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ACCORDING TO AUTHOR LISA MCLELLAN: STAYING FIT OVER FIFTY

Wellness coach Lisa McLellan provides a way for those over fifty to get fit—and stay that way.



STÉPHANIE MCBRIDE
info@stephmcbride.com

Nine years ago, Morin Heights resident Lisa McLellan reached out to her local paper and pitched an idea. As a wellness coach, she thought that it would be beneficial to offer health tips to the aging members of the community in order to make the quest to get fit more approachable.

This was right around the time that McLellan launched her own business, a program geared towards addressing both the physical and mental needs of an aging body. Today, she teaches sixteen classes a week.

Her column experienced such success that readers suggested that McLellan put together a book. The result was *All You Really Need Is Your Health*, published in 2015. The book reads much like her column, albeit taking a much more in-depth approach. The concept suggests readers practice one healthy lifestyle per month over the period of a year, providing small challenges to readers in order to set them up for a successful outcome. The book provides an outlet for those in their fifties and older to get in shape, regardless of their present state of fitness. "It's easy to get down on yourself—it's human," says McLellan about her approach to fitness. "Understand that everyday is a new beginning. It's important not to be hard on yourself—we all make mistakes."

Taking a holistic approach, the book offers both physical and nutritional tips. McLellan also offers an online coaching option to those readers looking to take a more hands-on approach to their lessons. Prior to the release of her book, McLellan created a series of DVDS (what she refers to as a companion program), providing her clients with a way to perform small exercises from the comfort of their homes.

With a background in dance therapy (McLellan holds a Bachelor's degree in Dance and a Master's in Dance Therapy), much of McLellan's teaching is based in movement and its benefits to both the body and mind. Counting dancer-choreographer Pierre Paul Savoie and renowned dancer Marie Chouinard amongst her greatest influences and mentors, McLellan credits the creativity of her teaching techniques to what she learned while immersed in the Montreal dance scene. "We learned how to move the body from the inside out—not from what it looks like, but from what it feels like. This training provided me with the skills to work with older bodies." Like her classes, McLellan's book promotes the idea of active aging, providing those entering their fifties and older with an accessible guide to enhancing their overall quality of life. For those looking to meet McLellan in person, she will be holding a book signing in Montreal at the Indigo bookstore in the Royal Trust building on February 13th between 2-4 p.m.

For more information, visit www.active-aging-coach.lisamcclellan.com



Lisa McLellan at work. Photo Lisa McLellan

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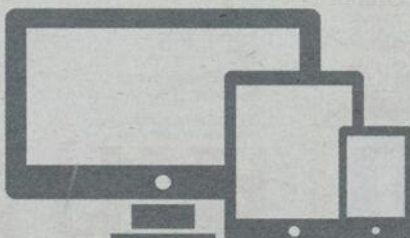
Huntingdon's Huskies
Win Hockey Tournament

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«Moon Over Buffalo»
Comes to Grove Hall

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Children Eating Habits



STÉPHANIE MCBRIDE
info@stephmcbride.com

OPINION. Having a child has made me a creature of habit.

Don't get me wrong—I've always had my ways—the car has to be clean, the dishes have to be put away, my books need to be categorized by genre, and there needs to be a tube of Chapstick beside my bed. But I've always had trouble eating regularly—breakfast usually consisted of a coffee in a to-go cup and possibly a banana, while lunch was made up of a sandwich, usually only eaten around two in the afternoon. And supper? Well, that was whenever I managed to get around to it (usually only thought of after I was in a state of pseudo-starvation, meaning that take-out was the only option, as opposed to preparing a lovely home-cooked meal using the fridge full of food that I had stocked up on at the

beginning of the week). This cavalier way of living became a thing of the past once my child starting eating solid foods. Instead, mealtime became a mission. What was the best way to get my child to eat his vegetables? I had to sit down with him and show him how good they were—I also wanted to encourage conversation and family time during meals, which resulted in me taking regular shifts at the dinner table, with (wait for it) well-rounded, home-cooked meals.

It's funny how having a child can force you to become a full-fledged grown-up (cringing at the new music on the radio and all). From feeding your body regularly to forcing yourself to sleep at a reasonable hour (because really, those hours of sleep are precious, and there's no telling when you'll get to sleep again), babies seem to make you whole in a way that didn't seem likely before you had miniature people relying on you for survival. But then again, perhaps I was just a poorly organized adult before having children.



ACTUALITY

Moon Over Buffalo Comes to Huntingdon's Grove Hall

STEPHANIE MCBRIDE
info@stephmcbride.com

THEATRE. Players take the stage for a comedic production that showcases local talent both onstage and backstage.

