

# Community Connections

SERVING THE AREA FROM KANEHSATÀ:KE TO ROSEMÈRE

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### Message from the Mayor

At a recent lunch conference organized by the Chamber of Commerce on February 12, I took advantage of that forum to present the vision that my councillors and I have on good governance and the development of our beautiful City of Deux-Montagnes.

First off, we want to ensure that Deux-Montagnes is a well-run city where it is good to live. As a municipal administration, we want to redefine the development of Deux-Montagnes so that it is a lively and bustling city, and not just a bedroom community.

### Mayor Denis Martin:

## New Administrator for the Quebec Union of Municipalities

Deux-Montagnes, February 23, 2015 – The City of Deux-Montagnes is proud to announce that Mayor Denis Martin was elected as Managing Director of the Quebec Union of Municipalities Board of Directors for the Laurentians. M. Martin was elected by his fellow mayors and councillors from different cities in the Laurentians. The vote favored the Mayor of Deux-Montagnes and declared him elected until the end of the two-year term.

His dynamism, strong analytical skills, education and management experience were recognized by his colleagues from different municipalities. M. Martin earned an MBA and has held various positions as Vice-President of Finance in the private sector.

Without a doubt, this is great visibility for the City of Deux-Montagnes. Mayor Martin has chosen to invest in

The financial situation is the first item that concerns us in this new governance that we have begun to put in place. In particular, we have designed a citizen debt reduction plan of nearly \$10,000,000 by 2018. The debt repayment represents 25% of the city's budget, and this enormous pressure on all taxpayers severely affects our ability to offer services while remaining competitive in tax rates.

We also looked at services launched in partnership with other neighboring cities. We came to the conclusion that it was necessary to revise the way we offer various public security services such as 911, the police and fire departments.

We also analyzed the situation of corporations owned by the city. Our municipal corporations that have managed the Manoir Grand-Moulin and station building have accumulated a nearly \$4,000,000 deficit over 10 years. In addition, being part of a sector of activities that is not within the city's mission, these two entities have drained energy from our municipal services.

As for the Deux-Montagnes Sports and Cultural Complex Corporation, we have lost in unnecessary administrative operations. In addition, the restaurant and proshop have not been profitable so far, and we have lost more

than \$20,000 annually. We have therefore made the decision to integrate the management of the arena directly within our municipal services. We have decided to find a buyer in the private sector to manage the restaurant and the proshop.

We have also chosen to question old practices that assume that outsourcing always costs less than having the work done internally. Sometimes it is appropriate to use subcontractors, but in other cases it is more cost effective to use the in-house expertise we have. Each case must be analyzed in an impartial and unbiased fashion.

This is what we have done for work that was completed internally at the filtration plant with our employees.

This has resulted in savings of nearly \$1,500,000. In addition to these significant savings, we have noted increased motivation and pride among our land management department employees.

Many people have noticed that positive changes have recently occurred in Deux-Montagnes. I would like to state that these changes are far from over. We will continue to apply good governance to other sites in the coming months.

We are committed to revitalizing Deux-Montagnes and will spare no efforts to affect that change.

the reflection leading to the renewal of the tax agreement with the Quebec government.

As Mayor Martin stated: "The municipal world is changing, and will continue to change. This is why it's essential that men and women of action seriously devote themselves." After having greatly improved the budgetary situation and governance of the City of Deux-Montagnes, the mayor expects to be able to help find solutions to challenges facing Quebec municipalities: "I sincerely believe that we will meet these challenges together. Sharing best practices and especially the development of new solutions will, in my opinion, go through the municipal forces network grouped under the Quebec Union of Municipalities umbrella."

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## Around the House with Paul and Karen

***Spring has finally sprung!! It's time to take a good look around the outside of our houses to see if and what kind of damage old man winter has left for us.***

***By Paul Beatty  
and Karen Burrell***

Since the snow could cause ice dams on the roof, check your shingles and replace them if needed. If you can go into the attic, take a look to see if there is any evidence of water leaks. Clean out the rain gutters. This is something that should be done as often as possible. Making sure the gutters are clear will guarantee that water drains off the roof and goes where you want it to. Clean out any debris from around the air conditioner.

Check your weather-stripping and seals on your windows to make sure no repairs are needed. Wipe down the outside of your exterior doors to remove months of dirt.

This periodic cleaning will keep your entrances looking fresh and clean, and prevent permanent staining of your doors. Rake up any remaining dead foliage and weeds from flower beds and lawn so that it will grow.

