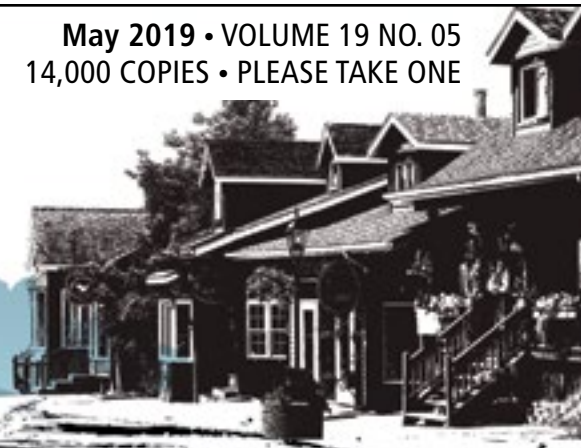


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## What's On My Mind... Following the floods

Susan MacDonald, Editor



The spring flooding disaster of 2019 will not be forgotten soon, particularly by those who were affected directly by the overflowing rivers, which rose to heights never experienced before, due to days of heavy rain and fast-melting snow. Several municipalities, across three provinces, declared states of emergency as families were evacuated from their homes while others fought desperately to save their properties from the rising waters.

Canadian Armed Forces were deployed to many regions, emergency shelters were set up, and thousands of volunteers filled and delivered countless numbers of sand bags to shore-up the vulnerable riverbanks and build dikes around the houses in danger of being flooded. Constant media coverage on most channels clearly showed the human tragedy of the failing efforts of the home owners and volunteers to hold back the rising waters. The enormous power of Mother Nature had unleashed an immense volume of water down the rivers that could not be contained and brought tragic consequences to many thousands of homeowners.

Now, as the waters recede, the cleanup and damage assessments begin. Homeowners must now struggle with insurance claims as they tiredly sort through the debris of what's left of their homes and personal belongings. Decontamination and health concerns for mold and mildew will add to their heavy burden. Municipalities and provincial governments will be scrutinizing the structural integrity of the remaining homes and other affected buildings, roads and bridges, to ensure future public safety. It will be a long and painful haul for everyone and the constant question in people's minds will continue to be ... "will this happen again?". Sadly, the chances are that it will.

Globally, natural disasters are becoming more frequent and intense. No longer can we deny climate change or ignore blindly the fact that our actions are causing extremely negative repercussions in our environment. It is time to step back and reflect on our choices, now, while they remain available.

In the meantime, our distressed community members will need our support to recover from this most recent disaster. If you have spare time to help with the cleanup, a vehicle capable of taking debris to the dump, some furniture, appliances or personal items to donate, can offer a meal or two to a tired neighbour, or run an errand... any gesture of help would be sincerely appreciated. For financial donations, you can check with your local churches, charitable organizations and municipal town halls. No matter how small the act you can provide, it will be appreciated sincerely.

Our thoughts remain with those affected by this recent spring-flooding disaster. For anyone requiring assistance, please contact the local authorities to help you find the support you need.

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# Observations The Global Warming Red Herring

David MacFairlane - MainStreet

In 2001, the Intergovernmental Panel on Climate Change (IPCC) issued a report concluding that emissions of greenhouse gases, particularly carbon dioxide (CO<sub>2</sub>), attributable to anthropogenic (human) activities were causing the planet to warm rapidly and, if unchecked, would result in catastrophic consequences for our civilisation. However, the validity of that science was disputed from the outset, because climate changes have been part of the Earth's natural cycles for millennia irrespective of human activities. The IPCC report was rejected entirely by the Oregon Institute of Science and Medicine, supported in a petition by 31,000 scientists from many disciplines, on the grounds that no convincing evidence exists that human activities can, or will, cause "catastrophic" heating of the planet.

Nonetheless, politicians seized on the IPCC report to tax industrial emissions and regulate activities related to the environment and climate. These taxes are simply a form of extortion to produce more revenue and promote fear. The transport sector is accused of being a major polluter from the use of gasoline and diesel fuels, so taxes on these products are enormous, and growing. But, as Eric Peters, automobile journalist and commentator, pointed out recently, extortion is illegal only when it is seen as that, but if you called extortion something else, like "emission credits", then it becomes perfectly legal and acceptable to the gullible public.

In 2006, when Vice-President, Al Gore, released his now-discredited Oscar-winning documentary, "An Inconvenient Truth", it shook the world because it warned of the danger of global warming and an impending climate-related catastrophe within the next 10 years. This dire prognostication reinforced the agenda of the scientific and political establishments and gave them an enormous, tasty bone to gnaw upon for the next many years, which eventually led to the 2015 Paris Accord, aimed at controlling global economic activity by regulating emissions and all climate-related issues.

However, the warnings began in the 1970s, when the imminent problem was global cooling. In the 1980s, that changed to global warming and rising sea levels. In the 1990s, the cause became saving the disappearing rain-forests and the Himalayan glaciers. In the 2000s, we were warned that the Arctic would be ice-free in 10 years. The consequences of climate changes have remained always just around the corner. What is not admitted is that human activities have critically damaged the ecosystems of the Earth, due to reckless growth and development, and a criminal lack of responsible stewardship of our natural habitats. We have not accepted the reality that the Earth's own natural cycles have little to do with the extreme environmental events, like flooding and fires, that human greed and irresponsibility are causing. For example, the annual destruction for agriculture and commerce, of 120,000 sq. kms. of rainforest in the world, (the size of England) also destroys natural ecosystems, poisons water-tables, causes desertification, kills flora and fauna, and leaves these areas unfit for human or animal habitation. Although vast, fertile agricultural land exists in Russia alone, enough to feed the entire world's population far into the future, political madness prevents such a benign, collaborative solution.

The point is that the sky has yet to fall, and anyone with an open mind can conclude that it is all just political opportunism, without any recognition of the natural cyclic progressions of Earth's seasons. The current hymn-book, from which the climate-change priesthood is singing warns that "citizens of earth are sitting on a ticking time bomb and have just a decade to avert an unparalleled catastrophe of unfathomable proportions." Similarly, in the US, the "Green New Deal" group of politicians (Democrats) demands that the government "spend trillions of dollars to combat the causes of climate change or, in a decade or so, epic destruction will happen due to climate-related food shortages, heat waves, killer droughts and epidemics without parallel in human history". (Lee Enochs of The Mises Institute deconstructing the false narrative.)

Of course, we must all be concerned about the environment and pollution, but hasn't it become obvious to readers by now that the "environment priesthood" keeps pushing the dates for these cataclysms ever further into the future? It has been 50 years since these warnings began in earnest, and we are still here today, and tomorrow will bring what it does, but it will not be necessarily all bad. In terms of Earth cycles, 50 years are insignificant.

What will it take for people to grasp that carbon dioxide (CO<sub>2</sub>) emissions are a part of life itself? As Eric Peters has stated, it's not just machines, but the respiration of all living things involves carbon dioxide. It's an inert gas and essential to life. Yet, it has been given a bad rap and is considered harmful. But CO<sub>2</sub> is not "dirty", does not cause smog, and is integral to plant respiration which produces the oxygen we need to survive. A single, large volcanic eruption discharges more CO<sub>2</sub> than all the cars in history have produced, so what's the problem?

Too much CO<sub>2</sub>? How do we know that? It cannot be dissipated and has risen and fallen in accordance with the warming and cooling cycles of the earth for millennia. The atmospheric concentration of CO<sub>2</sub> today is hundreds of parts-per-million less than at the height of Earth's abundance, millions of years ago. So, what is it then? The temperature

rising? Well, again, it has risen and fallen for millennia, in accordance with natural cycles. It warmed in the past 100 years and, since 2000, has begun cooling. Therefore, the priesthood decided to change the terminology from "global warming" to "climate change". Whistleblower, Dr. John Bates, an eminent climate scientist, told the world that the evidence of warming used by the Paris Accord was false, and stacked to support their fake agenda. Nobody listened, although the evidence is easily found. LiveScience has stated that Earth is entering a period, termed a "Maunder Minimum", a time when the sun dims temporarily, and sunspot activity lessens. This produces less UV radiation, and less heat reaches Earth, resulting in a cooler period that can last about 50+ years. As we enter this Minimum, extreme weather events are frequent. The last Minimum was from 1645-1715. These findings were published in the Astrophysical Journal Letters, December 2017.

**"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete ... Pollution is nothing but the resources we are not harvesting (and remain) ignorant of their value." Buckminster Fuller. 1895-1983 – American philosopher, systems theorist, architect and inventor.**

Obviously, the hidden agenda propelling this dubious climate science is global population control through spreading fear, coupled with another disguised form of taxation. On this subject of extortionate taxation, our own Prime Minister has decided to force carbon taxes down our throats, although this initiative is immensely unpopular with most Canadians. The tragedy is how our Prime Minister has completely alienated our western provinces by insisting on taxing oil-related carbon emissions. Since oil will be the dominant energy source for at least the next decade, and Alberta has the world's 3rd largest reserves, this carbon tax extortion indicates a profound lack of good judgement.

Recently, both CTV and CBC News began asking whether Trudeau has become a liability to the Liberal Party. The Guardian (of London) said Trudeau's recent behaviour "has been sleazy, plain and simple. For a leader, whose entire brand identity, right down to his ... rainbow socks, is based on fairness and decency, that's pure, political poison."

According to Canadian historical polling records, the upcoming election does not bode well for him.

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14,000 copies distributed throughout the Laurentians

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• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

**NEXT EDITION: JUNE 14<sup>TH</sup>**

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ISSN 1718-0457



## Simply Words on Paper Recycling programs are dismal failures that must be re-vamped

Jim Warbanks - Main Street

Just prior to the last blue bin pickup, I disposed of a few items for potential recycling. Included were a pizza box, which was clean because the provider inserts a disposable corrugated hard cardboard liner, a couple of plastic flower pots that would not be re-used, some paper towel cardboard rolls and a cleaned 1 kg peanut butter container. Though I remain unsure just which materials are accepted locally for recycling, I would have assumed that all of these listed items should have been recycled at reasonable cost in the existing program unless later contaminated.

According to a recent months-long study, which resulted in a three-part broadcast, it is very likely that I am wrong, on all counts. The Global News report concluded that, "what once could be sold for profit now costs money to haul away, and the notion that Canadians are saving the planet by putting things in a blue bin is proving to be a delusion."

### Landfill

A greater portion of collected materials simply goes to landfill after sorting, the range of acceptable items is being reduced, and the revenue generated is too limited to recover an appreciable proportion of the associated costs. Commodity prices have crashed. There are often no interested buyers. Sorted materials are stockpiled.

Canada had shipped about half of its recycled materials to China, where the more valuable materials were collected, the remainder often burned. In 2018, China banned 24 types of waste. Anything still accepted, must be of the highest quality, with no contamination.

### Residual rate

Most of the other Asian countries considered to be potential markets, Malaysia, India, Taiwan, Vietnam and Thailand, have restrictions with many banning plastics. More recycling is ending up in landfills than at any time in recent memory. This is referred to as the residual rate. A 10% rate was once considered good. It has crept up to 25% for those plants doing well, but has reached rates as high as 40%. Please note that this material destined for landfill has been collected separately, sorted, processed and stored at significant cost.

Some plants, to curb the excess, no longer accept glass bottles, single-use cups, plastic clamshell packaging, chip cans, milk cartons, aluminum food cans and pie plates as well as non-deposit Tetra Pak containers. Aluminum pop and beer cans are the most valuable items collected. But the price paid for this commodity has plummeted from \$1,900 to \$1,300 - \$1,400 a tonne. Mixed paper has dropped 110%, plastic film 55%, corrugated cardboard 50%. Plants are even being forced to sometimes re-sort products to meet stringent requirements, driving up manpower costs.

In Kawartha Lakes, Ont., the city has backed away from teaching kids the virtues of recycling. The recycling programs in some U.S. communities like Franklin, N.H., and Broadway, Va., have simply been cancelled.

### Technology

There is hope. The Region of Peel, Ont. is investing \$23 million in new sorting technology, such as optical scanners, at its recycling facility. It is expected that this will open up new markets, and the investment will pay for itself within five years.

This is the future of recycling. British Columbia is the only jurisdiction in North America that is both funding and managing its entire recycling system. If you make, sell or import a product collected in a recycling program, you have to pay to recycle its packaging. The model is called extended producer responsibility (EPR).

### Non-profit

A non-profit organization called Recycle BC formed by a consortium of nearly 1,300 companies, including Apple Canada, Boston Pizza, Procter & Gamble and Loblaws, actually carries out residential recycling in the province. The program has achieved a 69 % recycling rate, the highest in Canada. Recycle BC accepts more items in its recycling bins while other municipalities are cutting back. Producers have to recover 75 % of the paper and packaging they produce. They are also motivated to use packaging that's more easily recycled. The ultimate goal of the EPR model is for producers who currently make packaging that can't be recycled to modify its design.

