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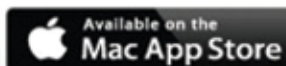
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What's On My Mind...

Shop local - shop Canadian

Susan MacDonald, Editor



Doors are open for business as usual but behind the scenes, our local businesses are continuing to struggle, just to survive. Those that managed to endure the pandemic suffered major losses of revenue at the time, which many are still trying to recover from and, if that isn't enough, the current political and economical chaos is adding even more challenges to their burden.

Unable to compete with the lower prices of the mega box stores and online shopping, our local entrepreneurs are obliged to charge a bit more for their products and services, which oftentimes negatively affects their monthly sales. To counter-balance this problem, many retail stores and restaurants have reduced their staff and their working hours, some closing for up to three days a week, which translates into even more potential loss in sales. Under these trying circumstances, how much longer will they be able to remain in operation without our support?

While the mega stores and online shopping options may offer lower prices and the convenience of shopping from home, they do absolutely nothing to help support our community or our local non-profit organizations. They do not participate in or donate to our fundraisers and charities, nor do they offer support programs to our schools, or donate to our community food banks. And, without doubt, they most certainly do not provide any personalized service to their customers.

If we look beyond price comparisons and take an overall view of the situation, we can see that the extra dollars we may be spending on local goods and services are in fact being returned to the community through donations for local events and fundraisers. Imagine the consequences if our local stores were to close forever. Has anyone ever successfully received the same support from online outlets? I think not.

Our business owners are our friends and neighbours and members of our community. They shop locally, supporting each other and helping to keep Laurentian dollars here at home and we need to do the same, if we hope to see them continue and thrive. As the saying goes, shop wisely and keep it local.

This month, Main Street celebrates its 24th anniversary of serving the Laurentians' community and I would like to take this opportunity to thank the entire Main Street team for their dedication, our readers, and our supporting businesses for their vital advertising and ongoing support. Without you, the Laurentians would no longer have access to their only local English publication. A heartfelt THANK YOU to you all.

Enjoy the read...

Mark Bédard et Valérie Barrette-Mayrand Pharmacist owners

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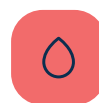


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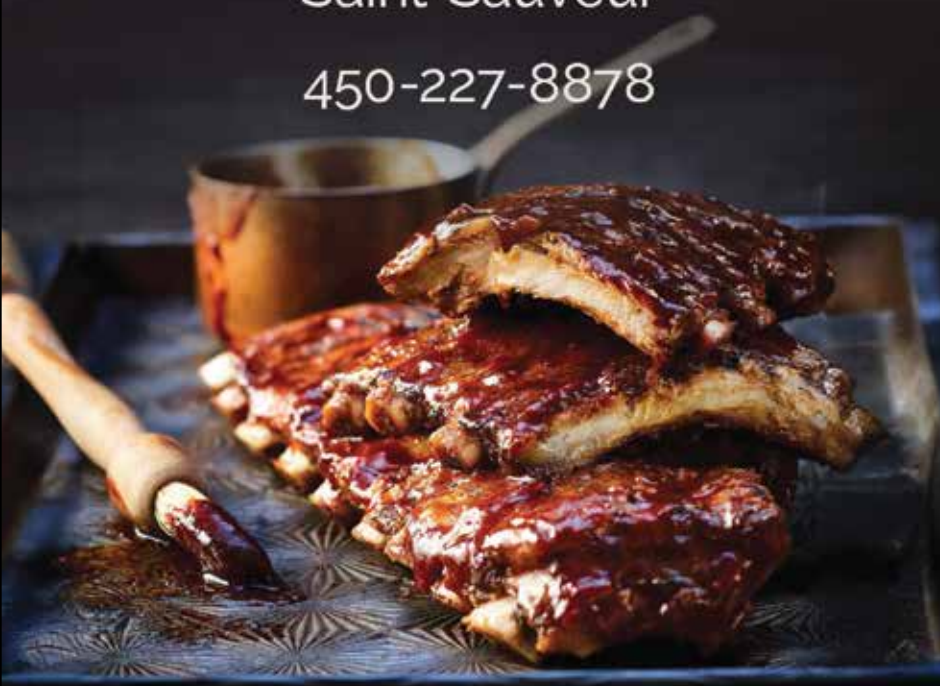
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Marking 20 years of community impact: The origins of 4Korners and the future opportunities for our community

Gaëlle Giraudeau

Imagine living somewhere where connection with the community is more than just a catchphrase, it's a lifeline, and where your voice counts. Twenty years ago, 4Korners was established with the straightforward but effective goal of enhancing the lives of Laurentian English-speaking communities. We have developed, advanced, and supported our community through struggles and victories over the last 20 years. We are now inviting you to join us in the next chapter as we celebrate our 20th anniversary.



We still have a lot of work to do. The experiences of English-speaking locals throughout the Laurentians demonstrate the continuous need for advocacy and support. English speakers have a greater unemployment rate (10.5%) and a lower median income than their French-speaking counterparts (6.8%), according to data from the Employment Profile of English Speakers in the Laurentides. These figures show the actual obstacles that many people in the community must overcome in order to find stable job and financial security.

The struggles emerge early. The study "Vulnerability among English-speaking kindergarten 5-year-old in Quebec" found that, in contrast to 27% of French-speaking kindergarten students, 37% of English-speaking kindergarten students are affected in at least one developmental domain. Their future may be negatively impacted by this vulnerability, under-scoring the critical need for initiatives that promote early childhood development and academic achievement.

These figures are more than just figures; they reflect the actual experiences of people and families who depend on opportunities for success, access to resources, and relationships to the community. In this regard, 4Korners contributes by promoting fair access, creating welcoming spaces, and assisting the welfare of English-speaking locals of all ages.

We would like to welcome you to our Annual General Meeting (AGM) in June so that we can discuss our effect and plan for the future. We are also seeking enthusiastic people to serve on our Board of Directors. Send your resume and letter of interest to board@4korners.org if you are a community-minded individual with leadership qualities.

There's more. The Laurentian English-Speaking Advisory Network (LESAN) meeting, which brings together organizations, stakeholders, and community leaders to discuss strategies, exchange best practices, and work together on projects that benefit the English-speaking community, will take place in March. LESAN meetings offer a forum for discussing contemporary issues, exchanging concepts, and enhancing regional collaborations. Through networking, presentations, and conversations, LESAN cultivates relationships that contribute to the development of efficient community support systems.

Come celebrate 20 years of advocacy, influence, and connection with us. We can create a more robust future for English speakers in the Laurentians if we work together. Visit www.4korners.org or send an email to info@4korners.org for additional information.

TMH presents "The Lie" and more this spring

Theatre enthusiasts have plenty to look forward to as Theatre Morin Heights (TMH) presents a FREE play reading and a major production in the first half of the TMH 2025 Season.



Staged Play Reading - March 26

Love the idea of acting but not learning lines? A rehearsed and directed play reading that allows you to be on stage with a script in hand is the solution! Check out how that works at our FREE performance of "Killing Time" by Len Cuthbert on March 26, 7 pm at Chalet Bellevue. Cash bar. Sit back, relax and enjoy! If you want to get involved with future readings, let us know.

"The Lie" by Florian Zeller - April 30-May 4

"The Lie" is a comedy about truth. This play by Florian Zeller with Denis L'Abbé and Corina Lupu in principal roles is directed by Noel Burton. In the street, Alice has caught the husband of a friend with another woman and is faced with a nagging dilemma: should she tell her friend what she saw? The closer viewers think they are to the truth, the further they are from it. Tickets \$25 go on sale late March. Six performances at Chalet Bellevue.

Save these dates - November 12-16

Interested in acting or working behind the scenes in our upcoming fall production? Please let us know so that we can firm up programming. More news coming soon!

For more information or to get involved check out theatremorinheights.ca. Contact theatremorinheights@gmail.com or 579-765-3999.



