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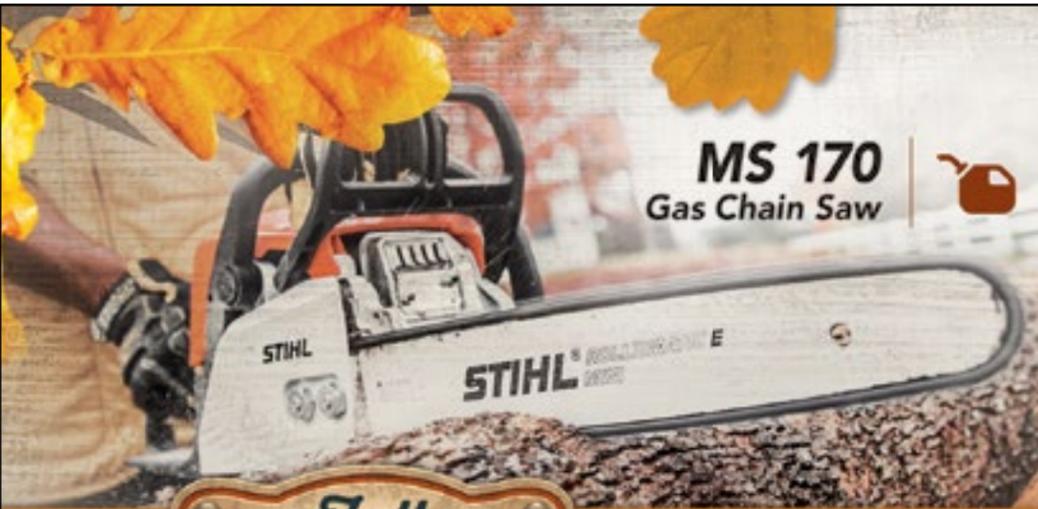
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What's On My Mind...

Local businesses struggling to survive

Susan MacDonald, Editor

Last month, residents of Lachute and surrounding areas were saddened deeply, when another local store closed its doors for the last time. On August 25, after 15 years of loyal service to the community, Marc and Deanna, owners of La Croute et Fromage, a well-known and loved enterprise on Bethany, finally said goodbye after a desperate struggle to survive. Today, the store remains empty; a reminder of how difficult it is for entrepreneurs in small businesses to succeed in today's economy.



Meanwhile, a few blocks up the street, construction of two new retail developments are in progress, on both sides of our big-box super-store, which sells everything from produce and groceries, to clothing, electronics, houseplants, and everything in-between. In a few months, customers will have the option of choosing between the existing restaurants nearby, and the new, but nearly identical, establishments now being built just down the road. As a result, the already existing businesses will have to share their hard-earned dollars with the new competition. I can't help but wonder whether, sometime next year, we will be writing about the closing of yet another store or two on Bethany?

While competition is good and healthy for any economy, it is unreasonable to assume that small businesses can compete successfully with the large box-stores, chain franchises, and the convenience of online shopping. Without enough support from local communities and prudent municipal planning, our family businesses will collapse one by one, and our local stores will close. Once they do, they will be gone for good, and it will be too late to recognize the value they have added to our communities for so many years. Is this truly what we want, or is this the face of things to come?

Currently, campaigns of candidates seeking votes in the upcoming provincial election are heavily underway. Their individual platforms include the usual promises to work to improve the lives of citizens in their local communities. Are our family entrepreneurs included? This is a perfect opportunity to ask each candidate, what he or she can, and will do, to support local businesses. Their responses should be considered carefully before marking your ballot.

We are given the opportunity to make changes in our communities through the collective power of our individual votes. During this campaign, listen carefully, weigh your options and choose wisely.

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Observations

Where ignorance is bliss, 'tis folly to be wise

David MacFairlane - MainStreet

It's the great game we are all caught up in – the game of “pretend and extend.” It is a world of make-believe that all is well and that our political masters have everything under control, so that we, the sheeple, can continue to do what we do best – be good consumers, borrow, spend, shut up and not make waves.

However, the reality of the world is very different from what we are told it is, and I'm sure that many readers will agree that no matter how stable life appears to be on the surface, there is a lot going on below that gives cause for discomfort and unease about the future. Anyone at all suspicious of the political and economic pablum being served up by the Mainstream Media (MSM) can find much to the contrary exposed in the alternate media news sites on the Internet. Of course, people intent on preserving the status quo would quickly dismiss anything that discredited the official viewpoint, because dissent, in this climate of political turmoil, is regarded as dangerous and antithetical to the wellbeing of those who control the system that rules our society.

However, the political and economic conditions around the world have passed the point of no return, and it is no longer possible to avoid the consequences of our reckless behaviour. Turkey, Venezuela, Argentina and Brazil are political and economic basket-cases. Corruption at the highest levels has crippled their economies and destroyed social cohesion. In Turkey, inflation reached 20% in a month, while the lira lost 50% of its value this year. Although a member of NATO, Turkey has made trade and weapons deals with Russia and China. An infuriated President Trump has imposed financial sanctions and threatened further action. In Venezuela, the inflation rate is approaching 1,000,000% this year. People can no longer afford food, but there is no food available. In Argentina, a new President, Mauricio Macri, replaced the outgoing corrupt President. However, Macri went on a spending binge, caused a spike in inflation, raised interest rates to 46% and has now requested a bailout from the World Bank, which comes with severe austerity requirements. In Brazil too, political and business corruption has brought the country to its knees. An un-elected President was appointed to replace the incumbent who was impeached for corruption and removed from office. The currency has collapsed, inflation has soared, labour unrest and violent crime are rampant. An election will be held in October 2018. Bizarrely, the most popular candidate is a former President, Lula da Silva (2003-2011), who is presently serving 12 years in jail for money-laundering and massive corruption. He leads in all the polls and his huge popularity guarantees his victory. Paradoxically, these stories are indicative of the grotesque reality we are living in.

The Middle East is a powder keg with a burning fuse. The US is meddling furiously in Syria attempting to prevent an end to the war, because a peace agreement would exclude America and its lackeys from access to the country's resources and deny their coveted gas pipeline to Europe. This puts US forces up against the combined strength of Russia, China (yes, China has troops in Syria), Turkey and Iran. Russia has warned the US not to interfere at the risk of outright war. Europe is also a mess, but for other reasons. Islamic immigration threatens their ancient, Christian cultures, unemployment is dangerously high, social cohesion has fractured, populism is growing, and right-wing, xenophobic political parties are ascendant. To make it worse, crippling debts threaten the EU's economic structure, with Italy likely to default soon and destroy the entire banking system.

Here, at home in Canada, we are embroiled in a sensitive re-negotiation of NAFTA with an American President who hates trade agreements. Our Prime Minister and his team, while displaying firm resolve in public, seem to be impotent against US demands for greater access to the Canadian economy and media programming. Unfortunately, our PM, while trying to be all things to all people, is failing to satisfy anyone. In his quest to be liked universally, he has failed to show the resolve and grit required to make unpopular, yet ultimately wise, decisions. In this time of economic uncertainty and political instability around the world, he has committed our country to enormous deficits with the forlorn hope of stimulating our economy. However, world trade, by all measures, is declining due to trade wars, protectionism and the gargantuan debts of consumers, corporations and countries. In this light, Trudeau's decision to buy the Kinder Morgan pipeline for \$4.5 billion, has trapped the government in an imprudent investment that will end up costing taxpayers billions more, and be stuck in litigation for years, now that the Federal Court of Appeal has suspended construction due to flawed reviews by the National Energy Board. However, the company, Kinder Morgan, has just voted to give \$1 billion of those windfall dollars to their shareholders as a special dividend. Of course, the largest beneficiaries are the two major shareholders, both American businessmen; Richard Kinder and William Morgan. Those are your tax dollars at work, folks. Heh! This

blunder is just another example of Trudeau's fiscal immaturity at a time when prudent spending and budget balancing is badly needed from those trusted with the public purse. But who can replace this neophyte next year? Jagmeet, the clown, or Andrew Milquetoast? I think neither, so we're ***** unless Dudley Do-Right decides to run for office.

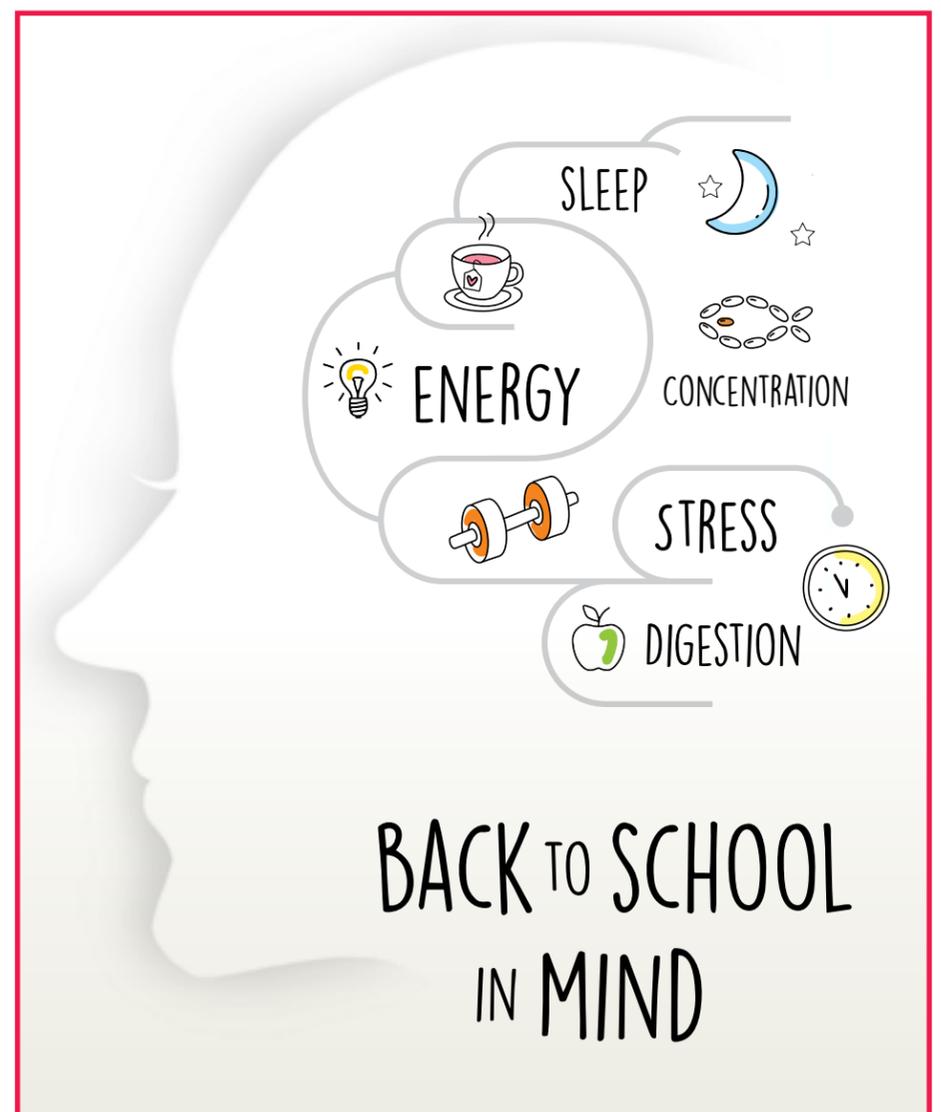
The US government rapidly approaches the point when its debt and interest expense will blow up its balance sheet. Due to enormous borrowing, interest payments have increased by 14%, year-over-year, to \$520 billion in 2018. Recently, borrowing has been at the rate of \$200 billion a month, and the National Debt will soon exceed \$22 trillion. This recklessness has extended into the consumer economy where credit card, mortgage and student debts exceed \$20 trillion. Pension funds are underfunded by many more trillions and the unfunded liabilities of the US government exceed \$200 trillion, including Social Security, Medicare and Medicaid. Budget and trade deficits add up to another \$1 trillion annually. How does anyone comprehend these numbers? Short answer ... nobody does, including those fudging the numbers.

America is on a slow-motion path to bankruptcy, and this collapse, which has started already with a whimper, will end with a bang heard around the world. The contagion has begun already on the periphery in smaller economies. Soon, hyperinflation will destroy the markets and the entire world will enter a new paradigm. The crisis of 2008-2009 was a warning – a debt crisis of banks that were technically bankrupt but saved by Federal Reserve largesse. Today, nothing has been resolved, and the approaching crisis will be even worse. White House staffers have said the President is out of his depth, but who knows, really? The wisdom of a fool is often derided. What will matter is to be prepared for the maelstrom.

“Apres moi, le deluge!”, said a king, about to lose his head. I say ... “you ain't seen nuthin' yet!”

“Reality isn't the way you wish things to be, nor the way they appear to be, but the way they actually are.”

**Robert J. Ringer –
b.1938 – American
entrepreneur, political
commentator and
author.**



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Simply Words on Paper

The perils of poor perception

Jim Warbanks - Main Street

A certain high-profile, orange-haired politician in the Great Republic to

the South has doggedly popularized the “fake news” charge, most often when leveling criticism at the mainstream U.S. media. Broad Internet access allows almost instant access to unfiltered news sources, many sorely lacking in credibility. Assessing context, analysis and fact-checking requires time and effort. Near-total reliance on social media sources, particularly the ubiquitous Facebook, where ‘friends’ can post, share, re-post and comment, not only on cute cat videos but totally-unsubstantiated “true facts”, suggests that the term “informed public” might well have to be consigned to the Recycle Bin.



An exhaustive “Misperceptions Index” will appear in a forthcoming book, *The Perils of Perception*. The authors conducted over 50,000 interviews based on 28 questions in thirteen countries. Among the topics: immigration levels, crime rates, teenage pregnancy, obesity levels, perceived happiness, unemployment rates, smartphone ownership, and other social realities. Unfortunately, Canada was not one of the countries cited in the analysis, but we can assume that we would not have fared markedly better. The results proved rather disturbing.

Accuracy

The United States respondents were second-to-last in accuracy, with only the Italians managing a higher failure rate in assessing key social realities in their country. Swedish and German respondents fared best, but still failed by wide margins on certain issues.

Can you believe that U.S. respondents guessed that 17% of the population was Muslim? The actual figure is around 1%! Just 2.1% of American girls aged 15 to 19 give birth each year, yet respondents estimated the figure at an improbable 24%.

With the country’s working-age unemployment rate at 12%, Italian survey participants pegged the figure at a mind-numbing 49%. The immigrant component of the Italian population is a reasonable 7%, but those interviewed believed the proportion to be significantly higher at 30%. They guessed 35% of people in Italy have diabetes, when in fact it is a less critical proportion of 5%.

True rate

The Swedes surveyed estimated that 32% of prisoners in Sweden were immigrants, when the actual figure was only 1% lower. However, they failed to gauge the true unemployment rate (8%), guessing a figure three times higher, (24%).

Viewed from the outside, 27% of those surveyed believed that Americans have the least accurate view of their own society. Though somewhat sad but predictable, it appears to be charitable compared to Americans’ own assessment. Likely a reflection of the deep political and social divisions among Americans these days, nearly half (49%) expected their fellow citizens to have the least accurate view of facts about their own society. Unfortunate, and probably difficult to reverse.

Social realities

Authors of this study hoped to determine why residents of certain countries fare far worse in assessing the social realities than others. They measured a variety of possibly-defining national characteristics – the quality of the media, the openness of their government, the quality of their education systems, the level of trust in politics and the media, and other factors. Their conclusion: “there are no clear-cut, full explanations for this global variety.”

The main message from the book: “we’re wrong not just because of what we’re told – by the media, politicians and social media – but also by how we think, our own many biases in looking for information that confirms our already-held views, how we’re drawn to negative information, and the way we think the past was better than it was.”