Originally written by playwright Ken Ludwig in 1995, *Moon Over Buffalo* is a comedic play that explores the evolving world of theatre as it moves into the modern age. Set in the fifties, the plot of the play revolves around two aging Broadway stars (George and Charlotte Hay, played by Howard Welburn and Tina Bye) that are facing the realization that the world of theatre might be losing steam due to the looming presence of television and movies. All the while, the duo, who are facing their own struggles as a couple, are also coming to terms with the idea of passing the torch to their daughter, Rosalind Roz (played by former CVR student and Dawson Drama student Summer Eastwood) and her boyfriend (portrayed by musician Jeremy Robidoux).

Like the wildly successful presentation of Grove Hall's *Lend Me a Tenor* last year (also penned by Ludwig), the play calls for eight characters, played by many of the actors who took the stage for *Lend Me a Tenor*. What makes the play so original is that it is presented as a play within a play. The first act of the production portrays the actors performing in *Cyrano de Bergerac*, later transitioning to a scene



Actors running through a scene of *Moon Over Buffalo*. Photo Erika Rosenbaum Photography

where they reprise their roles as their real life characters, until they take up parts in the 1930s work *Private Lives*. Confused? You shouldn't be—it makes for a lively transition on stage, where locals get to play actors who are playing actors, making for plenty of drama and humour.

Presented upon a revolving stage (originally designed by retired Cirque de Soleil set builder Pierre LaChance), *Moon Over Buffalo* has called

upon many talented locals. The production has also required an incredible amount of creativity on the part of local wig master Richard Hansen, the costume designer for the play (who also takes up the role of Richard in the piece), who has to outfit the cast through three time periods. As for the stage, it is a creature in itself, creating a work that is both original and fast-paced. Organizing the play has been quite an adventure, according to hall co-owner

Mark Bye, who said, "I love the speed of the show. It is all fast and intense. It depends on timing. It is staged on a two-storey revolving set with a back and front side, five staircases and six entrances. The challenge is for the cast—coming up and down the stairs, on and off the stage, sword fights, rolling and doing physical stunts. Pushing us to our limits, but at the same time, it is tremendous fun."

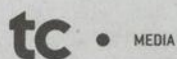
Run by Mark and Tina Bye, Grove Hall has become a hub for creative types in the area. "The point of the Rural Arts Project is to allow people to try arts that they wouldn't otherwise be able to try," says Tina about the current arts program in place at the hall. Tina herself comes from a background in theatre—she not only taught drama at CVR, but spent a significant amount of time directing and working behind the scenes at the likes of The Centaur Theatre Company and The National Arts Centre, later working as a therapist at the Montreal Children's Hospital. She feels that "... there is a huge wealth of natural talent in the area."

The play will be presented over three weekends, with Saturday productions being accompanied by dinner, catered by Montreal's BESO and curated by Connor Stacey (the coffee served throughout the performances will be supplied by local company River Road Roasters). The play will premier on Friday, January 22nd at 8:00 P.M. and run until Sunday, February 7th, with three shows per weekend. For a full list of show times, consult www.grovehall.ca or contact Mark Bye at 514-791-5100.

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Missing in the Salmon River in Dundee

Police are looking for two witnesses

DANIEL GRENIER
TRANSLATED BY CATHLEEN JOHNSTON
daniel.grenier@tc.tc

POLICE REPORT. Investigators with the Sûreté du Québec are looking for two men who helped the survivor of a boating accident in the Salmon River across from Hopkins Point in Dundee, on December 24, 2015.

According to the police, two men were in a motor boat when it suddenly went under. One of the men was able to reach the shore and was helped by two individuals who happened to be on site. The second man in the boat disappeared in the water and has not been found.

In the hope of obtaining further information about this tragic event, the police would now like to meet the two rescuers who were involved.

Several land and aerial searches were carried out but the victim was not found.

Large seizure of cannabis in Godmanchester

DANIEL GRENIER
TRANSLATED BY CATHLEEN JOHNSTON
daniel.grenier@tc.tc

POLICE REPORT. Officers with the Haut-Saint-Laurent MRC Sûreté du Québec carried out a major bust on January 6, when they seized over 100 kg of marijuana during a raid in Godmanchester.

The significant discovery was made in a garage and two farm buildings located on route 138. According to the SQ, several different forms of cannabis were found.

The detectives also found 160 grams of magic mushrooms and an illegal firearm on the premises.

A fifty one year old man was arrested at the scene. He will face a variety of charges including possession of narcotics with the intention to traffic and possession of an illegal firearm.

According to the police, the individual has a record of similar charges dating back more than a dozen years.

