



# INFO MILLE-ISLES



## Included in this Edition

- Word from the Mayor page 2
- Information Day page 3
- The Columns pages 4 to 7
- Statements pages 8 and 9
- Cultural activities and sports pages 10
- The Capsules pages 11 to 17
- General Information page 18



**NEW TRANSLATOR FOR THIS EDITION!**



## Mille-Isles Celebration

**Saturday, August 18, 2012 from 11:30 a.m. to 4:30 p.m.**

In case of rain, the celebration will be held Sunday, August 19<sup>th</sup>  
All details on page 10

*New this year!*

*The Family Day becomes the  
Mille-Isles Celebration!*

### ECO TRICKS

The 3RV principle. Read about it on page 13

### FRUITS AND VEGETABLES season HAS ARRIVED,

Finally, summer is here with its abundance of fresh fruits.  
Details on page 17



### BOOK OF MILLE-ISLER'S RECIPES

We will create a recipe book on the municipality's Website which will include Mille-Isles' best recipes. Please send your recipe with your name to: [caubertin@mille-isles.ca](mailto:caubertin@mille-isles.ca) or at the following address: Mille-Isles Municipality, 1262 chemin de Mille-Isles, Mille-Isles, Quebec J0R 1A0



## Country Dance 2012

**Come  
and have fun with us!**

July 7<sup>th</sup> 2012 • Dinner from 5 p.m. to 7 p.m.  
Cost \$25.00 • Includes : meal, mechanical bull and music  
Tickets can be purchased at the town hall in Mille-Isles:  
1262 chemin de Mille-Isles.

**For information contact: Noreen Howden,  
municipal councillor 450-438-2958 Ext. 2622**





# WORD from the MAYOR

June 2012 Edition

## REBUILDING OUR COMMUNITY BOND

Dear Fellow-Citizens,

When we presented our strategic plan in August 2010, one of the issues raised was “**community life**” which, for the council, represents an absolute priority for revitalizing and breathing new life into our community.

When our municipality was created on July 1<sup>st</sup>, 1855, our founders had every reason to believe that the Mille-Isles community would grow and flourish all along the coming years. That vision was laudable and desirable. It is thanks to people like Phyllis Burton, Colonel Strong, Willis Black and the Ward families that Mille-Isles acquired services like electricity, the telephone, the postal service and a community centre that, over the years, **became the whole community’s meeting place**. With the coming of the Pollocks, Dawsons, Pattersons, Kilpatrick, Hughes and many other families, an exceptional community bond evolved which would allow the residents to involve themselves within the community while taking the right decisions to ensure its survival. At the time, helping each other out went without saying, voluntary work was pervasive and sporting, cultural and social activities were all around, maintaining an essential community link during those difficult years. Unfortunately, community life has since eroded within the municipality for multiple reasons. We, citizens of Mille-Isles, must take over the task to ensure that the link that was the municipality’s hallmark when it was created and during its evolution reclaims its due position. In short, it is important to rebuild this sense of community belonging by taking concrete action like the builders did in past years.

Many people will tell you that times have certainly changed, that life’s pace is much quicker, that means of communication have evolved at an accelerated pace and that nothing will ever be like before. Even if I agree with those ideas, it must be understood that we live in a rural community and that there are huge challenges in keeping our community healthy. If we can’t stick together and enact the required changes to rebuild our community bond, we will but realize failure! Pulling together is “thinking and acting differently by bringing forth concrete solutions that will satisfy the majority of citizens”. All the small communities like ours face many challenges and Mille-Isles is not immune. This community bond that we are trying to **re-establish** is a major issue for all of us and requires a different approach. In this respect, two major projects will be revealed to you soon. One of them aims to be the cornerstone that will enable community life to be rekindled and will be the envy of surrounding municipalities.

According to the latest 2011 census, our population has grown by 10.2%; a very encouraging rise. New families have joined us but unfortunately, we have little to offer them or our existing families and children. Keeping this in mind, what are we actually doing to entertain them and integrate them in our milieu? And more importantly, what are we doing to retain them? It’s the big challenge that we must overcome collectively and we must give ourselves unifying projects to achieve this.

Whether you are a permanent citizen or a vacationer, from the east, centre or west side of the municipality, and whatever your language or origins, there is no difference: we are all citizens of Mille-Isles. To keep the community going, it is important that all and everyone involve themselves in their own way to improve this quality of life that we all seek. There is nothing more commendable for a community than to have projects commensurate with its means. Nonetheless, inaction is not a solution to consider because it would mean going back to the past and that is not acceptable. Today, there are two ways of managing change: **we manage change by acquiring the appropriate tools or change manages us and we lose control!**

As Gustave Le Bon, a 19<sup>th</sup> century author, used to say: “Living is changing. Change is the soul of things.” Your council has decided by mutual agreement to **manage change** instead of being subjected to it! And you, citizens of Mille-Isles, will you manage it with us?

Sincerely,

Yvon Samson, Mayor



# INFORMATION DAY AND PROJECT PRESENTATION

June 2012 Edition

## A WORD FROM CINDY SMITH, MUNICIPAL COUNCILLOR

Dear Citizens of the Municipality of Mille-Isles,

This is just a short letter about the consultation held at the **Community Hall on Saturday, June 9<sup>th</sup> at 10 AM**. On that day, we were just trying to inform people of the possible projects on the table for the future.

I felt that the whole project was under attack, without any of the people having all the facts. There is a lot of misinformation being spread around.

Please allow us to give you the whole picture for the future of our municipality and please withhold judgment until you have all of the facts and figures. Don't forget that our children and grand-children will benefit from these plans. Please give us a chance to fully explain the plans before you shoot them down.

I thank the people for attending the consultation and ask that you just give us a chance.