In discussions with friends, I have suggested in a taunting manner that the ultimate way to protest the current recycling debacle is to stow away your blue bin, then throw all non-compostable materials in the garbage. Calculate the time and resources you now spend on preparing your recyclables and devote the equivalent time and effort to a worthy volunteer activity in your community. You will be making the world a better place, until recycling becomes a viable, efficient endeavour. Unfortunately, I cannot really advocate this theoretical plan on a broad base because there is no realistic measure of compliance. For now, continue to Reduce, Re-use and Recycle but also pressure politicians at all levels to adopt a program similar to that in British Columbia.



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# About Sainte-Adèle

Chris Lance - Main Street

We have had at least 3 or 4 spring-sun days, up here in the north. Returning robins, even a monarch butterfly, and V-formation geese and



duck duos have swooped in from the south. Rivers are swollen, rushing and flooding lands, roads, houses and entire towns. We have leaped from too much cold and snow to devastating water problems and cool weather. The roadways are full of tire-tearing holes and swirling sand dust. Sticks and old leaves are starting to appear on our browned lawns with lots of mole tunnels in the mud. Red, black and grey squirrels are rooting about for winter leftovers.

We know golf clubs, tennis rackets and rakes are ready for action during our short summer season, so let's hope for good weather soon. Find those t-shirts, shorts, sneakers, caps, swimsuits and sandals - its time to refurbish the Florida tan.



The library has reopened and it's time for me to pay the late-book fine. During April, we were offered up to 20 books to read without worrying about returning the books, since the library was closed for renovations. As it so happened, I took a whole bunch of new releases from the Sainte-Adèle library. But I found out that I had until April 13 to renew my books on the Internet, even though no one else would be able to get my books, due to the library closure until April 26. I forgot April 13, but I remembered on the 16th and checked my account - by then, I owed \$3.60. So, I took all the books and stuffed them into the overnight slot, as I was not allowed to renew them online after the 13th. The whole idea of 20 books was to give us readers a month of reading. I never thought I would have late-book fees, since the library was closed, and no other reader could use my books which were lying in the overnight slot waiting for the library to reopen at the end of April. I got sucked into late fees, and I just hope they don't charge me until the month's end because two late days cost me \$3.60, ten days and I could have bought a book. I wonder if I was the only dumb one?



The alarming court costs and the endless battle between Mr. Lupien and the Sainte-Adèle administration over the illuminated cross continues, since Mr. Lupien purchased land to build a house near the cross. This all started in 2002, when Mr. Lupien bought the land, and by 2006, Mr. Lupien had contested the right-of-way for town employees who attend to the maintenance of the cross. This saga goes on and on, and Mr. Lupien still has a court action for \$13 million against Sainte-Adèle and, ultimately, all of us, the tax payers.

Congratulations to student, Edouard Theriault, of the high school A.N. Morin, who was recently crowned world ski slopestyle junior champion in Sweden, on April 9, 2019. He also medalled this year at La Coupe du Monde de Big Air de Quebec and the Canada Games in Alberta.

That's it - enjoy the spring!



## Village of Weir Newswire

Claudette Smith-Pilon

### MUNICIPALE NEWS WATER CONCERNS

Many members of our community have been burdened with floods, infiltrating water and destruction of properties. Our municipality was prepared and

well-trained for these types of damages. Civil protection was helpful, so was the S.Q. and the Canadian Army. Sand bags were distributed, and were also available at City Hall, where volunteers filled them. Roads that were flooded made it very difficult for people to get around. Provincial highway, Route 327, at the junction of Rte.364, was closed gong towards Harrington. Round Lake and Lake Beaven BOTH created problems for everyone living on the shorelines. The Community Hall was open for evacuees. Thanks goes out to all who helped during this spring flood and thaw.

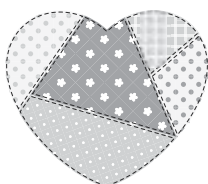
### COMMUNITY LUNCHEON:

The next luncheon will be held on **May 3**. This will be the last one for this season. Cost \$8: reservations required, please call 819-681-3383 local 5811.

### VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our next workday will be held on **Friday, May 24, at 9 am**. If required we may have U.F.O. days, which we will announce in advance. If you are interested and would like to see how this quilting group produces the most beautiful quilts for cancer patients, you are most welcomed to join us on our sewing days.

Please forward any comments, news or topic to: [mmcsp40@gmail.com](mailto:mmcsp40@gmail.com)



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## FLOOD VICTIMS

Many Laurentian residents have been severely affected by the spring flooding of 2019. Once the waters subside, work will begin in earnest to repair damages. To offer assistance, financial and item donations, or to volunteer your time, please contact your municipality.



## Arundel News

Janet Thomas

**SATURDAY, MAY 18 IS A BIG DAY IN ARUNDEL**

### Arundel Farmers' Market Opens:

**9 am - 2 pm**

Our local farmers are eager to begin their weekly Saturday markets, which will be held this year on the lawns of the Arundel United Church, across from Arundel Provisions. This, our first Saturday, will focus on equipping your own gardens with heritage seeds, seedling plants, flowers and bulbs. Also for sale will be breads, meats, cheeses, maple syrup, honey, saffron, and babaco products, as well as a few select artisanal items.

### Flower Swap and Shop 9 am - 3 pm

As you prepare your gardens, bring your overgrown plants to trade at our Swap Table and take ones you want to add - for free! Join us at the Farmers' Market.

### Art Exhibition: 10 am - 3 pm

Laurentian Art Institute will be exhibiting in the 6th annual Student Xpo 2019 in the Community Hall of the Arundel United Church. Margaret Ann Adams of Red Fox Hill Studios and founder of the Laurentian Art Institute guides and encourage this group of up and coming Laurentian Artists. You may find a treasure to take home. An original artwork will be up for a raffle. Delicious refreshments will be available for purchase.

### Arundel Flea Market: 10 am - 4 pm

Held on Gilbert Miller's lot beside the depanneur, this Community Garage Sale will host multiple vendors. To reserve a table, contact [pattiflanagan@gmail.com](mailto:pattiflanagan@gmail.com). In the event of rain, the Flea Market will be held the following day, Sunday, May 19.





## Millions in Federal Funding for Municipal Infrastructure in Laurentides—Labelle

David Graham, MP for Laurentides—Labelle, believes it is important that his constituents know about a federal partnership that is making a real difference in their riding. Mr. Graham provided further details about a measure announced in the 2019 Federal Budget to double this year's contribution to the Gas Tax Fund (GTF), which will go directly back to all the municipalities in the region. Throughout 2019, Quebec municipalities will receive an additional \$504 million.

Pursuant to agreements between the federal government and the provinces and territories, GTF funding is allocated through the Gas Tax and Quebec's Contribution Program (TECQ) and is administered by the Quebec government. \*(2) Provincial funds top up the federal assistance, which accounts for 70% of this program's funding. In the last 13 years, the 43 municipalities of Laurentides—Labelle have received over \$69.8 million in GTF funding toward many of their projects. \*(3)

Based on the announced increase, which should be available in June, our riding will receive \$13 million—an extra \$6.5 million—for eligible projects in 2018-2019. The provincial government is focused on drinking water, wastewater and road infrastructure projects, as well as other types of cultural, community, sport and recreational infrastructure in municipalities. Furthermore, projects to make administrative buildings more energy efficient may be eligible.

Mr. Graham ended by saying that: "While municipal governments are aware of this program, local residents may not be. Providing information is part of federal partnerships. It is important to know how our taxes are being used, and it is equally as important that they be spent wisely, with the intention of building partnerships that benefit people directly. That is the case for the GTF and numerous other federal programs, which we will ensure are tailored to the needs of the municipalities of Laurentides—Labelle"

\*2: Gas Tax and Quebec's Contribution Program (TECQ): <https://www.mamot.gouv.qc.ca/infrastructures/programme-de-transfert/programme-de-la-taxe-sur-lesseance-et-de-la-contribution-du-quebec-2014-2018-tecq/>. \*3: GTF funding for Laurentides – Labelle since 2006, by municipality, excluding the new funding announced in the 2019 Budget (Excel format).

For more information: <https://www.infrastructure.gc.ca/plan/gtf-fte-eng.html>

## TACL

The city of Prévost has been served by the para-transit and public transit of the Laurentians since August 2017. The citizens of Prévost thus benefitted from Inter's complete service offer, ie 116 departures per week, enabling them to travel north to the City of Mont-Tremblant, and south to Saint-Jérôme, via the Carrefour du Nord, on weekends.

The success of the pilot project after less than two years in service resulted in a 105% utilization increase between the first year and the second year. The Prévost population now accounts for more than 7% of all Inter users.

The Rivière-du-Nord MRC, through its agreement with TACL, promotes the mobility of Prévost's citizens beyond the area for which it has jurisdiction. This collaboration allows 60% of Prévost users to head south and provides 40% of users access north of the city. Many students can attend the schools of the Laurentian School Board and the Cégep de Saint-Jérôme. Workers, families and seniors, also find Inter to be a popular transportation alternative, allowing them to travel in the vast territory of three MRCs.

The transport of people is organized by territory. Thus, the MRC des Laurentides and the MRC des Pays d'en-Haut are already joining forces to maximize people's travel.

TACL was created in 2011.



## Spring burning of waste -NO!

The Society for the Protection of Forests Against Fire (SOPFEU) is launching an awareness campaign concerning the dangers posed by waste burns and fires. From mid-April to mid-June, SOPFEU municipal firefighters and firefighters intervene on an average of 150 fires affecting the forest, the majority of which are caused by fires lit by residents. This campaign, which will take place throughout May, includes the dissemination of messages on social media and the organization of awareness activities in two regions particularly affected by this type of fire, the MRC des Laurentides (May 6-10) and in the Vallée-de-la-Gatineau (May 13-17).

For further info visit: <http://sopfeu.qc.ca/porte-parole/>

# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Congratulations to:

Claude Fontaine, owner of Atelier Mécanique C.M.F. Inc., 684 chemin Ste. Anne des Lacs, Ste. Anne des Lacs. Claude and his talented team celebrate their 30th business anniversary this year. As well, Claude renovated and upgraded his garage to improve service and equipment for his valued customers. He offers brand-new wheel alignment equipment, an enlarged interior space, and enlarged parking lot. With all these changes, Claude offers excellent service for wheel alignments, tire changes, air conditioning, windshield repair/replacement, electronic work, suspension and brake work. 450 224-8664 / [napaauto.com](http://napaauto.com)



Vincent Larochelle, the new owner of VIP Auto Électrique, as of May 1, 2019. Previous owner, Marc Levesque, has decided to pass over the baton to Vincent. However, he will continue to work there during the summer months. This garage offers expertise on electrical systems and complete starter and alternator reconditioning. They also offer excellent general mechanic and tire changing services. Located at 453 Berry St., Lachute. 450 562-7177.



Karen Anne Sadegursky, who recently won the Prix Amyot Gélinas, in the amount of \$10,000 in professional services, for having the best new business, located in Ste. Adèle, in 2018. She received this prize at the recent Nuit Adénoise 2019 event. Congratulations Karen Ann on a job well done! Karen Ann designs clothing and accessories for women of all ages and sizes. Her colourful items include pyjamas, skirts, palazzo pants, leggings and tops. Her clothing is uniquely known for its comfort and design. Located at 1001 rue Valiquette, Ste. Adèle. 450 745-4447 / [so-fine.ca](http://so-fine.ca).



### Did you know that:

There will be a new drive-in movie theatre at Centre du Ski Belle Neige? The theatre is planned to open in May 2019. Should be fun to have a local drive-in theatre!



The location is 6820, Route 117, Val-Morin (Quebec) J0T 2R0 / 1 877 600-3311 / 819 322-3311 / [info@belleneige.com](mailto:info@belleneige.com).

That police officers on horseback are now patrolling the village of St. Sauveur, to ensure the safety of the public? For more info, go to [sq.gouv.qc/services/equipe-equestre](http://sq.gouv.qc/services/equipe-equestre)

## Laurentian Club of Canada Report

On April 23, people came to hear Rachel Lapierre, founder of Le Book Humanitaire, tell her story. They listened spellbound, and left filled with awe, convinced they had shared company with a second Mother Theresa.

Believing 'if everybody works together... we can make a difference', Rachel has made helping others her life's mission: connecting those in need with those who want to help. Le Book Humanitaire, which operates chiefly through Facebook, and is Quebec based, exemplifies this.

Internationally, Rachel has spent 28 years working "wherever I'm called to go": communicating through eyes and heart with people living on the streets without identity, and consequently, without life's essentials...in a spirit of trust and love that knows no separation. Her work has taken her to Chile, Haiti, and Senegal, but Calcutta, home of Mother Theresa, is where her heart is, and where eventually she hopes to create a full time center. Currently she works there two weeks at a time, with approximately 17 volunteers.