Now is the time to put in shrubs and trees (We are zone 5a). Get ready to put down some seed to fill in those bare spots in the lawn, too. Look for any cracks on the driveway or walkway and fill them in or reseal them so that they don't get any larger from rainfall. Take a look at any wooden decks or railings; they may need to be repainted and/or resealed. This will protect the wood and prolong their use and life. As we mentioned before, replace air filters. This will help in efficient operation of the air conditioner as well as the heater. If you have a sprinkler system, check it for leaks as that saves water during the year. Also check any garden hoses you left outside for leaks so that you can replace them. Arrange for any needed repairs early as contractors can be hard to find during summer's construction season! Clean barbecues and patio fur-

niture. Here are some cheap and great tips and tricks! For very dirty wicker, use a sponge, mild soap and cold water to wash. Let it dry completely. Apply a paste wax (car paste wax will work) if you have any metal framing to help keep it shiny and water-resistant. For resin and plastic outdoor furniture, scuff marks can be removed with a Mr. Clean Magic Eraser. (They are amazing and I use them on everything!) Remove any mildew or excess dirt and grime with a mixture of one cup bleach, two cups detergent and one gallon of water. For washing your exterior windows, Windex has a solution that works with your water hose and all you have to do is spray it on your exterior windows, then wait for them to dry! Please email us at [aroundthehousewithpaulandkaren@gmail.com](mailto:aroundthehousewithpaulandkaren@gmail.com) with any questions.

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## Lower Laurentians new bilingual vocational training-centre to be built in St. Eustache

By Guy Gagnon



On January 19, representatives of the three levels of government as well as school board representatives held a press conference announcing the official authorization of a new vocational training centre to be built in St. Eustache.

The innovative joint venture between the Commission Scolaire de la Seigneurie-des-Milles-Iles (CSSMI) and the Sir Wilfrid Laurier School Board (SWLSB) will offer vocational training in four trades in the residential and commercial construction sectors for up to 200 francophone and anglophone students mainly under the age of 20.

The new \$18M building will be located in Innoparc Albatros, the new industrial park in St. Eustache, and is scheduled to open in September 2016.

**Government Contributions** - Dr. Yves Bolduc, then Provincial Minister of Education, Recreation and Sports (MELS), along with Pierre Arcand, Provincial Minister of Energy and Natural Resources, Minister du Plan Nord and Minister responsible for the Laurentian region, were both on hand to announce the Quebec government contribution of \$6.5M.

Federal Senator the Honourable Leo Housakos, representing MP Shelly Glover, Federal Minister of Canadian Heritage and Official Languages, also announced a Federal government contribution of \$4M.

Pierre Charron, Mayor of St. Eustache, highlighted the city's contribu-

tion and proposed a strategically placed and easily accessible piece of land in the new Innoparc Albatros industrial park.

According to Dr. Bolduc, this is an example of a model that may pave the way for future educational projects. "It's a way of working that helps reduce costs and offers quality installations to a wider clientele," explained then Minister Bolduc.

Paule Fortier, head of the CSSMI, further explained, that this is the first time that an anglophone and a francophone school board have come together to build a joint training centre.

This new formula, supporting access to education in both French and English, opened the door to funding from the Heritage and Official Languages Ministry. "Our government holds dear the opportunity of collaborating with Quebec on projects supporting the vitality of the minority anglophone population of Quebec," Leo Housakos stated.

"By sharing the same centre, these two school boards found a way to reconcile their respective needs in this innovative approach. They've shown us the path to fol-

low," declared Pierre Arcand

A project for the needs of the region - Mr. Arcand further added "This project will profit all the students and will contribute to the economic vitality of the region."

The Lower Laurentians have currently the fastest growing population in the province, and up to 2021 its growth rate is expected to be three times that of the rest of the province. The demand for qualified labour will only continue to grow along with these numbers.

The official press release from both school boards claims that, "The enthusiasm and dynamism created by these programs in the Lower Laurentians will enable future graduates to easily find a well-paid job."

The new CSSMI-SWLSB Vocational Training Centre will offer four new programs leading to a Diploma of Vocational Studies (DVS): Commercial and Residential Painting, Preparing and Finishing Concrete, Plumbing and Heating, and Welding and Fitting.

In her remarks Jennifer Maccarone, Chairperson of the SWLSB, stated "This Centre marks the accomplishment of hard work and vision. We will now have the ability to offer much needed new trade programs in the region." She added that this also aligns with the SWLSB's slogan "An English Education - a bilingual future."

Guy Gagnon is the SWLSB commissioner for our region. He can be reached at (514)691-0050 or ggagnon@swlauriersb.qc.ca.

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My colleagues from Coalition Avenir Québec Laurentides and I have recently completed a regional tour to bring awareness to some of the problems we are seeing in health care and the pricing of services to citizens. Regardless of the party in power, citizens of the Laurentians have not received, and are still not receiving, the level of services to meet their needs.

We have observed serious discrepancies when it comes to health care. Like many of you, I was shocked to learn that in February, a notice was sent to health care facilities in the Montreal area demanding that they refuse to treat cancer patients who are from the

450 area or from the Laurentians. Moreover, data on waiting lists for magnetic resonance imaging (MRI) tests show an alarming increase of almost 42% in the waiting period since 2011-2012. Yet, the governments had promised to reimburse fees for these tests for citizens who chose to go to private clinics. Consequently, thousands of patients are currently living in uncertainty regarding the status of their health. And we are still waiting...