Simpler time

I can accept the rosy view of a ‘simpler’ time as a comforting factor, but the reality is harsher. Each generation has had to face, and try to overcome, or at least manage, challenges incomprehensible to those just coming of age, just as the new challenges that they will face, in an uncertain and unpredictable future, cannot possibly be understood by those who repeat the mantra: “back in our day....”

The instantaneous worldwide news, available with Internet access, often fosters a negative view, which can easily distort our perception. A bus crash, shooting or flood, anywhere in the world, makes the next similar tragedy closer to home seem prevalent and recurring, though the causes and outcomes may be completely unrelated.

Facts

The tendency to confirm already-held views, by those who tend to be inflexible, can best be described by pointing out that their world view can best be summed up by the statement: “Don’t try to confuse me with facts, my mind is made up!” Can you think of anyone in your circle who qualifies for that label?

I look forward to reading the book. I may even have to change some of my own perceptions.



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Théâtre La Belle Gang

It is with great pride that the troupe, along with its partners and some of its actors, opened its new production in English: *LOSING CONTROL*. This is the translation (done by Jeff Nethercott of Saint-André d’Argenteuil) of “Les anges gardiens sont fatigués,” a play created in 2016 to raise awareness of the demanding role of caregivers. This play opened in May in Lachute to sold out audiences and played again in June in Saint-Eustache.



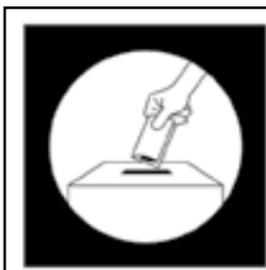
Directed by Marie-Claude Hénault, who also directs the other three productions, the piece has several actors who were in the first project of the English troupe. Some new faces are added this time, including one of the main characters, which will be performed by Chris Schlachter (of Théâtre Morin Heights). He will be performing with Ghyslaine Bastien. Théâtre Morin Heights Actors who will be playing in the production include Anita Stranzl, Kathy Weary, Libby Barratt and Penny Rose.

This project was made possible thanks mainly to a joint grant of \$7,000 from the Quebec Arts and Letters Council (CALQ) and the Argenteuil MRC as part of the Territorial Partnership Agreement with local Laurentians communities. Other local partners who have joined the project include La Théâtre la Belle Gang, the Member of Parliament for Argenteuil, the Table Parole aux aînés of Argenteuil, the City of Lachute, the Multiservice Center for Health and Social Services of Argenteuil and the 4 Korner’s Family Resource Center.

LOSING CONTROL will be presented at CHALET BELLEVUE, 27, rue Bellevue, Morin-Heights on Friday, September 14, 2018 at 2 pm.



On August 24, Mr. Pierre Rawicz was honored with a medal from the National Assembly for his 16 years of loyal service with the Morin Heights Legion. In the presence of members of the Morin Heights Legion, Mr. Yves St-Denis presented him with his medal in recognition of his dedication to the community.



Why vote?

Are you hesitating to get out and vote? Choosing, expressing your views, wanting to change things, defending your interests and participating concretely in democratic life are all reasons to vote and encourage others to do the same!



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About Sainte-Adèle

Chris Lance - Main Street

What a wonderful, warm, welcome summer season we have had this year. Most of us can't remember the last time we

had such a hot season; usually it's the month of July, August or September. Maybe this is an upside to Canadian climate change - warmer weather. As this season winds down, we could expect an extended, warm fall season, with the leaves starting to turn soon.

Hopefully, you will support the show with Jean-Michel Anctil, on September 15 at 8 pm, at Salle ANM. The profits will support student breakfasts throughout the year. Also, get out and enjoy "Les Muraux des Pays d'en Haut" on Thursdays and Sundays. Tours require reservations: info at www.ville.sainte-adele.qc.ca. There are English descriptions of a walking tour at la Place des Citoyens. There are also tours for Mont-Rolland.

If you need a place to run the dog on weekends, check out Parc Claude-Cardinal, which is near the back-entrance of the City Hall/Police Station, and close to the Fire Station.

Spago and the Pine Theatre have 'Plaisir a 2' going again, from August 24 to December 17, and then again, from January 7 to June 20. The offering is Table d'Hote for 2 people and 2 tickets to Cinema Pine for \$55. The price is higher, but is still a great date deal for two.

If you are into Tai-Chi, there are courses available night or day - call 450-712-6834 or go to www.ecoledetaichilibre.com

Don't forget, it is time to set up fall and winter activities - go to www.ville.sainte-adele.qc.ca or wait for the mail delivery of your copy of the L'Actualite Adeloise.

Are you into bowling? Call Salon de Quilles & Billards Ste-Adèle for information on the leagues - speak to Jonathan or Jocelyne at 450-229-2426.

Fire has struck Home Hardware Theoret on the night of August 21. They will be closed for repairs for a few weeks, according to Mme Theoret, owner of the hardware store.

You may have seen or used the boxes containing games and equipment in Parc Claude-Henri-Grignon. What a great idea; toys for games in the Park. Hopefully everyone respects the contents and concept. It is great for moms and dads who must cart the kids to the park without needing to bring toys with them.

Bring your wine to Restaurant Table d'Azia, for Greek and Mediterranean food, over at 173 Morin. Give them a call at 450-229-9999, as opening hours vary by day and night. The restaurant is closed on Mondays.

The past summer was year 2 for the gang at Le Chantadele, a local watering hole on the main drag, at 798 boulevard Sainte-Adèle.

The kids are back to school by now, so drive carefully. Enjoy the fall season up here in the woods.



Let's Talk About It

Erin McCarthy - Main Street



For most families out there, September is a month that represents back to school, the return



to routine, and adjusting and readjusting to new and different environments and social situations. That can be a lot to handle, while dealing with homework, activities, new challenges - that's life. I've always found, as a student and teacher, it's often mid to end of October before I feel like I'm starting to get a grip, just in time for project deadlines, exams, finals - it's overwhelming.

So, what if preparing for "back-to-school" meant more than just buying school supplies and deciding what outfit to wear the first day of school, lesson planning, and drawing out the calendar for the next few months? What if we tried to prepare ourselves, our families, our classrooms in more meaningful ways, that supported our wellbeing, interactions and quality of life?

One of the blogs that I have grown to love, as a student, teacher, and now a parent, is the TED-Ed Blog -> <http://blog.ed.ted.com/>. I have built lesson plans from it, used it as a reference in my academic studies, and even practiced some self-care through it. Recently, I read a great article, entitled 5 back-to-school tips for teachers and parents, which really resonated with me. I would like to share with you those ideas on how to prepare for the reboot of our daily routines. Here is a glimpse into their five tips:

- 1. Adopt a growth mindset.** The article suggests that kids need to hear that their abilities are not predetermined or fixed at birth, and that there is always room to grow and improve, in their own ways and through different paths.
- 2. Model kind behaviour.** This tip is centred around preventing bullying in schools, and that the basis of anti-bullying should be teaching our kids kindness, acceptance, and empathy. A great starting point they suggest is creating a more inclusive classroom/home environment, or simply trying to say 'please' and 'thank you' to students, which is also important as a parent. If we expect our kids to say please and thank you, it is important that we model that behaviour from a young age. So often, we grab things out of our kids' hands without consideration, because we are in a rush, or it's something we don't want them to have, but what is that unexplained grab teaching, and how will that translate in their future interactions?
- 3. Get creative.** One example of a creative, and art therapy driven spin on exploring and practicing kindness, could be trying a home/school drawing/painting exercise. Have the kids use the letters in the word "kindness", to depict what "kindness" means to them, or what comes to mind when they think of 'kindness'.
- 4. Build healthy habits.** We all perform and respond better when our physical and emotional needs are nurtured. This starts in the home and translates at school. Nutrition, exercise, and sleep all have a huge impact on mood and functionality of kids, parents, and teachers. For a really interesting read on tips for a healthier you, check out <http://blog.ed.ted.com/2016/04/07/7-ted-ed-lessons-for-a-healthier-you/>
- 5. Love unconditionally.** This is self-explanatory. I think we should all practice more of this.



Village of Weir Newswire

Claudette Smith-Pilon

Autumn is peeking in - let's look forward to a colourful fall in all its magical splendour

Municipal News

The annual Family Fest was held on Aug 4 and even the rain could not dampen happy spirits. Children enjoyed many activities, including clown animations and balloon sculptures and every-

one enjoyed the BBQ. Music was provided by Steve Provost of Brébeuf and everyone danced. The long awaited fireworks, set off at 10 pm, were fabulous. More than 300 people attended the event and we all look forward to next year.

Journée De La Culture - Culture Day

Saturday, September 29: 1 pm - 4:30 pm at the community hall. Come and encourage local talents. You will be amazed !

Community Luncheon

Friday, Sept 28: 11:30 am. Cost \$8. Reservations required, please call 819-681-3383 local 5811.

ÇA BOUGE! - new activity

Tuesday mornings at 9 am, move to the sound of music and try to keep fit with light-weights or a ball. Share experiences with others to keep you motivated - the music is really a perfect tool for this new activity. Come and join the fun, bring a water bottle with you.

Voting Day

Monday, October 1 is the provincial Election Day. Exercise your right... and vote. If you cannot vote on October 1, you can vote at the advanced polls on September 24.

Victoria's Quilts Canada Laurentian Branch

The next work day will be Friday, September 21. Do not forget to get your raffle tickets for the draw to be held at the Christmas luncheon in December.

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



Arundel News

Janet Thomas

DUBÉ COOKE PEDICELLI CRENEAU: A NEW CORPORATE VISION

For those who despair about the social consequences of capitalism, the local insurance company Dubé Cooke Pedicelli Creneau is a beacon of hope.

Recently, Mark Pedicelli had the opportunity to restructure his company any way he wanted. Instead of following the traditional business principle: "If you're not growing, you're dying", he asked, "How much is enough? How can a business thrive while contributing to the quality of life of its clients, employees, and community?"

In his search for a new order, Mark discovered B Corp, an accrediting organization that believes business must be allowed to make decisions, which benefit the broader community, not just the bottom line. This corporate philosophy acknowledges that helping clients, employees, community, and the environment is equally important to developing financial worth. In practical terms, staff of an accredited B Corp firm can be utilized for the benefit of the community during paid time. Instead of being seen as shirking their real work, employees will have their volunteer experiences recognized as a valid contribution to the company. This creates a win-win-win situation for the community, the employee, and the corporation. Dubé Cooke Pedicelli Creneau will soon be the first accredited B Corp insurance broker in Canada.

The spirit of Ron Cooke shines on.

LIBRARY LECTURE SERIES: Barbara Angus "Beads in a Necklace"

Sept. 28, 7 pm

Arundel Municipal Garage

As a contributing author to the collection of short stories about the ancestors of nine family-history enthusiasts, Barbara will describe the challenges of combining fiction techniques with historical fact and genealogical research.





NEWS BITS FOR SEPTEMBER

The Government of Québec invests close to \$1.7 million to enhance winter tourism at Mont-Tremblant Resort

The Government of Quebec is proud to provide \$1,684,600 in financial assistance to the Mont-Tremblant Resort to support the development of tourism in the Laurentians region. This initiative totals investments of nearly \$5.1 million in the region.

This was announced recently by the Minister of International Relations and La Francophonie, Minister responsible for the Laurentians, Christine St-Pierre, on behalf of the Minister of Tourism, Minister responsible for the region of La Mauricie, Ms. Julie Boulet, with the President of the Mont-Tremblant Resort, Mr. Patrice Malo.

The project aims to improve snowmaking on the North Slope and on the sunny side of the Algonquin Slope. Its goal is to implement a more efficient, ecological and economical snowmaking system to extend the activity period of certain tracks/sectors of the mountain. In this way, the station will be able to be more competitive. In addition, the improvements will reduce the seasonality of the resort and guarantee a longer season.

The financial assistance comes from the Support Program for Tourism Development Strategies, Component 1 - Support to the Tourism Development Strategy for Winter Tourism at the Ministère du Tourisme.

The Government of Quebec invests more than \$ 1.7 million to enhance nature and adventure tourism at the hotel La Sapinière

The Government of Quebec is proud to provide \$1,710,600 in financial assistance to La Sapinière to support the development of tourism in the Laurentians. This initiative totals investments of nearly \$11.2 million in the region.

This was announced recently by Christine St-Pierre, Minister of International Relations and La Francophonie and Minister Responsible for the Laurentians Region, on behalf of the Minister of Tourism, Minister responsible for the region of de la Mauricie and Deputy for Laviolette, Julie Boulet, with the President and Administrator of La Sapinière Hotel, Diane Beaudry.

The project includes the complete revitalization of the hotel, which closed its doors in November 2013. The promoter plans to install the first ORA SPA health and wellness resort.

The financial assistance comes from the Support Program for Tourism Development Strategies, Component 3 - Support to the Tourism and Nature Tourism Enhancement Strategy of the Ministry of Tourism. On May 11, financial assistance of \$4,250,000 in the form of a loan was granted for the same project, under the Support Program for the development of tourist attractions as well as through the PME Tourism Fund, in collaboration with Filaction.

Sport and Recreation Facilities Program - Phase IV Investment of nearly \$ 10 million for eleven projects in the Laurentian region

Christine St-Pierre, Minister of International Relations and La Francophonie and Minister responsible for the Laurentians, on behalf of the Minister of Education, Recreation and Sports, and Minister responsible for Capital Region, Mr. Sébastien Proulx, recently announced that financial assistance of up to \$ 10 million is being allocated for eleven projects in the Laurentian region. This assistance is provided to ensure the sustainability and quality of certain facilities, and to encourage the local and regional population to engage in physical activity on a regular basis.

Throughout Québec, 231 projects for the construction, renovation, development and upgrading of sports and recreation facilities will result in an investment of more than \$ 158 million. These projects were analyzed according to the rules and standards of the Sports and Recreation Facilities Program - Phase IV of the Sport and Physical Activity Development Fund.

PETITIONER	PROJECT	MAX. INVESTMENT
The Association of Churches of the Menonites of Quebec	Exterior recreational development	\$18,122
Viking canoe-kayak Club	Boat storage unit and clubhouse	\$10,303
Municipality of Harrington	Park Pavilion / Sanitary Block Madeleine-Marquis Park	\$60,157
Municipality of La Macaza	Development of multifunctional trails	\$40,893
Ville de Rivière Rouge	Reconstruction of the tennis grounds at parc Liguori-Gervais	\$56,976
Municipality of Arundel	Sports facilities (park, garage)	\$220,474
Ville de Mont-Laurier	Renovation and upgrade of the Mont-Laurier pool	\$1,588,202
Ville de St-Jérôme	Multi-functional sports complex	\$7,500,000
Municipality of Parish of Brébeuf	Repairs to the tennis courts	\$92,681
Municipality of Chute-Saint-Philippe	Project to improve the nature trails	\$12,336
TOTAL		\$9,988,630

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Élisabeth Rouleau and her mother Johanne Houde, proud owners of the new boutique **Bains de Cléopâtre**, 241 rue Principale, St. Sauveur (old Bulldozer site). This boutique offers a wide array of luxurious items such as hand soap, body lotion, skin care products, fragrances, bubble bath, candles, diffusers and shower gel. Silk bathrobes and cozy winter bathrobes are also featured. Some of the brand name products include BKind, Mistral, Cocooning Love, Canada Bath Bomb and Plantes & Parfums. Good luck ladies! 450 227-0888 / Facebook: Bains de Cleopatre.



Max Mouyel, Tailor/Chemisier who recently opened his shop at 10-200 rue Principale, St. Sauveur. Max formerly had a tailor shop on Van Horne in Outremont and relocated both his shop and home to St. Sauveur. Max specializes in made-to-measure clothing for men including beautifully tailored shirts, blazers, suits and pants. His superior Italian Zegra material is 100% cotton or wool. Max also does alterations for men's and women's clothing. Drop by to say hi to Max and see his exclusive, original clothing. Open weekdays from 10 am - 6 pm, closed Tuesday. 514 796-1826.