Sincerely, Cindy Smith, municipal councillor

## A WORD FROM LOUISE LEBLANC, MUNICIPAL COUNCILLOR

Dear citizens of Mille-Isles municipality,

This short note is about the public consultation which was held on **Saturday, June 9<sup>th</sup> at 1:30 p.m. in the community hall**. That afternoon, we met about twenty citizens who took part in the discussions and the different activities regarding sustainable development. I want to thank the citizens that came and gave of their time on a nice sunny afternoon.

The municipality is seriously considering putting together a sustainable development strategy to ensure the achievement of long-term objectives. To do so, many possible projects are on the table and citizen participation is required and fits in perfectly with the sustainable development process.

During that afternoon, I presented the multifunctional complex including many drafts of the building as well as the projected inside and outside layouts. I felt that the construction project of a multifunctional complex raised a number of questions and a certain interest. The majority of people consider that such a complex is necessary in our municipality to improve the living environment of the young and not so young and to add value to community-minded activities.

We'll be in a position to give you more details on August 25, 2012. So mark it in your calendars!

In the mean time, I wish you all a nice summer!

Sincerely, Louise Leblanc, municipal councillor

## WHAT IS THE NATURAL STEP? (TEXT PROVIDED BY "THE NATURAL STEP")

Created in 1989 in Sweden, The Natural Step (TNS) is a non-profit organisation active in 11 countries including Canada. **The Natural Step's mission is to accelerate change towards sustainable societies.** Using a positive approach and a framework based on international scientific consensus on conditions for sustainability, TNS supports communities with their understanding of sustainability challenges, with the creation of a long-term vision aligned with sustainability principles and with the implementation of transition strategies towards a sustainable community.



Thanks to a shared vision **created by the community**, municipalities involved with the TNS approach make sure that local partners and stakeholders are involved and are recognized as leaders in the social transformation that our world is experiencing. **For more information, please visit <http://www.naturalstep.org/en/canada/our-story>.**

### PUBLIC MEETING TO COME

**Add this to your agenda: the council invites Mille-Isles citizens to a meeting which will be held Saturday, August 25, 2012. More information will be forthcoming through the mail and on our Website.**



# The COLUMNS

Only the columns are signed

June 2012 Edition

## The General Director's column

### **LITTLE-KNOWN PROFESSION: Executive Director of a Municipality)**

Main municipal officer, the executive director (hereafter ED) is in charge of administering it, as previewed by article 210 of Quebec's Municipal Code (hereafter MC). The ED's powers and functions are essentially previewed within the law. According to authors Hétu and Duplessis<sup>1</sup>, if the duties and powers of the main municipal officers, such as the ED, are essentially described in the law, it is because the legislator wanted them to have a necessary independence, even much autonomy, in the proper administration of the municipality.

**Thus, pursuant to article 212 (1) of the MC, the ED ensures communication between municipal council, the other committees and the municipality's employees. He participates in preparing the budget and if need be, the municipality's capital asset program.**

Another one of the ED's functions is to examine complaints and claims received against the municipality as previewed by article 212 (3) of the MC. Also note that the ED will also study the municipality's by-law projects: article 212 (4) of the MC. Regarding municipal council sessions, let's remember that the ED's role is to be present but not lead them. This function, previewed in article 212 (5) of the MC, implies that the ED should sit back during the municipal council sessions. In fact, it's up to the mayor, as head of the municipal council, to preside the council's sessions: article 158 of the MC. It is therefore up to him to lead the assembly and enable council members and the ED to express their point of view and answer questions.

The ED is also the secretary-treasurer of a municipality and is automatically its election chairman. When exercising this particular function, it is understood that honesty and impartiality towards the candidates and voters must be utmost.

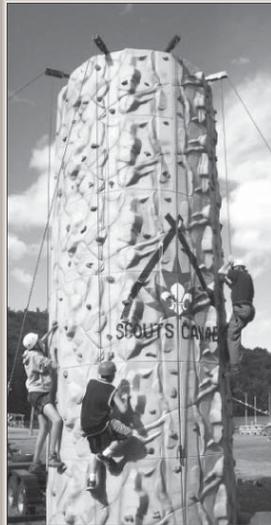
Finally, depending on the functions having been delegated to him, the ED will report to municipal council on the execution of its decisions, will see to the execution of the municipality's by-laws and decisions, will report to council on all matters that he believes they should know and will have authority over all the other municipal officers and employees.

**All in all, the ED is notably in charge of acting as an intermediary between the council, the other officers and the population.**

As you can note, the ED's function within a municipality is not a small affair. Having to deal on the one hand with his administrative functions within the municipality's management and on the other, with the relationships he must maintain with municipal council, the other municipal employees and the population, the ED often walks, like the tightrope walker, on a thin steel wire! Nonetheless, it remains a most gratifying profession when it is understood by all.

*Johanne Ringuette*, General director

<sup>1</sup>HÉTU Jean et DUPLESSIS Yvon. *Droits municipal – Principes généraux et contentieux*, Volume 1, 2e édition, Brossard, Publications CCH, page 5203.



### **TAMARACOUTA DAY CAMP** (text provided by the "Scout camp Tamaracouta")

**There is still space available in the Day Camp programs at Tamaracouta Scout Reserve**, although some weeks are nearly full. Now that the "April" deadline giving preference to multiple-week registration has passed, registration is open for any combination of weeks. Registration for the Day Camp is \$75 and there is a weekly fee for Chickadee (5-7) and Falcon (8-10) of \$80 for Mille-Isles residents (\$72 and \$64 for second and subsequent children in the same family).

Camp runs from 08:30 – 16:30 daily and there is day care service available before and after for families who need it. Chickadees will be at Camp Tamaracouta and Falcons just up the lake at Camp Jackson Dodds, with full access to their fleet of kayaks, canoes and sail boats.

The Eagle program (11-15) is \$160 per week and kids are able to spend some nights at camp, participate in evening activities and enjoy the benefits of the full summer camp scout program.