"When you can really help a person, it feeds your heart... You start and see the effect and you can't stop. " This is Rachel's way, and in the end, "...the many will make a difference."

## Summer safety for your pets



Here are a few tips to keep in mind when at the cottage or travelling on vacation with your pet this summer.

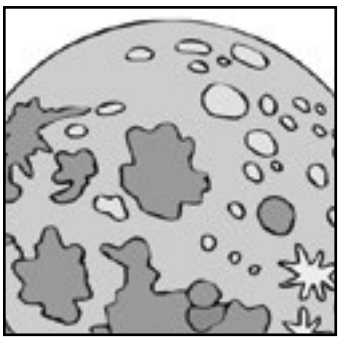
Is your pet wearing an ID tag with your contact information? If lost, this is the fastest way to ensure your pet is returned to you. If your pet has been micro-chipped, call the provider with a number you can be reached at.

Accidents happen at the most inopportune times. In case of emergency take along the contact information for the nearest emergency clinic nearest to where you will be visiting.

The call of the wild is overwhelming to city dogs when visiting rural areas. Keep your dog leashed at all times so it doesn't wander off or has an unexpected encounter with wildlife. Also, be sure your pet is up-to-date on vaccinations and parasite control.

Life-jackets are as important for dogs as they are for humans. When playing or camping around natural water sources have your dog wear a dog-friendly life jacket for his safety.

This summer, be prepared and play safe.



## Zach Factor Truth exposed

Lys Chisholm & Marcus Nerenberg -  
Main Street

Ma'at is an ancient Egyptian Goddess who embodies the principle of Truth. She represents reality; the Sun that rises, the stars that shine, the rivers that flood in the spring, and the reality that makes humans think. Unlike ethics, which is a fabrication of human will and duality, Ma'at is transcendent of ethics. When life is balanced and harmonic, life is said to be in Ma'at.

The Internet has changed much of what we consider to be true. In a single generation, the amount of information to which we have access has doubled countless times. Before the 1990's, people had encyclopedias at home, or school, purporting to contain most of the knowledge humans had accumulated since the dawn of civilization. The once-mighty Encyclopedia Britannica is now a historical curiosity. Britannica's last 32,640-page print edition ended in 2012, and now, it only lives online. Wikipedia has about 29,000,000 pages, and that doesn't include all the redirects.

We are exposed on-line to contrasting and conflicting versions of "reality". We encounter mainstream news, fake news, conspiracy theories, propaganda and straight-out fantasies; and they all claim to be the truth. We refer to the concept of truth as gospel, integral, kernels, noble, painful, inconvenient, virtual, ugly and beautiful, all at the same time. We worship truth, and yet hide from it when we need to face it.

Climate-change truth is in the news every day, as floods, drought, record rain or snowfall, hail or freezing rain, record heat or cold, intense winds from tornados, hurricanes, micro-blasts. There is the debate; is this global warming or global cooling? Is this increasing CO2, or disruptions in solar cycles, cosmic rays, or a shifting global magnetic field or one of several other scientific theories competing for recognition and funding.

On a fateful day in 1963, John Kennedy was assassinated by Lee Harvey Oswald, or was he? The official Warren Report concluded he was the only shooter. A thousand websites and investigations question how many bullets and from which direction they came, the magic shot that changed course three times, the shooter on the grassy knoll, Kennedy's exploding skull flying in the wrong direction, all the shadowy people connected to Oswald, from the CIA to Fidel Castro and, most fantastically, the secret government Majestic Twelve who had to silence JFK before he revealed alien UFO technology to the Soviet Union. The theories would fill an encyclopedia.

Did we really land on the Moon? Or was it an extraordinary manipulation revealed in the strained and unhappy faces of the Apollo 11 astronauts after the trip. What did they encounter there? Some say we have never been back because of it. Others claim we have built bases on the Moon and trillions of dollars have been diverted to secret Space Programs for years.

Another twist of truth is heralded in the 'Mandela Effect'. Some people recall that Nelson Mandela died in jail, but most of us saw him released from prison and become South Africa's first non-apartheid president. As a kid, did you have FROOT LOOPS or FRUIT LOOPS for breakfast? Does the little man from the Monopoly Game have a monocle or not? Did the little monkey, Curious George, have a tail? I could swear that 30 years ago, I read my kids the Berenstain Bears stories, but spell-check corrected me with Berenstain Bears. Perhaps the truth is that the CERN, Large Hadron Collider, has caused universes to intersect and that even the very people we live with exist in separate but parallel worlds.

One certainty is the existence of two kinds of Internet – an Internet of despair and an Internet of hope. One form serves to drive the human mind into misery and darkness, with brutal acts of on-line mental violence, while the other opens pathways to enlightenment, co-operation, goodness and love. The difference is longevity. Said the Dalai Lama, in the spring of 2014, "The power of truth never declines. Force and violence may be effective in the short term, but in the long run, it is truth that prevails."

Just as a flower cannot be right or wrong, ethical or moral, so too does nature reveal to us truths about ourselves. The forces of nature we bemoan as violent and cruel are neither. The rising sea levels, the extinction of the soft-shell tortoise, the soiled Canadian adult diapers rotting in the Philippines are naked truths we can no longer hide from. When we face them, Ma'at, aka, balance and harmony, will be restored on this planet.



What's up Doc? An example of a Mandela Effect. Test your own elusive memory at <https://testmandelaeffect.com/>



## The Story Behind The Sulpicians Part 3

Joseph Graham - Main Street  
joseph@ballyhoo.ca

Samuel de Champlain brought the Recollets and the Jesuits and Jeanne Mance brought the Sulpicians to New France. Their shared objectives were to minister to and convert the people who were already here. Subsequent to the destruction of Huronia, French investment in converting the Huron had left them with the total loss of their historic territory. A small number who escaped and wanted to stay with the French created a Wendake settlement near Quebec City and a number of Christian Mohawk, some of Huron-Wendat descent, established themselves in the territory that was subsequently whittled down to Kahnawake. Most of Ontario and parts of the Ottawa Valley belonged to the Five Nations by right of conquest. It was an immense territory. The Five Nations chose to adopt the conquered Huron and Wendat people into their southern regions and there were some Mohawk villages on their historic territories, among them the village of Kanesatake.

The aftermath of that great inter-tribal conflict left refugees in its wake and the Sulpicians, who inherited the island of Montreal from the Montréalistes, could thereby fulfill the original vocation of Jeanne Mance. They maintained a small community of Indigenous Christians on the island of Montreal. These people cleared and worked the land, creating wealth for the Sulpicians. Originally housed closer to the town itself, the negative influence of the French residents forced the Sulpicians to move their mission to Sault aux Récollets in 1696. The name of this new location commemorated a place where a Récollet missionary and a Frenchman had drowned in 1625, seventy-five years earlier.

In 1721, in the dead of winter, the Sulpicians relocated their charges again, to the Lake of Two Mountains, selling the 400 arpents that these Indigenous farmers had cleared since their arrival 25 years earlier at Sault aux Récollets. The move was to create a homeland for the resettlement of these displaced people, and by the autumn of 1722 the Sulpicians could proudly declare they had cleared more land than they had cleared over the previous 25 years. According to the oral history of the Mohawk, the new arrivals were received by the residents of Kanesatake, who saved them from starving through the first winter and spring. They feel that the Sulpicians conflated their mission land with the cleared land of Kanesatake that was already farmed, declaring that the land had been cleared in one year and a half.

When the Sulpicians established the settlement, they separated the Algonquin and Iroquoian people, as though they, the Sulpicians, were necessary to make sure the two communities lived in peace. The Algonquin used the Sulpician missions as bases, spending their time on the Ottawa River, their historic territory, and it is hard to imagine them as having been the driving force of land clearance. The Mohawk and Algonquin cultures were very different and clearing the land and planting it was central to the Mohawk culture but rarer among the Algonquin. Of course, both groups who had come from the Sulpician missions were Catholic, but there were traditionalists, non-Christians, who interacted with them at Oka. The Nipissing were not a part of the mission but shared territory with the Algonquin, while the Kanesatake Mohawk discovered clan connections with the newly arrived Christian Mohawk. Whatever problems the different Catholic orders caused for their converts over time, they were attempting to incorporate them as Sulpician property in a feudal hierarchy, where it was hoped they would eventually become Catholic peasants.

During the American War of Independence, the Five Nations, allies of the British, were pushed off their historic territory in New York, and, at the end of the war, the British declined to act on their behalf in the negotiations that created the United States. The Five Nations were destroyed, and small, outlying villages like Kanesatake were left to their own devices while some of the Five Nations found refuge in the Grand River Valley in southern Ontario.

Chief Aghneetha met with Sir John Johnson, the new Superintendent of Indian Affairs, in 1787. He told how, in 1696, his people had been moved to Sault aux Récollets which he described as being near the priests' mill, where they cleared and established gardens. In 1721, they were told they would have to move again because it was no longer proper for them to live on the island of Montreal. He said they were promised a deed guaranteed by the king of France that would allow them to live at peace on a large tract of land that they would own and that their heirs would own. Further, according to the Mohawk, this time they had established an agreement with the Sulpicians, called the Two Dog Wampum. The wampum belt was a legal agreement among them, but it was not taken seriously by the highly educated Sulpicians who denied its existence. Aghneetha's concern was that settlers were receiving land title while the Mohawk were refused any title.

When our society was Catholic, it was much easier to believe the priests than the illiterate 'sauvages.' The British had already ejected the Jesuits and did not wish to further alienate the Catholics. Recognizing the claim of Chief Aghneetha over the Sulpicians was bad politics. They said they were willing to endorse the Sulpician claim provided they vowed fealty to the British Crown. Their claim, of course, included the Kanesatake village. Through the 1800s, conditions continued to deteriorate.

A properly Catholicised people will eventually develop its own clergy as the brighter young students are directed to the priesthood. It may have been the hope of the Sulpicians for the future of one young man, Joseph Swan, who had excelled at the Sulpician boarding school, the Séminaire de Montréal. They offered him a position as a secretary back in his home at Kanesatake in 1863.

To be continued...



# Citrus Baked Salmon

## Ingredients

- 4 slices fresh lemon
- 4 slices fresh orange
- 4 (6 to 8-ounce) skinless salmon fillets
- Sea salt and freshly ground black pepper
- 2 tablespoons freshly chopped dill
- 2 tablespoons sun-dried tomatoes in oil,
- 1 tablespoon pure vegetable oil
- 2/3 cup white wine



## Directions

Preheat the oven to 375 degrees F.

In a large 9 x 13 shallow baking dish, place 1 lemon slice with 1 orange slice side by side so you'll end up with 4 groups.

Season each fillet with salt and pepper.

Arrange each salmon fillet over 2 slices of lemon and orange.

In a small bowl mix the dill, sun-dried tomatoes and tomato oil. Spread mixture evenly on top of the salmon fillets.

Drizzle with the wine.

Place the baking dish in the oven and cook for 8 to 10 minutes.

Serve with rice and grilled seasonal vegetables.



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\*Please call Wednesday for weekend orders



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**SAINT-SAUVEUR** Asking price \$315,000 + TPS/TVD  
 Commercial building in the heart of the Saint-Sauveur Village. Choice location close to the church. Large 2-story building plus basement currently occupied as professional and residential office. Large lot. **MOTIVATED SELLER! [28732606]**



**MORIN-HEIGHTS** Asking price \$229,000  
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**REGISTRATION:**  
[fcmorinheights.com](http://fcmorinheights.com)



for more information:  
[info@fcmorinheights.com](mailto:info@fcmorinheights.com)

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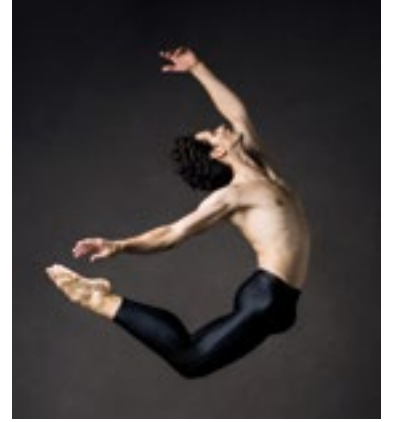
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## Festival des Arts Saint-Sauveur

# Guillaume Côté – dancer, choreographer & artistic director of FASS

**Ilania Abileah – Main Street**

Guillaume Côté attended the National Ballet School in Toronto at the tender age of 11. He did not know any English, but within two months he learned to speak the language, made friends, and was happy to be at the Ballet School. He was trained as a classical ballet dancer, and became a principal dancer of the national ballet. At the school, he also met his future wife, Heather Ogden, also a principal dancer at the National Ballet, and Etienne Lavigne, Principal Character Artist at the National Ballet, who is also his partner in artistic projects, and, of course, the Festival des Arts de Saint-Sauveur (FASS).