Congratulations to:

Sylvain Trudel, Acupuncturist at **Clinique Chiropratique** St. Pierre, 2510 rue de l'Église, Val David. Sylvain celebrates his 1st anniversary of his practice. His acupuncture services greatly help with musculoskeletal pain, menopause symptoms, digestive problems and lung problems. He also offers laser treatment. Sylvain has over 30 years of expertise in this field. Open Wednesday from 9 am -6 pm. 514 998-0558.



Marie-Eve Fontaine, owner of the new **Institut M**, 688 ch. Ste. Anne des Lacs, Ste. Anne des Lacs. Marie-Eve's team provides many services including excellent massotherapy, hairdressing, lash extensions, esthetics, permanent make-up and more... By appointment only. Best of luck Marie-Eve! Call 450 821-5782 / Facebook: Institut M.



Did you know:

That owners **Denis Lemieux** and **Lynn Lauzon** run a wonderful bakery and café called **Café Boulangerie du Village**, located at 678 ch. Ste. Anne des Lacs, Ste. Anne des Lacs? They offer fresh home-baked bread, yummy muffins, gluten-free bread, cookies and a variety of tea and coffee. As well, their boutique offers salmon and beef tartars, olives, cheese, pies, sausages, smoked salmon, bison meat and vegetarian specialties. They also offer a wonderful and varied breakfast and lunch menu. Open Tuesday to Friday 8 am to 6 pm and Saturday and Sunday 8 am to 5. Pm. 450 643-0317 / www.cafedevillage.com / Facebook: Cafedevillage.



That **Aux Petits Oignons** has a new boutique at 1842, Rte. 117 (used to be La Table Enchantée) in Mont-Tremblant? Owners **François Handfield** and **Véronique Bouchard** offer fresh, local organic produce, which includes organic meat, an array of cheeses, 70 types of vegetables (wow!) and flowers. Fresh fruits from farms in Oka and St. Eustache are available. As well they offer delicious jams, artisanal breads and products in bulk such as pastas, nuts, coffee, rice and more... Many products are grown in their greenhouses and fields located on Route 323 in Mont-Tremblant. Call 819 429-6789 / www.auxpetitsoignons.bio.



New Director General for Morin Heights

At the special meeting of the Morin Heights Council, which took place on July 25, Mr. Hugo Lépine was appointed, at the unanimous recommendation of the selection committee, to the position of Director General and Secretary-Treasurer of the Municipality of Morin-Heights.

Mr. Lépine will take up this position on September 6, 2018, succeeding Mr. Yves Desmarais, who has been in office since 1998 and who will retire at the end of the year.

Mayor Timothy Watchorn expressed confidence that Mr. Lépine has the necessary qualities to ensure the succession and contribute to providing top quality services to the community of Morin-Heights.

With a solid experience as a manager in a municipal and par municipal organization, Mr. Hugo Lépine has a good understanding of the issues facing a local government.

It should be noted that Mr. Hugo Lépine is a lawyer and holds a bachelor's degree in political science and is enrolled in the master's degree in public affairs.





Fit Tip #128 The gift of water

Lisa Mclellan - Main Street

Drink water. Drink water to cure asthma, allergies, dyspepsia (digestive disorders), rheumatoid arthritis, angina, hypertension, low back pain, leg pain in walking, excess body weight, migraines and constipation. Drink water as prevention

against the onset of chronic degenerative disease and to prevent premature aging. That is what Dr. F. Batmanghelidj advises in his book *Your Body's Many Cries for Water* (www.watercure.com)

He demonstrates, through an in-depth physiological study of the human body, that chronic dehydration is the root cause of many degenerative diseases. He points out that the natural solution of drinking water is not of interest to mainstream medicine because it is not a money-making proposition for the "business" of health care. He argues that dehydration should be ruled out before prescribing medications such as antacids, anti-inflammatory drugs, pain medications or anti depressants for emerging disease symptoms. Medications silence the body's signals of thirst and they do not cure the cause.

He has proven that water is a cure for many degenerative diseases especially if taken before irreparable damage from dehydration to the cells, organs and joints has occurred. Most physicians would roll their eyes and think, "quack". Dr. Batmanghelidj mentions that doctors have this attitude towards water because the medical paradigm upon which their training is based focuses on the 25% of solids the body is composed of rather than on the 75% that is water. I am not in a position to argue for or against this point of view. I'd like though to share some of his findings with you:

Water regulates all of the body's functions. Every function is monitored and pegged by the flow of water. It is the primary substance and the leading agent in routine events such as brain functioning and digestion.

Water assures the transport of hormones, chemical messengers and nutrients to the organs.

Copious amounts of water are needed for the digestion, absorption and elimination processes.

When the body becomes dehydrated a water management system kicks in; a rationing and distribution system, which assures water gets to the vital organs first (brain tissues are 85% water). Rationing though means other parts, such as joints, are not receiving the water they need for lubrication.

There are no substitutes for water and Dr. Batmanghelidj recommends six to eight glasses every day unless you have renal disorders, in which case, you must consult with your physician regarding water consumption.

Drink one or two glasses first thing in the morning, a half hour before you eat, and the others throughout your day. "We are not sick," says Dr. Batmanghelidj, "we are thirsty". I think I'll go drink a glass of water.

Brookline Developments breaks ground on Faubourg Tremblant on Highway 117

At a recent groundbreaking ceremony, Brookline Developments President Dean Mendel and Mont-Tremblant Mayor Luc Brisebois announced the development of Faubourg Tremblant, a new fifty-thousand-square-foot gourmet retail food, beverage and entertainment destination on a seven-acre site on Route 117 in Mont Tremblant. This marks an exciting addition to Brookline's existing shopping centre developments in the area.



The lead tenants comprising the venture's first phase include Shell Gas Station with a 3,000-square-foot Super Soir retail convenience store, Quebec-based fast-food leader La Belle Province and roast chicken and ribs restaurant Benny & Co. A high-end second phase will cater to customers with Epicurean tastes who seek a high quality selection of foods and local ingredients. Brunch-oriented restaurant EGGSPRESS will be opening in this second phase, as will food retailers such as a cheese shop, butcher shop, and others, to make Faubourg Tremblant a high-end gastronomic destination. Its prime location on a highway roundabout makes access easy from both the north and south lanes of Route 117.

The Brookline Developments portfolio in the Mont-Tremblant region is expanding to meet the demand of a growing number of discerning consumers who expect access to the finest goods and services. "The design of the whole project is in keeping with the highest standards," Christine Lalonde, Director of Development pointed out. "We have been very aware of designing both the buildings, as well as the land they sit on, so they're consistent with the distinct character of both the topography and the forestation that is typical of the Laurentian Shield. We have also provided for an outstanding recreational area that is inspired by the roundabout, including a children's play area and family zone. These features make for a project that is an attractive stop on the highway where visitors to the stores and restaurants can shop and take a break."

Jaime Roskies, Brookline Principal focused on development of high-traffic and convenience retail locations, says Faubourg Tremblant boasts all the necessary components to make this a central focal point for visitors seeking a terrific restaurant experience or looking to buy the ingredients they need to prepare their own, whether it be an outdoor picnic, a lavish dinner or seeking an assortment of high-quality amenities, services and entertainment. "Convenience retail has become very sophisticated and caters to a sophisticated clientele," Mr. Roskies said. "The retail mix at Faubourg Tremblant has been carefully curated to ensure it will draw people making spur of the moment purchases or those who have planned a trip to Faubourg Tremblant specifically because they know they will find what they're looking for."



Essential Oils Unpacking winter clothes

Sue Rich

As much as I hate to admit it, we're coming to the close of a fabulous summer, which means that it's time to pull the winter clothes out of storage. Personally, I pack my stuff into those vacuum bags, but when I open them up, everything smells pretty musty. I always wash everything before storing them, so it makes no sense to wash them again. I've found a great solution is to take a spray bottle and mix my favorite essential oils with water and mist everything down. Essential oils are a wonderful way to freshen things up and eliminate the odours, as they actually kill any bacteria and molds that are causing those smells.

You might be thinking - will they stain my clothes? Essential oils are not actually oils. They are called oils because they react in water, as oils do; they separate from the water. In truth, they have little or no fatty compounds, so they won't stain when mixed with water. There are a few that might leave a colour residue that is easily washed off. These include any oil that has a colour, such as orange. Since the essential oils separate from the water, don't forget to shake your bottle before spraying to keep the two blended.

Some of my favorites are citrus oils. They have an uplifting aroma that will leave you feeling happy and invigorated. Melaleuca, also known as Tea Tree oil, is a powerful anti-fungal, so it's wonderful for killing odours, like those that fester in stinky shoes. If you're looking for something more flowery try lavender, jasmine, or ylang ylang. For the men, perhaps cedar wood or sandal wood could be a preferred choice. The choices are endless, just use what appeals to you most.

Another trick is to take a cotton ball and put a few drops of essential oils on it. You can then put those into your closet or shoes to keep smelly bacteria at bay all year round.

It's so important to use only certified pure essential oils. You might think that if it's only for scent it doesn't matter much, but it does. When you're smelling the oils, you are absorbing those molecules through your olfactory system, and if they aren't pure, you will be inhaling chemicals and causing harm to your body.

For more information on how to get 100% pure CPTG oils, please feel free to contact me at 819-421-2253 or visit my Facebook page Sue Rich Living

In the Laurentians, we move! Organizations are invited to submit their projects

The Ministère de l'Éducation et l'Enseignement Supérieur mandated Loisirs Laurentides to manage and coordinate the Financial Assistance Program for Local and Regional Initiatives in Physical Activity and Health (PAFILR). This program from the Kino-Québec program aims to promote the regular practice of physical activity, sports and outdoor activities, among the population, from an early age and throughout life.

- Does your organization have a project that allows people to experience the pleasure of being physically active?
- Do you plan activities or events that increase opportunities for practice for as many people as possible?
- Planning or redeveloping public spaces to increase opportunities for physical activity?
- Do you want to make available to the public durable, safe and secure equipment?

Loisirs Laurentides invites you to submit your project as part of this program. The deadline to submit a project is Friday, October 19, 2018 - noon.

"Outdoors" projects must be completed between April 1, 2018 and November 30, 2018. Please note - harvesting, hunting and fishing activities are not eligible for this program.

The "Physical Activities" projects must have been or be carried out between April 1, 2018 and March 31, 2019. Other terms apply.

For more information on the program and to obtain the application form for financial assistance, please contact Stéphanie Bastien at 450-504-6080 or via sbastien@loisirslaurentides.com.

September 28-29 Steve O'Brien Foundation 24-hour Relay for Youth

Steve O'Brien, who has worked tirelessly with youth in many communities across Canada to increase perseverance, self-esteem, teamwork and to help them believe in their goals and dreams, is organizing through his Foundation a 24-hour Relay in Lachute on September 28-29 at the Laurentian Regional High School / Polyvalente Lavigne outdoor sports complex.

To participate, each 12-member team must raise \$600 then accumulate kilometres over a 24-hour period. The team relay baton, a symbol of mutual aid, must be continuously in motion. Participants can walk, bike, in-line skate, use a scooter, longboard, wheelchair or other means. 90% of funds collected will be donated to the organization selected by each team.

The new spokesperson for the Foundation is Robert Simard, who played sports actively as a youth with Steve, then performed with his band at the Bell Centre, and continues to listen and encourage youth to pursue their dreams.

For additional information concerning the fall relay event, contact the Steve O'Brien Foundation through the website: www.fondationsteveobrien.com.



Laurentian Personality Denis Wardlow a passion for violins

Lori Leonard - Main Street

Luthier, Denis Wardlow, started making violins in 2002 and has lived in Ste. Lucie for 33 years. "Luthier" comes from the French word "luth", mean-

ing lute, a term that includes violin/classical guitar makers. Wardlow started playing violin at age 7, and played frequently until 17 years old, when he left home to complete an apprenticeship in traditional, small wooden-boat building. His first violin was old, beat up. At age 12, his mother gave him a replacement, which became his prized possession. In 2001 his beloved violin was stolen from his home.

Later, Wardlow's daughter gave him an inspirational book called "Violin Making as it was and is" that provided history, references and instructions on how to make violins. Wardlow, familiar with woodworking from years of boat building, decided to make his first violin.

Violins are made from figured/flamed maple for the back, ribs and neck and fine-grained Alpine, Sitka or Engleman Spruce for the top. The fingerboard is ebony. Machinery produces complex shapes in minutes, which would take a skilled artisan many hours. Ribs are made of maple and heat-bent to fit the mould. Top and back are shaped to desired outline shape and carved to longitudinal/transverse curves. A channel is cut around the outer perimeter to receive a decorative, structural inlay (purfling) to prevent cracks. When tapped, plates produce a musical note. The builder controls the notes by adjusting thickness in the plate. No nails or screws are used. Glue made from animal hides and tissues can be unglued with hot water to modify the instrument. The neck, pegbox and scroll are carved from maple. Holes are made for pegs to adjust string tension. The finger board is shaped, contoured and glued to the neck. The instrument is varnished with oil-based varnish. No two violins are the same.

The best wood to use for bows is Pernambuco, but many are made from carbon fibre.

Violins have not changed since the 16th century, perfected by Italian masters Amati, Stradivari and the Guarneris. Fiddles and violins are the same instrument but may be set up differently. A fiddle is associated with traditional folk music, a violin with classical, folk, country, jazz, rock and pop.

Wardlow has made violins lovingly for personal enjoyment and for others. He made one that is used at a music school to loan to promising students who are not able to afford a good violin. His other hobbies include wood carving and creating enamel and mother-of-pearl jewelry.

Denis has also played in local orchestras, including Cordelia and Orchestre symphonique des Bas Laurentides. Currently, he plays with Groupe Folklorique de la Rouge.

Denis Wardlow's favourite classical violinist is world-famous James Ehnes, and his favourite fiddler, Germain Leduc. He is also proud of his 21-year-old grandson who plays guitar, mandolin and the bodhran drum.



3rd annual Heritage Awards gala dinner



The Morin Heights Historical Association will present its annual heritage awards on Saturday October 13, 2018. Cocktails at 6 pm, dinner at 7 pm at Chateau Bellevue Community Center in Morin Heights. \$45 including taxes and tips. The award for Lifetime Achievement goes to Michael Tott for his many years of local heritage work, including renovation of the 1860 Campbell farmhouse, creation of a "museum" in La Grange Restaurant, and leading the 2005 celebrations to mark the town's 150th anniversary. The Heritage Preservation honour will be presented to Hillside Chapel for beautifully maintaining the historic 1895 chapel, including its original interior. Tickets must be purchased in advance from Vaillancourt's or any Association director.

Organic salmon, white fish, scallops, shrimp, calamaris & oysters



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Out & About

Ilania Abileah - Main Street



Note: Please visit the website of each venue provided below for complete listings.

MONT TREMBLANT

Music: Premier Scene, 1829, chemin du Village (Facing Lac Mercier). 819-425-8614 ext. 2500 / villedemont-tremblant.qc.ca. The season starts with singer/songwriter Vincent Vallières on **Fri, Oct 12: 8 pm. \$36.**
Exhibitions: Salle Alphonse-Desjardins, 1145, rue Saint-Jovite / 819-425-8614, ext. 2500. Opening hours: Wed: 1 pm - 4 pm / Thurs & Fri: 1 pm - 7 pm / Sat: 10 am - 3 pm / Sun: 1 pm - 5 pm.
Until Sept 23: Exhibition: Bernadette Boivin is inspired by indigenous art. Vernissage: Fri, Aug 17: 5 pm.
Wed, Sept 5 - Sun, Sept 23: Exhibition by sculptor Richard D. Gagnon.