**To register, please call 450-438-4096 or email [reservations@tamaracouta.com](mailto:reservations@tamaracouta.com).**



# The COLUMNS

Only the columns are signed

June 2012 Edition

## **COLUMN FROM THE URBAN PLANNING ADVISORY COMMITTEE (UPAC)**

Since the **BY-LAW NO RU.06.2011 ON ARCHITECTURAL INTEGRATION AND IMPLEMENTATION PLANS (AIIP)** came into effect, the Urban Planning Advisory Committee (UPAC) must study every intervention request regarding a main building, an accessory construction, a garage, a sign, a cadastral process, an intervention on a building of interest or on a property located in the village hamlet, or a global construction or development project.

The general objectives when using the AIIP are to attempt to protect the environment's natural and landscaped characteristics, the buildings original architecture and implementation modes and, as well, to plan land development while integrating the natural framework and the constructions' architecture.

**The Urban Planning Advisory Committee's (UPAC) role is to study any request regarding an AIIP** with the aim of formulating a recommendation for the municipal council while taking into account the relevant objectives and assessment criteria stipulated in the by-law. In a non restrictive manner, the reaching of the objectives is measured with the assessment criteria enumerated within the by-law, when applicable to the given intervention.

Following that, municipal council approves or disapproves with a resolution the request pursuant to the AIIP. The resolution disapproving the plans, if that's the case, must be motivated.

Since the month of April, the UPAC has studied many AIIP requests, including:

- **5 new single-family homes**
- **3 new insulated garages**
- **1 extension to a main building**
- **1 renovation of a building of interest**

Being that this is a new process, UPAC members had to follow training to correctly understand the objectives and assessment criteria applicable to each given intervention. For their study, UPAC members use an assessment grid as an aid, into which are defined the objectives and criteria applicable to each type of intervention. Each file is analyzed according to pre-established criteria and is never based on a random decision.

UPAC had to adapt its ways during its first AIIP studies by applying a process compliant with the new regulations. Now, after three meetings, all this seems a little more familiar even if all interventions or possible scenarios haven't yet been met. UPAC has the feeling that this qualitative assessment enables the **creation of better construction projects in Mille-Isles while respecting what's already there** and that it also enables, in some cases, the enhancement of the municipality's visual aspect.

*Louise Leblanc*, municipal councillor and president of UPAC

### **RESULTS FROM THE 2011 CENSUS**

Read about it on our Website under the Communication tab: **"Important population increase for Argenteuil"**. Last February 8<sup>th</sup>, Statistics Canada published their initial data tied to the 2011 Census. For more information, consult the April 12<sup>th</sup> press release published by Argenteuil's MRC.



# The COLUMNS

Only the columns are signed

June 2012 Edition

## Column from the Director of Urban Planning and Environmental Service

Hello everyone,

Within this column, the Urban Planning and Environmental Service will define which themes will be emphasized during our summer inspection tours.



### **Shoreline**

Once again this summer, Mrs. Nathalie Bouchard will tour the shorelines. We wish to reiterate that owners not respecting the ruling regarding shorelines and grass mowing will be handed out a statement of offence. The awareness phase has been more than done and we shall apply special efforts in ensuring that the quality of our bodies of water is protected.



### **Filling and clearing without authorization**

We remind you that an authorization for any filling or clearing operation is compulsory. These operations within the territory must absolutely be kept to a minimum, because of their many harmful effects on the environment: soil's surface sealing, alteration of the normal flow of water, alteration of the habitats and environments upstream, reduction of the available surface for the installation of a new sanitary facility, etc.



### **Septic tank**

A process aiming to assess the quality of all sanitary facilities on the territory was undertaken last year. Already, we have gathered information on over 600 properties and we shall proceed with the evaluation of 150 new septic tanks, particularly in the municipality's eastern section. Many owners have already received notices of offence and have up until September 1st, 2012 to replace their sanitary facility. It is an ambitious program, admittedly, but it will ensure the quality of the municipality's hydric network for a long time to come. In fact, the owners having altered or replaced their septic facility will have the assurance that the neighbouring properties have also gone through the same process. Down the road, the municipality's citizens will be able to feel pride in living in a healthy environment with quality drinking water.



### **Temporary car shelter**

We remind you that since May 1<sup>st</sup>, one may not keep an assembled temporary car shelter on one's property, including the metal structure. Owners having kept car shelters will be handed out notices of offence. In the event that the notices are not observed, the municipality will have to proceed with statements. We therefore ask that you collaborate! There isn't any need to wait for the notice before disassembling the structure.

Even though this column may seem a little legal in nature, we wish once again that the citizens be clearly kept abreast of the files that will be prioritized. The aim of the actual rulings is always to ensure protection of our collective environment and harmony between neighbours. We therefore once again ask for your collaboration and a bit of effort with the aim of collectively living in a better environment!

*Yohann Champagne*, Urban planning and environment Director

## **THE URBAN PLANNING AND ENVIRONMENT DIRECTOR'S HOLIDAYS, MR. YOHANN CHAMPAGNE**

We would like to advise you that Mr. Champagne will be on holidays from **September 2 to September 17, 2012** as well as from **November 25 to December 2, 2012**. We suggest that you plan your works and authorization requests accordingly.

**Have a  
great summer!**

**Check out our Website to access the FAQs about the revised urban planning by-laws**



# The COLUMNS

Only the columns are signed

June 2012 Edition

## Column from the public works

### COMMITTEE – LOOKING BACK ON THE ROADS WORKSHOP

A workshop on roads was held last May 5<sup>th</sup>. In all, about twenty citizens came by to take part in a full day of reflecting and brainstorming about the future reconditioning of our roads. Four work groups were formed. We started with a brief overview of the state of our roads as well as a presentation of the studies that were done. During dinner time, a buffet was served. After that, each group of citizens analyzed the information with the aim of presenting their recommendations. A representative from each group put forth their findings at the end of the day. Each team formulated different approaches, plans, suggestions and/or comments.

For the moment, the Public Works Committee did not take up a position following this workshop. They should analyze all the information during the summer and release a road reconditioning plan next fall. As for the roadwork for 2012, it will be done as announced.