Dancer Guillaume Côté photo by Karolina Kuras

Guillaume Côté is invited as a guest artist at ballet companies around the world, such as Teatro alla Scala, The English National Ballet, The Royal Ballet, American Ballet Theatre, The Mikhailovsky Theatre, in Saint Petersburg, the Hamburg Ballet, and the Stuttgart Ballet. In addition to dancing, Guillaume has moved on to choreography. In fact, he has been the Choreographic Associate of the National Ballet of Canada since 2013. In the past few years we have seen some of his work on the stage under the Big Top of FASS. We saw Dance Me to The End of Love, music of Leonard Cohen, Body of Work, Bolero, and more.



Crypto: Dancers Drew Jacoby, Guillaume Côté, photo by Matt Barnes

This year Guillaume Côté will present a new ballet called “Crypto”. It is a work done from the story of librettist Royce Vavrek, featuring the music of Swedish composer, Mikael Karlsson. The dancers are Guillaume Côté, Matt Foley, Greta Hodgkinson and Drew Jacoby.

The Festival runs from July 25 to August 5; Crypto will be presented on July 31 and August 1. Tickets \$50 - \$80. 1-866-908-9090. <https://festivaldesarts.ca/>

## ARTS Etc...

**Ilania Abileah – Main Street**

Summer is almost upon us, and the concert halls and theatres are announcing their upcoming season programs. Some have summer theatre (in French). This summer, we will all be going out to enjoy the free concerts and festivals. In Saint-Sauveur, the McGarrigle Stage at Park Filion offers weekend programs; in St. Adèle, there are concerts in the park, and in Ste. Agathe, concerts at Place Lagny. Below is a list of some of the festivals that have already published their dates, so you can plan your summer entertainment.



**21st Festival International Hautes-Laurentides: July 4 to 28** - celebrating its 21st anniversary with FREE concerts in various venues and at outdoor scenes. Artistic director, Alexandre Da Costa, offers classical, jazz, pop, country, and even electro-pop music, with musicians from around the world. 1 855-776-4080 / <https://www.concertshautes-laurentides.com/>

**The International Blues festival of Mont Tremblant: July 5 to 14** - the program is already on the website. Ten days of Free Music starting before noon and continuing into the night. There are six stages, as well as bars and restaurants that will feature blues music. This is not to be missed, even if you can only take in one concert. The quality of the music is amazing. There is parking (paid) and shuttle services. 819-681-3000 #46643/<https://blues.tremblant.ca/en/schedule/>

**28th Festival des Arts de Saint Sauveur: July 25 to August 5.**

**12th Mont-Tremblant Jazz Festival: July 31 to Aug 4** - jazz bands from Québec and elsewhere in Canada! Over fifty concerts on three outdoor stages downtown (Saint-Jovite) and other venues in Mont-Tremblant! (514) 994-0543 / <https://jazztremblant.com/en/>

Dates for summer exhibitions of ARTS Morin Heights and Route des Arts, will hopefully be available for the June edition of Main Street.

For now, I wish you all a great (though short) spring.

ilania@ilaniaabileah.com 450-602-4073



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## Laurentian Personality Parkinson Québec Cœur des Laurentides

Lori Leonard - Main Street

Bureau Régional Parkinson Québec Cœur des Laurentides, a non-profit organization at 200, rue Principale, St. Sauveur, is a regional branch of Parkinson Québec (created in 2001). The office in St. Sauveur has existed since 2017, due to a 3-year Quebec grant from Ami des Aînés to implement services for Laurentian residents with Parkinson's disease and their caregivers.

Parkinson's is a degenerative neurological disease, with motor disorders, due to a loss of dopamine producing cells. The median age is 64, but may present in people in their 40's or 50's. A variety of symptoms may occur, which is why it's called a "disease with a thousand faces". Common motor symptoms are trembling at rest, postural instability, akinesia, bradykinesia (slow movements) and rigidity. Non-motor symptoms are anxiety, depression, constipation, swallowing, fatigue, sleep and speech problems, loss of smell and small handwriting. Communication is complicated by facial rigidity, giving an impression of disinterest.

Chantal Bourassa and Marie-Julie Laforce are passionate about helping people with Parkinson's. Chantal has been the Coordinator of this office since April 2018. Marie-Julie was hired recently as Development Officer. Chantal's role is to coordinate operations and focus on:

- Providing information on disease symptoms, medication, treatments, autonomy/quality of life.
- Offering training/education to community workers.
- Providing support to improve quality of life.
- Organizing diverse activities.

Chantal and Marie-Julie respond to people by phone and meetings. They offer exercise classes, yoga, Trager massage workshops, and group therapy. Tango classes improve balance and posture problems, concentration and memory.

More than 3000 people live with Parkinson's in the Laurentians. The organization currently has 200 participants, and Marie-Julie Laforce will welcome new participants.

Medication is important to control Parkinson's symptoms and help patients' quality of life. An evaluation by a neurologist is required to find the right medication to stimulate production of dopamine in the brain or substitute it. Taking medication on schedule is crucial.

There is currently no cure. Medication attenuates the symptoms, but is accompanied by disturbing side effects. There is still insufficient scientific evidence that cannabis (marijuana) can efficiently treat or attenuate symptoms. Considering the risks, such as interference with other drugs, Parkinson Québec does not recommend using cannabis.

The Parcours Parkinson event on September 8, in St-Sauveur, and other fundraisers, will determine the longevity of the regional office. Support from the Laurentian community would be appreciated.

Many thanks to two Parkinson's Angels, Chantal and Marie-Julie, for caring so much!

For information: Chantal Bourassa at 450 630-4122 or coeurdeslaurentides@parkinsonquebec.ca



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All events will be held at  
**Parc Georges-Filion**  
unless otherwise specified

**May 25: 10 am – 6 pm - Collectif du Nord**

**May 26: 3 pm - St-Jérôme Cegep Choir - Coro Picollo**

**June 1 - Behind the Church: Electric Ride:** In collaboration with the Association of Electric Vehicles of Quebec (AVEQ) several cars will be made available to participants for road tests. There will also be a family section for the pleasure of all!

**June 14-15-16 - Sidewalk sale - vendors and several activities and shows**

**June 14 - Outdoor cinema**

**June 15: Great day for small entrepreneurs with live entertainment**  
Music in the morning / 3 pm:  
Youth Choir of Saint-Sauveur /  
7:30 pm: Robert Dethier - popular music

**June 16: 1 pm - Beautiful dancing Sundays**



More information 450.227.2564 | 1-877-528-2553  
[www.valleesaintsauveur.com](http://www.valleesaintsauveur.com)

## The Saint-Sauveur / Piedmont Chamber of Commerce and Tourism

# A strategic leader at the heart of the community

**Susan MacDonald**

The Saint Sauveur / Piedmont Valley is a vibrant region recognized widely as a thriving business sector and exciting tourist destination of the Laurentians. Within its boundaries, and supporting the region's economic development and social prosperity, is the Saint-Sauveur Chamber of Commerce and Tourism (CCTVSS).

With respect and integrity, the CCTVSS acts as a strategic leader in the business community by representing the interests of its members, in collaboration with them, and other partners and regional stakeholders. They provide members' with special privileges such as marketing opportunities, networking activities, certain rebates and more. Being a member of the CCTVSS is certainly advantageous!

The business community also benefits from the extensive experience of the qualified board members of the CCTVSS that has the best interests of the Saint-Sauveur / Piedmont Valley at heart. They aim to stabilize the local job market during critical off-season periods by organizing job fairs and special events with local businesses and partners, such as Emploi-Québec, and continuously, develop and implement new marketing strategies to increase the Valley's visibility, with the objective of catching the interests of tourists, vacationers and residents of the region.

One promotional strategy they have adopted is to coordinate special events and activities with local hotels, restaurants and business owners. This combined collaboration results in higher revenues for everyone and ensures visitors enjoy a memorable stay and a desire to return to the area. To increase accessibility there currently is an electric shuttle project under consideration that will help streamline traffic in the major merchant zones. This shuttle service falls under another major concern of the CCTVSS, respect for the environment.

The Saint-Sauveur Valley definitely lives up to its reputation for having one of the most pulsating beats in the Laurentians. With its bustling business sector, winning cultural and tourist attractions, and exciting outdoor sports venues, the Valley is a treasure box just waiting to be discovered. As it continues to grow and expand, the Saint-Sauveur / Piedmont Chamber of Commerce and Tourism will be alongside as always, continuing its support, and sharing the vision of a bright future.



**LE CISSS DES LAURENTIDES**  
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## RENDEZ-VOUS FOR WOMEN SPECIAL SCREENING CLINIC PAP TEST WEDNESDAY 15 MAY

**WOMEN** become informed  
**MAN** inform your mother,  
your sister, your spouse....

The Centre intégré de santé et des services sociaux des Laurentides is holding a major cervical cancer screening clinic.

### YOUTH CLINIC

At the 145, avenue  
de la Providence, Lachute

Book your appointment early  
Spaces are limited

**450 562-0271**

### Eligibility Criteria

- All women aged 21 years and over
- Not having had a PAP test within the past 2 years
- Not menstruating on the day of the exam

No breast or gynecological exams will be done during this special PAP test clinic

Quebec medical insurance card mandatory



## Reintegration Of Homes After A Flood Health risk and prevention instructions

Over the next few days, several residents of the Laurentian region will return to their homes after the flood. Dr. Éric Goyer, Director of Public Health of the Laurentians, would like to remind those affected to be vigilant in the face of the dangers of contaminated water and carbon monoxide. He also stresses the importance of quickly and safely cleaning and drying objects and surfaces to prevent infections and mold.

### Carbon monoxide poisoning

- Never use combustion appliances (gas, propane etc.) such as pumps and generators inside buildings or near doors or windows.
- If an alarm goes off in the building, exit immediately and dial 911 for assistance.

### Potable water

- If the water comes from a water system, follow the operator's recommendations.
- If the water comes from a private well, consider that the water is not potable until proven otherwise and boil for one minute or use bottled water.

### Food preservation

- Do not eat foods that may be prematurely expired or soiled to avoid food poisoning.
- In order to know what to throw and what to keep, consult the website of the Quebec Ministry of Agriculture, Fisheries and Food (MAPAQ): <https://bit.ly/2GaE9Cm>.

### Cleaning and mold

- Wear necessary equipment (gloves, goggles and rubber boots) when handling soiled objects or in places where water is still present.
- To prevent mold growth, remove water, ventilate and dry quickly. Discard all porous and soaked items that cannot be dried and cleaned.
- In the presence of mold (greenish or blackish spots, musty smell), consider respiratory protection. It is recommended that important work be done by a contractor.

### Injuries

- Clean any minor injuries immediately with drinking water and soap.
- Contact a doctor if you have deep or dirty wounds.
- Make sure your vaccination is up to date against tetanus.

### Stress and anxiety

A flood can cause you a lot of stress, anxiety and worry. Contact Info-Santé at 811 if you need help.

For more details on these recommendations, consult the document "In case of flooding" on the Urgence Québec website at [www.urgencequebec.gouv.qc.ca](http://www.urgencequebec.gouv.qc.ca).



## Garden Talk

# Caring About Carrots

June Angus - Main Street

Carrots can be grown just about anywhere – in the ground, in raised beds or in patio containers. They don't like being transplanted, so it's best to sow them directly where they are to grow. They prefer full sun and loose, stone-free, well-drained soil that does not get too hot in summer.

Carrots come in many shapes and sizes ranging from long and thin to short and stubby with some that are almost round. Most fall into one of two categories: Long-rooted types require a deep growing space and 65 to 75 days till harvest. These are best planted in well-defined rows in lightweight soil. Short-rooted or baby/minis will grow faster and thrive in shallower growing spaces such as short raised-beds or containers. These will tolerate slightly heavier soil.

While we traditionally think of carrots as being orange, it's believed that the original domesticated carrots grown in Persia were white. Today carrots are readily available in five main colours including orange, red, purple, white, and yellow. Some of these bear "cool" names such as Snow Man, Yellow Bunch and Purple Haze. Rainbow blends offer a selection of multicolours in the same package. Garden centres and online catalogues generally offer plenty of choice.

For a continuous supply of carrots throughout the growing season, sow a row of carrots every week or so from early spring to midsummer. Typically this will give you carrots ready to harvest starting late July through to October.

To prepare soil for planting remove all stones – if a carrot root hits an obstacle it will fork. Carrot seeds are very small so it helps to mix them with a small amount of sand for sowing. Create one cm deep lines in the soil and sprinkle pinches of the seed/sand mix into these mini troughs. Depending on the variety (check the seed package) space rows about 15 cm apart. Then gently cover the seeds. Use popsicle sticks or other markers to note the sowing date. And if growing more than one variety, add the name. Moisten the seeded rows thoroughly but gently.

Once seedlings emerge, thin out every second plant. As the carrots continue to develop, thin at least one more time. Also remove weeds to minimize competition for available moisture and nutrients. Carrots don't normally need additional feeding but be sure to always keep the soil moist, especially in dry weather.