Lastly, I am concerned for the families and senior citizens of our region who are subject to significant increases in taxes and fees. Yet there are over 220,000 public service employees, out of the nearly 570,000, who are working in administrative services rather than providing services to the population. However, it would be easy to reduce this number by close to 22,000 within four years, by simply taking advantage of retirements. This would

be a much better option to achieve a balanced budget rather than increasing taxes and fees, such as those of Hydro-Québec.

Should you like to share a situation that worries you, please do not hesitate to contact me.

**Benoit Charette**  
 Member for Deux-Montagnes  
 Temporary Committee Chair  
 Second Opposition Group critic for Canadian intergovernmental affairs  
 Second Opposition Group critic for access to information  
 Second Opposition Group critic for the reform of democratic institutions  
 Second Opposition Group critic for the Laurentides region

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## In general, I don't like generalizations!

By Marsha Baxter

I am still amazed that adults will use generalizations when talking about a group of people that they don't like. In my opinion, it is a form of hate-talk. As an example, if someone says, "I can't stand blondes," or, "I hate short people," that speaker is using disparaging remarks against a large percentage of the population.

I lose respect for the person who talks like this. I would rather someone would be specific and have one person in mind, as opposed to voicing a blanket dislike. When people say they despise all people from a certain country, what does that say about them? To me, it says they are ignorant. Have the intelligence to be a decent human being.

What do children think and learn when they hear this kind of talk? They are born without prejudice and have an inherent nature to love and respect others. I once showed some 3-5 year olds a picture of children with different skin tones and asked them how they were not the same. I was happily surprised when colour was not mentioned at all. What they wore, or what toy they had was noticed.

When children see people who are not the same as themselves, it is their family who has the most influence on how their differences are perceived. I remember being glad that my children went to CEGEP and university in Montreal, just so they would be able to see so many people who are not the same as themselves. They met lots of people and their friends list is diverse. Hooray!

Try to be specific when you tell people what you don't

like. Make it more credible and meaningful by pinpointing your dislike, rather throwing vile words into the atmosphere. It makes others uncomfortable and it may influence young or weak people.

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## LTMHS Receives Extraordinary Gift from Company



In February, staff in the Lake of Two Mountains High School's science department excitedly took possession of a 3D printer purchased through Studica Limitee's Montreal branch. Company experts followed up by coming to Deux-Montagnes to give a workshop to the department's teachers and technicians – and left behind nearly \$1000 worth of gifts, including a second 3D printer with a scanner. LTMHS Principal Alan Simoneau wrote the following letter to thank the company for its generosity:

On behalf of students and staff of Lake of Two Mountains High School, I would like to extend my gratitude to Michael Battista and Derek Murphy of Studica Limitee (Montreal Branch).

The impetus for us asking you gentlemen to present some of your 3D printing ideas to us came from curious students and excited staff. While we hoping for some instruction and possible future ideas for professional development, we were absolutely thrilled with your gifts. Your knowledge base and absolute enthusiasm has us thinking in many directions and we hope to be able to work with you in the future to determine our needs and



LTMHS science department head Gordon Truesdale, science technician Bhanu Kotecha, and principal Alan Simoneau with the school's two 3D printers, one part of a package of gifts from Studica Limitee.

the endless possibilities made available through your products.

We thank you very much for the da Vinci 3D printer, the Einstein tablet and the DIY robotics kit, but most importantly we thank you for your opening up new horizons to our students. You will certainly be hearing from us in the future!

Kind regards,  
Alan Simoneau, Principal

## Banque Nationale Awards \$20,000 in Grants to LTMHS

At the meeting of the Sir Wilfrid Laurier School Board February 25, Mme Andrée Lacasse, manager of the Deux-Montagnes branch of the Banque Nationale du Canada (BNC), awarded two grants worth \$10 000 each to Lake of Two Mountains High School.

The grants from the BNC, known outside of Quebec as the National Bank, are part of the bank's Canada-wide One for Youth program. More than 27 000 young people will benefit from grants throughout Canada. LTMHS is the only institution in Canada to receive two grants and is the only English school in the province to receive any.

One grant is for Project Deep Roots. Through its various activities, students will experience the reality of First Nations people living on reserves.

The other grant is to help students explore science beyond science classes and laboratory activities. In Science in Action, students at all levels will work together to build an interactive booth on a space theme, with a view to entering the provincial level CRC Robotics Competition.

In a statement to the *Community Connections*, Alan Simoneau, Principal of LTMHS, said that the school is honoured to celebrate all its students' heritages and cultures. It is also proud, he said, that through its Technology Integration Program, its students are being introduced to many forms of technology such as Chromebooks in the classroom, 3D printers, aerial drones and robotics.

### By Gordon Wetmore

Mme Lacasse said in an interview that she was very happy to be able to present the grants and help the community. "I know that the teachers work very hard to prepare their students," she said.