IMPROVING COMMUNITIES HEALTH

in the Laurentians

COME MEET THE HEALTH CARAVAN!

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

Services Available Include:

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

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

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

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

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

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



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Arundel News

Janet Thomas

ARUNDEL SPEAKERS SERIES PRESENTS:

JOANNA NASH: "YES/NO/MAYBE": ONE PAINTER'S PATH

Arundel Centre (17 Rue du Village)

Fri, March 14: 7 pm

Free Admission; Donations Appreciated

Refreshments available

In this informal illustrated talk, Joanna, who trained in visual art practice at a graduate school level, looks back to the people and events that influenced her outlook on life and art and encouraged her to invent her career. Those interested are invited to visit Joanna's studio the following week on Sunday, March 23, from 1 pm - 4 pm where they can see her art and ask questions. Studio Nash, 168 ch. de la Rouge, Arundel. info: joannanash@yahoo.ca



ARUNDEL CONCERT SERIES PRESENTS:

MIA KELLY: 2024 Canadian Folk Music Award Winner
Centre Arundel (17 rue du Village)

Sat., March 29: 3 pm

Doors open at 2 pm. Refreshments available before and after the concert.

Performing in both French and English, Mia Kelly enthral listeners with a distinctive blend of Folk, Rock, and Blues and is swiftly gaining recognition as a poetic lyricist with a powerful and versatile voice. With her knack for adapting the stories of the people she has connected with in her life, Mia is an imaginative storyteller who channels her raw and vulnerable emotions through her expertly crafted songs.

It is no wonder that Mia is invited to play with Aysanabee, The Franklin Electric, Daniel Champagne, Jeremie Albino and others. She is just back from touring with Bobby Bazini. In addition to winning a Canadian Folk Music Award in 2024, Mia was chosen to represent Canada at the 2023 Jeux De La Francophonie and has performed for Canada Day in London, England.

Mia twinkles and sparkles on stage. Her presence is so palpable she out-shines other performers. She is definitely a rising star you will want to know.

Tickets \$25 in advance; \$30 at the door. For reservations or more information, please contact janet.thomas700@gmail.com



"LAURENTIAN CUP" AT LAURENTIAN HOUSE

Cross Country Skiing and Snowshoe Races

31 ch de Barkmere (Arundel) - Side Entrance,

Sat March 22, 2025: 10 am - 3 pm

What to expect?

An energized end-of-season competition + celebration. From novice to those who enjoy a race, there is a course for all.

Not participating? Come enjoy with cow bells and crowd. Music, food + drink.

* 1 km, 2 km Sprints, 5 and 10 km races surrounding the fields and into the forest.

Competitions for both children and adults. Prizes and podium too.

Open to the public / more details and registration online through <https://www.laurentianhouse.com/laurentiancup>



About Laurentian House

A 240-acre property in Quebec's mountain range available for private dinners, events and workshops.

Over 20 km of trails were created and restored by Laurentian House in 2021 - 2022. This winter season, we opened our trails to the public.

Available For Adoption

Meet siblings Lia and her twin brother Randall... These adorable kittens were rescued in October with their mother. Their mom has been adopted, so these cuddly little furballs are looking for their fur-ever homes. They are being fostered in a home with other cats, dogs and small children. They received their basic vaccines, they are spayed/neutered, dewormed, treated for flea prevention and micro-chipped. Message us or contact benniesrescue@gmail.com for an adoption application.



Morin-Heights based Viking Ski Club hosts its 53rd Loppet classic ski race event!

One wonders if back in 1972, when the Viking Ski Club held its first classic ski race event, known as the Loppet ("The Race" in Swedish!), if the tradition would ever endure for so long? Indeed, it did as on Sunday, February 23, the 53rd running of this event took place at the Viking Ski Club facilities! Basically, to give appeal to all classic skier abilities, race courses of 5, 10, 20 and 30 km were offered and for which some 180 enthusiastic skiers signed on to participate. The range in ages of participants from 5 to 84 years old reflects this event's broad appeal across the age spectrum! Newly resurrected this year was a 30 km race course, which included 10 km of the Viking Red Touring Trail, followed by twice around the conventional 10 km Skip Sheldon racing trail.



The Loppet Organizing Committee was especially encouraged to see an increase in registrant numbers (around 30) above the previous 2 years. Also, it was reassuring to see that the number of racers was equal (around 45) for each of the 4 race courses.

Key to the successful enjoyment of this event, for both participants and volunteers alike, is for favourable weather and snow conditions. To this end we have to rely on the Norse Gods of weather, namely Freyr and Thor, who this year did at least make a more than generous "just-in-time" double snow dump. This necessitated extensive last minute track setting, implemented by a devoted trio of experts on various sized track -setting machines!

Although Loppet day was overcast, temperatures hovered around a comfortable -5 degree C and thankfully with little to no wind chill. However, Freyr and Thor did give us an on-the-day light sprinkling of snow, which covered the prepared double track setting to some extent. When racers were asked as they crossed the finish line how it was, "challenging" was a common polite response!

Espresso Sports generously set up in front of the Viking clubhouse, being on hand to provide gratis ski waxing services to racers before they went down to the so-called Skip's Pond area for the start/finish set up.

Al fresco "catering tables" manned by volunteers, provided welcome hot soup, drinks and various finger nibbles; all generously donated by the local IGA supermarket.

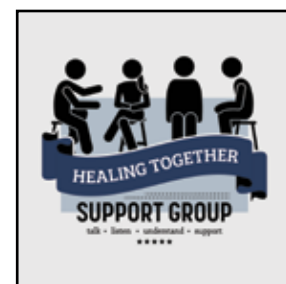
Following the usual protocol, 8 special medals were formally presented to the fastest male and female in each of the 4 race courses. Following this, qualifying participants were able to pick up their gold, silver or bronze medals in their respective age group. Also, commemorative patches were issued to all racers and to the multitude (around 70) of volunteers whose enthusiastic support and assistance went to ensure facilitating a successful event!

Complete Loppet race results and trophy details are available at: www.skiloppet.com



Cancer Support Group Will hear from Palliaco March 15

Martha Allman, a coordinator from Palliaco, will join us to provide information about the group's services for people affected by cancer at the next monthly meeting of the Laurentian Region Cancer Support Group. The meeting will take place Saturday, March 15 at 1 pm at Chalet Bellevue, Morin Heights. Also available online via Zoom. Meetings are free and open to people living with cancer and their loved ones or caregivers. To reserve a place for the March meeting, ask for the Zoom link or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.



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MAIN STREET

Celebrating St. Patrick's Day - March 17

Who was Saint Patrick?

Born in Britain, Saint Patrick was captured by slave traders when he was 16 and brought to Ireland to be a shepherd. After six years of imprisonment, he escaped back to Britain. While imprisoned, though, he had become a devout Christian. He is said to have had visions from God, telling him to go back to Ireland and spread the gospel. He spent the next twenty years preaching and teaching in Ireland, and creating churches and monasteries throughout the country.



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STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Desjardins Marine, 1961 boul. Ste. Adèle, Ste. Adèle who are celebrating their 60th anniversary. Quite a feat! The original owner was grandfather **Roland Desjardins** and current owners include **Richard and Marc Desjardins**. More recently, Marc's children **Jessika** and **Nicolas** and Richard's children **Émilie**, **Richard** and **Vincent** have taken on owner partnership as well. The store sells a wide variety of boats, snowmobiles, ATV and related gear and accessories. We wish you many more years of success! 450 229-2946 / desjardinsmarine.com



Dynamic real estate agent **Lucyne Farand** who won the **Director's Platinum Award for 2024** presented to her by **Phil Soper, President of Royal LePage Canada**, at the recent Royal LePage Gala that took place at the Sheraton Laval Conference Center on February 20. Congratulations, Lucyne for this well-merited award. 514 952-6316 / lucyne@lucynefarand.com / lucynefarand.com



The **Laurentian Business Women's Group** who are celebrating their **10th anniversary**. An event to commemorate this special anniversary took place on March 5 at Baton Rouge. Many entrepreneurs who have become members over the past 10 years have benefited from networking, socializing and promoting their business in the Laurentians. If you are an entrepreneur who enjoys meeting other like-minded business women and would like to become a member, please contact Lori Leonard for more information at 450 224-7472 / leonard.lori@outlook.com

Did you know that:

There have been extensive changes at **Library Morin Heights**, 823 ch. du Village, Morin Heights? They opened new library space and added shelving units for children and adults. There is also new comfortable seating. Many first-reads, picture books, mangas, comics and novels for children are available. Story time is provided every Saturday morning between 10 am and 11:30 am.