ST FAUSTIN

Maison des Arts et de la Culture 1171, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm / <http://maisondesartsaint-fautin.ca>
Until Oct 20 - "Place à la sculpture" sculptures done by twenty-three artists in bronze, marble, metal, exotic wood, granite and more. The sculptures will be displayed indoors and outside, spread across the lawn. There will also be an exhibition entitled Mini-Solo until **Oct 26.**



Sculpture by Lucie Nadeau

STE-AGATHE

Théâtre Le Patriote 258, Rue Saint-Venant / 819 326-3655 / <http://theatrepatriote.com>
Salle Percival-Broomfield
Fri, Sept 28: 8 pm - Patrick Norman is Quebec's well-known country singer. In this concert he will perform songs from his new album "Bonheurs partagés." His three musicians will accompany him and there will be surprise, invited artists. \$54.
Fri, Oct 5: 8 pm - 2Frères. This duo sings in beautiful harmony. In this concert they perform songs from their recent album, "La Route." \$36.
Sat, Oct 6: 8 pm - Marie Denise Pelletier-Léveillé, entre Claude et moi. Claude Léveillé has recorded over 40 albums and composed over four hundred and fifty songs. In this show, Marie Denise Pelletier plays tribute to Claude Léveillé and shares her encounters with him. She is accompanied by her three musicians. \$39.
Fri, Oct 12: 8 pm - Paul Piché and invitees will get together to mark his forty-year career on stage! \$52.
La Boite a Chanson - doors open at 6:30 pm - no reserved seats
Thurs, Sept 27: 8 pm - Jamil is back at the Patriote. He has a guitar and harmonica, and a full-bodied voice with which he sings and tells stories. He makes the audience laugh and cry. \$32.



Jamil

Thurs, Oct 4: 8 pm - Lydia Képinski is a candid young woman who sings clearly with a gentle voice. \$25.
Thurs, Oct 11: 8 pm - Maude Audet is a self-taught artist who sings alternative folk and rock. \$25.
Thurs, Oct 18: 8 pm - David Myles presents his 10th album "Real Love." He is accompanied by Alan Jeffries (guitar) and Kyle Cunjak (contrabass). The music is Rock'n Roll... feel like dancing? \$28.



David Myles

ST ADOLPHE D'HOWARD

Atelier Culturel 1920 Chemin du Village. 819 323-1878 / Open: Wed - Sun: 11 am - 5 pm
L'Ange Vagabond, 1818 Chemin du Village / 819 714-0213 / www.facebook.com/langevagabond

VAL DAVID

Val David Exhibition Centre, 2495, rue de l'Église / 819-322-7474 / www.culture.val-david.qc.ca.
Summer hours: 11 am - 5 pm daily.

VAL MORIN

Theatre du Marais, 1201 10è Ave, 819-322-1414 / www.theatredumarais.com
Sat, Sept 22: 8:05 pm - Le temps des seigneurs... twenty-five years, twenty-five songs. After publishing an autobiography, Dan Bigras presents a multi-media concert. \$48.
Fri, Sept 28: 8 pm - One of this year's ADISQ gala winners, Émile Bilodeau, will perform songs from his folk and rock album, Rites de passage. His musicians will accompany him. \$30.
Sat, Oct 6: 8:05 pm - The group Kaïn presents its 6th album, "Welcome Bonheur." Kaïn has been a part of the Quebec music scene for the past fifteen years. The artists are: Steve Veilleux (vocals and guitar), Patrick Lemieux (guitar), Éric Maheu (bass) and Yanick Blanchette (drums). \$35.



Kaïn

Thurs, Oct 11: 8 pm - Safia Nolin, folk singer. \$25.

SAINTE ADÈLE

Place de citoyens, 999 boul. de Ste Adèle, 450-229-2921, ext. 300 / www.ville.sainte-adele.qc.ca
Sat, Oct 6 & Sun, Oct 7: 10 am - 6 pm & Mon, Oct 8: 10 am - 4 pm : A colourful event by the Association of painters of Ste-Adèle, including fifty Laurentian artists.

SAINT-SAUVEUR

Saint-SAU Pub 236, rue Principale, St-Sauveur / 450 227-0218 / www.lesaintsau.com
Live music Thurs, Fri & Sat - reservations required
Fri, Sept 14: Stephan McNicoll & GCR
Sat, Sept 15: Gab Padilla Band
Mon, Sept 17: Gilbert Charlebois
Fri, Sept 21: Hugo Laliberté covers many popular musicians such as Clapton, The Police, U2, Bruno Mars, Bon Jovi, Maroon 5 and many more. If you feel like dancing, you will have disco, pop, and rock 'n roll!.



Hugo Laliberté

Sat, Sept 22: Robsteak Ron & The Roosters
Sat, Sept 29: Berry Shandy
For full program check the website www.lesaintsau.com

15th ÇA ME DIT CONCERTS AT PARK FILION

Sun, Sept 16: Exhibition of Antique Cars / 1:30 pm - Singin' Rendez-Vous (Rétro)
Sept 28, 29, 30: Journées de la culture
Oct 6, 7 & 8: Country Music Weekend

PIEDMONT

Salle Polyvalente of the Piedmont Station
Fri, Sept 28: 3 pm - Sun, Sept 30: 4 pm - Exhibition of the works of Lucyl Martel. Vernissage **Fri: 5 pm - 7 pm.**

MORIN HEIGHTS

Morin Heights Library 823, Village Rd. info@artsmorin-heights.com
ARTS Morin Heights -
Until Sept 20: a group show with the theme "Abstraction." In concert with the Journées de la culture, Arts Morin Heights will present their next theme show "Words" as of **Sat, Sept 29.** Exhibit Room
Fri, Sat & Sun, Sept 21, 22 & 23: a collection of wood artwork by Dave Hodgson. Come meet the artist!



Dave Hodgson

Morin Heights Legion: 127 Watchorn, Morin Heights / 450 226-2213
For upcoming live music nights see legion events on page 14 or visit the website <https://www.facebook.com/pg/legion171/events>.

WENTWORTH NORTH

Galerie d'art du Pavillon Montfort, 160 Rte. Principale, infoart@galeriedart-montfort.com
Sat, Sept 1: 2 pm - A group show of local artists will open with a Vernissage from 2 pm - 4 pm. It will be open to the public during ten weekends, on Sat & Sun from noon - 4 pm. The exhibition will continue until Sun, Oct 7.

GORE

Holy Trinity Church, 4 Cambria Rd., Gore-Lakefield. Info: 450-562-9620
Sat, Sept 15: 8 pm - Chris Quinn is a talented multi-instrumentalist who plays acoustic bluegrass. He joins the Toronto four-piece Bluegrass group "Hitpickers" for this concert.



Chris Quinn

BROWNSBURG-CHATHAM

Restaurant Le Faimfino, 338 rue des Érables / 450 407-0708 / brancheculturelle.wixsite.com/brancheculturelle.
Until Oct 7: Intuitive abstract and colourful paintings and texts by Collette Bellefleur. The artist has added the texts so viewers can discover the theme, or just follow the title of each canvas.

PRÉVOST

Diffusion Amal'Gamme, salle Saint François Xavier, 994, rue Principale / 450-335-3037 / www.diffusionsamal-gamme.com
Sat, Sept 15: 8 pm - The Lost Fingers play a mix of Jazz, Swing & Manouche. \$35.
Sat, Sept 29: 8 pm - Pianist, Philippe Prud'homme, is accompanied by three string musicians and a soprano singer. The program includes works by Dvorák, Schubert, Fauré and Poulenc. \$35.
Sat, Oct 13: 8 pm - Cordâme - 2018 marks one hundred years of Debussy's music. Thus, contrabassist, Jean Félix Mailloux created arrangements of Debussy's music to be played by strings, harp, piano and percussions, with a touch of jazz and world rhythms.



Cordâme

ST. JÉRÔME

Laurentian Museum of Contemporary Art (101, place du Curé Labelle) 450 432-7171 / www.museelaurentides.ca. Open **Tues - Sun: noon - 5 pm**

Théâtre Gilles-Vigneault, 118, rue de la Gare, Saint-Jérôme / 450-432-0660 / <http://theatregillesvigneault.com>

Sun, Sept 23: 3 pm - Sonia Johnson, a jazz vocalist. She has performed, or shared the stage with renowned jazz and pop artists such as Vic Vogel, Karen Young, Diane Tell and Jean-Pierre Ferland. She won a Juno for Vocal Jazz Album of the Year in 2012. \$32.
Thurs, Sept 27: 8 pm - An added performance by Gille Vigneault. He will be on stage with François Guénette and accompanied on piano by Philippe Noireaut. \$50.
Sat, Sept 29: 8 pm - Jean-Pierre Ferland will sing his romantic, tender songs from his sixty-year career. \$65.
Wed, Oct 3: 7:30 pm - Harry Manx; the Blues man who combined blues and Indian music to create "Mysticssippi." \$40.
Sat, Oct 6: 8 pm - Two Brothers - 2Frères sing from their recent albums, which had outstanding success. \$38.



Sonia Johnson



2Frères

Sat, Oct 13: 8 pm - Tire le coyote - songwriter/composer Benoit Pinette is back with his new album entitled "Desherbage." \$35.
Sun, Oct 14: 3 pm - Rita Tabbakh sings some of the most popular romantic songs of the 20th century in a musical presentation, "Sous le ciel de Paris." \$28.

PLEASE NOTE: All materials for this column must be received six weeks prior to publishing. Please send to ilania@ilaniaabileah.com 450 226-3889 or 450 602-4073.

The Ephere Stations! September 1 - 30

The Pays-d'en-Haut MRC, in collaboration with the municipalities of Lac-des-Seize-Îles, Morin-Heights and Wentworth-Nord, is proud to present a second edition of "Ephemeral Stations!", a visual arts cultural mediation project related to the Aerobic Corridor Park.

Project

The project involves presenting, in three different locations on the Aerobic Corridor, between Lac-des-Seize-Îles and Morin-Heights via Wentworth-Nord, an ephemeral artistic creation in the spirit of "land art", while integrating several mediums (crafts, sculpture, painting, etc.). The actual creation of the artworks took place during the first weekend of September and can be seen at the following locations until September 30:

Station 1: Morin Heights: Located near the bridge, 0.5 km from the Main Pavilion of the Aerobic Corridor.

Station 2: Wentworth-Nord: Located at Parc de la Plaque Tornante, 0.4 km down rue chemin de Fer from the rue Principale intersection.

Station 3: Lac-des-Seize-Îles – located on the west side of rue l'Église

Public favourite

The exhibition will continue until September 30, weekend of the Journées de la culture, during which the public will be invited to choose their favourite work. By voting, participants will have the chance to share \$200 worth of local products.

Partners of the activity

This project is made possible by the involvement of the valued partners of the Aerobic Corridor Park, the municipalities of Lac-des-Seize-Îles, Morin-Heights and Wentworth-Nord.

To learn more about this activity, you can visit the website lespaysdenhaut.com/stations-ephemeres or call 450 229-6637, extension 119.

SOS CATS

Did you know that there is a group called SOS Félines in Prévost, which was formed to help citizens in Prévost control the populations of cats? Once "community cats" have been sterilised, they can no longer reproduce, no longer cry out in the evenings and are less visible and bothersome.

If you have cats (feral or domestic) that you have been feeding call 450 224-8888, ext. 6383 or send an e-mail to info@sosfelins.com to obtain help and information.



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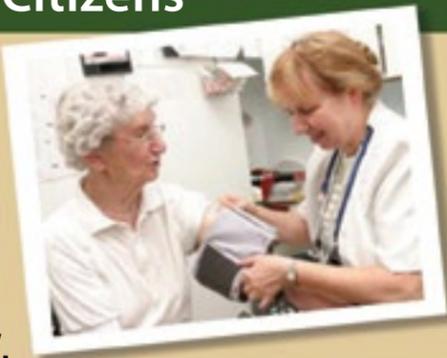
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villanotredame.ca



SEPTEMBER EVENTS

The following activities will take place at **Park Georges-Filion**

September 16:

Antique Car Exhibition
Singin' Rendez-Vous at 1 pm



October 6-7-8:

Saint-Sauveur's Country Weekend



October 31:

Halloween Activities



All activities are presented at the Georges-Filion Park and are **FREE**



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

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We Are Tremblant Triathletes



With Ironman fever in full swing, close to 300 people from every corner of the globe attended the screening of We Are Triathletes at Fairmont Tremblant on the evening of August 16. From fledging athletes, to world-class pros, the audience enjoyed an evening of triathlon – one that did not involve sweating...

The first ever feature-length documentary for the big screen on the sport of triathlon, We Are Triathletes showcased the inspiring journey of six triathletes and examined why the mental and emotional challenge of triathlon is oftentimes greater than the physical challenge.

A triathlon mecca, in Mont Tremblant we witness, and experience, the physical and mental challenges of triathlon on a daily basis, even more so when Ironman is in town, as the whole community participates either as athletes, volunteers or cheerleaders on Ironman weekend.

Movie goers were treated to a warm welcome by triathlon pro, Meredith Kessler, who finished third. With 11 Ironman titles and 15 Ironman 70.3 wins on her resume, she was recently named the greatest American female triathlete by Ironman. Although she has traveled the world, racing at elite events across the globe, she shared with the audience that Mont Tremblant is one of her favorite places to race.

The unique opportunity for Tri Action Mont Tremblant, our community triathlon club, to host a world-class movie in Mont Tremblant, was made possible through the generosity of Fairmont Tremblant, PSAV Mont Tremblant and Magasin de la Place. Sandra Sabourin, President of Tri Action Mont Tremblant stated, "the amazing support that our business community has for the triathlon community is truly exceptional and it is with heartfelt appreciation that the athletes of Mont Tremblant say, merci beaucoup!"



L-R: Cathy Bergman (member Tri Action), Meredith Kessler (Triathlon athlete), Sandra Sabourin (President Club Tri-Action)

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Garden Talk

Stumped by your stumps?

June Angus - Main Street

Tree stumps in our landscapes pose particular gardening challenges. Whether a tree is cut down deliberately or taken out in storm, the stump of that tree lives on. Do we try to eliminate a stump or work around it?

Over the years, I have followed the latter strategy by using a newly created stump as an interesting garden feature to hold pots of flowers. A stump can also be transformed into a planter by hollowing out the top using an axe and drill, then filling it with soil. Drilling a few holes around the stump perimeter will help with drainage. As a garden decoration, the stump can stand-alone or become the focal point for a flowerbed that surrounds it. Stumps can also be transformed into garden seats or tables.



Eventually these stumps will rot naturally but that process can take up to 10 years. One such stump of a Manitoba Maple became a real nuisance as underground roots were still active in putting out new shoots that regularly required trimming. It was a relief when that stump finally disintegrated.

To preserve a stump for the longer haul, sand the top and apply a few coats of urethane. Covering the top with a slab of stone or other waterproof material can also help slow down the natural process of decay.

If eliminating the stump altogether is your goal, and you want it gone sooner than later, there are a variety of options to speed up the process. Commercial stump remover products are available at garden centres and home improvement stores (always follow package directions and safety precautions carefully). Many gardeners also use Epsom salts as a decay accelerator. In both cases, holes up to 12 inches deep are drilled into the top of the stump then filled with the removal products that are generally in powder form. The powder should then be moistened and nature does the rest. Stumps treated this way should become spongy and easy to dismember in approximately 4 to 6 weeks.

Digging out a stump is another option although it is physically demanding. Allow a portion of it to remain above ground to give you some leverage. Dig a trench around the stump approximately 2 feet away. Make the trench about 1 foot wide and 2 feet deep. Large stumps may require a wider and deeper trench to get underneath the roots. Cut through any roots that you encounter while digging the trench. Insert a landscaping bar or other pry bar into the trench, working the end of it under the roots. The roots will gradually loosen, allowing the stump to rock and move as you attempt to pry it free and pull it out. Chop, grind or otherwise cut up the stump to make disposal easier. Cut any large roots remaining in the hole as deep down as possible to ensure roots will die. This prevents them from getting in the way of new plants.

