dopamine levels drop, we experience a response that reduces our ability to do deliberate tasks, like saying no to that cigarette, or yes to going out for a health walk. Dopamine is a double-edged sword.

The good news is that consciously altering what we expect impacts dopamine levels. By changing our perception and reframing our expectations we can curb the dopamine response. We can lessen the intense dopamine drive that supports unhealthy habits. Managing our expectations is an opportunity to be more proactive in the way we live and experience our lives.

Tips for managing expectations:

1. Be aware of your expectations. Don't set yourself up for failure.
2. Reframe your perceptions and expectations. Reframing affects your pleasure centres and predicts the outcome of your actions. By reframing, you can dramatically alter what was once perceived as very negative experiences into positive experiences.
3. Minimize your expectations of positive rewards. Unexpected rewards release more dopamine.
4. Have a positive attitude. Choose to focus on things always getting a little bit better, even when the evidence, at times, points to the contrary. This will help you maintain good levels of dopamine.
5. GRATITUDE - being grateful for what you have, and allowing yourself to feel satisfaction for the present, no matter what you desire or predict, will counteract disappointment.

Dopamine makes you feel happy if you refrain from disappointing yourself with unrealistic expectations. Dopamine dulls with repetition of the same stimulus or reward. That's why you want more! Novelty, opportunities for unexpected rewards, and believing that things are always going to get slightly better, supports a happy, dopamine-balanced life.

Now that's something to look forward to. Get to it my friends!

Prolonged pertussis season in the Laurentians

Vaccination is the best protection

The Public Health Department of the Laurentians Integrated Health and Social Services Center (CISSS) observes this year that pertussis (whooping cough) persists beyond its usual period. Since the beginning of the year, 88 cases of pertussis have been reported to the Public Health Department, the majority of these cases affecting children aged 1 to 14 years.

Pertussis is caused by a bacterium that is transmitted by the secretions of the nose and throat. The disease begins with symptoms similar to those of a cold. Subsequently, coughing fits followed by difficulty in catching one's breath, and an acute sound like a rooster's song occur. Coughing may cause vomiting and bluish discoloration of the face. In infants, apnea is often the first symptom and coughing may be mild or absent. The malady is very contagious and may cause pneumonia. Vaccination, started at the age of 2 months, remains the best way to protect your child from whooping cough and prevent complications. In addition, pregnant women from 26 to 32 weeks of pregnancy can now receive the vaccine to protect their baby from birth.

In case of infection, it is possible to receive an antibiotic that will reduce the risk of transmitting the infection. It is therefore necessary to consult a doctor quickly in the presence of symptoms. Young children and pregnant women within four weeks of delivery who have been in contact with a case of whooping cough should also consult the doctor to receive an antibiotic for prevention.

If you have questions about your child's immunization record or when to see a doctor, you can call Info-Santé at 811.

To make an appointment for a vaccine, contact your CLSC or visit the site

<http://www.santelaurentides.gouv.qc.ca/soins-et-services/vaccination/>

To find out more about pertussis, visit <http://www.sante.gouv.qc.ca/problemes-dehealth/pertussis/>





Real Wine for Real People Wine cocktails for summer

April Sirois – Sommelier - ISG

Here, in the Laurentians, as I write this, it is pouring rain again with chilly temps, and feels more like fall than late spring. However, I have faith that warmth, and summer, are coming and that soon we will be enjoying beautiful, hot summer days, perfect for sitting outside and sipping wine or cocktails, or maybe, even some “Wine Cocktails”.

In preparation for the summer to come, I will share with you some classic, and some not-so-classic, Wine Cocktail recipes.

Bishop Cocktail: This is great for that bottle of questionable red wine that you’re not sure what to do with. Mix 4- 6 oz. of red wine, 1.5 oz rum, 1-3 tsp. crème de cassis depending on taste, and lime juice from a ¼ lime. Pour in a shaker with ice, shake, and strain over ice in a rocks glass.

Kir: Crème de Cassis, is a sweet liqueur made of cassis. With its dark earthy flavours, it is a beautiful match for white wine. We are so lucky in Quebec to have excellent local versions of this product available. Add 1-2 tsp. to any white wine for one of the most beloved, and classic wine cocktails ever. Add Crème de Cassis to champagne to elevate it to a Kir Royal.

Black Velvet: Half fill champagne flutes with chilled, sparkling wine. Something cheap and cheerful is best. Top with an equal amount of Guinness and serve immediately.

White wine and Gin Cocktail: 1-2 oz. of gin, 4-6 oz. of white wine, 1 tsp. white sugar (fine berry sugar works best), 1-2 mint leaves and juice from a ¼ lemon. Add sugar to a glass, then add mint leaves and crush, or muddle, them into the sugar with the back of a spoon to release the mint oil. Add ice, gin, white wine, and lemon juice. Stir and enjoy.

French 75: 2 oz. gin, 1tbsp. lemon juice, 1tbsp. simple syrup (I use maple syrup because I love the flavour), 2 oz. of champagne and a lemon zest spiral for serving. Pour everything into a champagne glass, or coup, add lemon twist and serve.

Wine Spritzer: This is by far the easiest wine cocktail to make; add 2/3 white or red wine to 1/3 sparkling water or soda. A citrus wedge is a nice addition, but any type of citrus fruit will do. I like Grapefruit, but a blood orange looks beautiful.

Calimocha: Add 2 measures of red wine to 1 measure cola, and 1 measure of orange juice. Do this over ice. This does not sound like a real drink but, believe me, it is a surprisingly good one at that.

Pink Lady: Mix 2-parts rosé wine to 1-part pink lemonade, served over ice. This is what a weekend at the lake tastes like.

~Cheers

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Route des Arts Turns 20!

Ilania Abileah - Main Street

To mark the 20th anniversary of Route des Arts, the enthusiastic Board of Directors prepared an array of projects to make the Route des Arts visible to the community and tourists. From the outset, the mission of Route des Arts was to promote cultural tourism in the Lower Laurentians. This year, the public will be able to interact with the twenty-nine artists and artisans in their own studios, from July 27 to Aug. 4, from 10 am to 5 pm. Art lovers will be able to travel along a 250-kilometer route and enjoy the beautiful countryside of the south-west Laurentians.

ARTS on the Route is a project of fourteen large, mural panels displaying reproductions of artwork by artists and artisans of Route des Arts. These panels will be attached to different buildings, situated on Main Street in Lachute, and in Oka, during the season.

This year, the Route des Arts Gallery will be in the heart of Lachute, the town where Route des Arts was born. It will be open for four months from June to September 30. It will display artwork by all participating artists, and have items created by the artists especially for sale at the gallery Boutique.

Project ARTery is a giant mosaic of small canvases, all the same size, done by the members, which will be a must-see attraction at the gallery. The history of the twenty years of Route des Arts, its major projects, and the hundred and fifty artists who participated in it, will be commemorated on a special wall at the gallery.

At the end of the Season, there will be an auction at the gallery. A 2019 brochure will be launched at the Gallery Vernissage on Thursday, June 13, between 4pm and 7 pm, at 76, Clyde St. Lachute. Other information will be available on routedesarts.ca, and [facebook@routedesarts](https://facebook.com/routedesarts).



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