How do you know the right time to harvest? The size of the top of the root poking out of the soil is a good guide, or gently dig away soil from around a couple of carrots to get a better look. Harvest alternating carrots so those left behind can grow bigger. Always be gentle when pulling carrots out of the ground so as not to disturb the rest of the crop still growing. If larger, long carrots resist, use a small hand tool to loosen the soil first.

When planning your garden, good companions to plant near carrots include radishes that will mature and harvest faster than carrots, thereby helping keep soil loose while allowing more space as carrots grow. Lettuce and other plants in the cabbage family are also beneficial to carrots. But tomatoes and carrots really complement each other. Tomatoes prefer summer warmth and plenty of sunshine, while carrots grow best in cooler soil. While tall tomato plants shade the soil, the carrot's full foliage provides a natural mulch to retain soil moisture and suppress weed growth.

Whether eaten raw, steamed, glazed or roasted, nothing tastes better than a freshly harvested carrot.



## Word Play

# The home stretch part II

Louise Bloom - [louisebloom@me.com](mailto:louisebloom@me.com)

My article in April on the contemplation of death ended with questions that are somewhat rhetorical.

"Would it not be a gift to make the study and contemplation on death and dying a part of general education?" It is certain that an educated exploration of death and dying in the lives of ordinary youngsters would broaden their horizons and perhaps begin an exchange at home, about the history and practices worldwide, of traditions and belief systems concerning death. There are cultures whose approaches are very different from the hushed and whispered exchanges about our deceased that protect our young from the "frightening thoughts" that might plague their dreams. While the entertainment culture is full of exciting car chases and magnificent explosions that inevitably mark death, the conversation about what will happen to the bodies of the deceased and how their families will proceed in the aftermath are left to the imagination. I would have felt included and respected as an eight-year old when my grandmother died, had my mother and aunts chosen to share rather than moving stiffly about us children in an effort to hide their grief.

With the contemplation of death comes the question "are you prepared?" and secondly, "what does that mean?"

For myself, the first level of preparedness is the actual delineation of the rituals around my passing from life that I might desire, arranging some in advance, so as not to leave the weight of those decisions to others. These actions are a rite in themselves, making the statement that I can embrace the inevitable.

The personal internal process of preparing for death is of course, another matter.

It requires the ability to reflect on our specific attachments to life and living, determining what those are. It opens a dialogue with ourselves as to what is truly important, letting go of what is superfluous.

This self-enquiry can heighten our awareness of the preciousness of life, deepening our appreciation of "what is". In the process we might transform our judgments and criticisms of others in an attempt to liberate valuable energy that is tied up in habitual human convention of looking outward.

One of the most effective tools for a personal inner investigation that I have encountered is the work of Byron Katie, an American speaker and author who teaches a method of self-inquiry known as "The Work of Byron Katie" or simply as "The Work".

The action of self-enquiry is the internal process of cleaning house, re-establishing priorities. Concurrently I am culling all my possession, reviewing what is stored for many years in my basement and filing cabinets. This is proving a satisfying process that mirrors and supports the letting go of attachments on all levels.

As the physical history of my life moves to the eco-center I am making an ecological move for my own well-being, living to the fullest as I continue to prepare.

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.

**Lake Front Cottage For Sale** **Asking \$159,000**

Situated in the Lakefield, Gore area, 60 min from Montreal, 20 mins from Lachute, 20 mins from Morin-Heights/St. Sauveur. The cottage is natural pine and is a 3 season / 3 bedroom on 29000 sq feet. It has electric heat and a wood stove on a no-motor lake. The cottage comes fully furnished and includes a wall oven and island cook top in the kitchen. Other amenities include a dock, pool deck with 21ft pool, and hot tub. Roof and septic tank were replaced in OCT2016. Come and enjoy the Laurentians. Hurry before it goes. **514-697-4105**

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**NOTICE OF 2018-2019 ANNUAL GENERAL MEETING**

**SADC**  
Société d'aide au développement des collectivités  
DES LAURENTIDES

**Date:** Thursday, June 20, 2019 at 4 p.m.  
**Location:** Théâtre du Marais, 1121 10e Avenue, Val-Morin  
The SADC des Laurentides will take advantage of this occasion to mark its 35th anniversary

Four positions are up for election: two regular positions; one position representing Youth for the MRC des Pays-d'en-Haut; and a regular position for the MRC des Laurentides. Any member wishing to be a candidate for an elected position must submit his or her application in writing by May 30, 2019 at 4 p.m. to the SADC office located at 1332 boulevard de Ste-Adèle, Sainte-Adèle, J8B 0J7.

This notice is given by order of the Board of Directors.  
Cet avis est donné par ordre du conseil d'administration.

**450 229-3001 | 1 888 229-3001 | [sadclaurentides.org](http://sadclaurentides.org)**

**Canada** Canada Economic Development for Quebec Regions offers a financial support to the SADC des Laurentides

## 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

**Sat, May 11: 6 pm** - Mother's Day Supper  
**Fri, May 17: 6 pm** - TGIF Smoked Meat  
**Sat, May 18: 8 pm** - Kim Adams & The House Cats  
**Sat, May 25: 8 pm** - The Paolo Stante Band  
**Sat, June 1: 8 pm** - Classic Rock & Roll with Good Bang Hair  
**Sat, June 8:** Flea Market #1  
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 Laffleur

### 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, May 24: 6 pm** - TGIF and Race Night - Gone to the Dogs  
**Sat, June 8: 6 pm** - Surf & Turf  
**Fri, June 21: 6 pm** - TGIF  
**Tues - Fri: 9:30 am** - Yoga  
**Tues: 7:30 pm** - cribbage. Info Lloyd (819-687-3541)  
Every 2nd Wed: 1 pm - Bridge  
Connie (819-687-2403)  
Everyone welcome  
Bar open daily at 3 pm  
For further info: 819 687-9143 / arundellegion@gmail.com

## FAUBOURG SUICIDE PREVENTION CENTRE

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**NOTRE DAME DES MONTS PARISH**  
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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](mailto:rabbi@ste-agathe.net)  
Services every Sabbath, weekend, holidays

**MARGARET RODGER**  
**MEMORIAL PRESBYTERIAN CHURCH**  
463 Principale, Lachute / [www.pccweb.ca/mrpm](http://www.pccweb.ca/mrpm)  
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  
June 9: Anniversary Sunday with light refreshments served after the service  
\* 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](mailto: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  
May 19: 11 am - Holy Communion  
June 16: 11 am - Holy Communion

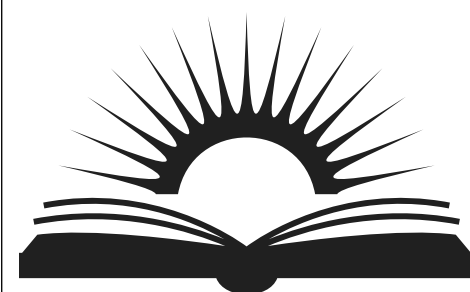
**ST. PAUL'S - DUNANY**  
1127 Dunany Rd, Dunany  
May 19: 9:30 am - Family Service / Golf / BBQ  
June 30: 11 am - Holy Communion

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
May 26: 11 am - Morning Prayer  
June 23: 11 am - Morning Prayer  
Bilingual services with gospel/ bluegrass music

**CHRIST CHURCH - MILLE ISLES**  
1258, Mille Isles Rd - Mille Isles  
May 12: 11 am - Holy Communion  
June 9: 11 am - Morning Prayer

**VALLEY GATE CHURCH**  
Pauline Vanier, 33, de l'Église, St. Sauveur  
Info: [porte.valle@gmail.com](mailto:porte.valle@gmail.com)  
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



## LAURENTIAN CLUB NOTICE

The Laurentian Club of Canada invites you to our Annual General Meeting / Luncheon  
**Steak Frites St-Paul, 86-B de la Gare, Saint-Sauveur**  
**Tuesday, May 28, 2019 at 11:30 am**  
Tickets: \$30.  
Bring your own wine.

For reservations and menu choice, please email Carl Henderson before May 21 at [natory.furniture@gmail.com](mailto:natory.furniture@gmail.com)

Join us!

Info: 819 326 4401  
[www.laurentianclub.ca](http://www.laurentianclub.ca)  
[facebook.com / LaurentianClubofCanada](https://www.facebook.com/LaurentianClubofCanada)

**LAURENTIAN CLUB OF CANADA**



**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**  
**May 25, 2019 - 1 pm**

Chalet Bellevue (main entrance)  
27 Bellevue, Morin Heights

**Speaker: Ilona Fritsch**  
**Improving Brain Health**

Next meeting: June 15

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](mailto: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

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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!  
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

**HARRINGTON VALLEY COMMUNITY CENTRE**  
420, chemin de Harrington  
**Sun, May 12 : 11 :30 am - Mother's Day Lunch & Wine Grab**

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

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

**MORIN HEIGHTS HISTORICAL ASSOCIATION**  
Chalet Bellevue  
**June 9: 1:30 pm - Annual General Meeting**  
**June 9: 2 pm - Following the AGM there will be a Presentation and launch of Porcupine #11 and a new booklet: "A Heritage Tour of Morin Heights"**  
www.morinheightshistory.org / mhha98@hotmail.com

**THEATRE MORIN HEIGHTS**  
We are currently preparing for our 2019-2020 season including our major production in November.  
If you would like to become a member, work behind the scenes or act, call the number below  
Info: 579-765-3999 / www.theatremorinheights.ca

**ALCOHOLICS ANONYMOUS MEETINGS**  
Holy Trinity Church Hall,  
Ste-Agathe  
Corner of Préfontaine St. W & Tour duLac 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.  
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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 SALE**  
Lachute United Church  
232 Hamford Street, Lachute  
Plants, home-baked table, treasures and books  
**Sat, May 18: 8 am - noon**  
Coffee and muffins available

**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.

**LRHS SPRING FLING MUSICAL SCHOLARSHIP FUNDRAISER**  
Grenville Community Centre  
**Sun, May 26: noon - 5 pm**  
Featuring Martin Cavanaugh, Jim Kyle (bluegrass), Gary Carpenter (Elvis, Dean Martin) & Victor Courte  
Info & tickets:  
Eric Rainey: 613-632-6764

**ROUGE VALLEY DAYS**  
Harrington Golden Age Club  
259, Harrington Rd., Harrington  
**Thurs, May 16: 10 am - noon**  
Noon – 1 pm: Lunch provided with a donation  
Special Activity: Succulent Container Gardening  
Registration: Melanie Wilson: 1-888-974-3940 ext. 1

**VIDEOCONFERENCE**  
Better Bowel Health  
CLC Lachute (L.R.H.S.),  
448, ave. Argenteuil  
**Wed, May 15: 10 am - noon**  
English information session  
Registration: Melanie: 1-888-974-3940. Ext. 1

**FREE OUTDOOR ACTIVITIES FOR THE FAMILY**  
Saint-Faustin-Lac-Carré Municipal Beach  
**May 20: 11 am - 1 pm**  
Animation, inflatable games and more.  
Bring your balls and snacks.  
Info: 819-421-4242

**SUPER TRUCKERS PARTY**  
Ferme Neuve (300, blvd. Albiny-Paquette)  
**May 31 - June 2**  
Pull and acceleration competitions, activities, games, shows, food and exhibitors.  
Info: 819-660-3080 / superpartycamion-neurs.com

**OPEN DOORS AT INTERMIEL**  
10291, rang de La Fresnière  
**Mon, May 20: 10 am - 4 pm**  
Discover the world of bees. Guided tours, beehive observation, bee products, honey tasting, a visit to the meadow and mead tasting.  
Discover the new Musée API  
Info: 450-258-2713

**ENVIRONMENT DAY Saint-Hippolyte**  
**Sat, May 25: 9 am – 1 pm**  
Water analyses, advice on invasive water plants, lake protection, residual materials and more. Compost and tree seedlings will be distributed.  
Info: 450-563-2505

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www.organismepeix.ca

**Alcoholics Anonymous**  
Helpline:  
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## The 4 Korner's family is expanding to serve you better!

### Josephine Piazza

Josephine Piazza has been practicing yoga for 20 years and teaching since 2009. When she found herself dancing and singing on her way home from a class for seniors, she knew she had found her calling. Piazza joins 4K as the Seniors Family and Youth Coordinator. Piazza wants to suss out the needs and interests of seniors and families within the Pays d'en Haut and Argenteuil area and respond to them. Piazza lives in Saint Sauveur with her 10-year-old daughter who joins mom in volunteering at Maison Alois. Piazza believes in ageing well and will continue teaching adapted yoga on her mission to keep seniors autonomous.