Professional services for hire will also come and cut up, grind down, burn out or haul away the stump. While effective, these options are more expensive. You can also rent or buy tools such as stump grinders to do these jobs yourself.

The space left by an old stump can be prepared to receive new plantings. The hole can also simply be leveled by filling it with sawdust, earth and compost. During the following season or two the fill process may need to be repeated as the ground settles.

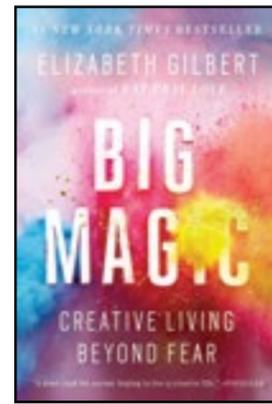
Bottom line is that there are lots of creative ways to deal with this gardening challenge, so don't be stumped by your stumps.



Waiting For The Muse - Part II

Louise Bloom

Last month I shared my experience of waiting for inspiration and motivation in my life, while referring specifically to the creative process as it relates to the "artist" in each of us. I concluded that it was difficult to muster the trust that we need to engender in ourselves while we are feeling uninspired. I found support in the advice from writer Elizabeth Gilbert (Big Magic) who suggests that following through on our creative endeavors without too much concern about public opinion, makes the outcome a recipe for our personal fulfillment.



In examining aspects of creative inspiration, I am referring also to an enthusiasm for life that sometimes abandons each of us. We are living in times that promote inspiration by the worship of celebrity. We are confronted these days with celebrity chefs, celebrity dancers, celebrity singers, even celebrity housewives, brought to us with extreme fanfare on that magical big screen that entertains us in moments of repose or, tragically, in moments of chronic depression. I feel that this fascination with celebrity can diminish our self-confidence. We are invited to watch contestants who appear even more spectacular because they are given credit by judges already worshipped by the public. The celebrity judges appear on a panel in exquisite make-up, hugely effervescent and ebullient. Their dramatic accolades are meant to boost our confidence in their expert evaluations. Everything is sprinkled with the sugar of exaggeration.

Perhaps I exaggerate. However, having grown up in a value system that emphasizes competition and comparison, I know well how it serves to dampen one's self-confidence. Our cyber culture, with its "show and tell" Book of Faces, is a mirror of this competitive environment. It provides a platform for announcing our activities and accomplishments and sets us up for comparison by its very existence. In this social climate, those of us who feel less-than-inspired in our lives often find that our creative sparks do not catch fire. If the facade of this culture serves as a mirror that reflects our own perceived failures, the seeds of our imagination have difficulty finding fertile ground. The inflated ornamentation of our current civilisation does not provide the deep rich loam that guarantees that our little inspirations take root.

Last night I watched the film The Guernsey Literary and Potato Peel Pie Society. It brought to mind some of the homespun ways of strengthening our creative muscles. The main characters in this wartime film, starved for contact and culture, come together to read and perform well known works. I was reminded that turning to the classics can awaken our dormant creative juices. The classical music of the Masters raises the spirit and inspires the heart as it stimulates the body/mind connection. Reading the great poets aloud to yourself or another can create an intimate bond out of which can grow surprising seedlings. Shakespeare's blank verse connects us to a universal vocabulary that speaks to the soul. So does visiting a museum's treasures.

I intend in the coming days to feast on these freely available offerings in the interest of nourishing my neurons of appreciation. The experience of gratitude for the works of these artistic giants minus the element of comparison will surely inspire.

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

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

**Branch 171 Filiale
Morin Heights**

Fri, Sept 21: 6 pm - TGIF Smoked Meat
Sat, Sept 29: 6 pm - Spaghetti-Jazz /w Kim Adams
Fri, Oct 5: 8 pm - Classic J (60's dance music)
Check with the legion for daily bar hours
Darts are discontinued for the summer
Military Whist: 1st & 3rd Monday of the month at 1pm.
Hall rental available at competitive prices
Info: 450 226-2213
<http://www.legion171.net/>
Facebook: legion 171

**Branch 70 Filiale
Lachute**

Bus trip to Carleton Raceway Casino every six weeks - check for dates at the legion
Tues: 1 pm: Euchre
Every second Wed: 1 pm - shuffleboard games
Thurs: 1 pm - Cribbage
Saturdays: 2:30 pm - Darts
For information call: 450 562-2952 after 3 pm

**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.
Memberships: Early bird renewals for 2017 now available. \$45.
Contact Sheila: 450 562-8728 / 514 909-8885

**Branch 192 Filiale
Rouge River**

Sept 22: Garage Sale
Sept 23: Art & Yoga
Oct 14: Yoga Nidra
Nov 3: Christmas Bazaar
Nov 4: Shoebox Project
Mon: 9 am - 10 am: Yoga
Tues & Fri: 9 am - 10:30 am - Yoga
Contact Marlène: 819 687-8566
Bar open daily at 3 pm
Tuesdays: 7:30 pm - cribbage:
For further info: 819 687-9143 / arundellegion@gmail.com

RELIGIOUS SERVICES

MORIN HEIGHTS UNITED CHURCH
831, Village, Morin Heights
Sundays: 10:30 am - Weekly services
Join us and enjoy coffee and conversation following the service.

**THE CATHOLIC CHURCHES
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Rev. Dr. Douglas Robinson: 450 562-6797
Sundays: 10:30 am: Regular worship service. Everyone welcome.

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Wed: 7 pm - Prayer Meeting
Sun: 10 am - Sunday School
Sun: 10: 45 am - Worship Service
4th Sun of every month:
7 pm - Hymn Sing

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH - MORIN HEIGHTS
757, Village, Morin Heights (450-226-3845)
Sundays 11 am: Worship service
Please join us - everyone is welcome
We are a member of the Laurentian Regional Ministry. Parking available on Hillside along the cemetery wall.

**MILLE ISLES
PRESBYTERIAN CHURCH**
1261, Mille Isles Rd.

**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. Everyone is welcome! *Parking and elevator for handicapped*

**UNITED CHURCHES
OF CANADA**

450 562-6161 or 514 347-6250

KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Sundays: 9:15 am - Weekly Sunday Worship
and Sunday School Note: no service on July 15

ST MUNGO'S UNITED CHURCH
661 Rte. Des Outaouais, Cushing

LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
Last Sunday of each month: 1 pm

ST ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates

**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.

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

**ANGLICAN PARISH OF
ARUNDEL & WEIR**
Grace Church
Services are held each Sunday at 11 am

VALLEY GATE CHURCH
Pauline Vanier, 33,
de l'Église, St. Sauveur
Pastor Kevin Cullen: 450 229-5029
Please join us every Sunday at 10 am

**SHAWBRIDGE
UNITED CHURCH**
1264 Principale, Prévost (at de La Station)
Seeking members for the congregation.
Sunday service time is 9:15 am.

**ARUNDEL
UNITED CHURCH**
17, du Village, Arundel, 819-687-3331
Sundays: 10 am: Worship service.
All are welcome -
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VICTORY HARVEST CHURCH
351 des Erables, Brownsburg-Chatham
Pastor Steve Roach 450 533-9161
Sunday: 10 am - Bilingual Service

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Everyone welcome and we look forward to seeing you and your family.

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Sept 16: 11 am - Morning Prayer
Oct 7: 11 am - Thanksgiving Holy Communion
Oct 21: 11 am - Holy Communion
Nov 18: 11 am - Holy Communion
Dec 16: 11 am - Lessons & Carols

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Oct 7: 4 pm - Thanksgiving /
Holy Communion
Nov 4: 4 pm - E.P. Food Drive

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Sept 23: 11 am - Holy Communion
Sept 30: 11 am - PLL Combined Service /
Holy Communion
Oct 28: 11 am - Holy Communion
Nov 25: 11 am - Holy Communion
Bilingual services with gospel/
bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Oct 14: 11 am - Morning Prayer
Nov 11: 11 am - Morning Prayer
Dec 9: 11 am - Holy Communion

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Rev. Nick Pang - Team Leader of the
Laurentian Regional Ministry
Rev. Josee Lemoine - Associate Priest
Jane Bell - Assistant Curate
Services are held every
Sunday at 9:15 am.
The second Sunday of each month is a
fun Family Service
All are welcome to enjoy the service
and following refreshments.

**ST. ANDREWS
EAST PRESBYTERIAN CHURCH**
5, John Abbot St., St. André d'Argenteuil
Interim Moderator: Rev. Linda Robinson
Info: Sharon McOuat: 450-566-4549
All services at 11:15 am
Sept 17 & Oct 14 & 21

**THE LOST RIVER
PRESBYTERIAN CHURCH**
5152 Lost River Rd, Harrington
Services are held every Sunday beginning
July 1 until Aug 26 at 9 am,
There is no service on July 8
Everyone is welcome

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Holy Trinity Church
12 Préfontaine Ouest (corner of Tour du lac)
Ste-Agathe-des-Monts, Quebec J8C 1C3
Guest speaker: **Richard Moore**
Landscape Architect and the
Kateri Healing Gardens Project
Rick will speak about the Canadian Society of Landscape
Architects and will outline The Kateri Healing Gardens project
being developed on the Kahnawake First Nation
Tuesday, Sept 24: 1:30 pm
Refreshments following the discussion
Free entry for members
Annual membership \$25 Guests: \$10 per event

Info: 819 326-6872 /
www.laurentianclub.ca/
[facebook.com / LaurentianClubofCanada](https://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
September 15, 2018 - 1 pm

Chalet Bellevue (main entrance)
27 Bellevue, Morin Heights

Speaker: Anouk Lorie, Wásabi Coaching
Following a passion to recovery

Upcoming meetings: October 20, November 17

Meetings are conducted in English
ADMISSION IS FREE

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

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September 2018



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COMMUNITY NEWS

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Fri: 10 am - 2:30 pm

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COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sun, Oct 14: 9 am - noon:
Thanksgiving Breakfast
(6-12 years) \$3.50 / under 5 yrs. free.
Basket Draw tickets available at the door – proceeds to benefit Rosie Animal Adoption.
Sat, Oct 27: Eat, Drink and be Scary!
Tickets required: Adults \$12 / children(6-12) \$6 age 5 and under – free
Info: Ruth: 819-687-3733 or Heather: 819-687-2627
Doors open at 5 pm - BYOB.
Visit us on Facebook at LRCC-Lost River Community Center for more details.

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

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

www.morinheightshistory.org /
mhha98@hotmail.com

THEATRE MORIN HEIGHTS

Chalet Bellevue, Morin Heights
Nov 1 - 4: TMH presents Peter Quilter's
"Glorious"

Tickets \$20 in advance available online now at www.theatremorinheights.ca or at Marché Vaillancourt starting Oct 1 (\$25 at the door).

For more information visit the TMH website, email theatremorinheights@gmail.com or call 579-765-3999

JOYFUL NOICE CHOIR

invites you to join the choir
Chalet Bellevue, 27, rue Bellevue - Morin Heights
Starting **Sept 18: 7 pm**
Cost: \$130 – ends **Dec 11 /**
Christmas Show: **Dec 13**
Maison de Vie Sunrise, DDO: **Dec 15**
Info: Penny Rose: 450-226-2746
pennyrose@jenanson.com
See Director's (Ian Lebofsky) website:
http://www.thephysicalvoice.com

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.

SEEKING VOLUNTEER DRIVERS

The CISSS des Laurentides is looking for volunteer drivers who want to get involved with young people by offering their time. If you own a vehicle and are interested please contact
450 432-2777 ext. 78402.

FREE FAMILY MOVIE NIGHT LEFT BEHIND

Morin Heights Hillside Chapel
755 du Village, Morin Heights
Fri, Sept 14: 7 pm - What If
All children must be accompanied by an adult. No restroom facilities
Info: 450-226-1546

ADVANCE NOTICE

STEVE O'BRIEN FOUNDATION 24-hour Relay for Youth

Laurentian Regional High School
Sept 28 & 29
For additional information contact the Steve O'Brien Foundation at
www.fondationsteveobrien.com

FARMERS' MARKETS SUMMER WEEKENDS

Throughout the summer, residents, visitors and tourists can enjoy fresh produce, farm products, transformed edibles and a wide assortment of quality products all produced by our local agricultural community, and found at any one of the many Farmer's Markets across the Laurentians. Some also offer a selection of beautiful, handmade artisan items. Each market is unique and well worth a visit. Market locations, dates and times are easily found on municipal websites.

COOP SORE'S COMMUNITY LUNCH

Chalet Bellevue
Sept 24: noon - 1 pm
Meal includes soup, main dish, salad, dessert, tea or coffee.
Prepared by Soupe et Cie
Donation \$6
514-944-9335

UTA FALL COURSES

144 Rue du Couvent
(Old Village, Mont-Tremblant)
Thurs, Oct 18 - Nov 22:
1:30 pm - 4 pm
India – Adventures in Spiritual Transformation with Dr. Howard Gontovnick
Registration online: www.USherbrooke.ca/uta/mont-tremblant (as of Aug 31)
Live registration on site:
Wed, Sept 12: 1:30 pm - 4 pm \$85

MORIN HEIGHTS UNITED CHURCH THANKSGIVING DINNER

831 ch. du Village, Morin Heights
Sat, Oct 6: 5 pm – 8 pm
Morin Heights Untied Church will be hosting its 85th Thanksgiving Dinner In celebration, a free-will donation would be gratefully appreciated.
Come early and join us for Messy Church at 3 pm. Plenty of activities and fun!

LACHUTE ARMY CADET CORPS

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

ARGENTEUIL COUNTY WOMEN'S INSTITUTES

Annual Soup Luncheon and Bake Sale
Margaret Rodger Memorial Presbyterian Church, Lachute
Fri, Sept 21: 11 am - 1 pm
Enjoy your choice of 4 soups and delicious desserts
Donation \$8 - everyone welcome!