Left to right: Chairperson of the SWLSB Council of Commissioners Jennifer Maccarone; LTMHS science department head Gordon Truesdale; former spiritual animator David-Roger Gagnon; Mme Andrée Lacasse, manager of the Deux-Montagnes branch of the Banque Nationale; parent commissioner Guy Gagnon, LTMHS principal Alan Simoneau, and SWLSB Director General Stephanie Vucko.



*Laurin Liu*

**Députée / Member of  
Parlement Rivière-des-Mille-Iles**

February in the House of Commons was dominated by discussions on safety and security, namely surrounding the government Bill C-51. The anti-terrorism bill comes at a moment when horrific terrorist attacks have shocked the world. In light of these events, Canadians have strengthened our resolve to defend our way of life against those who seek to intimidate us and erode our freedoms.

I will be opposing the deeply flawed Bill C-51, as it is ineffective and over-reaching, and threatens the rights of Canadians. The bill contains vague, broad definitions that could lump legitimate dissent by Canadian citizens together with terrorism. The bill is so broad it would allow the Canadian Security Intelligence Service (CSIS) to investigate anyone who opposes the government's economic, social, or environmental policies. Bill C-51 proposes to give CSIS a sweeping new mandate to disrupt the activities of people or groups it disagrees with, or that it believes pose any kind of threat under chapters contained in the bill.

Experts have warned us that the language in this new provision is so vague and so open-ended, it could vastly expand the kind of statements

that could get a Canadian arrested. Anyone genuinely inciting violence against others of course should be stopped. However, we need measures that keep Canadians safe without eroding our fundamental freedoms.

The bill also provides significant new powers to CSIS and without addressing its serious deficiencies in oversight could lead to overreach and abuse. We know that there are currently serious deficiencies in the oversight of CSIS. The last report of the Security Intelligence Review Committee, charged with overseeing CSIS, found that CSIS is "seriously" misleading the committee in one investigation after another, and it faced "difficulties" and "significant delays" in getting information about the spy agency's activities.

In the meantime, the government has failed to present a plan to work with Canadian communities to counter radicalization on the ground. Moreover, the bill would not reverse Conservative cuts to CSIS and the RCMP that have prevented them from fully enforcing existing laws on terrorism.

Canadians are being told by the Prime Minister that they need to choose between their security and their rights, that safety and freedom are somehow, in the Conservatives' minds, mutually exclusive.

Meanwhile, the Liberals have given the Conservative government a blank cheque. The Liberals announced their support of this bill immediately, precluding careful legal analysis, and have

abdicated all power to negotiate amendments.

When Thomas Mulcair spoke on Bill C-51 in the House of Commons, he said the following: "Like many Quebecers, I remember the improper arrest and detention of hundreds of innocent people when Trudeau's Liberal Party passed the War Measures Act during the October crisis. At the time, the NDP shrugged off criticism, had the courage of its convictions and stood firm against this attack on the rights and freedoms of all Canadians. It was difficult at the time, but history has proven us right, and we are proud of that. All parliamentarians are responsible for ensuring that such abuses of power are never repeated. Never again. Those who do not learn from the mistakes of the past are condemned to repeat them, and that is what we are seeing with [the Conservatives]."

I couldn't be prouder of the principled position that my leader has taken on this issue. We cannot save our freedoms by sacrificing them, and I hope that you'll take a stand with me to defend the freedoms and liberties that define our Canadian way of life.

*Please contact me at: Ottawa, Room 784, Confederation Building, Ottawa, Ontario, K1A 0A6.*

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© Eric Painter

MP Laurin Liu participated in Deux-Montagnes Lions' Carnival

## Citizens, Media and Minister of Health recognize inequity in healthcare

Editorial for ESBL by Elizabeth J. Saccà

Isn't health care in Quebec universal? Aren't people in all regions being treated equally? The answer is 'No', and the realization is shocking. The quality of your healthcare depends on where you live.

Citizens in the Lower Laurentians receive less than 50% of the average funding per person in Quebec for healthcare. Our population has increased exponentially, but each provincial government elected in the 30 years has failed to adjust the funding.

Last summer, citizens of this area began raising questions. Observations of overworked health professionals and waiting lists longer than in the rest of Quebec were confirmed by CSSSS' reports on the underfunding of the Lower Laurentians, and more recently, by Quebec Ministry of Health statistics as reported by *Radio-Canada* (Link below).

Citizens formed a network called *Équité Santé Basses-Laurentides* (Equity for Health in the Lower Laurentians), and a Working Group has met several times with the Deux-Montagnes representative to the Quebec National Assembly. The group sparked a

campaign sending letters from more than 200 people to the Minister since Dec. 22.

Minister Barrette has acknowledged regional inequities that have persisted in spite of efforts to correct them (*Radio Canada*). *Journal de Montréal* has reported on Lower Laurentians underfunding (Links also below).

Minister Barrette has divided *Montréal*, which he and the Minister of Public Health Lucie Charlebois represent, into three new administrative regions. This is justified, as the region has three times the population of the Laurentians. Also, *Montréal* is the most poorly funded per person in all of Quebec (the Laurentians is second lowest of the 15 regions, while the Lower Laurentians funding is the worst). Will equitable funding follow?