Annual membership is \$40 and is free for residents of Morin-Heights. People can borrow books, magazines, puzzles and radon detection kits for a total of 10 items by membership card. Wifi, computer access, a colour printer, on-line books and free on-line courses, activities and animation are offered. There are two employees and a team of 19 volunteers. Small events can be hosted. A knitting club meets there every Thursday afternoon. The library offers an online resource for career search, genealogy, and health documents. There are 9000+ books with plans to add more. New arrivals are considered "new" for 6 months. There are currently 155 new books in the adult section. If you wish to borrow a "new" book, it is best to consult the new book list and reserve it. Open Tuesday to Friday, 10 am - 6 pm, and Saturday 9:30 am - 4:30 pm. Closed on holidays. 450 226-3232 ext. 124 / bibliotheque@morinheights.com / morinheights.com/library

Speaking of books, if you are looking to purchase a copy of the recent copy of **Land Possessed** or **Une Terre a Nous** by **Margaret Cook**, copies are available for \$30 at the Municipality of the Township of Gore, 9 ch. Cambria, Gore or at Argenteuil Art Center, 585 rue Principale, Lachute. Copies are also available at Librairie L'Arlequin, 4 ave. Lafleur, St. Sauveur. This book was published by **Les Sentiers de Gore**. A \$10 charge is added for delivery. This work, in addition to being of great literary quality, immerses us in the life of the Irish pioneers of Argenteuil in 1869 and recounts the many trials they had to endure in order to clear their land and establish their families. Illustrations are by **Patricia Good** (1924-1977), a good friend of the author whose pioneer family lived in a farm house on Shrewsbury Road, Gore. Mrs. Good taught painting in Lachute and the region. The preface to the English version is by the historian and playwright **Donald Stewart** and the French version is signed by **Hélène Beauchamp**, biographer of Ms. Cook.



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Laurentian Personality William (Will) Laurin Building stronger communities through rhythm

Lori Leonard – Main Street

In his youth Will attended Vanier College and Carleton University, but dropped out as he started touring with bands. He felt that education “on the road” was also important.

Since he was a child, Will was drawn to rhythm. He danced, sang and got lost in music. He would repeatedly play his favorite songs. This allowed him to “develop his ear” and paved the way for his approach to studying drums today.

Will was self-taught, but studied with some private teachers. Despite the noise of drums in the house, Will’s parents were supportive since day one. He has dabbled with guitar, but his passion is drums.



Playing drums has allowed Will to fulfill many childhood dreams. It opened his eyes to the beauty of Canada and many other countries. He is fortunate to have created a life to nourish him and others through rhythm.

Three seasons of the year Will works as a gardener (in his free time). Gardening is a good change of pace as it is a grounding experience and kickstarts music-related ideas.

There are several types of drums Will enjoys playing. His drum set for live performances is a Gretsch USA Custom, with a maple/gum wood combination that feels and sounds good. He also enjoys vintage kits. His current touring kit is a 70’s Rogers concert tom kit, also for performing. Fans of Phil Collins and Marky Ramone will understand! He uses Remo Tubano synthetic hand drums based on the Latin American Conga drum for drum circles.

The only wood and leather skin drum Will uses in drum circles is his Ashiko drum from West Africa, it offers warm dark tones to compliment the circle.

Will currently has 3 drum sets, 15 hand drums and 15 Remo Rhythm lids. He says “I always preface that my drum circles are not a lesson, but a facilitated, spontaneous musical experience.”

Will finds working in schools with the younger generation challenging, but rewarding. School sessions require more patience, while other sessions may be easy going. Every drum session is unique. He always begins a session by asking “how can I serve this circle?” Post-session, he asks “How did I serve this circle?” As for live gigs, he enjoys the natural high.

Julie Chou, Co-Founder of AAL (Autism and Arts) states that Will is generous of heart and his time. He has a very special way of making others feel comfortable. Julie has always appreciated Will’s unique support of this neuro-diverse youth group.

Francis Davidson, Community Support Outreach Coordinator for Aging in Place Program organized a group of seniors who took part in a drum circle with Will. Francis said, “drumming is an art form that brings seniors together. Especially as you get older there’s more risk for feeling excluded and alone. Drumming is a way to get people to come out of their shell and engage with others.”

Will often plays with other musicians and says that creative, diversified musicians can make a good living. “No matter the group or event, a drum circle encourages connection, self-expression and exercise. It is important for everyone to keep moving and be inspired to connect on another level with yourself and with others.”

Will mainly works in retirement homes, at community fairs and in schools. Participants use synthetic REMO drums. He says, “If you have a heartbeat, then you have rhythm.” Drum circles cater to all musical levels. The average price of a drum for beginners is \$50 to \$100, \$100 to \$500 for more advanced musicians. Drum circles provide a safe space for participants to express themselves and to connect through rhythm-based activities. Circles have the power to break down social status, promote equality and collaboration among participants.

Will must be fully present and in tune with a circle. How he facilitates and interacts with a group is important. He must create trust to guide people where they want to go musically. He wants them to succeed, take chances and to discover. He encourages them to feel ok about making a mistake and wants them to listen and communicate together. “When these criteria are met, my job is done, and the circle can facilitate itself.”

Will sums it up by saying, “my initial goal is to bring smiles and laughter to every drumming session,” which he always does.

If you are interested in discovering your inner rythm, write William.laurin22@gmail.com or see soundvibecircles.com to book a session.



Making it Work in the Laurentians Six things businesses should know about Quebec's new privacy law

By YES Employment + Entrepreneurship

Have you heard of Quebec’s Law 25 - the Privacy Law? In a nutshell, it was designed to increase personal data protection for Quebec-based customers. Businesses operating in Quebec must now be more transparent about how they collect, use, and share personal data. Many of the provisions came into effect in 2023, and others are following suit until September 2024. While this is certainly positive, it does translate to more rules and regulations for entrepreneurs:



1. Data breach transparency

Under Law 25, businesses must notify

Le Commission d'accès à l'information du Quebec, as well as any affected individuals, of any data breaches as soon as possible post incident. Additionally, keeping a record of all security incidents is a must.

2. A designated privacy officer

Businesses must designate a privacy officer responsible for Law 25 compliance. Although Law 25 defaults this responsibility to the highest senior employee, like a CEO, any employee can be chosen. In that case, their name, title, and contact information must be published on the business’s website.

3. Privacy Impact Assessments (PIA)

When acquiring, developing, or overhauling an information system or electronic service delivery system, which entails the collection, use, release, storing, or destruction of personal data, businesses must conduct a Privacy Impact Assessment (PIA).

4. Privacy notices

When using technology to collect, identify, locate, or profile individuals, or when using personal data to render decisions solely via automated processing, businesses must disclose how their data is being used, inform them of their right to rectify their information and their right to be forgotten, and provide an opt-in mechanism for the collection of personal information.

5. Subject rights

Subject rights under Law 25 resemble those found under the EU General Data Protection Regulation (GDPR).

Quebec subject rights now include rights to:

- Be informed
- Access
- Rectification
- Erasure
- Withdraw consent
- Restrict processing
- Data portability

Additionally, privacy officers are expected to respond to such requests within 30 days.