LAKEFIELD & MILLE ISLES WOMEN'S INSITUTES

Fundraising Bazaar and Soup Luncheon
Trinity Community Centre,
2 Cambria Rd, Gore
Sat, Oct 13: 10 am – 2 pm
Crafts, jewellery, homemade preserves & pickles, bake table.
Donation: \$7 - everyone welcome
Info: Jean Edwards: 450-562-2552

SENIORS' ACTIVITIES IN ARGENTEUIL

Brownsburg-Chatham at St. Mungo's United Church
Starting **Sept 24: Open-Circle / Cercle Overt**
Harrington at the Golden-Age Centre
Varied activities / programs for seniors
For full details of activities at both locations see page 22.
Info: 1-888-974-3940

JOURNÉES DE LA CULTURE

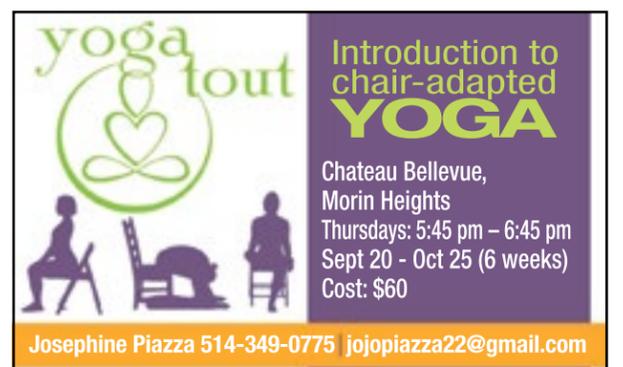
Special activities scheduled throughout Quebec
September 28, 29 & 30
Check with your municipality for events and activities



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Sincerely,
Deanna and Marc



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(819) 326-5311



Introduction to chair-adapted YOGA
Chateau Bellevue, Morin Heights
Thursdays: 5:45 pm – 6:45 pm
Sept 20 - Oct 25 (6 weeks)
Cost: \$60
Josephine Piazza 514-349-0775 jojopiazza22@gmail.com



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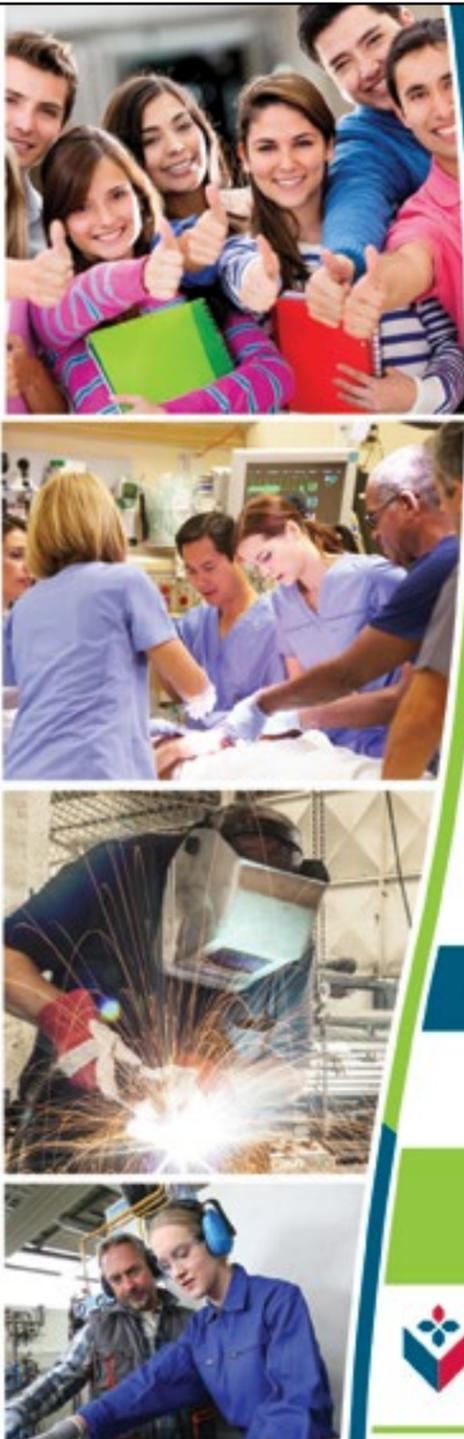


Agnès
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OFFICIAL AGENT ROXANNE RINFRET

A VOTE FOR THE CAQ IS A VOTE TO:

- Give more autonomy and funding to regions and municipalities
-
- Better support families and offer more services to children
-
- Develop environment-friendly solutions for regional issues
-
- Promote economic innovation and local transformation of resources



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Strings & Things

This note's for you

Dale Beauchamp

Many of us have experienced the frustration of trying to figure out the chords to a song we've heard.

When the usual chords don't accomplish more than a poor approximation, we try a capo at different positions, but still can't get 'that' sound. Often, it's because the songwriter is using an alternate tuning, as opposed to the standard EADGBE. There are a lot of them, and thanks to YouTube and the Internet, we can now discover these 'secrets'.

The old blues masters have been using 'open' tunings forever, mostly to facilitate playing with a slide, like a butter knife or a bottleneck. Open E for instance, is when you tune the strings to give an E chord, when strummed without fretting. Just moving your slide up the neck, gives you your basic chords, freeing up a few fingers to fret individual strings, thereby 'colouring' the chord, producing rich, new sounds.

A popular alternate tuning is DADGAD, often called Celtic tuning. You simply drop the 1st, 2nd and 6th strings down one full step. Of course, this necessitates different finger positions for your chords, but you generally get deeper, richer tones if you don't use a capo. An easier initiation to alternate tunings, is one known as 'dropped D', where only the low E is tuned down to D. Neil Young uses this a lot on his acoustic songs like Natural Beauty, Star of Bethlehem and Harvest Moon, to get that rich, bassy low end. On the folk front, David Crosby and Joni Mitchell were pioneers of many alternate tunings in the '60s. In rock 'n' roll, Keith Richards was one of the earliest electric guitarists to use alternate tunings. His open G tuning, involves removing the 6th string (low E) altogether, leaving him with five strings. This has come to be known as the 'Keith tuning'. He's used it extensively since the '60s, and it's instantly recognizable.

In the past 40 years or so, there has been an explosion of experimentation with alternate tunings, especially in acoustic music. Check out Richard Thompson, Leo Kotke, and some of the Windham Hill alumni from the '80s. These players use many tunings, as well as standard tuning. And don't forget the old blues guys with the open tunings they've used since the beginning.

If you've become bored with your guitar, even though (like me) you haven't even learned any jazz chords in standard tuning yet, dabbling in some sort of alternate tuning, can be a real kick-starter to get you going again. Start with dropped D, since it's the easiest introduction to all of this. Strum a D chord, and instead of typically not hitting the 6th string, include it. Now you have a fuller, richer D chord, with the low end that's usually missing. You'll have to modify your G chord, by fretting the 6th string two frets higher than you normally would. Have fun!

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Quebec Elections 2018

What about our local environmental issues?

By Mat Madison, biologist and environmental manager

It has started - the 2018 Quebec election campaign. I don't know about you, but I'm looking to vote according to local and regional issues that are priorities in my electoral division of Argenteuil. For me, I think the environmental issues are probably what I will be studying the most in the next months. I'm concerned about protecting our water resources and the health of our lakes. Also, protecting our natural landscapes and wild places. I'm also thinking about local and organic food production. Of course, I'm also interested in anything that contributes to our sector that includes foundations, non-profit organizations, cooperatives, community groups and citizen-driven projects that need more investments desperately, in order to balance out our public and private sector driven society.

I thought I'd share with you my plans for the upcoming weeks, and see if anyone wanted to take part in this with me.

First off, I'll research to find out who the local candidates are in Argenteuil. I'll read about their backgrounds, their ideas, their motivations and their priorities. I will want to know what these people would defend at the great Quebec chamber. I won't stop there. I'll try to meet them to discuss a few of the things that I find important for our area.

Next, I'm thinking of meeting with some of the community members and organizations that I work with, spend time with, or contribute to. I want to compare my ideas with those of others concerned with similar issues and have a collective conversation. I want to be open-minded and humble, knowing that these issues are much bigger and greater than myself, and that other people certainly can view things differently. Nonetheless, I think it's important to hear them out and to have the opportunity to share my point of view also. I want to take part in as many of these local conversations as I can. I'll sit at community meetings, listen and discuss topics, talk about them with my associates, and even bring up these conversations at the local market.

I'll make my decision based on the candidate that I think will fight strongly for the issues that I believe are important for my area. I'll base it on my research, but also on the people that I have met and the things that I have learned from them.

Next comes the voting part. This year is special. Although the elections are on October 1, I can vote in advance, seven days earlier, between September 21 and 27. You'll find all this information on the Quebec elections website.

My advice is to take part in collective conversations about the issues that you find important for you and for your community. Allow yourself to be part of a citizen process; it's not just about voting, it's also about having the conversations, meeting with people, challenging your views and arriving at a decision based on your true values. If anyone else would like to take part in any of these activities, please contact me, I'd love to hear what you have to say about the things you find important! Mathieu Madison: 438-830-0864 / mmadison@gestionenvironnementmm.ca

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Autism & Arts in the Laurentians Program Receives Support from the Independent Order of Odd Fellows

Julie Chou – Special to Main Street

The Independent Order of Odd Fellows (I.O.O.F.) is a benevolent society operating in 30 countries around the world. Odd Fellows, sometimes called the Three Link Fraternity, strives to make the world a better place in which to live by aiding communities. Accordingly, I.O.O.F. Beaver Lodge #6 is helping the Autism & Arts in the Laurentians (AAL) program, in Lachute.

AAL is a free weekly art program, and friendship club, for English-speaking teens and young adults with Autism Spectrum Disorder (ASD). The program was created in response to the lack of autism-specific services for Anglophone families living in the Laurentians. This community-based program is the first of its kind in the region and was awarded a one year \$25,000 grant from Autism Speaks Canada in February 2018.

On reading about the program in Main Street, a couple of Odd Fellows met with AAL co-founder Melanie Bujold (of the Laurentian Regional Community Learning Centre) and other AAL supporters to learn more.

“AAL is providing a much-needed service for youths with autism. It is exactly the type of local project we want to support.” says Beaver Lodge #6 Noble Grand, Marilyn Adams. A fraternal I.O.O.F. Lodge in Lachute (known as Laurentian #14) existed between 1880 and 1976. When those members handed in their charter, Beaver Lodge #6 became the recipient of their finances. “By adopting the AAL program as an on-going project, Beaver Lodge #6 has found a way to repay Laurentian #14 for its many years of dedication and good work in this community” says Mrs. Adams.

On September 11, 2018, Quebec I.O.O.F. Grand Master, Lynn Matthews-Jones, and members of Beaver Lodge #6, met in Lachute to present AAL with the order’s first endowment of \$2000. The funding could not have come at a better time, as AAL plans to reach more ASD families in the Laurentians by expanding to the Ste Agathe Academy in the 2018-2019 school year.

For information on AAL in Lachute, please contact Melanie Bujold at (450) 562-8571 Ext. 8449 or mbujold@swlauriersb.qc.ca and Karen Axford at (819) 326-2563 Ext 8918 or kaxford@swlauriersb.qc.ca for AAL in Ste Agathe. For information on I.O.O.F., please contact Bruce Adams, Beaver Lodge #6 Secretary at (450)562-8727.



Noble Grand, Marilyn Adams & Secretary Bruce Adams of Beaver Lodge #6 accompanied by Grand Master I.O.O.F. Quebec, Lynn Matthews Jones & 7 other members of the lodge present cheque to AAL co-founders Melanie Bujold & Julie Chou-Lachapelle & LRHS Vice Principale Peter Papadeas

Political Courage & Land Conservation

Written by Jean-Claude Tremblay, submitted by Gino Ramacieri

Following the release of The Canadian Parks and Wilderness Society (CPAWS) annual Parks Report, both Le Journal de Montréal and La Presse were quick to highlight the flippant position taken by Québec to focus its land conservation initiatives in regions that are inaccessible and of no great economic interest. Lest we forget, a major tenet in land protection is to do so in spaces where Man has a stake!



Québec still has a way to go to achieve its 17% protection commitment by 2020 with only 9.4% of land protected so far. All over the Laurentians, notably in Wentworth-Nord and Saint-Adolphe-d’Howard there is public land deemed too small for the forest industry, hence, not getting that lobby up in arms, however, being ogled by developers and other corporations.

Protecting the environment and its biodiversity and ensuring a healthy economy can go hand in hand in the Laurentians. Supporting Eco-corridors Laurentiens’ mission of connecting Oka National Park with Mont-Tremblant National Park through a network of protected areas is an example of where efforts should be placed. Please remind our public servants in the up-coming Provincial election that political courage is not an option but IS required.



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4 Korner
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The joy of walking groups

Jill Grumbache, Community Development Coordinator
MRCs: des Laurentides and des Pays-d'en-Haut

Walking is one of the most accessible and affordable forms of exercise and enjoyment. It's possible for most people and doesn't require special skills or equipment, which is why it has become one of the most popular forms of physical activity.



Benefits of a walking group

An analysis of 42 studies on walking, across 14 countries, by researchers from the University of East Anglia in the United Kingdom, found that people who were part of walking groups showed significantly lower blood pressure, resting heart rate, body fat, cholesterol levels, and even depression scores, compared with their levels before they embarked on group walks.

The analysis also showed people had improved lung capacity, a good indicator of fitness, and were able to walk farther when they stuck with it. Even more good news is that the walks and hikes taken weren't difficult or grueling. As a matter of fact, "75% of them weren't even strenuous enough to count as moderate physical activity, yet the health effects were clear."

According to the Mayo Clinic, here's what else you can gain when you walk with others: accountability, motivation, safety, and socialization.

Getting started

First, you may want to join an existing walking group. 4 Korner has a great themed group right now in Deux-Montagnes, the Caring Walking Group, for caregivers of seniors (run by a support counselor); call our office at 450-974-3940 for more information. But if this group isn't for you, and you don't know of a group to walk with, here's how to get one going in your area.

Recruit members: Start by spreading the word. Talk up your walking group among your family members, friends, neighbors, organizations you belong to, or at work (regarding the later, it is good to check, first, with your employer). Use your social media accounts to reach out to friends and friends of friends. You might be surprised to find out how many people are ready to jump into their walking shoes — and hold each other accountable for regular exercise.

Get organized: Hold a kick-off meeting. Collect everyone's contact details so you can stay in touch about schedules and keep each other motivated.

Then, discuss the details, such as: choosing a name, how often to walk, distance to cover, routes, walking speed, when and where to meet, and a bad weather plan.

Maintain momentum: Once your routine is established, look for ways to boost motivation. Set goals to increase time or intensity and give prizes as they're attained or enter a charity fundraising walk.

The camaraderie you experience in a walking group and the shared fitness success is enjoyable and exciting. As you can see, starting a walking group requires little effort and provides big rewards.

4 Korner is currently working to organize Fall walking groups in Pays-d'en Haut and Des Laurentides. Contact jill@4kornersceneter.org or call 514-574-8030 and join us!

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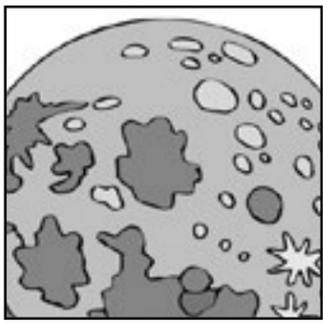
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Zach Factor Back to weather school

Lys Chisholm & Marcus Nerenberg - Main Street

The most profound questions with the most surprising answers are often the simplest to ask, said Professor Henrik Svensmark of Denmark. He asked, "why is the global climate always changing?" He asked it based on historical and archaeological evidence of global warming and cooling that occurred long before the Industrial Revolution and carbon dioxide emission concerns. Little did he expect that his research at DTU Space Technical University of Denmark would make him a modern-day Galileo; excluded from scientific publications and chastised by the global-warming scientific community as a heretic.

"New ideas are rarely welcome in science"

Dr. Eugene Parker, Professor Emeritus, Physics, Astronomy and Astrophysics, University of Chicago.

Our popular climate knowledge is fed by two distinct camps; global warming theory advocates and climate change deniers. Over the past 50 years, data that has been presented to the public states that the average global temperature has increased at the fastest rate in recorded history because of man-made pollutants. Some scientists believe the trend is accelerating. All but one of the 16 hottest years in NASA's 134-year records have occurred since 2000. Climate change deniers who argue that temperature has plateaued, are usually those individuals who have economic or political investments that are affected by legislation limiting CO2 emissions.

Meanwhile, a lone Danish scientific team opened a third dimension to the explanation for our rapidly changing climate. Those who have followed the global warming debate know that there has been a lack of a clear-cut theory on cloud formation, and that this created a huge gap in computerized models of global warming. Svensmark and his team catapulted this area of research forward in 2005 with a new theory on how our climate is altered via clouds.

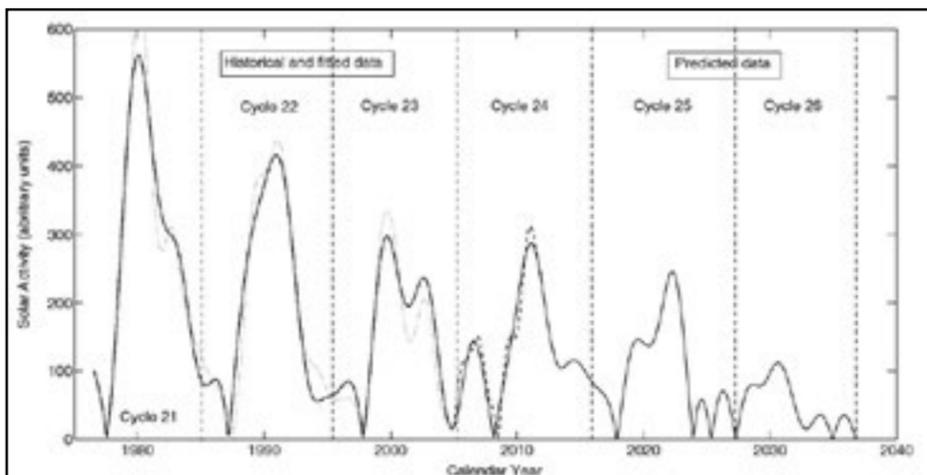
Svensmark's team at DTU began their studies in 1991. For the next 15 years they collected satellite data of the Sun's magnetic field and sunspot frequency and found strong correlations with the Earth's temperature. With this data, they wondered what mechanism could cause this temperature variation, and began to suspect that cloud formation was involved. In 2003, Svensmark remembered an old high school cloud chamber experiment, observing cosmic rays passing through a cloud chamber, which caused strings of water molecules to condense and form tiny clouds. Going one step further, he compared satellite data for years on cosmic rays and solar magnetic activity. What he found astounded him; a correlation so concise it was beyond any scientist's dreams.