Is Minister Barrette adjusting the administration of *Montréal* as part of a redistribution of resources so people of all regions are funded fairly?

Will there be equity in healthcare funding in Quebec?

Now the Deux-Montagnes representative, Benoit Charette, is sponsoring a Quebec National Assembly pe-

tion developed by ESBL. It is time for healthcare in Quebec to become universal and fair. Speak to your friends and family and sign the petition to return to universal healthcare regardless of where you live in Quebec.

The petition is available at 4 Korrners (Oka Road and 20<sup>th</sup> Ave. in Deux-Montagnes). You may also contact anyone on the Working Group or download a copy at the ESBL link below.

You and your family are invited to an event ESBL is preparing for this spring to raise awareness, gather signatures and have a good time as we look forward to Minister Barrette's correcting this problem rapidly.

Links:

Radio-Canada

<http://ici.radio-canada.ca/nouvelles/sante/2015/02/19/002-domaine-sante-regions-quebec-excedents-deficits-ressources.shtml>

Journal de Montréal

<http://www.journaldemontreal.com/2015/02/26/son-genou-reconstruit-en-15-jours>

ESBL

<http://equitesantebasseslaurentides.org>

## Health Care Woes - Cause is Clear, Cure is Not

By Gordon Wetmore

A meeting January 28 between MNA Benoit Charette and worried citizens diagnosed why health care services in the Lower Laurentians are worst in Quebec: long-term underfunding.

Local business woman Gerry Kennedy, friends and family met in Mr. Charette's St. Eustache office to discuss poor health care experiences

Mr. Charette said that the method of financing health services needs to be changed. Funding only increased to meet inflation (about 2% a year) and never took into account the population explosion here. Since the 1970s, the Lower Laurentians, including its population of seniors, has been the fastest growing area in Quebec. It is underfunded by between 30 and 60 million dollars, he said.

The Speech from the Throne mentioned changing the financing of

health but nothing in law is proposed. Both Health and Social Services, which involve more than half the provincial budget, are now under one department headed by Dr. Gaetan Barrette. "Massive" bills could take up most of the legislature's time and attention, and Dr. Barrette does not seem willing to consider amendments, he said.

The St. Eustache hospital serves about 300 000 people but has no dialysis or nuclear medicine. It cannot pay personnel

to run MRIs and other diagnostic equipment

Cont'd on page 9



**HEALTH CARE WOES-***Cont't from page 8*

after 5:00 pm, he said. More than 18 000 are on the waiting list for a doctor.

Plans to build a new emergency ward (ER) and increase its staff have long been ready but never enacted. Ours is the last ER in the province not to have been renovated. About 30 of its 50 beds are in converted store-rooms, waiting times are enormous and psychiatric services are next to nil.

People at the meeting described waiting 45 minutes with severe chest pains before being triaged, a four-

month wait to follow up a condition marked "URGENT!", and a 19-month wait for a colonoscopy.

Mr. Charette is looking at implications from proposed legislation and the deficit for our situation. With a clear majority, the government does not need votes from other parties to pass bills and appears unwilling to collaborate, he said.

Since the meeting, the Quebec government invoked closure on Bill 10 that reorganizes the regional administration of health services. Under it, our area became part of the Laurentians region governed from St. Jerome. Mr. Charette worried that could fur-

ther reduce attention to problems here.

Minister Barrette has been invited to visit here many times but has not yet come, he continued. However, the week before Mr. Charette met with Mrs. Kennedy's group, Pierre Arcand, Quebec's Minister for the Laurentians, spent more than two hours at the St. Eustache hospital and met with local officials. He and Mr. Charette discussed our situation and plan to meet twice a year to follow up.

Mr. Charette sees the confrontational nature of the legislature as a block to collaborating on important issues. "We need to find a way to work together," he said.

**FAMILY PHYSICIAN ACCESS REGISTRY:****KEEP YOUR FILE UP-TO-DATE!**

To increase the effectiveness of the Family Physician Access Registry, for persons seeking a family doctor, and therefore improve service quality, the Centre de santé et de services sociaux (CSSS) du Lac-des-Deux-Montagnes asks for your collaboration in keeping your file up-to-date. In practical terms, if you have already completed the registration form for clients in search of a family doctor, and changes in your health condition or your personal in-

formation have occurred, it is imperative that you advise us as soon as possible. To do so, we ask that you fill out a new registration form. This form is available in English at the front desk of CLSC Jean-Olivier-Chénier and CLSC Mirabel, and at the St. Eustache hospital – the volunteers at the hospital's main entrance can give you one. When filling out the form, please tick off the UPDATE box at the top to let us know that it is a revised version of

your application. Once completed, please send us your form by fax (450-491-3424), by mail or drop it in person at CLSC Jean-Olivier-Chénier, Guichet d'accès à un médecin de famille, 29, chemin d'Oka, Saint-Eustache, J7R 1K6.

Thus, it is of outmost importance to keep your file up-to-date as to prevent going through even longer delays before a doctor can be assigned to you.