6. Enhanced consent

Individuals’ consent – or the consent of a parental authority or tutor for minors under 14, is now required prior to the collection, use, or distribution of personal data. In cases concerning sensitive personal information, explicit consent is required.

While Law 25 introduces additional compliance requirements, it is an opportunity to enhance your reputation and build stronger relationships with your customers by committing to protect their data. If you have questions on how to navigate the legal nuances, we have a legal clinic open to all YES members; make an appointment at info@yesmontreal.ca!

*This article does not constitute legal advice.

Lime-in-the-coconut almond bark

INGREDIENTS

- 1 package white baking chips
- 4 tsp. shortening
- 4 drops green food colouring
- ½ cup sweetened shredded coconut, toasted
- ½ cup chopped almonds, toasted
- 4 tsp. grated lime zest

DIRECTIONS

Line a 9-in. square baking pan with foil. In a microwave, melt chips and shortening; stir until smooth. Stir in food coloring, coconut, almonds and lime zest. Spread into prepared pan. Chill until firm, 10-15 minutes.



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COMMUNITY UPCOMING events

AMIQUÉBEC – ALLIES IN MENTAL HEALTH

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

amiquébec

Agir contre la maladie mentale
Action on mental illness

ARUNDEL JAM SESSIONS

Arundel Legion

Next dates: Mar 20, Apr 3

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

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

ST. PATRICK'S DAY SUPPER

Morin-Heights Legion

Sat, Mar 15: 6 pm

Corned beef and cabbage on the menu

Donation: \$25

BINGO!

Morin-Heights Legion

Sat, Mar 16

TGIF SMOKED MEAT DINNER

Morin-Heights Legion

Fri, Apr 11: 5:30 pm

Donation: Adults: \$15 / Under 13: \$7.50

EASTER PANCAKE BREAKFAST

Morin-Heights Legion

Sun, Apr 20: 8:30 am

Family event with Easter activities for the kids.

Donation: Adults: \$10 / Under 13: \$5

FOLK FOLIE FRIDAY

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

Live folk music featuring local musicians and great food.

Mar 21: Guy Melhuish & John Maxwell

Mar 28: Open mic

Limited seats, reservations required: 819-969-1799 / www.ptitesfoliestogo.com

SPRING CRAFT SALE

FUNDRAISER FOR THE LACHUTE REGIONAL RESIDENCE FOUNDATION

Grenville Community Centre (21, rue Tri-Jean)

Sat, Apr 26: 10 am – 3 pm

To reserve your table or for information contact:
Vera: 819-242-7487 / vwyong@sympatico.ca

TRIP TO CANADIAN WAR MUSEUM

Morin-Heights Legion

Fri, May 2

Trip by coach and a guided tour!

\$55 or \$70

To register or for more info: DFW2T2010@gmail.com



SPECIAL PLACES TO VISIT

LAURENTIAN SKI MUSEUM: The Laurentian Ski Museum is a museum of regional thematic history. It has a collection of more than 7,500 artifacts and 20 private archives and presents to the public a permanent exhibition "The History of skiing in the Laurentians. Living in winter, with winter and for winter" 6, rue de la Gare, Saint-Sauveur www.skimuseum.com

CALVAIRE-D'HUBERDEAU: Religious Historical Site: From its summit, you will enjoy a wonderful view of the village and the Rouge Valley. Between 1910 and 1920, the current version was made of bronzed cast iron. – Rue du Sommet, Huberdeau / 819-687-3647

MONASTERY VIRGIN MARY THE CONSOLATORY – 1ST GREEK ORTHODOX MONASTERY IN QUEBEC: 827, chemin de la Carrière, Brownsburg-Chatham / 450-533-4313 / www.monasterevmc.org
Come and witness the transformed beauty of our monastery, experience the serenity it offers, and immerse yourself in our Orthodox traditions.

OMEGA PARK: The Parc Omega stands out from traditional zoos with its vast, preserved natural spaces spanning over 2,000 acres. 399 Route 323 Nord, Montebello / 819-423-5487 / info@parcomega.ca

CANADIAN MUSEUM OF NATURE: As a scientific leader in species discovery and Arctic research, the Canadian Museum of Nature contributes to a more sustainable future for us all. 240 MCLEOD STREET, OTTAWA / 613-566-4700 / 1-800-263-4433



It's Maple Syrup Season!

Cabane à Pommes Labonté de la Pomme

405 Rang de l'Annonciation, Oka / 450-479-1111

Offers traditional menu, a reinvented menu combining maple and apple products and a gourmet maple-based menu

Route 8 Microbrewery

1054, Boulevard Arthur-Sauvé, Saint-Eustache / 450-473-2374

Serves maple-tasting beer with the taste of a caramelized amber beer, leaving notes of maple candy to savour.

La p'tite cabane d'la côte

5885 route Arthur Sauvé / 450-258-2467

Traditional menu, great food and live music on Saturday nights!

Érablière Ste-Marguerite

54, Chemin d'Entrelacs, Sainte-Marguerite-du-Lac-Masson / 450-228-1476

Old-fashioned recipes served in a warm atmosphere accompanied by folk music



On With the Show The wonders of Steel Rail

Florian Gaudreau

As much as I love Rock & Roll there are times when I need the calmness of Folk to bring me back to my fond memories of a different time. Rock is great to party with friends, but Folk music brings reflective moments and a contentment of simpler pleasures. Folk certainly brings me back to old coffee house haunts like the Yellow Door, Back Door and of course, Rosa's Cantina. I recently dropped by Mariposa in town to take in Guy Melhuish's retrospective show on London's 'Cousin's Bar' and to my surprise, Dave Clark was performing. He is one of the members of Steel Rail, a trio that is one of the legendary Folk artists along with Penny Lang, Jesse Winchester, Linda Morrison and so many other folk artists of that time.

Steel Rail is made up of Tod Gorr, Ellen Shizgel and Dave Clark. They met way back in 1991 playing blue grass together and each member brings a unique flavour to the mix (I'll get to that later on in the article). Over the years they have played several festivals across the country including, Festival by the Sea in St John New Brunswick, the Ottawa Folk Festival, Mariposa Folk Festival and they were on CBC's Stuart McLean's "Vinyl Cafe" Some of their songs were covered by Bill Garrett, Sue Lothrop, Tammy Fassaert and Notre Dame de Grass,

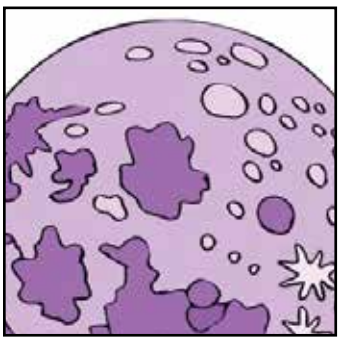
so I guess I'm not the only big fan of their music.

What I love about Steel Rail is the imagery that is created through their lyrics and the delivery through effortless three part harmonies. Like the holy trinity, one cannot exist without the other, making Steel Rail what it is. Lead singer, Tod, delivers a unique clear voice to the songs, like a well-versed storyteller. He has an authentic voice that warms the heart. Dave's finger picking and ease of playing is a joy on its own as I witnessed at Mariposa.

Dave, like all really great guitarists makes it look so easy. Ellen's contribution as a bass player and vocals adds that seasoning rarely noticed, but without her there would be a missing essential spice. The fourth member of this trio who is never seen is songwriter/manager, Lucinda Chodan. Song writing to me looks like an impossible task as it involves telling a story with very few words and conveying the mood and emotion of that story in about three minutes.

Hoping to hear Steel Rail perform up here in the Laurentians this summer, hope to see you all then.





Zach Factor Game of Drones

Lys Chisholm & Marcus Nerenberg

In early November 2023, we were on an evening flight from Miami to Montreal. I had a chance, via an eastern facing starboard window seat, to watch the sky change colours with the setting sun. As the

sky darkened, the lights of seaboard America appeared. I finally turned off the camera and put my phone away as the map showed that we were an hour from Dorval. As I looked out the window over the lights of New Jersey, I saw a ball of orange light shoot past what appeared mere feet away from the engine under the wing from the front to the tail of the plane. I was stunned.