We sincerely wish to thank all the citizens that took part in this workshop as this will enable us to develop a new road reconditioning plan while taking into account the received recommendations.

*Daniel Maurice*, councillor responsible for the Public Works Committee

## Fire Column

### Notice to all the Citizens of Mille-Isles

Sporadically and mostly on weekend evenings, the firemen will proceed with their patrols to ensure that the by-law on open-air fires is being followed. They have the power to demand that a fire be immediately put out if it contravenes the by-law and it is their duty to do so.

We therefore ask you to be very careful and to respect the by-law; it was adopted to protect the citizens looking to profit from a municipality with a large forested surface.

*Alain Charbonneau*, Fire Department Director

### DEATH OF A MILLE-ISLES FIREMAN

We learned that **Mister Gary Cooper**, part-time fireman for the municipality's fire department, has passed away last Friday, June 8<sup>th</sup> following a long illness. **Mister Cooper has served the municipality as a part-time fireman for over 16 years.** We offer our condolences to the family who wish to grieve their loss in strict intimacy.

**The work done by the MTQ in replacing the bridge's deck on montée de l'Église should be finished by the beginning of July. Be patient!**



### HIGH-SPEED INTERNET

**Read about it on our Website under the Communication tab.**

Press release on high-speed internet: "The government announces \$6.2 M for the roll-out of very high throughput Internet in Argenteuil's MRC". **Thus, a case file to be followed!**





# THE STATEMENTS

June 2012 Edition

## ACTIVITY STATEMENT ON "SUGAR SHACK 2012"



The Sugar Shack activity was held last March 31<sup>st</sup> and was really liked. 274 people came to the community hall in a span of nearly two hours, which represents about a hundred more than last year. It was great seeing the people taking advantage of this beautiful day together. There was a good turnover but it was impossible to accommodate everyone at once. Certain people had to eat standing. We had a few challenges but everybody seemed enthusiastic and comprehending.

On the menu there was: pancakes, eggs, sausages, ham, potatoes, beans, pea soup and fried fat, all served with maple syrup... not to mention taffy on snow. Fortunately, we had kept some snow in the freezer because this year, temperatures were at their mildest! There wasn't any snow left on that date. Young and old were able to follow up with a sleigh ride, sun included!

We want to thank all the volunteers for their precious help and especially Mrs. June Ward who stayed on till the end to give us a hand.

## STATEMENT: TRAINING DAY ON THE PRUNING AND TOP GRAFTING OF APPLE TREES

It's on a magnificent day last April 14<sup>th</sup> that training was given on pruning apple trees. Around twenty participants were given a direct demonstration and were able to experiment apple tree pruning on their own. It's while listening to frogs singing that the training went on and that many tricks and ways against insects, sickness, rodents and about different recommended and banned fertilizers, the most adapted varieties for our climate, etc. were given out by Manon Laroche.



On May 10<sup>th</sup>, the most passionate also learned and experimented how to top graft an apple tree. **Thanks to our volunteer trainer, Manon Laroche.**

## HEALTH CHECKUP STATEMENT



We had organized a checkup for Mille-Isles residents on Saturday, April 21<sup>st</sup>. A nurse and a kinesiologist from the Argenteuil CSSS healthy life habits team were there to meet the citizens and perform a checkup on everyone. We want to thank all the people that showed up for this day.

**Thank you for taking part!**

## STATEMENT – ZERO TOBACCO SUPPORT GROUP

This activity was finally organized with the Gore municipality so that we could reach seven people, the required number to start. It was extremely positive and the majority of people that were part of that group were able to **quit smoking or reduce their cigarette consumption by 75%...** which pleased all the participants. It was an unhoped for success for some that thought they could never quit! **We want to thank Mrs. Georgiana Titeica, a nurse with Argenteuil CSSS, who accompanied the group during seven weeks.**

## STATEMENT ON THE VIACTIVE ACTIVITY

Seeing the great demand, the Viactive activity will not be put on hold this summer! Join us in the community hall on Friday afternoons from 1:30 to 2:30. Get in shape while having fun.

**Viative is for the 50+ crowd and stimulates blood circulation, muscular strength, coordination, equilibrium and flexibility.**



**See you soon!**



# THE STATEMENTS

June 2012 Edition

## LOOKING BACK ON ENVIRONMENT DAY AND THE REVEGETATION OF THE MUNICIPAL POND

We want to sincerely thank all citizens that showed up during the latest edition of Mille-Isles' environment day held Sunday May 27, 2012 at Hammond-Rodgers park. On that day, the municipality gave out over 500 shrubs and herbaceous plants and over 700 trees to citizens. Also present were different information booths on ecological products, composting, soil erosion, interpretation of wetlands, etc.

Many citizens also took advantage of reduced rates for analyzing their drinking water and of Gabriel Charbonneau's presence, from the Aubier firm, who gave out much precious advice on how to revegetate shorelines. By the way, we strongly suggest you take a look at the municipal pond, which benefitted from a revegetation project. You will notice, amongst other things, many specially selected species of trees, shrubs and herbaceous plants and different revegetation landscaping. You will also note certain soil stabilization techniques using vegetation braiding and a stabilization membrane. This membrane is made up of coconut fibers and enables soil stabilization during the sowing phase. As the vegetation grows, it goes through the membrane's fibers and the roots solidify the soil and take over from the membrane. This plant engineering technique enables natural stabilization and will considerably reduce the sediment runoff into the pond from erosion.

We must also underline the presence of many voluntary citizens from this municipality and others that contributed in making this day a solid success.

We hope that environment day will get better from one year to the next so that a meaningful and unifying event will be set up for all the municipality's citizens!



## LOOKING BACK ON THE INFORMATIVE EVENING ABOUT CONSERVATION STRATEGY FOR NEHCV

We want to quickly look back on the informative evening held on May 9<sup>th</sup> at the municipality's community hall.