### Nancy Martin

Nancy Martin is an accomplished artist, step-mom to 9- and 10-year-old girls and mom to dog Diego whom she loves to walk along the P'tit Train du Nord. Martin will be coordinating programs for seniors and caregivers in the MRC des Laurentides. Martin grew up in Val-David eventually moving to Val-Morin for love only to fall in love all over again with her new neighborhood. Her respect and tenderness for seniors is reflected not only in her extensive resume, (9 years of social work at subsidized housing for seniors and an ongoing job with Prévoyance envers les Aînés des Laurentides Inc), but also in the way she speaks of her work. Martin told me how rewarding it is to help solve small problems before they become big problems, how she loves hearing the stories seniors have to tell and how a big hug can change a life.

### Melanie Wilson

I caught up with Melanie Wilson between a CHEP (Community Health Education Program) video conference call and another work meeting. Many people in this field wear a few hats but Wilson is the Pharrell Williams of hat wearers. Melanie joined 4 Korner's in 2015 as an intern for her program in Special Care Counselling. Four years later Melanie is providing services and care for seniors and caregivers in and around Lachute. She works with our partners to offer info sessions and workshops for caregivers and runs 2 weekly day centres; Open Circle and Rouge Valley Days, to decrease senior isolation. Melanie lives in Lachute, is a self-described professional sports mom to 3 active teenagers, and is doing her part to keep the sport of broomball alive.

### Andie Bennett

I am a former (sometimes current) broadcaster with CBC who found myself longing for a different life after the arrival of my son 2 years ago. Following our hearts up the Laurentian autoroute, we landed in Morin-Heights to enjoy everything the region has to offer a young family. My desire is to give back to this community that I quickly fell in love with by working as the Community Development Coordinator with 4 Korner's. My primary mandate is to connect the English community with the services available to them in their region, in part through this column

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Anyone or anything...

# READERS VOICE

## Letter to the Editor

I received the following from a loyal Main Street reader in response to Léonard Lafleur's article, *Tales of Lachute Past, This is really, really strange...* published in the April edition. Thank you Muriel Scofield for taking the time to send this in...

**From Lachute to Ste-Adèle...** This could be the ending of Léonard Lafleur's diamond story.

In the 1950's, many English families who had children, decided to live in the Ste-Adèle area. An English school needed to be built. Dick Thompson, who was the owner of the Chantecler Hotel at that time, donated the necessary land. Frank Scofield (my husband) and Louis Cochand went to Québec City to finalize plans for the building of the new school.

The 1st grade teacher's name was Miss Williamson. During that first year, she told me that her brother was in South Africa prospecting for diamonds. As it turns out, with some great luck, he found one of the largest diamonds.

Miss Williams retired to South Africa to be with her brother, and would often send postcards of diamonds to us.

Could this be the same Williamson family? I hope so. It would complete the story.

Muriel Scofield

Ste-Adèle





## Making it Work in the Laurentians

# Mental health and the work place: It's okay to not feel okay

Rachel Morgenstern-Clarren

Although there is growing awareness by employers around mental health issues, the fear of discrimination in the work place remains. Many employees are reluctant to ask for help, because they worry that their mental health issues won't be understood or taken seriously, and that their business relationships might deteriorate.

### Depression and anxiety: What are the signs?

While it's normal to have some anxiety at work, especially as a young professional trying to learn the ropes and build your reputation, it becomes a problem if it lasts for several months at elevated levels, and begins interfering with your daily activities. Mental health issues also have a physical component, causing fatigue, insomnia, and difficulty concentrating.

### When to talk to your manager

You may not be comfortable talking about your mental health with your superiors. However, if depression and anxiety are starting to affect your work, it is better to be proactive so that you can get the support you need, especially if you require work accommodations, or time off. Remember that if, and when, you decide to talk to your manager, you are not required to reveal your whole medical history! Also, you can always speak to human resources for guidance, if you need help figuring out how to navigate the discussion with your boss.

### Finding mental health resources

If you are an employee, find out what benefits are available through your group insurance plan. Determine if your provider provides access to an employment assistance program (EAP counselling) through your work benefits. Read your company's policies and procedures regarding medical leave and sick days, if you need time off for medical appointments.

Reach out to a social worker, psychotherapist, psychiatrist, psychologist or other mental health professionals to help you identify the right diagnosis and treatment you may need. You can also contact CLSCs in Quebec, which offer access to psycho-social services.

### How to take care of yourself, in and out of the workplace

At work, you can tackle depression and anxiety by setting manageable goals for yourself each day, by identifying where you're struggling and looking for ways to compensate (such as taking extra notes during meetings, if you have difficulty concentrating), and by saying something to your manager or HR if you feel overwhelmed.

Outside of work, reach out to trusted friends and family. Consider joining a support group, where people can relate to your experiences and share coping strategies and resources. Lifestyle changes can also make a big difference, so eat healthy, reduce your caffeine intake, and exercise regularly.

By developing healthy routines and work habits, and utilizing your resources, not only will you be able to get through the difficult times, but you will come out on the other side a better, and happier, employee.

*No matter what stage you're at on your journey towards employment, your mental health matters. Get support for your job search and access our new directory of English-language Mental Health Services & Resources at [yesmontreal.ca](http://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

### STE- ANNE-DES-LACS – 50 copies

Available at Marché du Village

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### VAL DAVID – 175 copies

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### STE-ADÈLE – 535 copies

Available at IGA, Valso Esso, Tim Horton's and Chateau Stationary

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Available at Le Magasin Legare

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Available at City Hall, Couche Tard, Tim Horton's and Hôpital Vétérinaire Piedmont

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Available at Dépanneur Kilmar

### HAWKESBURY – 650 copies

Available at Freshco



## FLOODING: Act of God, or?

By Mat Madison, biologist

In the last issue of Main Street, I shared ideas about nature stewardship and a tale of my travels to Morocco. I had promised to share the case study of a local initiative but, like many other people in our region, April is just the best time for your plans to be changed because of spring floods. So, it would be quite pertinent to discuss the issue of flooding in relation to nature stewardship, of course.

Let's take the Ottawa River as a case-study for this article. Most of us believe the river has its source in Lake Temiscaming, on the border of Ontario and Quebec, but in fact it comes from way further up. Up, but not north. You see, the source of the river is the Cobonga reservoir in the La Verendrye Wildlife Reserve. It flows west to Lake Temiscamingue, then south to Ottawa/Gatineau, and then East to the St. Lawrence. In total, that's over 1,200 kilometers (790 miles), which is huge. But the most important part is the river basin, the watershed, which covers 146,300 square kilometers, or 56,500 square miles. That's bigger than the country of Greece, with all that water flowing into and out through Carillon dam in St. André d'Argenteuil. That explains why the average discharge at the dam is normally 1,950 cubic meters per second, but also why this discharge is 7,642 cubic meters per second as I'm writing this article, on April 24, right in the heat (and cold) of flooding.

Now, let's pretend that we haven't colonized the Outaouais river basin, and haven't changed the natural landscape. The forests and wetlands play a huge role in retaining water runoff. In the big water cycle, forests and wetlands absorb water, infiltrate it in the soils or the ground water, and evaporate it through vegetation. As they do this, they play key functions of filtering water and retaining water. These functions translate into ecosystem services, the type of things nature does for us freely, rather than humans having to build retaining ponds or water treatment plants (subject of a future article, I'm sure).


Back in 1600, the ecosystems would have had a natural way of dealing with spring thaw. Forests and wetlands upstream would retain water from snowmelt and spring rains, mitigating the runoff. And then, on the shores of the Ottawa River, large wetlands would also flood and retain water to reduce the outflow speed in the river and thereby control the force of water that would cause erosion.

Today, cities have been built everywhere within the watershed. Concrete has no infiltration properties, and surface runoff in cities tends to reach more than 10 times the surface runoff in forests. In addition to cities, we also built towns and roads here and there that drain the landscape, so that water flows faster to the river. We drained and backfilled wetlands. We deforested land and drained soils for agriculture. All these things have increased the flow of the river in the spring, not doubling it but enough for that extra water to make some areas more prone to flooding.

One of the challenges we face is to consider this issue on the scale of the whole watershed acting as a total integrated system. We need to ensure that future development can contribute to protecting, recreating, and/or compensating for ecosystem services that we have lost, or that we still could be losing, especially when it comes to water. This could mean, for example, to protect large wetlands that play a key role in water retention. It could also mean to create city water facilities that retain water in large, storm-water management basins that can also serve as parks when it's not raining. It can also mean that your house in the city directs the water from its gutters to a rain garden to grow flowers, rather than sending the water back to the sewers in the street.

The biggest challenge is also the fact that we replaced shoreline wetlands on the river with houses. So, some areas that were meant to flood are flooding more, and we've got houses there. And although we haven't doubled the amount of water in the river, it only takes a little bit more to have a much bigger impact on these houses, as well as on the collective financial burden involved in dealing with floods. Of course, the weather also has a lot to do with that, but with climate change, (also the subject of future articles) it's best we play it safe. The question isn't only whether we should allow these flooded houses to be rebuilt, the question is also how do we look at these issues in a whole, integrated system approach? Only then we can all do our share within the river basin to help mitigate flooding.





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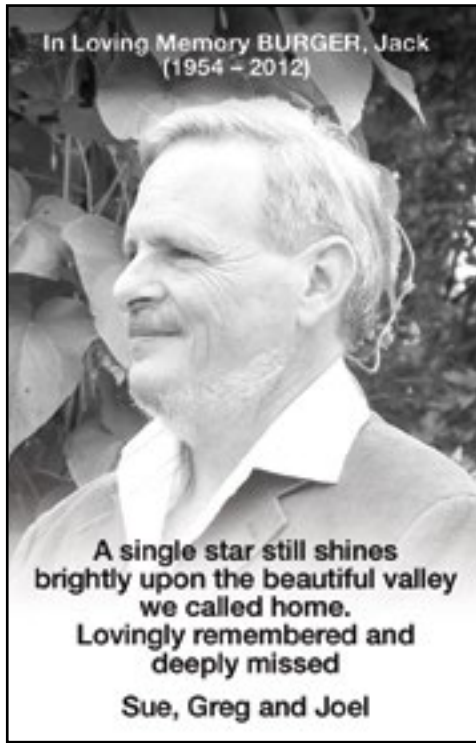
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**FERGUSON, Toni (Maria Frungillo)**  
1945-2019

**Wife of the late John Ferguson of Lost River, Qc**

It is with deep sadness that we announce the passing of Toni on March 26 at the Lachute Hospital, Lachute, Qc., in her 75th year. Toni fought a long and courageous battle with cancer. She leaves to mourn, her sister Michele, brother Thomas, her dear friend Urma, as well as many nieces, nephews and friends.

At Toni's request, there will be no funeral. Cremation has taken place and interment will take place at a later date in Lost River, Qc (to be announced) Arrangements by Salon Roland Ménard Inc. 395 Grace Street, Lachute, Qc J8H 1M3.



## Talking to your healthcare provider about medical devices and medications

(NC) Medical devices and medications are used by millions of Canadians. The more you know about your treatments and the more you talk to your healthcare professionals, the easier it is to avoid problems.

The term "medical device" covers a wide range of products. More than 100,000 medical devices are licensed for sale in Canada, ranging from everyday items such as bandages to complex technologies like pacemakers.

All medical devices and medications have benefits, but they can also have risks and potentially serious side effects. It is important to go to all of your medical appointments and to talk to your team of care professionals – including doctors, pharmacists, nurses or physician assistants – about your medical conditions, the medications you take, the medical devices you use and any health concerns you have.

It may help to make a list of comments, questions or concerns before your visit or call. Also, think about having a close friend or relative come to your appointment if you are unsure or would like someone to help you understand or remember answers to your questions.

It's important to report any adverse reactions (also known as side effects) to all health products – including prescription and non-prescription medications, natural health products and vaccines. Adverse reactions reports help identify problems so they can be addressed.

Report any incidents to your healthcare provider and to Health Canada by using form 317 found on the Health Canada website or by calling 1-800-267-9675. Any incidents related to medical devices should also be reported to the device's manufacturer.



## The English Link

# Cancer Support Group

**Andie Bennett**



The Laurentian Region Cancer Support Group welcomes cancer patients, caregivers and their families. Current president June Angus understands the needs of each of these all too well. She lost both her parents and her grandfather to cancer and is herself a proud survivor of breast cancer that struck when she was 35.

The support group was started in 2003 by the late Claude Forget. While going through prostate cancer, Forget attended a few support groups for men but found them lacking. So he decided to start one for English speakers in the region that included men and women as well as caregivers.

Angus joined the support group as a volunteer in 2005 and took over when Forget passed away in 2007. Angus and the devoted group of volunteers who run the non-profit, charitable organization have tried to continue it in the original spirit that Forget felt was so important for his community in the Laurentians.