THIS AND THAT

ORMSTOWN SOCCER REGISTRATION

Registration for the Ormstown Soccer Club will take place on Thursday, January 21st from 7:00 P.M. to 9:00 P.M. at the Ormstown Recreation Centre. Girls and boys born before January 1st, 2012 may also register on Saturday, January 23rd at 9:00 A.M. until 12:00 P.M. Those registering are asked to bring their Medicare card. Canadian Tire Program Accepted. For more information call 450-322-1123.

MUSICAL PERFORMANCE

Local Christopher Pennington will be performing in Ormstown at Gigzz Musique-Resto on Friday evening, January 22nd at 8:00 P.M. For more information or to make a seat reservation, contact Adrian Doucette at 514-800-4244.

If you have any information that would help to identify these two good Samaritans please contact the Centrale de l'information criminelle (Info Crime) at 1 800 659-4264.

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In loving memory of a dear lady who passed away January 23, 1974.
*Loving and kind in all her ways,
Upright and just to the end of her days;
Sincere and true in her heart and mind
Beautiful memories she left behind.*
Claude DeCosse

Thanks Rodney Barrington
The family of the late Rodney Barrington wish to thank everyone for their support during this difficult time.
To Pastor Randy Barrington for conducting the service and to the members of The Franklin Nazarene Church for the delicious lunch, we thank you.
We were touched by your donations and acts of love and kindness.
Betty, Joan and Gerald, Sandra and Art, Errollyn and Bill, step son Randy Shull and families.

Thanks Rosario Taillefer
The family of the late Rosario Taillefer (June 16, 1920 - December 3, 2015) wish to express their sincere gratitude and appreciation of your expressions of sympathy either by attendance at the funeral, donations, flowers, cards, phone calls, emails or food. We were so thankful and touched by your support during this difficult time. We will always remember your kindness. Please accept this as our personal thank you.
Elizabeth, Guy (Francine), Luc (Nicole), Rose (Richard) and their families.

Thanks Ian Campbell
The family of the late Ian Campbell would like to thank our family and friends for their support, with calls, cards and food.
Special thanks to Nelson Weippert for the service, Lynn Harper and the choir, and the ladies of St Andrew's church for the lovely lunch.
Thank you to the CLSC nurses for your care and support of Ian.
Janet and family.

Primeau, Fernand 1933 - 2016-01-12
In Ormstown on Jan. 8, 2016 at the age of 82 years passed away Fernand Primeau, beloved husband of Marie-Reine Hurteau. He also leaves to mourn his daughters Johanne (Hubert Barrette), Nicole (Luc Plante), Sylvie (Sylvain Chartrand) and Judith (Jean Brousseau), his grandchildren Edith, Joëlle, Nicolas, Pascal, Samuel, Marie-Pier, Audrey, Daphnée, Gabrielle and Charles, three great-grandchildren as well as relatives and friends. The family will receive your condolences on Saturday Jan. 23, 2016 at St. Malachie Church, Ormstown as of 10:00 am followed by the funeral service at 11:00 am. In lieu of flowers donations to the Women's Auxiliary of the Barrie Memorial Hospital, 28 Gale, Ormstown, QC J0S 1K0 would be appreciated.
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Helen Shand nee McGowan October 12, 1923 - January 10, 2016
LIVE-LOVE-LAUGH
Passed away peacefully on Sunday, January 10, 2016 at the age of 92 surrounded by all her family. Fondly remembered and mourned by her daughter Shirley Kirman Arthur and husband John, her grandchildren Jim (Lucette), Tammy (Jean-Guy), Terri (Jim), and three great grandchildren Jessie (Patrick), Alexa and Taryn, her sister Mary (late Normand Renaud), Stella (Louis Brunette), five sisters-in-law Colleen McGowan, Agnes Murphy, Dora Kirman, Mary and Margaret Dineen, one brother-in-law Laurent Taillefer and her best friend Bob Purner. Funeral service will be held on Saturday May 14, 2016 at 11 am at St-Joseph Church Huntingdon. The family will receive condolences at the church from 10 am. Burial at St-Joseph Cemetery, Huntingdon. FUNERAL ENTRUSTED TO: RODRIGUE MONTPETIT ET FILS INC. www.rodriquemontpetitfils.com