During this evening of information, the firm Horizon multiressources Inc. set forth the main points of this novel project which aims to ensure the permanent protection of certain sites demonstrating exceptional ecological services. This process will be accomplished in close collaboration with many different interveners and will actively involve the municipality's citizens, who will be consulted many times. What's more, many property owners will shortly receive a letter seeking to survey their interest in a voluntary conservation process. It won't be about signing a commitment towards conservation but about indicating your interest towards such a process. More information will be available during this survey.

For more details on the strategy, you can always get in touch with the urban planning and environment service's director.

## THE FIREMEN ARE CALLING ON HOMES

Again this year, **the Mille-Isles firemen will proceed with preventive** calls concerning smoke detectors. Our objective is to validate the smoke detectors proper functioning and, when negative, to inform citizens on the importance of having this vital piece of equipment. These calls will be spread out over the summer period on Thursday evenings up until October 13, 2012, between 6 and 9 o'clock and on one Saturday per month. Our firemen are well identified and will be wearing the municipality's uniform.



We hereby inform you that **Mille-Isles municipality** has not given out any authorization for representation or sale of products, such as portable fire extinguishers, on the municipality's territory. Consequently, we advise that you be vigilant if people show up as firemen and offer you their wares.

We remind you that within the territory, **open-air fires are forbidden unless they are done in a fireplace equipped with a spark arrester**. Respecting this regulation is important because our municipality is located in a forested environment. **We do not wish to confront a forest fire.**

**See you this summer!**



# CULTURAL ACTIVITIES AND SPORTS

June 2012 Edition

## UPCOMING ACTIVITIES

### MILLE-ISLES CELEBRATION - free activity

**Saturday, August 18, 2012 from 11:30 a.m. to 4:30 p.m.**

In case of rain, the celebration will be held Sunday, August 19<sup>th</sup>

Come celebrate summer at Tamaracouta Scout Camp, 499 chemin Tamaracouta, Mille-Isles.

- Many activities again this year:
- The greatest number of peeled corn contest
  - Corn and Hot-Dogs
  - Sand Castle contest and mini-games all throughout the day

### **New this year! The Family Celebration becomes the Mille-Isles Celebration!**

In order to offer **more visibility to Mille-Isles citizens**, we invite all our craftspersons to host a booth on this day. Reserve a table now! We also suggest **all Mille-Isles entrepreneurs** display their professional cards on the previewed bulletin board.

The leisure committee is presently looking for volunteers to help with the day's organising. There are many positions to fill such as:



If you are interested in participating or reserving a table, please leave a message with your coordinates for Nathalie Bouchard at 450 438-2958, ext. 2608 or at [nbouchard@mille-isles.ca](mailto:nbouchard@mille-isles.ca).



### **AUGUST 18, 2012 MILLE-ISLES CELEBRATION**

The **citizens of Mille-Isles** are invited to contribute to the large Argenteuil mural produced by an artist from our beautiful region, **Mrs. Sophie Boivin**. **See the Website for more information.**

Find the **monthly columns** *My HEALTH in MIND* at [www.mille-isles.ca](http://www.mille-isles.ca) under the "Health and Social Services" tab.



**Note to "connoisseurs"** There's a new "sugar pie without sugar" recipe available in the **Mille-Isler's recipe book.**





# THE CAPSULES

June 2012 Edition

## ENVIRONMENTAL CAPSULE

### MILLE-ISLES ENVIRONMENTAL CODE

We are very proud to inform you that the **Mille-Isles municipality has put together an environmental code** regrouping a number of objectives aiming to protect the environment. This environmental code will be a progressive planning tool and will represent municipal intentions regarding the environment. In fact, we held a workshop to which all the municipality's citizens were invited and asked to bring their contribution to the drafting of the first version of this environmental code.

This code, based on different values, regroups objectives and means of action linked to eight different themes: administrative management, water management, ground management, air management, ecological patrimony, parks and green areas, nuisance management and energetic efficiency.

Other **consulting workshops will be organised**, incidentally, to gradually add to this document in view of arriving at a general consensus of objectives that all citizens will adhere to, within a common view of protecting the collective environment!

### FOLLOW-UP ON SEPTIC TANKS CLASSIFIED "102 OR 103"

Shortly, all the owners having already received a notice (**rated 103: polluting**) regarding the non-compliance of their sanitary facility will receive a second notice with a commitment form that they will have to return upon reception.

We are in fact very proud of informing you that already many owners have proceeded to change their sanitary facility in 2011. Furthermore, many of you have already taken steps and we encourage you to keep proceeding in this manner.

We ask the owners having received a notice rated **102 (At risk)** to communicate with Nathalie Bouchard at 450 438-2958, ext. 2608 or at the following address [nbouchard@mille-isles.ca](mailto:nbouchard@mille-isles.ca) to make an appointment for a colouring test. In the event you do not contact the municipality, we will have to go onto the property without appointment.

It is obvious that the costs tied to the installation of a new sanitary facility may sometimes seem high. Nonetheless, we are convinced that, just like us, you consider the environmental cost of a deficient sanitary facility to be much greater than the monetary cost tied to a new system.

Septic installations that don't comply with the by-law or that are badly maintained contribute to the dumping of contaminants into the environment such as phosphorus (nutrient responsible for the eutrophication of lakes and streams) and can be a source of bacterial contamination for underground and well water. Don't forget that even when they are well maintained, sanitary facilities have a limited lifespan.

### SPRAYING IN ST-COLOMBAN: CONTROLLING BITING INSECTS!

The **city of Saint-Colomban** is spraying all of its territory to control biting insects and this spraying is overlapping on our municipality's territory.



Essentially, it's about a **biological approach for treating mosquitoes and black flies**. Take note that the spraying professionals and their vehicles must be clearly identified. Don't hesitate in approaching them; they'll answer all your questions.