In the past few months there has been a massive number of sightings of SUV sized 'drones' hovering nearby or around military bases in New Jersey and other areas. The increasing frequency of reports was first noted in late October by hundreds of residents in Northeastern US (and Canada), but primarily in the New Jersey area. They have appeared all the way down the east coast to Florida, with reports from Texas, the Midwest, and California. The issue began to warrant the attention of local news outlets and then it went national. Congress persons, hounded by constituents, began demanding answers from the military. In typical fashion the military divulged nothing. They did shoot down a Chinese "spy" ballon over Canada. The recent increase of events over this past January were summarily dismissed by the Trump "Barbie" Press Secretary Karoline Levitt and she claimed these objects were fully understood by the FAA, and are for research purposes, yet what they are exactly or who they belong to was never revealed.

Visible drones often have 3-4 lights, usually described as green and red/orange, and are not standard aviation navigation lights. They make absolutely no sound and have no visible source of propulsion, no exhaust, and no heat signature. They appear to be under intelligent control yet are not observed to land, do not show up on radar and are capable of hovering for extensive periods. The drones are reported to respond to circular orbs seen out over the Atlantic. They are described as smaller than a plane and able to evade police drones. Astronaut Leroy Chiao, past commander of the ISS reported seeing a double-decker drone flying past him mere meters away at 9,000 feet while piloting a small plane this past December.

Large luminescent orbs have been filmed moving slowly along the horizons off the East coast as well as the coast of California, the Florida peninsula, the Gulf of Mexico and around the world. Multiple sightings have occurred of military jets and helicopters seen chasing the drones, especially the orbs. Orbs were also spotted moving in and out of the LA Palisades fires. Often the orbs are seen maneuvering at rates that would crush any normal human due to g-forces. Some sightings include multiple Orbs flying in formation.

After a frenzy of reports through January, the FAA issued temporary flight restrictions on drones in the New York and New Jersey areas. This slowed down sightings for a short time, but the sightings are once again increasing from Connecticut to New Jersey. Although sightings in Canada are not as frequent, the Federal Government has taken steps to relieve other public emergency channels from being used for reporting UAP sky phenomena. Called The Sky Canada Project, it is led by the Office of the Chief Science Advisor of Canada (OCSA). The project was prompted by increased public interest and recent developments in other countries, particularly the United States, where formal procedures for addressing UAP sightings are under development. The Sky project identifies gaps in current reporting methods and provides recommendations to improve transparency and scientific inquiry on UAP issues in Canada. Sky Project's first full report will be released this month.

Meanwhile, if you see unusual sky phenomena, there are reporting sites that will accept your videos. Two of these are Enigma Labs and MUFON. Please make sure when you record your sighting to anchor your arm/back against something firm to stabilize the zoom shot and to include the horizon for scale. Try and describe what you are seeing while filming. When sending, include your location, time and date and the general weather.

As for the orb I saw from the American Airline plane, I later found out that I was flying in an area where five military bases are located. But that dear Zachians, is a story for another day.

Did you see something strange in the sky? hello@enigmallabs.io

<https://mufon.com/cms-ifo-info/> (Mutual UFO Network reporting) Find a preview of the Sky Canada report as well.



Map credit: Enigma Labs Feb 2025. Since the app launched in May of 2023, 1570 sightings from Canada have been submitted to Enigma Labs, and inclusive of third-party sources, a total of 14869 sightings from Canada have been published on their platform. There has been a 73% increase in the past three months from the US Eastern Seaboard with 23457 recorded sightings from the US in less than 2 years. Enigma also has the largest standardized, queryable historical sighting database with over 270k+ reports from other global sources.



The Story Behind Travelling in Canada

Joseph Graham joseph@ballyhoo.ca

When I travel somewhere by air, in one of our wonderful jets, I identify with a sardine in a can. I feel stiff, claustrophobic and have to fight a certain touchiness. I suppose I could fly business or first class, but my environmental footprint is already large enough. Also, I find it takes me a couple of nights to get over a sense of disorientation, of waking up and not being sure where I am. It's fast though. Faster than a train – at least a Canadian train.

Last year, I had to fly from Ottawa to Vancouver and back, daytime flights. Being sociable, I decided to not choose a seat. I would sit between two strangers. In both directions, I met pleasant people who wanted to share their stories and I rather enjoyed myself. Respecting an unwritten rule, I did not ask for contact information, and we went our separate anonymous ways.

Next, we decided to try travel by train.

My son lives in Moncton, a beautiful small city where everyone seems to love music and most people love seafood. The first few times, we drove. Eleven hours door-to-door, we arrived happy but tired and wanting a shower and a night's sleep. Since we knew that we were unlikely to meet new people that way, we passed the time reading alternate parts of a shared book aloud to each other. It was nice to have a car there, too, but one day we drove by the Via railroad station and I observed it was not an intolerably long distance from the house. We decided that we would take turns travelling and opted for the train. The alternative, the plane flight, involved both of us losing a night's sleep because one would have to drop the other at 4:30 AM. By contrast, the train left at 6:30 PM and offered a private room with an underutilized common room, and a full dining car with meals included. It would take 18.5 hours, including a night of travel in each direction, but that was a part of the trip. The plan was to enjoy it. Cost-wise, the roundtrip competed with a roundtrip economy flight.

I have trouble finding my way around urban environments, so when I arrived at the Via station in Montreal, I did not know what to do. I had time, so I wandered around trying to figure things out. Finally, I asked a man with the Via emblem on his shirt if he could direct me. "A sleeper ticket? Just go over there where it says Business Lounge and they'll look after you." That was when I discovered that 'sleeper' is first-class on a train. The receptionist asked my name and invited me to have a coffee and take a seat while waiting to be called to board. Wow, I thought, how civilized, and it was.

Soon I was shown to my room, asked if I wanted to eat early or later, and given a ticket for the dining-room. The small bedroom's sofa became a bed, and the private bathroom was perfectly adequate and clean. Being gluten intolerant, that had been arranged too. I sat with a perfect stranger, and we talked, joined each other for breakfast and shared lunch. We shared email addresses and are still in touch.

The trip out was just fine, but I had not yet learned the tricks of train travel and had some trouble with a mattress that was slanted so that if I slept on the wrong side, I could slip off the bunk and wake up on the floor. Each car has 10 cabins and one attendant looking out for our needs. I asked the attendant the next day how to deal with such a mattress, and she confirmed to me that they were poorly designed, but if I pulled it a bit further out onto its side support, it would no longer have that angle. This was a Canadian experience, a sleeper cabin and the rolling lullaby supplied by the tracks. On the return trip, the sleeping period would be mostly during the 11 hours of northern New Brunswick (travelling at 30km/hr because of the poor state of the tracks). There, forget the lulling, rolling train. Each steel track sent a hard knocking into the mattress. My son works at CN in Moncton, and CN and CP own most of the tracks in Canada. They care only about cargo and their trains have priority. You can be delayed for hours on the Ottawa - Toronto run because humans are less important than freight.

Cars, and then planes, destroyed rail travel and trucks are working on freight. A sad story that we could change by using the train and complaining to our politicians. Trains are reliable and restful. Snow doesn't stop them, and they take you right into the core of the city.

I cherish the adventure and noted that I felt no disorientation during my first nights after arrival.

My return trip deposited me in Montreal to experience the first major winter storm. Sheila, my partner, was in bed at home with the first major winter cold, but safe inside the windswept, snow-bound house. My plan was to get there, look after her, the chickens, the house and the wood stove. I got to Laval on the Montreal Metro, bought a train ticket for St. Jérôme and waited too long outside, escaping the blizzard on the station platform finally when the train arrived. At St. Jérôme, I found the local bus and continued. The driver was good, turning off and going south for a kilometer because some clowns were trying to overtake the plows we were following. He got me to the bus stop at the Ste Agathe hospital, where I had arranged a lift with a friend in his 22-year-old but reliable all-wheel drive.