BYE Harley, Ernest 1930 - 2016



With deep sadness we announce the death of Harley Bye, beloved husband of 61 years to Carol Oulton and father of Dorothea (Gary Gilmore), Mark (Tina Tucker), Daphne (Mark Fraser), Natasha, and Thomas (pre-deceased). Wise and loving Grandpa to Frances (Eric), Esther (Christine), Sarah, Mary, Sullivan, Caleb, Calli, Chris (Barb), Graham, Greg, Kyra (Chris), Lia, and Marie (Pascal), all of whom respect him highly for his ongoing curiosity about the details of their respective lives; his love of nature, travel and ideas; his practical skills and philosophical perspectives; his active community spirit, and his welcoming acceptance of all. He will also be remembered by former students of Chateauguay Valley Regional High School, by patrons of his Franklin roadside apple orchard retirement business, and by members of the Franklin Ensemble as well as several Valley churches, most recently and especially those connected to the Rockburn Presbyterian Church where Harley was instrumental in establishing a vibrant model of congregational harmony which will continue as his legacy.

A memorial service will be held at the Rockburn Church on Saturday, Jan. 23, 2016 at 2pm. Condolences will be received at reception immediately following. Interment at a future date in Annan Ontario near his childhood farm home. In lieu of flowers, contributions may be made to the Canadian Food Grains Bank <http://foodgrainsbank.ca/>

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BROWN Albert 1931 - 2016

Passed away peacefully Saturday, January 16, 2016 at the age of 84 years, husband of the late Marjorie Lemm. Survived by his children Laura, Jim (Noreen) and Joanne (Doug), grandchildren Jesse, Veronique, Jennifer, Martine, Gerard, Lillian, Jessica, Tyler, Matthew, Katie, Sarah and Emily and their families as well as his sisters Ruby (Middlemiss), Irma (McPherson), Florence (Ellerton), Margaret (Robertson), Marjorie (Bell), Sylvia (Ismond) and Heather (Mitchell) and his brothers Edwin (Lenora) and Brian (Madeline) and many nieces and nephews. Predeceased by his daughter Carolyn, his brothers Howard and Kenneth and his sisters Alice (Wilson), Dorothy (Campbell), Hazel (Myatt), Eileen (Campbell) and Eleanor (Baird). A memorial service will be held on Wednesday Jan 20, 2016 at 2pm at the Trè-Saint-Sacrement Town Hall, 1180 Rte 203, Howick, QC. In lieu of flowers donations to Youth Unlimited Chateauguay Valley, c/o Katie McKay, 298 Av Brookhaven, Dorval, QC H9S 2N4 would be appreciated.

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INFO 450 264-6340

ANNUAL GENERAL ASSEMBLY

Melissa's Sunshine Camp invites you to its Annual General Assembly. The Assembly will be Thursday, January 28th, 2016 at 3pm. As usual, it will be at HAECC (24 York, Huntingdon).

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Huntingdon's Huskies Win Hockey Tournament in DDO

HOCKEY. The Huntingdon Huskies Peeewe A hockey team won the Dollard-des-Ormeaux APB tournament in December. Bringing home the Championship banner was a great accomplishment for this team of 11 and 12 year olds.

The tournament started with a tight game played against the Lachenaie Mousquetaires, won by the Huskies 4-1. They then went on to defeat Montreal West Knights by a score of 9-1. Xavier Beauvais was the star of the game scoring 4 goals. The Huskies, with that win, advanced to



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The Huskies lined up for a pictured with the Championship banner. Photo TC Média Gracieuseté

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the next game, winning 9-1 against the Lasalle Lions. Braeden Bergevin was the star in that game with a strong offensive performance as well as some solid back-checking. Winning that game allowed the Huskies to advance to the finals where they were once again matched up against the Lachenaie Mousquetaires. It was a fast start with both teams skating hard with a lot of fast paced action up and down the ice. The Lions scored first with a goal in the second period. Being scored against really seemed to ignite the Huskies as they roared back with Xavier Beauvais scoring 21 seconds later. The Huskies scored a second goal and held on to this slim lead until late in the third period. The Mousquetaires pulled their goaltender and the Huskies scored an empty-netted goal to win the game 3-1.

As the horn sounded to end the game the Huskies threw their gloves in the air and mobbed the goalie, Dylan Brown. Dylan was deservedly named player of the game with a solid performance.

After shaking hands with the Mousquetaires the Huskies lined up for a pictured with the Championship banner. The wide grins on the players faces' attested to their joy. Brian Sproule, captain of the Huskies, had this to say about the victory, «I was happy that we played a lot of the game in their zone.»

The coaching staff of head coach, Louis Benoit, with assistants, Michel Taillefer and Danis Beauvais were understandably pleased with the performance. Louis had this to say of his team, «each player contributed in his own way to helping his team win and progress.» He was proud to say that the players played as a team, made lots of passes, were disciplined in not taking penalties and respected the game plan.

By Kelly Rewbotham