To view documentation and more information, consult the document produced by Health Canada about the product being used by the Saint-Colomban municipality. **The document and the Vectobac flyer are both on our website under the Environment tab.**



# THE CAPSULES

June 2012 Edition

## ENVIRONMENTAL CAPSULE



### FILE ON BEAVER DAMS

As many of you already know, the theme of beaver dams has become a particular problem area on the municipality's territory. To accompany citizens and ensure efficient management of the dams, a control program aiming to prevent problem situations will be set up.

This program, which is just starting, will set out to establish an inventory of the municipality's different beaver dams that could generate particular problems to collective infrastructures or threaten public safety.

**We therefore ask you to communicate with urban planning service if you know about the location of beaver dams that, within this perspective, would necessitate tracking.**

We will try to establish a tracking and prevention program that will carry out basic control of beaver population and dams to ensure protection of faunistic habitats, keeping in mind goods and people's safety.

The municipality will also proceed with the installation of "Morency cubes" on specific dams. This structure, made up of two wire-meshed cages and one pipe, enables the control of water levels even with a dam, thus minimizing security risks. So don't be surprised if you see such a structure set in a body of water near your residence. It must not be altered or displaced at any time; it is only used to ensure a gradual flow of water and to regulate the water level.

### RAGWEED

For the people that are allergic to it, ragweed pollen causes hay fever and, occasionally, chronic sinusitis or asthma.

Pollen spreads through the air as a fine microscopic dust. The largest pollen quantity is deposited within a 1 km radius of the seedling. The airborne pollen concentration is greater in the late morning and early evening, because pollen rises with the morning's warm air and falls to the ground with the evening's cold air. Rain also helps pollen fall to the ground.

**Have you seen this plant?**



**RAGWEED**  
**Pull it out!**

**Pull it out or cut it down to ground level before the end of July.**

This simple act will help improve the health of over one million Quebecers who are allergic to ragweed pollen.

Source: [www.herbeapoux.gouv.qc.ca](http://www.herbeapoux.gouv.qc.ca)



# THE CAPSULES

June 2012 Edition

## ENVIRONMENTAL CAPSULE

### “ECO TRICKS”: THE 3RV PRINCIPLE

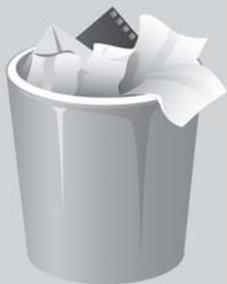
Do you know about the 3 RV principle? **R**educe, **R**euse, **R**ecycle, **V**alue! It’s inescapable logic! It’s the motto of overconsumption opponents and the mnemonic for guiding the informed consumer. In short, a concept that could become your daily leitmotiv. To adhere, all you need do is ask yourself the following questions before making a purchase:

- Do I really need this object (Reduce)?
- Do I already have an object that could make up for the one I’m about to buy (Reuse)?
- Is the object or its packaging easily recyclable (Recycle)?
- Can the object or its packaging be used to produce energy or compost (Value)?

These four questions, especially the two first ones, can help you save substantially! It’s not about stopping consumption but about consuming intelligently! When we purchase an object, let’s also look at its packaging! It’s best to take the time to think before buying a product that will meet our need because sometimes, it may be sold in useless packaging and especially, ready for recycling or for the garbage!

### YOUR TRASH AND YOU

They are easily discarded but they last a long time...



• Facial Tissue	3 months	• Can	10 to 100 years
• Newspaper	3 to 12 months	• Throwaway Lighter	100 years
• Fruit Peel	3 months to 2 years	• Aluminium Can	200 to 500 years
• Match	6 months	• SPlastic Bag	450 years
• Woollen Sock	1 year	• Plastic Bottle	100 to 1,000 years
• Cigarette Butt	1 to 5 years	• Nylon Fishing Line	600 years
• Chewing-gum	5 years	• Expanded Polystyrene	1,000 years
• Wooden Board	13 to 15 years	• Glass Bottle	nearly unlimited

Source: *Vos déchets et vous*, Marlène Hutchinson, Éditions MultiMondes

### IMPORTANT: ECO CENTRE

Mille-Isles residents will soon have access to an Eco Centre. Lately, an intermunicipal agreement was jointly signed by the municipalities of Gore, Wentworth and Mille-Isles regarding the establishment of an Eco Centre service. It will be located within the Gore municipality and will be available in the coming months. We will let you know when you’ll be able to use it.

### SHORELINE

Though contaminants should be eliminated at the source (use of fertilizers and manure, surface artificialisation, deforestation, industrial disposal, malfunction and poor maintenance of septic installations, use of phosphate-enriched dishwashing detergent), shorelines can play an important role in protecting water from contamination as well as with the protection of fauna and flora habitats. Well made up and appropriate-width shorelines certainly represent a solution to be favoured in protecting the natural environment.

**Shoreline Efficiency – Read about it on our Website under the Environment tab.**



# THE CAPSULES

June 2012 Edition

## PUBLIC SAFETY CAPSULE

### LEAVING WITHOUT DRAWING IN THIEVES...

Numerous displacements are previewed within the next weeks, holidays in the South or still, outside activities are on the agenda?

A bit of advice: make sure robbers don't invite themselves in when you're not there. Thanks to good safety habits and by looking into the following advice, you'll be able to leave with peace of mind.

#### ESSENTIAL PRECAUTIONS:

- Deter unwanted visitors thanks to adequate lighting.
- Etch your valuable goods with a chisel.
- Make a habit of locking the doors and windows when you leave the house, without forgetting the ones in the basement.
- Equip your basement windows with a metallic grid that you can unlock from the inside in case of fire.
- Don't neglect the garage door leading into the house; use the same safety measures on it as with the outside doors.
- Install an alarm system.
- Close and lock at all times the garage door as well as the cabana's door.
- Break up your new equipment boxes (television, computer, DVD player, etc.) in small pieces before putting them by the side of the road. This way, no one will know that valuable merchandise is inside.
- Put small valuable objects and important documents in a safety box.