**I don't want to eat!***By Paula Sayegh*

A lot of you might have gone through the phase where your child pushes away his plate or refuses to eat certain foods, without even tasting them. Have you ever noticed that sometimes children say "no" without much thought? If a new food is offered, does your child turn up his nose and purse his lips? Is he hesitant to try new things? Between the ages of 3 to 5 years, most children eat a little less and become more selective in the foods they like. Their appetite varies from one day to another, sometimes even making them want to eat the same dish over and over. Here are some tips to help you and your child through that phase:

\* Let your child eat alone (even if you

might have a little more cleaning up to do once lunch is over!).

\* Try not to force your child to eat. Parents tend to be preoccupied about the quantity of food their child is eating: "Finish your plate, you didn't have enough." Don't you worry! If your child is hungry, he will naturally want to eat.

\* Make the plate appealing! Try using bright colors, or making faces out of the food.

\* Your child doesn't like certain foods the first time around? Don't stop serving them. Kids are naturally slow to accept new tastes and textures, so keep reintroducing them. Serve a small portion and encourage your child to try a bite without nagging or forcing.

\* Kids can manage their hunger when they come to expect that food will be

available during certain times of the day. If a child chooses not to eat anything at all, simply offer food again at the next meal or snack time.

\* Try not to negotiate. It's fine to encourage kids to "try one bite" but don't fall into the negotiating trap. Prepare and serve healthy meals and let them decide what to eat.

\* Have family meals together! Set your child's place at the family table. It's good for kids of this age to see their parents and siblings eating together and eating healthy foods. You can even change the atmosphere from time to time. For example, why not have a little picnic with a nice tablecloth, or put out some candles?

I hope these tips will help you and your little one enjoy your meals a little more. Bon appetite!

# CSI at LTM

By Gordon Wetmore



© Gordon Wetmore

**Two Mountains Regional Police crime scene technician Julie Heon explaining fingerprint gathering to students and staff for LTM's CSI activity, with patrolman Christopher Harding looking on**

One mid-January morning, students at Lake of Two Mountains High discovered a strange addition to the entrance lobby: a love seat, a chalk outline of a body, and the area around encircled with yellow police tape declaring a crime scene – Keep out!

Inside lay a well-scuffed pair of high heels, a cell phone, empty candy wrappers, balled-up tissues on a seat cushion, a dirty ash tray. What had happened?

This was the beginning of a two-week detection activity at the Deux-Montagnes school. Organized by the creative mind of science technician Bhanu Kotecha, it involved more than 20 students and 10 staff members trying to determine the reason that Ms. Dunhill had been found dead at age 39. Had there been a criminal act?

The “investigators” assumed identities of such famous crime fighters as Charlie’s Angels and The Colonel. They had to gather evidence from the crime scene and sift clues (every staff member had a clue to give) on their out-of-class time. Real officers from the Two Mountains Regional Police Force, Christopher Harding, patrolman, and crime scene technician Julie Heon instructed the erstwhile detectives on evidence collection and maintaining the integrity of a crime scene. Music teacher Michael Fitch helped set up the “crime scene” and Constable Harding provided the tape, tags and forms.

After two weeks, the investigators submitted their re-

sults. The winning reports analysed the nearly 50 clues and declared that poor Mrs. Dunhill had died of natural causes from a respiratory crisis. (One clue that had NOT been given out was that the activity was run in conjunction with National Non-smoking Week.)

Ms. Kotecha said that the CSI activity was first conceived at LTM years ago. Following a suggestion by former principal Sollie Glikzman, she and former staff members Melinda Giner and Ian Ritchie brought it to life. She revived it this year with the help of the science department, the entire school staff, and the Two Mountains Regional Police Department. All winners received a movie pass as a reward.

Student winners: The Colonel (Bailey H. Smith), first place; Detective Pebbles 1 and 2 (Isabella Carpini and Taliia Jourdain), second place; Inspector C and Inspector LOL (Carmen Desnoyer and Kimberly Poirier), third place; and OO Spicy (Caelan Taylor), honourable mention.

Staff winners: Charlie’s Angels (Linda Guerin, Stéphanie Bergeron, and Anne-Marie Francq), first; and Agent 99 (Sue Bourque), honourable mention.



© Gordon Wetmore

**Winners and other interested spectators at the CSI “crime scene” at LTM: (Left Side) organizer Bhanu Kotecha, student winners Baily Smith (wearing tie) first; front Carmen Desnoyers and Kimberly Poirier, third; and (taking notes) Caelan Taylor, honourable mention; (Right Side) staff winners Charlie’s Angels Stéphanie Bergeron, Anne-Marie Francq and Linda Guerin, first; and Sue Bourque, honourable mention. Absent: second place student winners Isabella Carpini and Taliia Jourdain**



# Think Fast!

*By Chelsea Chisholm,  
RHS correspondent*



Human objectification is practiced by three types of people: sexists, racists, and performing artists. However, the latter does so in an acceptable way. Actors and actresses are master shape shifters, even transforming into animated objects. The students of Rosemere High School's Extreme Improvisation class can certainly shroud themselves in the mottled green of a mossy tree with wit, personifying the plant effortlessly.