Cosmic rays happen regularly in space with every exploding Neutron or dying star. Tiny particles are hurled through space at near light speed, bombarding everything they meet along the way. Svensmark's findings revealed that during years when solar magnetic activity is high (many sunspots) in the 11-year cycle, cosmic rays are deflected from hitting our planet, but in years when the Sun is quiet, our planet is bombarded with cosmic rays and experiences periods of increased cloud cover and measurably cooler temperatures.

When Svensmark attempted to publish this work in 2004, it was summarily rejected by major scientific journals. He tried for four years to get this work published but with no success. Later, a ten-year preparation for a 2011 successful CLOUD (chamber) experiment at CERN showed that rays fired through a cloud chamber at near light speed produced nucleation and cloud formation. The "Warmers", now embraced by most politicians and deeply-funded scientists, did everything they could to suppress this information.

Svensmark's team worked to complete the picture. It is commonly acknowledged that the Sun's magnetic field helps shield this planet from cosmic rays, and it is also recognized that increased cloud cover cools the Earth. Svensmark needed to demonstrate that cosmic rays form nucleation, which seed and create clouds. Finally released last year, this Danish team's new study demonstrates, theoretically and experimentally, how actions between cosmic rays and aerosols effectively grow clouds. It confirms evidence of how we experienced the Medieval warm period, around 1000 AD, and the extreme cold of the little Ice Age of 1300-1500.

Our presently inactive Sun is again allowing a higher number of cosmic rays into the mesosphere. Travelling through an arm of the Galaxy, that is abundant with cosmic radiation, we can expect more powerful storms, and more extreme climate changes. We saw this last year with excessive snow in many countries and deluges of rainfall and oversized hail across the Earth. The sun is on track to have the lowest recorded sunspot activity since records began in 1750. This Grand Solar Minimum may last for thirty years and compel us to co-operate as never before.



A predictive graph of our Sun's magnetic 11-year solar cycle: higher lines indicate active periods, lower lines quiet periods. Hurricane Katrina for example, was in 2005. There were 8 named Atlantic hurricanes in 2008. Graph credit <http://jo.nova.s3.amazonaws.com>



The Story Behind The End of the Algonquin Forest

Joseph Graham - Main Street
joseph@ballyhoo.ca

In Dr. Grignon's *Album Historique de Ste. Agathe*, written in 1912 for the 50th anniversary of the founding of the parish, he describes the first three colonist families who homesteaded in our region. These three couples, Angéline and Narcisse Ménard, Adélaïde and Olivier Ménard, as well as Flavie and Jean-Baptiste Dufresne, had clearly responded to A.N. Morin's initiative in encouraging homesteading of the north country. Despite Morin's noble efforts with potatoes, however, the real economic mainstay would never be the farm, but rather, the timber, and these couples were well equipped to exploit it. The Ménard brothers were both over 6 feet tall, and their sister, Flavie, who married Dufresne, as well as their mother, were also big, sturdy people. The mother, the legendary "La Vieille Ménard," was close to six feet tall herself and was of Iroquoian or Algonquin descent. Most of the new colonists came, as Dr. Grignon describes them in 1912, determined to win a battle against the forest: "Ces soldats d'un nouveau genre...c'était des colons. Leur arme c'était la hache du défricheur" (This new type of soldier...they were colonists. Their arms were the pioneers' hatchets).

Even though the forest was the fuel driving the motor of the new economy, people did not see it that way. The trees were something that had to be removed in order to farm. Catherine Parr Traill, author of *Roughing It in the Bush*, sailing up the St. Lawrence in 1832 recorded the description "...a great portion of forest which it will take years of labour to remove." There was a massive drive to eliminate the forest, along with its people and more threatening predators, to build ordered communities like those farms of European memory and the ones that had been built along the fertile shores of the St. Lawrence.

The Laurentian forests, inhabited and maintained since biblical times by the Algonquin and their ancestors, had suddenly become an important commodity because, during the Napoleonic wars, the French had tried to block access to the Baltic Sea, forcing the English to look elsewhere for the large pines needed to rig their ships. Robert Hughes in *The Fatal Shore*, the story of Australia's founding, described one English ship: "The mainmast of a 74-gun first-rater was three feet thick at the base, and rose 108 feet from keelson to truck - a single tree, dead straight and flawlessly solid. Such a vessel needed some 22 masts and yards as well." The only wood that could satisfy was the pine. Aside from its slow taper and its size, its sap formed a binding resin that gave it an unusual flexibility.

The pine forest canopy was 15 storeys high in areas, cultivated and inhabited for millennia by a people who found their living there. As early as 1805, English surveyors branded standing trees with the sign of the broad arrow, thereby claiming them for the Crown. Such trees could not be touched without proper authority, but when they were felled, a second selection was made and the straightest were floated down to Quebec. The rest were left to rot or scavenged for other purposes.



Once the war was over, a whole forest industry developed. There was a huge demand for squared logs until the middle of the 19th century and a way of life grew up around the industry. Men would fell trees through the winter and drag their logs to the rivers where they would be locked on top of the ice until the thaw. When the waters reached their spring high and the keylog was removed, the logs would flow downstream, accompanied by teams of men who broke logjams. Each log was marked with a bushmark identifying the company that owned it, and in wider waters these logs would be tied into cribs. At the St. Lawrence, 100 cribs would be bound together to make a raft. Paintings of the time, such as William Henry Bartlett's 1842 *Timber Slide and Bridge on the Ottawa*, show impossible feats of bravery as men guide loosely bound, gigantic logs through steep rapids, poling to avoid huge rocks. Guiding their cargo, the loggers lived for months on these huge, roiling rafts.

A government study published in 1850 declared that there was enough timber in the Ottawa Valley to last 600 years - one can imagine an amoral bureaucrat adding a zero to the study to calm the politicians. By that date, the demand for wood at the saw mills was beginning to outstrip the demand for squared logs, and communities began to develop around saw mills. Potash, a fertilizer made from wood ashes, also became a major export as the farmers cleared their fields. It took the ashes of 60 mature maple trees rendered down to make a quintal (approximately 100 pounds) of potash. This sold for hard currency, but the real benefit in the homesteader's mind was a cleared field.

By the mid-1860's, lumbering had reached its zenith and the homesteaders were discovering that underneath the canopy, the remaining soil would never sustain their way of life. Before he died in 1996, Ernest Piché, grandson of Nazaire Piché, described his grandfather's farm to me. Their farm was on the shore of Lac Brûlé, cleared in the 1860s. Nazaire homesteaded with his partner, Boismenu. Each in his turn made his living by cutting and squaring logs during the winter and each tried to build up the farm in the summer. Boismenu died, still a young man, and Nazaire bought the farm. Within a few years, his wife died, and Nazaire married his late partner's widow. Together they reared eight children. For these children the forestry industry would already be a thing of the past. They saw themselves as farmers, but the farm proved a luxury that could not sustain itself once the forest was gone. The way of life that passed was that of the lumberjack. The farms were soon abandoned.

Obituaries

In Memoriam

DUFF, JUDITH LYNN (NEE: ESTABROOKS)

In loving memory of our cherished Judy who left us on September 4, 2015.

She is sorely missed and will be forever remembered by her husband Jack, her son Jim (Danièle), her grandson John (Jenn), her brother Doug (Marie) and her sisters Pat, Arlene (Lynn) and Sue (Terry).

Love you forever,
Jack & family



Heart-felt thanks

The family of Jim Kenton would like to thank family, friends and neighbours for their prayers, cards and donations to various organizations. We would also like to thank everyone for his/her hard work and very generous donations and contributions to the reception that followed Jim's service. We are extremely grateful.

Senior's activities in Argenteuil

Brownsburg-Chatham - Open-Circle/Cercle Ouvert

Beginning September 24 at St. Mungo's United Church in Brownsburg-Chatham, there will be a new opportunity for seniors to get together and enjoy set programs, lunch and social activities. Jog Your Mind will be offered this fall beginning at 10 am. This 10-week program aims to help maintain your cognitive vitality. Registration will be required to participate in the Jog Your Mind program, as space is limited. Lunch will be offered weekly to everyone for a small donation. Social games and activities are on the schedule for the afternoon. Transportation will be available for a small fee. Volunteers needed. For more information, to register, or to arrange for transportation please call 1-888-974-3940.

Harrington - Rouge Valley Days

Continuing this fall at the Harrington Golden Age Center in Harrington, there will be a variety of programs offered to seniors. Registration is required for each program as space is limited. Programs that will be available this fall include: Stand-Up, Document Assistance, Foot Care, Book Club, Introduction to iPad, Meditation and Relaxation Techniques and the Healthy Food Box. Information sessions on varying topics are also scheduled. Everyone is welcome to join us for lunch each week. For more information or to register for a program, please call 1-888-974-3940 or consult our Facebook page: Rouge Valley Days.



The English Link Alzheimer's and the Arts In honor of International Alzheimer's Awareness Month

By Jill Grumbache

In 1906 German psychiatrist, scientist, and neuropathologist Dr. Alois Alzheimer identified the disease that took on his name. He isolated and defined how the disease chokes off living brain cells, markedly shrinks the brain in certain regions, and causes one's thinking ability and memory to deteriorate.



Progress

Since its identification, scientists have made remarkable strides in understanding how Alzheimer's affects the brain, and how to make life better for affected individuals and families.

In 2013, hundreds of researchers from around the world collaborated and revealed newly identified genetic variations thought to be specific to the immune system. This added to mounting evidence of a role for the immune system in Alzheimer's disease.

In 2017 the World Health Organization launched the 2017-2025 Global Action Plan on the Public Health Response to Dementia. This plan provides actions to realize the vision of a world where dementia is prevented, and where people with dementia, and their caregivers, receive the care and support they need to live a life with meaning and dignity.

Also, on July 17 of this year, Bill Gates was joined by several other donors, philanthropists, and foundations to commit \$30 million to launch the Diagnostics Accelerator Fund. This project aims to accelerate bold new ideas for earlier and better diagnosis of the disease.

Art Therapy, it's good for the brain

Adults with Alzheimer's disease are often challenged to find ways to stimulate memory or communicate. Creative forces such as music and art have been shown to make a dramatic difference for many with the disease in accessing deep-rooted memories and enhancing communication.

Art therapies have proven to stir dormant memories and bring language back to life, stimulate senses, and give back to Alzheimer's patients, in some part, what the disease has taken away.

Research published in the Canadian Journal of Neurological Sciences examined how Alzheimer's patients recall events through artwork. Studies focused on the cases of two women suffering from types of Alzheimer's and dementia and, in both cases, art assisted in boosting cognitive function in areas of the brain.

Art, Music, Writing, Drama: A Powerful Combination

Dr. Daniel C. Potts, the founder of the organization Cognitive Dynamics (<http://www.cognitivedynamics.org/home/>), explains, "There is some good evidence that the available therapies may work best in combination—for example, art therapy plus music and dance. Or, within an art therapy session, combining creative writing and poetry, or a drama therapy session that makes use of written and spoken word, art, and music in concert."

What is certain is that all forms of art therapies work better when reminiscence and personal expression make up an integral part of the therapy, where care is taken to not only help patients reminisce but also to validate their present reality.

For more information, contact your local Alzheimer's organization: Laurentian Alzheimer's Society <https://www.alzheimerlaurentides.com/> (French only), Quebec Regional Alzheimer's Society <http://alzheimer.ca/en/federationquebecoise> and <http://alzheimerquebec.ca/?lang=en>, Alzheimer Society Canada <http://alzheimer.ca/en/Home>.

Doctors warn that older Canadians need this health test

(NC) Were you born between 1945 and 1975? If so, you might not know you're at an increased risk of certain illnesses, including hepatitis C.

Recently, the Canadian Association for the Study of the Liver recommended that Canadians be tested based on their age, not just possible risk factors. According to the new guidelines on the management of chronic hepatitis C, those born between 1945 and 1975 should be tested for the virus, aligning with the recommendations established by the Canadian Liver Foundation.

There is no warning for hepatitis C because its symptoms often don't appear until the liver is severely damaged. Undiagnosed and untreated chronic hepatitis C can lead to liver cancer and is the number one reason for liver transplants in Canada.

Many people who have this liver disease show no symptoms, and up to an estimated 70 per cent of people with chronic hepatitis C in Canada don't even know they have the infection.

To find out your hepatitis risk, complete the Canadian Liver Foundation's viral hepatitis questionnaire at liver.ca/hepatitisquestionnaire.



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Upcoming Activities

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

2nd Monday of the month:
10:30 am - noon (Mont-Tremblant)
Last Monday of the month:
10:30 am - noon (Ste-Agathe)

FOR PEOPLE WITH CANCER, CARE-GIVERS AND BEREAVED PEOPLE

Group Relaxation – visual exercises and relaxation

Fridays, starting Sept 21: 10:30 am - 11:30 am (Ste-Agathe)
Fridays, starting Sept 21: 10:30 am - noon (Mont-Tremblant)

Regenerating Yoga: From September 20 to November 20

Thursdays: 1:30 pm - 2:45 pm (Mont-Tremblant)

Thursdays: 9:30 am - 11 am

(Ste-Agathe)

Massage therapy

Free at home service – certain conditions apply

FOR PEOPLE IN MOURNING

Coffee Meeting for the Bereaved

2nd Tuesday of the month:
7 pm - 8:30 pm (Mont Tremblant)
Thurs, Aug 16: 1:30 pm – 3 pm
3rd Thursday of the month:
1:30 pm - 3:30 pm (Ste-Agathe)

Group Grieving – meetings sharing the 10 steps of grieving

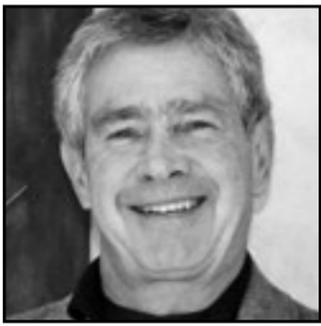
Sept 17 - Nov 19: Mondays from 7 pm - 9 pm (Mont-Tremblant)
Oct 15 - Dec 17: 1:30 pm - 3:30 pm (Ste-Agathe)
Oct 19 - Dec 21: (St-Sauveur)

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)

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Main Street Money: Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc.

The ABCs of ETFs

Exploring the evolving world of exchange-traded funds.

MANY INVESTORS ARE LOOKING FOR DIVERSIFIED EXPOSURE to global markets. One solution is an actively managed mutual fund, in which a portfolio manager analyzes and selects individual securities (tradable financial assets like stocks or bonds) within a specific area of the market. Another option is a passively managed exchange-traded fund (ETF) that tracks an index representing a specific area of the market.

Recently, innovative solutions have emerged that combine some of the benefits, and help avoid some of the disadvantages, of each of these approaches. They're ETFs that incorporate elements of active management, and they have the potential to deliver market-beating growth within a lower-cost ETF structure.

What is an ETF?