Whatever else, trains are reliable. I wonder where a return flight would have landed me that day.





Garden Talk

What's going on under the snow?

June Angus - Main Street

The first day of spring is just around the corner and that seasonal twitch in our green thumbs is starting to awaken. However, our gardens are still buried under heaps of snow. So, what's happening under all that snow and do we need to do anything about it?

Even though most plants remain dormant over the winter their roots are still alive and storing nutrients. Small creatures like insects and rodents may be active creating a small ecosystem beneath the snowpack.

As we assess what's going on in each of our own winter gardens, we must consider that we are dealing with different types of snow. Snow that falls naturally from the sky can be light and fluffy or wet, heavy and densely packed. And, there's manmade accumulation from plows, snow blowers and good old-fashioned shovelling. Each type affects our plants differently.



Most natural snowfalls tend to be helpful in the garden insulating plants and the ground by moderating temperature swings to help keep them even. Without this insulation, wide temperature swings can cause plants to heave out of the ground in freeze-thaw cycles and can cause bark to crack. As the snow slowly melts it provides much needed water to plants. In essence with this idyllic type of snow, nature is doing what it needs to do and we don't really need to intervene.

But when we have a blizzard with lots of heavy snow and high winds, we may need to take action. Generally, plants that die back to the ground will be fine. It's the ones with branches and trunks above ground that may need help to prevent or minimize damage caused by the sheer weight of the snow. Otherwise, tree branches may be broken or shrubs may get bent and become permanently misshapen. To help prevent or minimize damage, brush off snow from drooping branches. However, if coated in ice from freezing rain, try to let some melting happen before shaking the tree or shrub. Don't want to accidentally cause more damage. While too late now, protect taller shrubs in the fall by wrapping with burlap or other protective coverings.

As for our man-made snow piles from roofs and plowing or shovelling, not much can be done once the snow comes. Preventive action is what's needed when planning your garden and preparing in the fall. Avoid planting shrubs where they may be affected by snow plows. For snow that slides off roofs, best not to plant under the dripline of the eaves. Keep foundation plants at least three feet from the dripline, more if you live in an area of high snowfall. Also avoid exposing plants or garden beds to sand/salt mixes. Salt can kill grass and shrubs.

Evidence of the record snow amounts that fell in February are still intact largely due to the rather frigid temperatures we experienced most of the winter. Good thing the snow gave us a thick layer of insulation this year. But it will be a while yet before we can get out to really dig into gardening.

Meanwhile to help keep our green thumbs from getting too twitchy we can make our spring garden plans. Buy and start seeds that need to be sown ahead of time indoors including: tomatoes, peppers, eggplant and cucumbers. Seeds to be planted directly in the ground will still have to wait for a while yet.

Two Plans to Equip Mont-Tremblant in its Fight to Protect the Environment

Concerned about its environmental footprint and the quality of life of its population, the City of Mont-Tremblant is being proactive with the adoption of two ambitious plans: the Urban Forestry Action Plan (PAFU) and the Master Plan for the Conservation and Management of Natural Environments. These initiatives are part of a series of actions aimed at responding to current environmental challenges and achieving the objectives set for the coming years as part of the 2024-2028.

Both plans are available for consultation on the Ville's website or by writing to environnement@villedemont-tremblant.qc.ca



Word Play

Contemplating "control"

Louise Bloom - louisebloom@me.com

In the current climate of conflict and uncertainty that describes our worldwide circumstances, I have asked myself often, "Who is in control?" I am doing so in face of the rise in food costs and housing, the rise in the temperatures in the ocean, the number and the increased availability of AI. The question arises, "Are we out of control?"

Most of our daily functions vacillate between chaos and control. As we move between uncertainty and predictability, or disorder and organisation, we recognize that there is always a chance of unexpected happenings. Whether buying groceries or planning a major event, we are entertaining a project that needs decision making and choice, and this requires the application of a certain amount of control. Knowing full well that nothing is absolutely guaranteed raises our need to control what we can.

Control is formally defined in many ways.

As a noun, it is defined by the Oxford dictionary as *the power to influence or direct people's behaviour or the course of events*. Certainly, successful control in the physical world can be a super-power. Whether directing a scientific experiment or creating an exceptional oil painting, aspects of control provided by discipline and care, are paramount.

And what of *"the power to influence or direct people's behaviour"*? This phrase made me uncomfortable. I first think of this kind of power as a reference to the qualities of a leader, someone whose job it is to exercise control. Here, control becomes a two-edged sword. When the elements affecting a task change or become uncertain (weather, costs, availability of materials), the leader may experience **fear** of failure as the challenge intensifies.

When fear arises, the pressure to control may increase. The wise hand may transform into a harsh fist. A simple shift can turn regulating into dominance, and teamwork into discord.

It seems fair to conclude that control is the "handle of fear" (the operating device). Fear and control seem to be part of the same vehicle. Certainly, control has a major place in the effort to create a good situation. However, pressured by fear, keeping things "in order" has its limits, and others most often resent being limited. In child rearing, for example, over-controlling parenting can produce children who are disrespectful and rebellious.

How does all this play out in our personal environment?

In the personal arena, it is wise to examine our need to control others. This need for controlling the other in a relationship will inevitably lead to conflict and can also express itself as unwarranted aggression. It is therefore important to examine the motivation of the person who is exercising authority, or to check out your own reasons for wanting to control.

The need to control can be connected to one's personal security. An individual, who feels unsafe, assures herself that everyone is safe, by tying them to a virtual "post". When childrearing, this may prevent experiences that foster growth.

Our need to control can emerge when we are coming from a place of powerlessness. The need to gain power over something is spurred on by past experiences of helplessness, often without regard for the needs of the others.

How great is our need to control? Under what circumstances? What is our biggest challenge in this area of life's demands?

The questions posed here are merely a way of suggesting the nature of your own contemplation. **Self-control** is a skill to be exercised in the context of this contemplation. Observing our own impulse control is often a clue as to how to develop wiser management in the relationship sphere.

I notice in my own life that expecting others to satisfy some of my needs is an unrealistic endeavour. When fear or uncertainty arises, I use contemplation to determine what I can best control on my own. Have I not mentioned it? Self-control seems to be the best antidote to excessive management.

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

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Veteran's Banner Program

The Morin Heights Legion Branch 171 is proud to join the Canada-wide Royal Canadian Legion Veteran's Banner Program.

This program was initiated at one Legion in 2013. Since then, the Veteran's Banner Program has now spread to Canadian communities across the country, honoring living and deceased veterans. Veteran banners are flown from community lamp posts every year from mid-September to November 11, Remembrance Day.

The Morin Heights Legion started participating in late Fall 2024. We have already sold dozens of banners to veterans and their families. Some members purchase one or two banners to be flown in the community. One can be flown and another given as a gift. Many municipalities also work with their local Legion to install and remove banners at no cost. The Municipality of Morin Heights has generously offered this service. Our Legion and other Legions will, upon request, securely store banners at no cost.

Loved ones may have minor changes made, such as changing the flags at the top of the banner or to whom the banner is being given.

Anyone can order a banner, no matter where they or their loved ones lived. If you would like more information on the Legion Banner Program or would like to order a banner, please contact Pierre Lamy at: Serviceofficerrcl171@gmail.com



The Other Side Of Getting Old Personal Growth

Florian Gaudreau

I am at the point of my life where I can't get any greyer than I am now. I'm pretty sure there's no time soon when I'm going to dye my hair, unless I dress in yellow and want to look like a pencil. I kind of like the Grandpa look, wise and sophisticated. I know looks can be deceiving, but I don't mind playing the part. I admit it took a little time for me to settle into retirement, I've always had the feeling I should be doing something with my life like saving the world or climbing a mountain. Lately, I really enjoy sleeping in, so dreaming about all the rest is just fine.