In an interview with *Community Connections*, Isabella Kelada-Khalil, a secondary five student, said that although the outcome of a skit is a mystery, roles roughly sketched out, "improv is a lot more scripted than you think it is." She noted that a brief fifteen seconds is reserved for planning a vague outline. Often, improvisation artists have a specific ending or setting in mind, Bella stated. The challenge is tying all loose ends together. "There's this thing in improv where you can't deny your requests," she said. Any additions to the plot must

be maintained; adaptability is imperative in the construction of a solid foundation.

The class, originally conceived by a student, is mainly comprised from RHS's 2010 and 2011 drama concentration program participants. Accustomed to each other's work ethic and skill, a sense of synchronism and unity is created. Harmony helps maintain fluidity, as many communicate outside of the classroom. However, effectively and masterfully producing energetic and commanding performances does not require familiarity between classmates, she said. The teacher, Ms. Stephanie Cocking, encourages students to adapt to various situations, including a diversified range of teammates, Bella said. She constructs the teams to accustom the students to a vast array of personalities and assets. Furthermore, Bella pointed out, the activities emphasize "breaking the ice" between students.

The program, unlike a conventional high school drama course, highlights the art on a competitive level. A select

few are part of an improvisation team, which had the opportunity to participate in an exhibition at Royal West Academy where the team met potential adversaries in preparation for regional and, hopefully, national competitions. Although the regionals, scheduled in April, would be RHS's first competition, the team has refreshing and reliable talents. Each student possesses qualities that propel the performance forward; occupying space, setting the background, maintaining control are paramount abilities the team has honed, Bella stated. Other than theatre enthusiasts, the course is ideal for timid types, as improvisation unearths dauntlessness and spontaneity, she said.

As for Bella, Dawson College's performing arts program is her targeted path. An integral part of her life, she wishes to pursue a career in dramatic arts. Open to the camera and the stage, Bella fosters any advantageous opportunity in the multiple fields of drama and is eager to explore further.

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# The Lions' Den –

By Nancy Ryder

The Deux- Montagnes Lions Club would like to thank all the supporters that came out to enjoy our Annual Winter Carnival. It took place on January 31 and the weather was cold but the sun was shining. The free food and hot drinks made everyone warm. Here are some pictures of the day.



© Gordon Wetmore



© Gordon Wetmore

We would also like to thank all the seniors who participated in the annual Seniors' Day on Feb 28. A great time was had by all, and people took home all kinds of gifts. Below are some photographs:



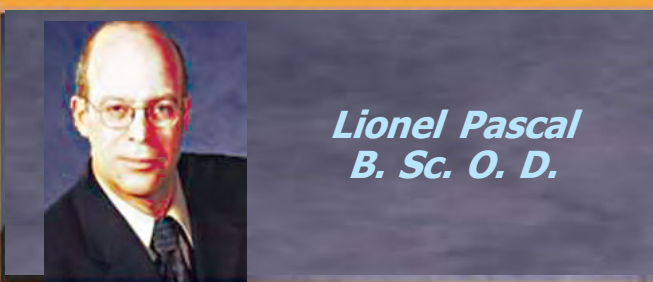
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## Five new books from four local writers

By Gordon Wetmore

Four local writers launched their latest creations in the last half of 2014, the most recent being the detective novel *Yolk* from Colleen Baxter Sullivan, reviewed separately in this issue.

Jennifer Cyr of Boisbriand published her book about her experiences overcoming bullying and suicidal depression and the lessons she learned. *Le droit de VIVRE, De victim de intimidation à gagnante (The right to LIVE, from victim of bullying to winner)* in collaboration with les Éditions Cornac, is available in most book stores for \$19.95. An autographed copy is available from the writer's website site [www.jennifercyr.com](http://www.jennifercyr.com).

Brittany Mary-Anne Wright, whose first novel was published when she was a teen, now is a student at Con-

cordia and has a second title out. *Mea Culpa* is the story of a girl in 1348 who, accused of a crime, passes herself off as a boy and enters an abbey as a monk. Needless to say, her solution has multiple problems. *Mea Culpa* is available at [amazon.com](http://amazon.com).

And at the Deux- Montagnes public library on November 2, Irish historical romance writer Cynthia Owens held a book reading and signing for not one but two new novels. *My Dark Rose* is the third book in the Wild Geese Series and *EVERLASTING*, the fourth in her Claddagh Series. Her books are available from [www.chaptersindigo.ca](http://www.chaptersindigo.ca), [amazon.ca](http://amazon.ca) and [amazon.com](http://amazon.com), and many other book providers as well as electronically on KOBO.

## New Detective Series Launched

By Gordon Wetmore

In June 2014, Colleen Baxter Sullivan launched her latest work, a detective novel called *Yolk*.