First, let's take a step back and look at how a traditional, passively managed ETF works. ETFs were originally created to track indexes, which are statistical measures of change within the markets. So, for example, an ETF may hold a basket of securities that matches – and is regularly rebalanced to keep matching – the securities in the S&P/TSX Composite Index. These ETFs offer exposure to a well-defined market – in this case, Canadian equities. Their aim is not to outperform, but to deliver the same performance as the index, minus fees. Passively managed ETFs have low operational costs and don't require a lot of daily involvement by portfolio managers, so the fees charged are usually low.

A passively managed ETF may hold stocks, bonds, commodities, currencies, options or a blend of assets, depending on which index it is tracking. It's easy to buy and sell, since it trades on an exchange just like a stock. It's priced throughout the trading day, rather than only at the end of the trading day like a mutual fund. It can operate tax-efficiently because it's mirroring an index, and indexes don't change their composition very frequently. That means low turnover in the ETF, and fewer realized capital gains. It's also very transparent, with portfolio holdings available daily; in contrast, mutual funds may report their holdings monthly or quarterly.

It is important to reiterate, however, that a passively managed ETF doesn't attempt to beat market returns; its goal is simply to replicate them (minus a fee). In addition, indexes can get skewed towards companies trading at high (sometimes inflated) prices, and a passive approach can't correct for this.

Adding a dash (or more) of active management

Newer ETFs aim to outperform market returns and/or reduce risk, focusing on one of two strategies to achieve this:

- Strategic beta ETFs apply a set of rules, or factors, that may favour a specific type of security – for example, value, growth or low-volatility stocks; as a result, the weightings of securities in a strategic beta ETF portfolio may be quite different from the index.
- Actively managed ETFs have a portfolio management team that selects individual securities, just like an actively managed mutual fund, but are structured as ETFs to take advantage of ETF features such as tax-efficiency and pricing throughout the trading day.

Both of these ETF types give investors access to active portfolio management insights. It's worth keeping in mind that strategic beta ETFs, even those that use complex, multifactor approaches, often have lower management fees than actively managed ETFs. That's because they're more rules-based, with fewer day-to-day decisions being made by a portfolio management team.

Who can benefit from ETFs?

Because the universe of ETFs is so wide, with passively managed, strategic beta and actively managed options available, they can play many different roles in an investment portfolio. A broad-based ETF is designed to give an investor exposure to an entire market, and like a broad-based mutual fund, may form the foundation of

a portfolio. More specialized ETFs, like more specialized mutual funds, can serve to add targeted exposure to specific areas of the market.

Similarly, passively managed and more actively managed ETFs can help investors achieve different goals. Passive ETFs provide exposure to market returns, while strategic beta and active ETFs may seek to deliver market-beating performance and can help achieve goals such as reducing risk in a portfolio.

In general, ETFs of all types appeal to investors who are seeking:

- Diversification
- Lower fees
- Tax-efficiency
- Transparency

Keep in mind that the advantage of lower fees is amplified over time, so investors with a longer time horizon are in the best position to benefit from it.

Speak to your advisor about whether ETFs are a good fit for your financial goals. If they are, discuss the various choices to determine the type (or mix of types) of ETF that are most appropriate for you.

Commissions, management fees and expenses all may be associated with exchange-traded funds (ETFs). Investment objectives, risks, fees, expenses and other important information are contained in the prospectus, please read it before investing. ETFs are not guaranteed, their values change frequently and past performance may not be repeated.

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

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Goal surpassed – 144 generous blood donors

On Wednesday, September 5, 144 generous donors participated in the Mayor's Blood Drive in Mont Tremblant, exceeding the original goal of 135 participants.

The Town of Mont-Tremblant has been working with Héma-Québec for several years on the supply of blood to Quebec hospitals.



Blood donor Carole Chalifoux accompanied by her daughter Maëlle Wherry and surrounded by Mayor Luc Brisbois and several volunteers: Louise Émond, Éléonore Rousseau, Michelle Auclair, Lise Constantineau, Guylaine Carrière, Ginette Grenier, Maryse Brissette and Alyette Crevier.

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I'm Just Saying Use your voice

Ron Golfman - Main Street

In an era where we debate what is real news and what is fake, and when most posts on media are polarized to the point that a contrary opinion invites volleys of hateful responses, having a

political position has forced people either to push back futilely or retreat into silence for fear of being demonized. The real issues of the day take a back-seat to zealots demonizing us for not seeing reality in their perception, regardless of the truth. These phenomena have forced many of us to swallow our beliefs in public and retreat into silence.

I raise the above point because we are weeks away from a significant Quebec provincial election, in which the usual monotone discussion of separation has been put on the back burner for the next term by all three major parties, allowing us to focus on the choice we need to make based on the issues of the day. The issue of political correctness, whether left or right, real or fake is, on a personal level, less important than what really matters to us as individuals; freedom of choice.

All one must do is look across the globe to understand what a gift we have in being able to vote freely in all elections, be they municipal, provincial or federal. It is easy, and wrong, to assume that your single vote is not important, and will not affect the outcome, because the most significant aspect of your ballot is your absolute right to freedom of expression.

Apathy is reckless, and potentially dangerous, and we need not look any further than to our neighbors to the south to see the perils of having others determine our fate. As well, due to the climate and intensity of politics in the last few years, being able to use your voice privately, by means of your ballot, allows your personal choice to be known, a privilege we should never take for granted.

On October 1, the people of Quebec, determined by who they vote for, can force the focus onto health care, seniors in an aging population, education, immigration and so many other issues, which affect us all today, and in the years ahead.

In our daily lives, it is easy to feel like one of millions of lemmings that are forced to go with the flow. We've become somewhat resigned to this acceptance, placidly conceding to the mind-numbing political rhetoric for the masses, without barely an objection or an opinion. The opportunity afforded us in an election is to be able to stand alone and, at the same time, also join with others of like mind, to steer the political machine towards a better day.

While school shootings have mobilized youth to become politically aware, and the "Me Too" movement has motivated women to find a podium, we cannot simply respond and react to these assaults as a reason to assert our self-determination via the voting process.

The gift of the ballot, and I'm Just Saying, is both a privilege and a responsibility we all must accept, and use, to be heard. Vote!

Provincial election of October 1, 2018 Natural environments to protect; a vision and a brand image to defend

As the provincial election approaches, the Regional Committee for Cliff Protection (CRPF) in Prévost, Saint-Hippolyte and Piedmont wishes to take advantage of the election campaign to remind candidates of the importance of environmental conservation of our region.



For CRPF President Claude Bourque, "The protection of natural areas is a strategic investment at the citizen level because it means healthy spaces for both users and the fauna and flora. Moreover, it is a sustainable intervention because we bequeath to our grandchildren and their children territories whose natural characteristics will be preserved in perpetuity."

For the CRPF, the creation of the Alfred-Kelly Nature Reserves and the Cliffs Park, respectively owned by the Nature Conservancy of Canada and the CRPF, in the Piedmont, Prévost and Saint-Hippolyte regions is an important step in the protection of the escarpments of these three municipalities."

The image of the region

The CRPF adheres to and defends the idea that forests, mountains, lakes and wetlands, and the fauna and flora that live there are all elements that make up the "brand image" of our region.

However, for Mr. Bourque, "We must realize that we are everywhere in our territory, in front of a sustained real estate development, two to three times faster here in the Laurentians than anywhere else in Quebec. It is an unequivocal threat to natural areas."

For the president of the CRPF, if the adequacy of "Laurentians and natural environments" is truly our brand, we must realize that the time has come to defend it and that in this respect, citizens have an important role to play.

The CRPF invites citizens to inform candidates of their concern about the conservation of natural environments and their desire to see our elected representatives give a large share to this crucial issue.

The CRPF, as well as the citizens who support it, would like the parties and candidates in the next provincial election to make an important contribution to the issue of the conservation of natural areas in their programs and to communicate their views and proposals to the population.



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What is Business Coaching?

The decisions you make today will have an impact on your business in 6, 12, even 18 months from now. The Business Coaches at YES are experienced professionals who can guide you through the decision-making process by providing you with information and resources, current trends, or innovative solutions from other industries. In addition, they will ask you the tough questions you avoid asking yourself, and will make you think about aspects of your business you might have not thought about before. Your dedicated YES business coach will help you set your realistic short and long-term goals in every area of your business - marketing, sales, financing, management or operations, and will hold you accountable, which is key to every successful business. Most importantly, we meet you where you're at. No two businesses are identical, that's why our approach is individually tailored to your needs.

How do I get started?

Attend a free consultation with a Business Coach in person, either at our centre, or your place of business, or our community partners' offices, or online. This session is specifically designed to determine the extent of your individualized service needs, and to outline your next steps. After this session, you can open a business-coaching file to continue to receive free business coaching services.

What does it cost?

Hiring an experienced business coach can quickly turn out to be an unsustainable expense. However, YES offers these professional services at affordable rates. For a one-time file activation fee of \$20, you will get unlimited access to business coaching, business bootcamp, legal information and accounting clinics. All these services are invaluable in helping you develop every aspect of your business and achieve your short and long-term business goals.

What's next? Contact YES at info@yesmontreal.ca or 1-888-614-9788 to book your online coaching appointment or visit www.yesmontreal.ca to access YES' resources and workshops.



Sharing bowls raised \$4,200 in donations to the Val-David food counter

The recipe is a winner: soup prepared by volunteers and the children of the village, with vegetables from the community garden and market producers, served in beautiful ceramic bowls offered by potters, and sold for the benefit of the food counter. Visitors to the kiosk at the Val-David Summer Market were captivated by the beauty of the bowls and were comforted by the gesture and the excellent soup! For \$20, a soup, a single bowl, a bread roll, and an apple. This year, the proceeds of the event doubled, and set a record of 210 bowls and over 50 litres of soup sold, for a total of \$4,200 entirely donated to the food counter!



Due to the involvement of many volunteers, several less fortunate people will be able to benefit from the food service provided by the food counter. Thanks to Diane Séguin and the Market for the Kiosk and Logistics team, to the community garden volunteers and coordinator, Joëlle Clark, and José Paquin, his colleagues and elementary students from École Ste-Marie, to the producers who provided the vegetables, including the Onion Farm, the 3 Levains Bakery, the Petits Cailloux Farm for apples, and Robin Hutchinson along with all the potters and ceramists involved for their beautiful bowls.



Real Wine for Real People Let's talk about cheap wine

April Sirois - Sommelier - ISG

First, I hate the term "cheap wine". I prefer the words inexpensive, or lower-priced. Cheap sounds just that, cheap. Now, what I am talking

about here is your ordinary, week-night, neighbours popping in, bottle of wine. The ones we guiltily slip into our Costco cart, under the paper towels, like a cartoon-animal-labeled contraband product.

I think the problem with people buying and enjoying the under-\$15 wines is that they feel like they are lowering themselves to drink them. Then, surely, it must mean that if the wine costs more it must be a better wine, right?

Well, not always. Back in 1995, Gallo wines decided to try an experiment with the public at their tasting rooms in California. They had people sample two wines, telling them that one was a \$5 wine and the other was a \$10 wine. Almost all the tasters chose the \$10 wine as the better wine. However, both samples were from the same bottle. Obviously, people's perceptions were influenced by the price of the wine, proving that we have been taught, with wine, as with a lot of other things, that more expensive must be better. Is this the truth?

Well, yes and no. Of course, that bottle of \$300 Grand Dame is going to be an exceptional bottle of wine, but are you going to serve that on a Wednesday night with takeout pizza? Maybe in my dreams, but in the real world, not likely. What we are talking about here is that wine I like to describe as "counter-top wine" or week-night wine. Why can't we also admit that we can enjoy those wines too? Let's face it, the nice thing about that bottle of Wolf Blass Yellow Tail in your pantry is that you know what you are getting every time. No surprises there. I think there is value in that knowledge.

Another thing to consider is that, over the past two decades, wine-making techniques have improved greatly and, as a result, so has the wine - all wine. This fact has given us access to a larger selection of decent wines, at lower prices.

So, go ahead and give those lower-priced wines a try. Pull them out from under the paper towels and shamelessly put them on that check-out belt. You never know, you may find a little gem at a great, weekday-wine price.

Cheers!

The 4th annual fundraising walk to benefit La Traversée Home for palliative care in Mont-Tremblant

Mrs. Chantal Roussel, President of la Fondation La Traversée, announced recently that the 4th annual fundraising walk to benefit La Traversée Home for palliative care will take place on October 13 at Domaine Saint-Bernard.

Geneviève Gagnon, Honorary President of the event and Executive Director of Groupe Yves Gagnon (GYG), invites everyone who believes in the necessity of this home in the heart of the Laurentians to join the walk. The importance of fundraising is crucial, as La Traversée Home is dedicated to offering its services free to residents in the region. The goal for this year's La marche pour L'Envolée de La Traversée is to raise \$80,000.

"Since organizing our first walk in 2015, we understand how important this project is to residents of the region's three MRCs: Antoine-Labelle, the Laurentians, and Pays-d'en-Haut," says Mrs. Roussel. "This year's event is of particular importance, as work is ongoing with Phase 1 to renovate the building that will be the future home of La Traversée. We have a real, immediate need to ask residents for their financial support, so that we can complete the reconstruction and open the Home as soon as possible. Thanks to our partnership with Groupe Yves Gagnon, proud sponsor of the walk, every dollar raised will be doubled, dollar-for-dollar! Your donations will go further thanks to their help," added Mrs. Roussel.

La Marche and hot air balloons

To simplify logistics for this year's event, the walk will take place solely at Domaine Saint-Bernard in Mont-Tremblant. Anyone can sign up online here: www.jedonneenligne.org/fondationlatraversee/campagne/lenvoleedelatraversee.

Participants can choose to sign up individually or in teams. Each participant can register for the 3-km or 10-km walk, however they are welcome to walk less or more according to their ability. All participants are asked to meet by 9 am on Saturday, October 13, at Domaine Saint-Bernard.

Hot air balloon rides will also be available at the 2018 event, weather permitting. Departures will take place between 6 am and 9 am, as well as between 4 pm and 7 pm. Snacks and beverages will be provided to participants of the walk.

"The fact that the renovations are under way, and that the communities that make up the three MRCs are more aware of the project, are strong motivating factors. It is important to everyone that the Home opens as soon as possible, as the need is great. We invite anyone who wants to participate to help contribute to the success of L'Envolée."



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Nature

Enjoy nature photography? If you have a photo of Laurentian Wildlife that you would like to share with our readers, please send it to us for future publication.

These stunning bird photos were captured and submitted by Tammy Attanasoff from Ste. Lucie des Laurentides. Can you identify their species? Thank you Tammy for these amazing pictures.



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Theatre Morin Heights Presents "Glorious" Nov 1 - 4

The 1940s world of New York socialite, Florence Foster Jenkins, will be brought to life as Theatre Morin Heights stages Peter Quilter's "Glorious" November 1 to 4 at the Chalet Bellevue in Morin Heights.

Rehearsals are well underway with an ensemble cast of Theatre Morin Heights veterans (Corina Lupu, David Potter, Lois Russell) and newcomers (Brian Anderson, Kaitlyn Helstrom, Bessie Athanasopoulos) under the direction of Peter Cook with Brigitte Simon producing.

The real Florence was a wealthy socialite and amateur soprano who was known and mocked for her flamboyant performance costumes and notably poor singing ability. Her story has been captured and retold on stage and in film.

The TMH production of "Glorious" promises to deliver both the poignant as well as the humorous sides of this larger than life character and her eccentric entourage.

Tickets are \$20 in advance available online now at www.theatremorinheights.ca or at Marché Vaillancourt, starting October 1. Subject to availability \$25 at the door. Last year's show sold out in advance, so don't be disappointed.

For more information visit the TMH website, email theatremorinheights@gmail.com or call 579-765-3999.



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To stimulate our economy, I intend to collaborate and support a circular economy and our local businesses.

The QLP is the party that is focused on the economy and our platform offers many incentives to encourage development and retention in Argenteuil.



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