When Angus was fighting her own battle back in 1992, she had plenty of support but not the same kind that you would find at a support group. Members of the support group are going through similar experiences: no one will be alarmed about thoughts or feelings you might be having on any given day and it is a place where you can talk with others who are not living with your personal roller coaster ride but understand what it means to be living with cancer. Friends and family may have the best intentions, but they often can't provide the complete range of support you need. This is where The Laurentian Region Cancer Support Group comes in. This peer support group meets once a month and often brings in speakers to discuss a range of topics from nutrition (including a cooking demo!) to pain management. Other times there is a freeform topical group discussion facilitated by Angus, and sometimes it is simply a cheering section to empower patients to get answers from doctors. The group also provides resources and information from those who have had to navigate what can be a complicated and disorienting journey. Angus even encourages short group meditation to provide, as she puts it, another tool in the well-being tool kit.

Men and women of all ages are welcome. The meet-ups take place monthly at Chalet Bellevue on Saturday afternoons. They are held in English, however French speakers are welcome, and you can call June Angus directly for more information at 450-226-3641 or send an email to: cancer.laurentia@yahoo.ca

If you need any other resource information; 4 Korner is here for you: info@4kornerscenter.org or 1-888-974-3940 or 450-974-3940.



### Upcoming Activities

All the services offered by Palliaccio are free, from L'Ascension to St-Sauveur

#### PERSONAL SESSIONS TO RELIEVE STRESS

Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe, Mont-Tremblant and Saint-Sauveur by appointment.

#### FOR PEOPLE WITH CANCER OR WHO ARE IN REMISSION

##### Comforting Tea

Mon, May 13: 10:30 am - noon (Mont-Tremblant)

by reservation

Mon, June 10: 10:30 am - noon (Mont-Tremblant)

by reservation

Fri, May 31: 10:30 am - noon (Ste-Agathe)

#### FOR PEOPLE IN MOURNING

##### Coffee Meeting for the Bereaved

Tues, May 14: 7 pm - 8:30 pm

by reservation (Mont Tremblant)

Tues, June 11: 7 pm - 8:30 pm (Mont-Tremblant)

by reservation

Thurs, May 16: 1:30 pm - 3:30 pm (Ste-Agathe)

#### Regenerating Yoga

Thurs, May 16: 1:30 pm - 2:45 pm (Mont-Tremblant)

Thurs, May 16, 23 & 30: 9:30 am - 11 am

(Ste-Agathe)

#### Relaxation Group

Exercises to relax, promote calm and serenity. Available to caregivers, people with cancer and the bereaved.

May 17: 10:30 am - noon (Ste-Agathe)

#### Training for Caregivers

Training to accompany a loved one during the palliative and / or end of life phase. To support you, you can share with other caregivers and prevent burnout. Sectors:

Rivière-Rouge / Ste-Agathe-des-Monts / Mont Tremblant: Tuesdays, May 14, 21 & 28: 1 pm - 4 pm

#### Accompanying services

Offered by PALLIACCO to people with cancer and people at the end of their life, thus providing respite for caregivers.

Municipalities on the territory of the MRC des Laurentides: At any time (day, evening and night)

**Info: 819 717-9646 / 1 855 717-9646**

Mont-Tremblant: 2280 Labelle Street | Sainte-Agathe: 99 St. Vincent Street - Local 2

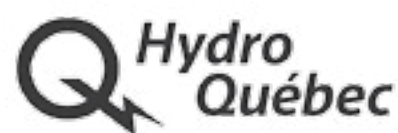
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If you are affected by the flooding but your electrical service has not been interrupted, you could also benefit from these measures.





# Main Street Money

## Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Dear Client,

### What a difference three months make

After a near bear market in the final three months of 2018, we have experienced a sharp reversal in global equities during the first quarter of 2019. The stage seems to be set for this year's rally, with hints to a resolution in the U.S. and Chinese trade dispute, early signs of Chinese stimulus taking hold, and an optimistic shift by the U.S. Federal Reserve and other central banks. We often cite that equity markets move up or down for many reasons, and that market valuations tend to return to fundamentals over the long term. This quarter was no exception. While long-term investors held fast, those who were influenced by the fluctuations and sold late last year have not participated in the rally.

### Canada

The S&P/TSX was able to look past weak housing, consumer data and political noise, rising 12.4 percent during the first three months of the year. The Canadian stock market was driven higher by energy prices and generally positive market sentiment. Oil, as measured by West Texas Intermediate (WTI), rose nearly 30 percent, supporting the commodity-heavy S&P/TSX. All ten sectors were positive in Canada with a widespread rally.

### The United States

Despite issues ranging from slowing global growth to the political climate, the S&P500 had its best quarter since September 2009, seemingly influenced by optimism around trade talks and the Federal Reserve's move towards freezing interest rates increases. The S&P 500, Dow Jones and Nasdaq were up 13.1, 11.2 and 16.5 percent respectively. One reason for the recovery is the expectation that a U.S.-China trade agreement will stabilize the global economy, which would help boost corporate earnings.

### Overseas

In overseas markets, international equities rose 9.0 percent in U.S. dollars, as measured by the MSCI EAFE index (Europe, Asia & Far East). Overseas markets were driven higher on expectations that Chinese government stimulus would support the underlying economy and those economies that rely on China. For example, nearly a quarter of European exports are to China. We are beginning to see early signs of green shoots from China's investments and they have supported equity markets globally.

### Central bank policy

In 2018, we saw central banks increasing interest rates based on global economic strength. The narrative has flipped in 2019, where central banks are pausing interest rates hikes due to muted global economic growth. In 2018, the Bank of Canada increased its interest rate to 1.75 percent in the form of three rate increases of 25 basis points each, while the U.S. Federal Reserve raised its overnight rate four times from 1.25 percent to 2.25 percent. Capital markets do not predict that either Central Bank will raise interest rates this year; in fact, the odds are that they may cut them.

### 2019 Federal budget

The Liberal government delivered its fourth federal budget on March 19. The budget had no new personal or corporate tax rate changes. The focus was mainly on home buying, retraining, and retirement, geared towards millennials, people adjusting to working in the new economy, and seniors respectively. Other than closing perceived tax loopholes, very little was directed at small business owners, professionals or high-income earners.

Registered plan funds will be able to be used to purchase an Advanced Life Deferred Annuity (ALDA). The current rules do not allow people to use registered funds to purchase a deferred annuity. Instead when individuals turn 71, they're expected to start taking income from these funds. Starting in 2020, and subject to certain limits, individuals will be able to purchase an ALDA from certain regis-

tered plans such as an RRSP or RRIF. An ALDA is a life annuity with payments that can be deferred up to the end of the year in which the annuitant reaches age 85. The value of the ALDA will not be included as part of the annual minimum RRIF withdrawal calculations.

The Home Buyers Plan (HBP) withdrawal limit will increase from \$25,000 to \$35,000. As a result, a couple could potentially withdraw up to \$70,000 from their RRSPs to buy their first home. Also, individuals who experience a breakdown of their marriage or common-law partnership may now be able to qualify for the HBP even if they don't meet the first-time home buyer requirement.

Registered Disability Savings Plans (RDSPs) are tax-assisted savings for disabled people who qualify for the disability tax credit (DTC). RDSPs give disabled people and their families a vehicle for saving for their financial security. If a beneficiary of an RDSP stops being eligible for the DTC, the RDSP must be closed and grants and bonds received from the government must be repaid. It's proposed that this will no longer be the case, if the beneficiary stops qualifying for the DTC. The budget also proposes to exempt RDSPs, just like RRSPs, from seizure by creditors in bankruptcy, except for contributions made in the 12 months before the filing.

A new Canada Training Credit is applicable, starting in 2019. This refundable tax credit will help cover up to half of eligible tuition and fees associated with training. Eligible workers between 25 and 64, with a net income between \$10,000 and \$147,667 in 2019 (indexed annually), will accumulate \$250 per year in a notional account, up to a lifetime maximum of \$5,000.

The budget proposes a \$200,000 annual cap on employee stock options grants, based on the fair market value of the underlying shares, and which may receive tax-preferred tax treatment for employees of large, long-established, mature firms. The cap will not apply to start-ups and emerging businesses. This change will not apply to stock options granted before the future legislative proposals. More details are promised before the summer of 2019.

Individual Pension Plans (IPPs) are now prohibited from providing retirement benefits for past years of employment that were a pensionable service under a former employer's defined benefit (DB) plan. An asset transfer from a former employer's DB plan to an IPP that relates to prohibited service will not be a qualifying transfer and will result in an income inclusion for the member. This measure applies to pensionable service credited under an IPP, on or after March 19, 2019.

### Looking forward

The last quarter of 2018 was the worst quarter for stocks in seven years. Alternatively, the first quarter of 2019 was the best quarter for stocks in 10 years. We're not suggesting that a recession or a bear market are imminent, however, we do need to be respectful of the length of the current economic cycle and where we are within it. Therefore, we believe that a balanced asset allocation and a defensive approach throughout the year may serve investors well.

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

Regards,

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 514-949-9058 or by email at Christopher.Collyer@Manulifesecurities.ca

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## Real Wine for Real People

# The top 10 wine basics that every wine drinker should know

**April Sirois – Sommelier - ISG**

A few tips to help you enjoy your wine and look like a wine-pro while you do it. Serve your wine at proper service temperature. This will always add to the flavor and your enjoyment of the wine. The rule of thumb is, red wine should be served between 62 and 68 degrees and white wine between 45 and 49 degrees. Red wine is often served too warm and white overchilled.

Use proper wine glasses. I'm not saying that I have never sipped wine from a paper cup, but like drinking tea in mug, or in a pretty china cup, it really does make a difference what you drink from. A proper wine glass will always enhance the experience.

Always hold your wine glass by the stem. This keeps your wine glass from getting all smudged up with unsightly fingerprints and the heat of your hands warming up your wine. That's why wine glasses have stems.

Always drink from lightest to heaviest. When drinking more than one type, or style of wine, keep it palate-friendly by starting with your lightest wine and moving on to your heaviest, or richest. Sparkling, light white to rich white, or light red to rich red, to fortified spirits.

Fill glasses no more than 1/3 full. This gives you room to swirl the wine in the glass to aerate it and to enjoy the colour and brightness of the wine in the glass. Wine glasses are not meant to be filled to the top.

Always serve guests first. When serving wine, serve guests first. Women would be first, in order of maturity, then the men and lastly, yourself, the host. Remember to repeat this order when topping up glasses.

Change glasses when you change wine. When at all possible, use fresh glasses for each fresh bottle of wine, especially if you are changing the type and flavour of wine.

What grows together goes together. When pairing wine with food, remember that the wine and the foods from the same country will always go together best. Italian wine will always go best with Italian food. German wine with German food etc.

Drink what you like. This is an important one. Don't let anyone else tell you what you should like or what you should drink. Taste is individual and subjective, so enjoy what you drink!

Cheers



## I'm Just Saying

# Peanuts & crackerjacks

**Ron Golfman - Main Street**

On a chilly and grey afternoon, in April of 1969, my late father and I sat on the cold, metal benches at Jarry Park and watched the first, major league baseball game in Montreal, as the Expos edged the Chicago Cubs. For me, that memory lives on, as if it was yesterday. While the Expos are long gone, mostly due to the team having to play in the impersonal confines of the cavernous Big O, many of us still can't let go of Nos Amours, and the love of playing ball continues, stoked by the remembered passion of that team.

In past years, our little hamlet of Morin Heights has had teams in some fastball leagues, a fledgling 35-and-over league, with teams sponsored by long-gone institutions, such as the Common's, Beatles restaurant, and even the original precursor to Main Street, the Perspective Typos. Not a summer goes by without tales of past glories and miscues from that time.

Over time, these sentiments have morphed into the MHMSL, or Morin Heights Mixed Softball League. The co-ed league has grown from four to eight teams, playing at the Legion 171 field, on Mondays through Thursdays, and is truly a community effort. Players from all teams trim back the trees and clean the brush, each spring and, from the league dues, pay for benches, a scoreboard and a new equipment shed. All this work is done as labors of love.

In that same spirit, at the halfway point of the season, the league has what is called a Canoe Day. The name, according to local lore that I can recall, originated when players, many moons ago, used to tell their wives and girlfriends that they were going canoeing on a couple of Saturdays each summer, when in truth they (we) were playing ball, and cracking a few cold ones under the sun.

The updated version of Canoe Day invites anyone on a roster, or just wanting to play ball, to join in the mixed pick-up games, and have a few laughs, hot dogs, burgers, salads, beers, sodas or juice, all in the spirit of family, community and simple, honest fun.

In winter, my town does a great job in promoting vibrant cross-country ski activities, along with the same energy put towards hiking and biking in summer. Once upon a time, we had lights on the ball field, which we paid for and erected ourselves, but they have been gone for years. We have long desired a return of playing under the lights but are still searching for sponsorship of this venture, from the private sector and the town. Compared to other sports, softball is not expensive to play, and the addition of lights would make available more outdoor activity time during our all-too-short summers for everyone in the community to share.

I'm just saying, "if only ..."