#### You've been robbed?

- When you arrive at home, don't enter if you notice that a door or window has been tampered with! The thieves could still be inside. Go instead to a neighbour's house and call the police immediately.
- If you notice the theft only once you're inside, don't displace any object before the police get there so you do not eliminate clues or prints.
- In Winter, be careful not to erase foot prints left in the snow at the robber's entry and exit points.

### NEW TRANSLATOR FOR THIS EDITION!

Following comments received from Anglophone citizens, all the articles in this edition were translated using the services of the company **HawkEye Service Club** (Services Oeil de faucon in French). If you are unsatisfied with the translation produced by this new translator, do not hesitate in letting us know.

We will indicate that a specific text was not translated using the services of **HawkEye Service Club** in the event, for example, that a text is translated by a group or association wishing to publish an article in **Info Mille-Isles**.



### MILLE-ISLES CHURCH SERVICES

#### Presbyterian Church Services

1261 chemin de Mille-Isles

Summer Services:

Starting June 24 through September 2, 2012

@ 9:30 a.m. every Sunday

#### Christ Church (Anglican Services)

1258 chemin de Mille-Isles

Summer Services:

Starting June 24 through October 7, 2012

@ 10 a.m. every second Sunday

**Everyone is welcome. Come join us!**

### 0 tobacco CAPSULE



Société canadienne du cancer  
Canadian Cancer Society

# Why ? do you smoke



Better understanding why you smoke can help you find ways of dealing with your triggers. The Canadian Cancer Society (CCS) invites you to take the Horn Test<sup>(1)</sup> so you can determine what factors drive you to smoke.

Answer each question with

Always	Frequently	Occasionally	Seldom	Never
5	4	3	2	1

- A I smoke cigarettes to give me a boost and to stay awake
- B I enjoy handling a cigarette
- C Smoking a cigarette is relaxing
- D I light up a cigarette when I'm upset or frustrated
- E When I run out of cigarettes, I rush out to buy some more
- F I smoke cigarettes automatically without even being aware of it
- G I smoke cigarettes to give me courage
- H Part of the enjoyment of smoking a cigarette comes from the steps I take to light up
- I Smoking gives me a lot of pleasure
- J When I feel uncomfortable, I light up a cigarette
- K I feel isolated when I am not smoking
- L I light up a cigarette without realizing I still have one burning in the ashtray
- M I smoke cigarettes to make a statement
- N I enjoy watching smoke rings
- O I grab a cigarette even if I'm relaxed
- P I smoke to forget I'm sad or depressed
- Q I need to have something in my hands all the time
- R I forget I have a cigarette in my mouth



# 0.5.30 Program Healthy Lifestyle Habits



June 2012 Edition

## 0 tobacco CAPSULE

### Results

Add up the points given to the following questions.

Questions:	<u>A + G + M</u>	<u>B + H + N</u>	<u>C + I + O</u>	<u>D + J + P</u>	<u>E + K + Q</u>	<u>F + L + R</u>
TOTAL:	_____	_____	_____	_____	_____	_____
Reasons to smoke:	Stimulation	The pleasure of smoking	Relaxation	Psychological support	Physical need	Habit

A total of **more than 10 points** indicates you have a reason to smoke. This will point out the first priority you should address to quit smoking.

<b>Stimulation:</b>	For you, smoking is mostly a source of stimulation. You think that smoking increases your concentration, gives you courage and motivates you. Nicotine is indeed a stimulant, but you can do without it or find healthier alternatives.
<b>The pleasure of smoking:</b>	For you, smoking is more associated with the pleasure you get out of it rather than with the physical dependency. Be creative and you will surely find something else to enjoy...
<b>Relaxation:</b>	You smoke mostly to relax and escape. In a nutshell, smoking makes you feel good. But there are other, far less dangerous ways of relaxing. Think about it!
<b>Psychological support:</b>	For you, smoking is a way of dealing with emotions like stress, anxiety or boredom. You find smoking comforting and soothing. Rest assured that you can deal with your emotions without smoking.
<b>Physical need:</b>	For you, smoking is first and foremost a physical need. You have the urge to smoke as soon as you wake up. Fortunately, you can put an end to this slavery and be free again.
<b>Habit:</b>	You smoke mostly out of habit. It's more of a reflex than a necessity. You can't imagine certain daily situations without a cigarette: after a meal, with coffee, during work breaks... Just be aware that you can replace these associations with healthier ones.

To talk about the results and for tips on how to quit smoking, do not hesitate to speak with a specialist at

### 1 866 JARRETE (527-7383)

(1) This is a translation of a document adapted from:  
www.tabac-info-service.fr  
tabac-net.aphp.fr  
www.vittavi.fr



Société canadienne du cancer  
Canadian Cancer Society



# 0.5.30 Program Healthy Lifestyle Habits



April 2012 Edition

## 5 portions of fruits and vegetables CAPSULE

### FRUITS AND VEGETABLES SEASON HAS ARRIVED

Finally, summer is here with its abundance of fresh fruit. Did you know that, as with a great number of plants, the virtues of fruits and vegetables were, over the centuries, in turn hailed, exaggerated, forgotten, denied or underestimated? These days, they are getting their revenge **because their importance within the nutritional balance has been amply confirmed**. Indeed, they play an essential role in our health, bringing us the three vitamins (A, C and E) and the two antioxidant micronutrients (selenium and zinc) combined with a low caloric intake most of the time. They are also rich in minerals and other micronutrients – calcium, iron, potassium, phosphorous – and in group B vitamins and fibres, all essential elements in an optimally functioning organism. Finally, they bring us natural sugars of good nutritional quality and are, as a rule, low in fat.

Generally speaking, fruits give us each day **80% of our vitamin C, 24% of our carotenoids\* and 41% of our polyphenols\*\***. The vitamin C requirements are covered by one fresh fruit, the fiber content then reaching 6 to 10 g. Red berries are the richest in polyphenols. Contrary to vitamin C, carotenoids and polyphenols are not altered by heat. Therefore, if cooked fruits remain interesting nutritionally-wise, they must still be backed up with fresh fruit.