One mountain that I'd really like to conquer is trying to be the best version of myself. Nothing too monumental, just stuff like learning to keep my mouth shut; there have been far too many times in my life when I could have used that skill. I've always had those "mind and mouth" connection issues, which somehow lacked the time between to pause and think.

Time and retirement has changed me, I've transformed to a better me. Yes, dear, is my "go to" phase now and it keeps me out of trouble. Thinking before I speak is new to me but it does have its advantages. It prevents me from saying something stupid or will regret later. What goes hand in hand with thinking before speaking is active listening, a wonderful skill I'm beginning to embrace. Being sympathetic to other people's struggles allows me to be more compassionate and empathetic, much more heart warming than saying, "It sucks to be you!" In all of this, I've learned that growing old doesn't necessarily mean growing as a person, but it's no excuse not to keep trying either.

In Loving Memory of all our 4-legged companions who have crossed over the Rainbow Bridge

* YOU LEFT *
Paw Prints
ON MY
* Heart *





Quaint Family Adventures When life gives you lemons

Claire Gaudreau

March is my birthday month. Many birthdays ago, my husband gave me a calamansi tree (Philippine lime). It would have died quickly if I had been the sole responsible party, but he has cared for my little tree ever since. Recently, he harvested the fruit and made marmalade. It has quite a tang to it and it's amazing. And to think they were grown in our kitchen!



Well, life certainly served us citrus, and I fully intend to make metaphorical marmalade out of it. My husband recently received the news that his cancer has relapsed and he is now undergoing chemotherapy treatments, again. While cancer is something I wouldn't wish upon anyone, everything has a silver lining. It has taught me to start living life again. To not wait for tomorrow or some future perfect timing. It has forced me to face my deepest fears and to figure out how to feel okay when things are not okay. To take care of myself. To embrace passions, interests, and projects I had been putting off. To be aware, in the present moment, and to stop and stare at the stars, or take in the breath-taking mountains. The time to live is now and every moment is a gift.

While the temperature shifts to welcome spring and winter sports come to a close, nature's next gift is maple syrup. I am having trouble deciding which sugar shack to try! Last year we visited Cabane à sucre au milieu des champs in Mirabel. They had an outdoor fire, taffy, a small play module and an animal farm that were great for young children. La cabane Arthur Raymond in Piedmont boasts a whopping 70 years of tradition, Cabane à sucre Constantin in Ste Eustache has a playground, at times even inflatable games, outdoor fires, music & DJ and an interactive puppet show (make sure to check their website for the schedule), Chalet des érables in Saint-Anne-des-Plaines has rides for children and an animal farm as well.

We are leaning towards options that cater to young visitors, but whichever sugar shack you choose I am sure you will have a sweet time.

One Square at a Time Community Project

Lori Leonard

"One Square at a Time - Laurentians" is a collective project aimed at raising funds for two women's shelters for victims of domestic violence; **La Citad'Elle** (Lachute) and **La Maison d'Ariane** (Saint-Jérôme) and **La Colombe**, a day center for women, Sainte-Agathe. Knitting and crocheting enthusiasts across the Laurentians are invited to knit or crochet 50 cm x 50 cm (20 in. x 20 in.) squares and drop them off at the Lachute, Sainte-Agathe, Saint-Jérôme or Morin-Heights library by the end of August. Once the squares have been collected, local knitters will assemble them into shawls. The shawls will be exhibited for sale on **Sunday, October 5, 2025 at Chalet Bellevue** at a cost of \$30 each (cash only). All profits will be distributed equally among these three organizations mentioned above. "One Square at a Time - Laurentians" invites you to do your part to help women in need. Please address any questions to **Monique Bélisle**, at 514 608-2323 or mg.belisle@sympatico.ca. Thank you for supporting our project.



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Successful fundraiser for Palliaccio

Lori Leonard

On February 22, Jayne Pollock, owner of Jayne Marche Nordique, led a group of enthusiastic hikers up the mountain trails at Basler Park in Morin-Heights as part of a fundraising program to raise funds for Palliaccio. This organization provides support to cancer patients and their families.

It was a great success as Jayne, the hikers and many local donors donated the incredible amount of \$9085 for Palliaccio, such a worthwhile cause.

Way to go Jayne!



Photo Credit: AMC Photographie

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Real Wine for Real People

Saint Patrick's Day and the power of 3

April Sirois - Sommelier - ISG

It's March again and, along with the warmer weather and flowing maple syrup we will soon be celebrating Saint Patrick's Day here in the Laurentians, whether you are one of the many Irish that call this area home or, maybe, just Irish for the day. That will mean lots of socializing, food and drinks, some of it, maybe even green.

The connection between drinking and Saint Patrick's Day is simple enough: the holiday in Ireland and now right across the world, is a feast day that by no accident was arranged to be held in the middle of lent. The Irish meant this to be a brief respite from all the austere pioussness during this time on the catholic calendar. So, of course, it features plenty of merry making around the three things that the Irish do best, food, beer and whiskey.

Wine, obviously, is not produced in Ireland; the country is too far north, at the same latitude as Newfoundland and anything above the 50th parallel is just too cold to grow grapes. But, the Irish have long enjoyed drinking wine, especially from Bordeaux. In fact, in the eighteenth century, a number of Irish immigrants even moved to Bordeaux to produce wine. Among them were the founders of top chateaux whose names we still celebrate today: Leoville-Barton, Lynch Bages, Phelan Segur and Kirwan. So, I like to think that even by skipping that glass of green beer for a nice white, red or even a rosé is still staying true to the spirit of the celebration. I will be wearing green and I may even have a shamrock pin that I will wear on my sweater.

Now, it is said that the shamrock was introduced to the Pagan Irish by Saint Patrick as a symbol to teach them about the holy trinity, but I think that the number 3 has always had a mythical and deep fascination for people all over the world. (Tesla was fascinated buy it.) It is the number of dimensions that a human eye can perceive. It makes up a pyramid that is the strongest and most stable physical shape that we know of. It represents the past, the present and, the future in everyone's life. We use sayings like "3rd time a charm." The Wicca has the triple goddess, the maiden the mother and the crone. And, if you capture a leprechaun lore has it that he will grant you 3 wishes if you let him go. I think it could also be a symbol of the three kinds of alcohol that we imbibe, being wine beer and spirits.

Saint Patrick really was into something with that Shamrock. As for the more commonly known story of Saint Patrick chasing all the snakes out of Ireland, well, it is most likely because there were never any snakes there to begin with!

~Sláinte!



Words About Food

RITUAL

Karen Feiertag

In recent centuries, in this part of the world, putting the kettle on has been shorthand for, "Come, sit down. I'll make tea." Maybe even, "And I just baked a pie."

I'm appropriating. But it sounds delicious, doesn't it? Yes, the pie. But I mean the moment. Of setting aside. The promise that the imperatives of life's occupations and preoccupations will be usurped by the simple sight of a window frame and the almost imperceptible moan of wind beyond it. The moment when judgement is put into abeyance and the mind's machinations are subdued by calm, ergo wisdom.

We've been at tea-drinking for less than 400 years. We're likely to state we gain this feeling of centeredness when drinking tea because of its scientific attributes. Polyphenols running around munching up all those free radicals intent on destroying the human body, that must feel good. Theine, aka caffeine but in longtail form, elevating concentration and intellectual acuity without the palpitations, gotta love that. We can iterate now the benefits to coronary and vascular health, the slowing of sugar and fat absorption, etc., but the stimulating and detoxifying effects of tea were noted in founding myths over 4500 years ago, as recounted in the Book of Songs.