20 main.street@xplornet.ca



## Essential Oils

# Stink !

**Susan Rich**

I recently watched the movie STINK on Netflix, and it inspired this article.

Examine your product labels (cleaners, lotions, shampoo / conditioners, perfumes, etc.) and, more than likely, you will find the word "fragrance". Fragrance is a simple way for manufacturers to hide the toxic chemicals they put into their products. They're allowed to do this because they call it their secret recipe. That one word "fragrance" can include hundreds of chemicals hidden from us. You would expect Health Canada, or the FDA, to check what is in those recipes, but the fact is they do not! It's scary, and it has created a health crisis.

Since the 1960's, the breast cancer rate for women has gone from 1 in 20, to 1 in 8, largely due to the products we are exposed to daily. Women, on average, use over 20 different products daily, and our bodies are not equipped to expel the toxins that we are bombarded with constantly. They accumulate in our bodies and wreak havoc on our endocrine systems. These toxins mimic our own hormones and block our cell receptors, leaving our cells incapable of functioning the way they should.

Unless we seclude ourselves from society, it is impossible to avoid all toxins, but we can make changes to lessen the toxic load. We can start in our homes. When I found out I had breast cancer, in 2011, the very first thing I did was to get rid of all household products, such as cleaners, perfumes, lotions, scented candles, etc., and began buying, or making, my own products. Before I discovered essential oils, my house and I were neutral-scented, which was boring. However, since discovering essential oils, I now make my house, and myself, smell amazingly good, in a clean, non-toxic way.

If your health is your priority, then making the change is easy, but it is a matter of changing your habits, one step at a time, and this is where I come in. My goal, my mission, is to change the world, one person, one drop, one community at a time.

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



## Fit Tip #134

# The power of routine

**Lisa Mclellan – Main Street**

I have been travelling, and on the road now for about 10 weeks. As the unwinding continues, and routine is replaced by open-ended possibilities, it has become very clear that my happiness is intimately connected to regular physical activity, healthy organic food with lots of fresh vegetables, and time for spiritual practice. Without these 3 daily ingredients I lose my centre, my vitality and my connection to passion for life - the reasons for being and effortless joy. When travelling and being "on vacation", it is easy to fall into habits, which are centred on eating, drinking and taking it easy.

I just turned 59, and I am aghast at the speed at which muscle tone disappears. I mean, it's truly frightening to see what happens to your muscles, your posture and your flexibility if you stop moving. And it happens so fast. No kidding, it's deadly folks! For myself, too much alcohol, too much heavy food, and not enough exercise just gets me down. I lose my energy and even my motivation. I was surprised to experience this while on vacation. Simple truth, I just don't like to feel that way. The longer you avoid caring for your health and well being, the harder it is to remember that it is possible to feel great. It's a vicious downward spiral, and one to avoid at all cost.

The key to feeling good is to make choices and to have a routine. Some choices are harder to make than others ... you must have a good reason. My reason is to feel great. Why would I want to feel less than great? So, I make the choices. It's much harder without routine (like when you are on a month-long road trip) but I love myself, so I make appropriate choices to keep me feeling my best! I hope you do too.

### Creating a healthy routine:

1. Be honest with yourself about the small changes you can make to improve your health. Is it changing your eating habits? Is it integrating more physical activity? Do you need to address your levels of stress and anxiety?
2. Set an intention and commit 100% to it. Re-commit every day.
3. Choose physical activities that you like. Put them into your agenda. Joining a group or taking a class can make all the difference.
4. Get the support of your family and friends, especially your life partner. Even better, do it together.
5. Start with small changes you can manage. As you practice regularly, your energy will build, and you will naturally start doing more.

Don't give up on yourself, please. At first, we require discipline to anchor our routine. Over time, routine becomes habit and then evolves into an integrated way of life. Feeling great is the springboard of motivation. As we get older, the power of routine is essential to your health and longevity.

I believe in you. You can do this for you!

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Help us learn more about the reality of print media in Quebec.

QCNA received funds from the Secrétariat aux relations avec les Québécois d'expression anglaise to conduct a study on the effects of the closures of community newspapers in Quebec.

As such you might receive a request to participate in our upcoming survey about community newspapers from [invitation@web.som.ca](mailto:invitation@web.som.ca). We thank you for taking the time to respond.

This project is funded by the Government of Canada. Ce projet est financé par le Gouvernement du Canada.



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Please note: rates for classified ads are \$25 for 1-25 words and \$50 for 25 - 50 words. Kindly email ads to msw\_sue@yahoo.ca. Payments must be by cheque and mailed to Main Street, CP 874, Lachute QC J8H 4G5. Payment is due prior to publication

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Coins, comics, war medals, old paper money, sterling silver cutlery & tea sets, watches, cufflinks, jewelry, Judaica, vases, figurines. OLYMPIC ITEMS & ESTATE LIQUIDATIONS  
Call Ron: 514 996-6798.

### GUITARS

Do you have a guitar you don't know what to do with? Give me a call, I may be interested in buying it.  
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### ADVERTISING POSSIBILITY

QCNA offers a one-order, one-bill service to advertisers. Call us for details on reaching English Quebec, and through classified ads French Quebec and every other Canadian province & territory.  
Info: 819-893-6330

### SERVICES REQUIRED

Excellent handymen & efficient housekeepers. Please call Lori's Links at 450 224-7472 for info.

### NANNY NEEDED

We are looking for that special someone, a nanny, to take care of our precious 4-month-old baby. We need help 1-2 days a week with Tuesday being obligatory, at our home in Piedmont. Please contact me for more details at: 514-961-2993  
Looking forward to meeting you!

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## Christophe Perret in Concert at L'Église Saint-Sauveur

### A benefit concert for Palliaco

After having benefited from the services provided to him by Palliaco during his time of mourning, Mr. Christophe Perret, composer, flutist and pianist, has decided to perform a benefit concert and, to donate the proceeds to the Palliaco organization. The concert will be held on June 14 at 8 pm at L'Église Saint-Sauveur.

Tickets are \$20 and will be on sale as of May 20. Advertising to promote this concert will also begin on that date. Visit the Palliaco website for more information: www.palliaco.org or call 1 855 717-9646.

Palliaco offers home-based support services, free of charge, in French and English, to cancer patients, end-of-life patients, caregivers, bereaved people and children with cancer and their loved ones.



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HAPPY  
*Mother's Day*

# The Annual General Meeting of the Caisse Desjardins de la Vallée des Pays-d'en-Haut was held on April 13, 2019 under the theme: *Present at the heart of your projects, your needs and your life*

Summary of the 2018 financial results of the Caisse Desjardins de la Vallée des Pays-d'en-Haut

## A strong presence of the Caisse in 2018

\$991,000 returned to members and community including:  
\$90,746 awarded through the Community Development Fund  
\$100,300 donated and sponsored

## Highlights of fiscal year 2018

Business volume of \$1.65 billion  
Operating revenue of \$17.1 million  
\$611 million loan portfolio  
\$1.160 million of dividends  
\$6.3 million surplus

The Annual General Meeting of the Caisse Desjardins de la Vallée des Pays-d'en-Haut was held on April 13, at the Hôtel du Mont-Gabriel in Ste-Adèle. More than 260 people attended the event, marking the 100th anniversary of the founding of the Caisse. As part of this centenary, Mr. Guy Cormier, President and Chief Executive Officer of Desjardins Group was proud to present to the members the main objectives of our cooperative organization.

At the end of its 2018 fiscal year, the Caisse Desjardins de la Vallée des Pays-d'en-Haut posted operating income of \$17.1 million, up 4.75% over the 2017 figure. Its business volume increased by 10.8% to \$ 1.65 billion. The members of the Board of Directors are proud of the excellent financial health of the Caisse and announced that in 2019, the Caisse will pay \$1.160 million in global dividends.

This solid performance has allowed the Caisse to continue its mission and commitment. In the course of 2018, the Caisse returned \$991,000 to its members and the community, including \$800,000 in individual and group contributions, \$100,300 in the form of donations, and \$90,746 in contributions through its Community Development Fund. These contributions were made to organizations to support projects related to youth education, health, the outdoors, healthy living, economic development and several projects that shape our community.

Thanks to its \$100 million fund, Desjardins supports and promotes initiatives related to its socio-economic mission throughout Quebec. In our region, Le P'tit Train du Nord has benefited from regional support from various Caisses, including ours, in addition to a considerable amount from the \$100 million fund. Desjardins Group is providing financial assistance totaling \$600,000 over three years to this unique organization in our Laurentian region.

A major feature in 2019, a component that adds to the rebate, is the Rebate products. This new initiative aims to recognize the business relationships that our members have with other Desjardins Group components, such as Desjardins Insurance. For more details, visit [desjardins.com/ristournes](http://desjardins.com/ristournes).

## High honors for the President of the Fund

President of the Caisse, Mr. Jean Beauchamp, was inducted as a new member of the Quebec Cooperative and Mutual Fund Order of Merit, for his involvement and

significant impact in the advancement of cooperative and mutual fund activities in Quebec. He was presented with a certificate in honour of this appointment by Mr. Gaston Bédard, President and CEO of the Quebec Council of Cooperation and Mutuality.

Mr. Beauchamp is retiring as a Caisse administrator. "I was very happy to hear that Mr. Beauchamp was awarded this distinction today. In my eyes, he is a proud ambassador for Desjardins, our values and the cooperative model," stated M. Cormier. The Assembly rose to warmly applaud their out-going president.

## Committee of mini-leaders

In recognition of the 100th anniversary, the Caisse organized a competition in its region for 5th and 6th grade students. The committee of mini-leaders included: William Simard, President, Heidi Sirois, Vice-president, Sandrine St-Vincent, Secretary, and Félix Lapointe, Executive Director. Their project was an initiative based on ecology. The Assembly voted enthusiastically in favor of it.

## About the Caisse Desjardins de la Vallée des Pays-d'en-Haut

The Caisse Desjardins de la Vallée des Pays-d'en-Haut is the result of the merger of four Caisses in the Pays-d'en-Haut territory. Visit the Caisse's microsite dedicated to the history of the Caisse at [caissevalleepaysdenhaut.ca](http://caissevalleepaysdenhaut.ca) to discover the historical timeline of the Caisse's major events. Well-established in its community, the Caisse Desjardins de la Vallée des Pays-d'en-Haut has a business volume of \$1.65 billion and contributes to the economic and social development of its 20,000 members and the communities where it is present.

## About Desjardins Group

Desjardins Group is the largest cooperative financial group in Canada, and the fifth largest in the world, with assets of \$275.1 billion. It is one of the Best Employers in Canada (Aon Hewitt). To meet the diverse needs of its members and customers, its full range of products and services is delivered through its extensive network of service points, virtual platforms and affiliates across Canada. As one of the strongest banking institutions in the world, according to The Banker Magazine, Desjardins has some of the best capital ratios and credit ratings in the industry.



Photo: Guy Cormier, President and Chief Executive Officer of Desjardins Group, Jean Beauchamp, outgoing President, of the Caisse Desjardins de la Vallée des Pays-d'en-Haut and recipient of the Cooperative and Mutual Order of Merit at the 2nd degree, and Gaston Bédard, President and CEO of the Quebec Council of Cooperation and Mutuality.

Photo of la gare de Mont-Rolland (Sainte-Adèle). Photo Credit: Michel Gervais

# Present

At the heart of your projects,  
your needs, your life

## 2019 Annual General Meeting

of the Caisse Desjardins de la Vallée des Pays-d'en-Haut

The annual general meeting of the Caisse Desjardins Vallée des Pays-d'en-Haut was held at the Hôtel du Mont-Gabriel in Sainte-Adèle last April 13, where more than 260 members participated.

The Chairman of the Board, Mr. Jean Beauchamp was proud to announce that the three (3) outgoing administrators who had applied, Ms. Monique Éthier, Mr. Styven Guénette and Mrs. Marie-Chantal Lavigne were re-elected to the Board of Directors and also Mr. Pierre Langelier as new administrator.

Mr. Beauchamp took the opportunity to mark the 100th anniversary of the Caisse's history and recalled that this centennial is an opportunity to invite members, employees, administrators and the community to explore the past and consider the future of the Caisse. A commemoration that falls under the sign of innovation, sustainable development and heritage. Mr. Guy Cormier, President and Chief Executive Officer of Desjardins Group was present to show his pride in the Caisse and its involvement in the community, and to thank the members for their loyalty to their Caisse.

**\$991 000**

DISTRIBUTED TO OUR  
MEMBERS AND OUR  
COMMUNITY

**19 700**

MEMBERS

**66**

EMPLOYEES

**13**

ADMINISTRATORS

You can read the annual review, the annual report and the financial report on [desjardins.com/caissevalleepaysdenhaut](http://desjardins.com/caissevalleepaysdenhaut)

Caisse Desjardins de la Vallée des Pays-d'en-Haut, 100 years in the ♥ of people!

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