### Don't do without them this summer!

Source: *L'alimentation antioxydante, Dr Serge Rafal, Éditions Marabout*

\*\* Polyphenols: their natural antioxidant role is raising more and more interest regarding prevention and treatment of cancer and of inflammatory, cardiovascular and neurodegenerative diseases.  
(Source: *Wikipedia*)

\* Carotenoids: These are the yellow-orange pigments found in fruits and vegetables. Of the 600 known, we can find some forty of them in our plate and about fifteen have been identified in our blood and tissues. A high intake of carotenoids reduces the incidence of great pathologies.  
(Source : *Caducee.net*)

## 30 Minutes of Physical Activity CAPSULE



### FREE REGISTRATION REPLY FORM

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_

Tel. Home: \_\_\_\_\_ Tel. Work: \_\_\_\_\_

Are you coming with a day camp?

No  Yes - Which one? \_\_\_\_\_

Any medical condition, allergy, or handicap?

No  Yes - Which one? \_\_\_\_\_

If your child requires any assistance due to his medical condition, allergy, or handicap and that he's not coming with a day camp, you are under the obligation to accompany him or her to the event.

I authorize \_\_\_\_\_ to take part in the Mini-Jeux d'Argenteuil  
(name of the child) on July 12<sup>th</sup>, 2012.

I acknowledge that the MRC d'Argenteuil is not responsible for my child if he or she **voluntarily** leaves the site of the event without my authorization.

Parent or tutor signature : \_\_\_\_\_

### SPORTS CHOICES

You will complete **one group** of activities during the day.

Write down your choices from 1 to 5 **according to your preferences**. Use the upper left boxes.

Ball Hockey  
Tchoukball  
Soccer

Flag-Football  
Weight Lifting  
Basketball

Karate  
Zumbatomic  
Soccer

Gymnastics  
Kickball  
Tennis

Olympiads  
Handball  
Boxing

# INFORMATIONS

**EMERGENCY: 911**

## The Municipal Council



### Yvon Samson, Mayor

- Economic Development & Internet  
- Governmental Affairs  
- Inter-Municipal Relations  
- Communications and marketing  
[ysamson@mille-isles.ca](mailto:ysamson@mille-isles.ca)



### André Durocher, Seat # 1

[adurocher@mille-isles.ca](mailto:adurocher@mille-isles.ca)



### Daniel Maurice, Seat # 2

Public Works and Municipal Buildings  
[dmaurice@mille-isles.ca](mailto:dmaurice@mille-isles.ca)



### Cindy Smith, Seat # 3

Public Safety and Civil  
[csmith@mille-isles.ca](mailto:csmith@mille-isles.ca)



### Louise Leblanc, Seat # 4

Urbanism, Environment and Forestry  
Environmental health  
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### Michel Mégélas, Seat # 5

[mmegelas@mille-isles.ca](mailto:mmegelas@mille-isles.ca)



### Noreen Howden, Seat # 6

Leisure & Volunteering, community development and *My health in mind*  
[nhowden@mille-isles.ca](mailto:nhowden@mille-isles.ca)

## Municipal Services 450-438-2958

### ● Johanne Ringuette :

General Director  
Ext. 2620  
[jringuette@mille-isles.ca](mailto:jringuette@mille-isles.ca)

### ● Caroline Aubertin

Assistant General Director (AGD)  
Ext. 2607  
[caubertin@mille-isles.ca](mailto:caubertin@mille-isles.ca)

### ● Yohann Champagne :

Director in Urban planning and environment  
Ext. 2602  
[ychampagne@mille-isles.ca](mailto:ychampagne@mille-isles.ca)

### ● Alain Charbonneau :

Fire Department Director  
Ext. 2603  
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### ● Chrystine Slight :

Administrative assistant  
Ext. 2600  
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### ● Marc Auclair :

Municipal Public Work  
Ext. 2605  
[mauclair@mille-isles.ca](mailto:mauclair@mille-isles.ca)

### ● Valérie Harcourt :

Accounting Clerk  
Ext. 2601  
[comptabilite@mille-isles.ca](mailto:comptabilite@mille-isles.ca)

### ● Nathalie Bouchard

Leisure Clerk and Environmental Technician  
Ext. 2608  
[nbouchard@mille-isles.ca](mailto:nbouchard@mille-isles.ca)

## Working Committees

- Position available on the Leisure Committee
- Position available on the Civil Security Committee

To send in your application, you can fill out the available form online and at the municipal office.

## 3<sup>rd</sup> installment of 2012 Municipal Taxes

### Septembre 13<sup>th</sup>

#### To reach us:

1262, chemin de Mille-Isles  
Mille-Isles, Quebec J0R 1A0  
[info@mille-isles.ca](mailto:info@mille-isles.ca)

**DEBIT CARD, VISA**

Phone: 450.438.2958 Fax: 450.438.6157

Website: [www.mille-isles.ca](http://www.mille-isles.ca)

## Town Hall

Monday to Thursday • From 8 a.m. to 12 p.m. and from 1 p.m. to 4 p.m.  
Friday from 8 a.m. to 1 p.m.

On the following holidays, municipal services aren't available:

- New Year's Day
- January 2<sup>nd</sup>
- Easter Friday
- Easter Monday
- Victoria Day
- Quebec Day
- Canada Day (Monday)
- Labour Day
- Thanksgiving
- December 24<sup>th</sup>
- Christmas
- December 26<sup>th</sup>
- December 31<sup>st</sup>



### MEDAL REQUIRED

Canine Patrol: 450-434-9702

E-mail : [patrouillecanine@videotron.ca](mailto:patrouillecanine@videotron.ca)



Would you like to be on a mailing list for messages of public interest issued by the municipality of Mille-Isles? Easy... just click on the **Mailing List Registration** link on our website, and when a message of public interest becomes available it will be our pleasure to forward it to you.