Over the four millennia before we ever put this pot to boil, the Art of Tea has been evolving, first throughout the dynasties of China, advancing alongside poetry, calligraphy and painting, underpinning the ceremonies of nobles and courtiers, serving as tonic in the fasts and prayers of monks and informing the aesthetic frameworks of philosophers. As cultivation in the terroirs of Japan, Taiwan, India, Nepal and elsewhere began, ceremony proliferated, honouring form, transience, imperfection, friendship, diplomatic respect or love of oneself. All provide a crucial opportunity wherein discrete actions and sensorial attentions in the taking of tea stops the world.

How to? First note the colour and texture of the leaves. Draw up their subtle fragrances through the nose, returning post-infusion, in repeated rapid sniffs, to capture their volatile molecules. Relish these surprises, offered even before the first small sip, then taste. Exhale that first sip through the nostrils to capture the aromas now inside your head. Does your infusion seem delicate, fresh, opulent? Fruity, woody, mineral? Hmmm. You have taken a moment and refined your senses. Somewhere in Yunnan province, a large wild, ancient tea tree from past or present is smiling at you.

Comments? Write WORDS@station210.co



Taking the moment as yours

The City of Saint-Sauveur invites artists to exhibit municipal spaces

Following the adoption of its temporary art exhibition policy, the City is launching its first call for projects from visual artists to exhibit their works in municipal spaces. This call for projects targets professional, semi-professional and non-professional artists residing in the territory of the MRC des Pays-d'en-Haut and practicing their art in this same territory.

The exhibitions, scheduled from September to December 2025 and from January to April 2026 in the lobby of the city hall, the Chalet Pauline-Vanier and the library, aim to offer local artists a platform and to develop an annual program dedicated to the dissemination of visual arts.

Submitted projects may belong to the disciplines of visual arts and media arts such as painting, photography, mixed media, sculpture, printmaking, graphic arts and new media, etc. 2D, 3D works and installations are accepted subject to space availability and with a maximum number of pieces.

Artists wishing to propose a project must complete an application form accompanied by the following documents:

- The artistic approach
- The curriculum vitae of the artist or each artist in the collective
- A document including a maximum of 10 digital images of the proposed works representative of the submitted project with a short description for each work including the title, medium and format.

Only complete applications will be analyzed. The deadline to propose a project is March 30. For more information on the exhibition terms and the project submission process, consult the Temporary Art Exhibition Policy.

For more information on this call for projects, contact the City at 450 227-0000, ext. 2700, or at communications@vss.ca.



Keeping it Weird Interesting times...

Ah, the ancient Confucius blessing, or curse if you will, “May you live in interesting times.” As we stand on the precipice of 2025, it seems we are not just living in interesting times, we are thriving in a bizarre, surrealist painting of reality, where today’s headlines could easily pass for satirical sketches.

In the wild world of 2025 politics, everything is a spectacle. The recent presidential gala in the United States was nothing short of a circus, with the President delivering the State of the Union address while simultaneously hosting a reality TV show. Then there is Canada! Oh Canada!

In the realm of technology, the race for innovation has reached dizzying heights. The latest sensation is the introduction of AI-powered personal assistants that not only anticipate your needs but also engage in philosophical debates. Imagine asking your assistant to order groceries and ending up in a discussion about the meaning of life and the ethical implications of consuming non-organic kale.

Elon Musk, ever the maverick, has now unveiled Neuralink 2.0, promising direct mind-to-mind communication. The social media landscape has been forever altered, as users can now “think-tweet” their thoughts instantaneously.

RFK with, ‘Make Everyone Healthy Again’. But, who can fault the idea of banning all those unhealthy ingredients, pesticides and chemicals from our food and drinking sources?

The healthcare landscape of 2025 is a melting pot of traditional medicine, natural medicine, and now futuristic wellness trends. The latest craze is the “quantum detox,” a holistic treatment that promises to cleanse your body at the subatomic level. Nanobots will roam your innards and clean them out for you.

Endorsed by celebrities and influencers alike, these new detox centers have popped up in major cities, offering everything from healing beds, zero-gravity yoga to sound wave therapy. I could go on but...

On a more local note...

I am delighted to share that I received a mysterious package, which was delivered by mail to ‘no name’, just the address. The return sender was only noted as La Résistance / The Resistance. I opened the package carefully and was overjoyed to see that “they” were so thoughtful to send not one but two of the bumper stickers that inspired this article.



In that moment I knew I was living in a world where really cool things like this can happen.

Keep it weird folks, see you next month.



What’s New in Real Estate? What is considered a hidden defect?

Lucyne Farand

Under the Quebec Civil Code, a hidden defect is a flaw that significantly reduces the value or usability of a property, such as a home. Here are key aspects:

A hidden defect is a flaw that makes the property unfit for its intended use or diminishes its value. It must meet the four criteria:

- ****Not apparent****: It is not easily observable during a simple examination. Even a careful inspection might not reveal the defect.
- ****Unknown to Buyer****: The buyer is unaware of the defect at the time of purchase. It must be a surprise to the buyer.
- ****Existed at Purchase****: The defect was present at the time the property was sold. The seller may or may not have been aware of it.
- The seller is responsible for the defect, even if they were unaware of its existence. This liability is part of the seller's warranty against hidden defects.
- ****Exceptions****: Defects that are apparent or disclosed by the seller before the sale are not covered. If the buyer could have discovered the defect with a normal inspection, it is not considered hidden.
- ****Warranty****: The Quebec Civil Code provides a warranty against hidden defects, protecting the buyer. This means the seller must compensate the buyer for the defect.
- If a hidden defect is discovered, the buyer has several options, including a reduction in the purchase price, reimbursement of repair costs, or cancellation of the purchase (returning the property and getting a refund).

Remember, the purchaser must denounce the default to the seller. Selling without legal warranty will not release the seller of his responsibility if he was aware of the default. Keep in mind that the legal warranty can be modified by mutual consent of all parties.

I hope this provides a clear understanding! Feel free to ask if you have any more questions.

United Front to Support Businesses in the Face of U.S. Customs Tariffs

Faced with new U.S. customs tariffs, businesses in the Laurentians must adapt to an uncertain economic context. To support them, the Economic Development Service (SDÉ) of the MRC des Pays-d'en-Haut, in collaboration with Laurentides International, Connexion Laurentides and other partners, is launching a call to action.

Support, innovation and diversification: essential levers

The SDÉ provides free services to help businesses identify the best financing, innovation and diversification options. “This support allows businesses to strengthen their resilience and seize strategic opportunities to ensure their growth,” emphasizes André Genest, Prefect of the MRC des Pays-d'en-Haut. Adaptation involves optimizing processes, adopting technological tools and reviewing supply chains. “Companies must not only adapt, but also rethink their business model. Innovation is no longer an option, but a necessity,” says André St-Pierre, President of Connexion Laurentides.

Market diversification is also crucial to reduce dependence on a single business partner. “By exploring new markets, companies can secure their activities and discover growth opportunities,” adds Ariel Retamal, General Manager of Laurentides International.

A call to action

Businesses are invited to contact SDÉ advisors to benefit from financing, innovation and export resources. “We have the tools to help you meet your challenges. Dare to take the first step, contact us!” says Shanna Fournier, Director of SDÉ. The SDÉ of the MRC des Pays-d'en-Haut reiterates its commitment to supporting entrepreneurs towards sustainable and dynamic growth.

For more information or to benefit from support, visit our website www.pdheconomique.com

Mont-Tremblant supports transportation for seniors

An agreement was signed between the City of Mont-Tremblant and the Centre d'action bénévole Laurentides (CABL) to support its transportation service dedicated to Mont-Tremblant seniors. The CABL offers a volunteer accompaniment-transport service for citizens aged 65 and over who need to travel to their medical appointments in the region or outside the region.

The agreement, in effect since January 1, 2025, provides for the reimbursement by the City of 50% of mileage costs associated with transportation requests from citizens aged 65 and over for their medical appointments, up to a maximum of \$30,000.

For terms and other details on the accompaniment and transportation service, please contact the Centre d'action bénévole Laurentides at 819 425-8433.



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