Plotting is this author's strong point, and in *Yolk*, Volume 1 of the Adam Garwood detective series, she weaves a tale with more twists than a package of liquorice sticks. In her previous novels, *Lil's Way* and *Jaded*, the protagonist was mentally ill and caught in a dark web of murder and deceit. In *Yolk*, though, Adam Garwood is a gay detective living with his partner in Montreal's Plateau district. While the tone is somewhat lighter, Adam's client talks to spirits and wanders in cemeteries, so mental in-

stability is still an important element.

Adam has to solve a 20-year-old cold case involving twins, the Mafia, the RCMP, Montreal police, drugs, prostitution, Centaur Theatre, prejudices and he and his partner's relationship. Those familiar with Colleen Baxter Sullivan's work will find dialogue, character development and description handled in her usual style. *Yolk* is available from Amazon, Barnes&Noble, Kobo, Smashwords, both in ebook and paperback formats. You can also find out more about this author from [www.colleenbaxtersullivan.com](http://www.colleenbaxtersullivan.com).

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## SCHOOL MATTERS

*By Gord Wetmore*

[gordonwetmore@yahoo.ca](mailto:gordonwetmore@yahoo.ca)

This is the time of year that parents select the high school that their children will attend in the fall. For those living in the geographical area that feeds Lake of Two Mountains High School, that is not necessarily a simple choice.

With its much larger student body, Rosemere High School can offer more enriched programs at all grade levels and a wider range of co- and extra-curricular activities. Despite problems with transportation (including very early wake-ups for classes that begin at 7:50 am), RHS has attracted many students from the LTM area, reducing the numbers at the Deux-Montagnes school and causing concern among some parents about its future.

It would be a mistake, though, to dismiss LTM as a choice. Recently, I received a letter from parents of two first year students at LTM. Teachers in the French system, they voiced a very strong opinion about the quality of instruction their children were receiving.

They were very, very happy with it.

Serge Desnoyers and Suzanne Karlovits had been concerned about the primary-to-high school transition. "We considered other public schools and private schools. Talk of a new principal, an informative open house, and a small student body swayed us to choose LTM," they wrote. "Five months into the year, with all the normal ups and downs of school life, to say that we are now 'pleased' by our choice would truly be an understatement."

Both Katrina and Carmen are doing "incredibly well academically and socially," they said. "LTM and its staff are a little treasure."

Calling the beginning years of secondary education "arguably the most important" in a child's academic and

social development, they described a "truly amazing" LTM team of first cycle teachers who talk to their children and interact with them in a sincere, warm and engaging manner.

Teachers were not the only source of encouragement. Fascinated with her dad's collection of ties featuring cartoon characters, Katrina begged her father to let her wear them to school. He gave permission with some trepidation, well aware that "kids can sometimes be mean."

Shortly after, she told her parents that a Grade 11 student and member of the Leadership group approached her. The ties were really cool, Kayla Rost said. She should keep being creative and not allow anyone tell her differently.

"We were totally floored. A total random act of kindness of the biggest magnitude! What a way to say 'Welcome to LTM.'"

Coming from a very small town myself, I know how significant a regional high school can be for a community. The importance of LTM to the English language community from St. Eustache west to St. Placide and north to St. Benoit/Mirabel, is like the air we breathe: vital but largely unnoticed. Nevertheless, the duty of a parent is to send a child to the school that will be best for the child. Can a school with a student population under 400 provide an engaging, worthwhile high school education?

The Desnoyer-Karlovits family thinks so, and so do I. If my children were of high school age, I would send them to LTM. They did in fact graduate from LTM and have done very well. From their classes and those since have come doctors, lawyers, veterinarians, economists, nurses, teachers, tradespeople, entrepreneurs, police officers, community leaders, musicians, journalists, psychologists and professors. Check out the *Montreal Gazette's* sports reporters. The only one young enough to have natural colour in his hair is LTM grad Christopher Curtis, class of 2003.

But that was then; this is today. Today's LTM has Chromebooks in Grade 7 and other innovative approaches. Outside sources recently provided affirmations for its direction. The Canada-wide One for Youth program from Banque Nationale recently awarded a million dollars in grants to organizations working with young people. In the entire nation, only one institution received two grants - LTM, \$10 000 for its Deep Roots cultural project and \$10 000 for Science in Action. It was the only English school in Quebec to receive a grant.

In addition, when the science department purchased a 3D printer from Studica Limitée, its Montreal office then donated a second one plus a scanner and other materials to support LTM's cross curricular programs.

RHS serves, and serves well, the more highly populated eastern section of our North Shore community. LTM serves the more rural and spread out western area. Its lower population will result in a smaller school, but LTM serves its students well and merits serious consideration.



  
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# Restaurant l'Oeuf-O-Grill

New Local Entrepreneur

By Cookie Smith



© Gordon Wetmore

**Mayor Denis Martin, councillors Micheline Groulx Stabile and Karine Gauthier, the Bougie family, staff and friends...toasting official opening.**

After the fire at the landmark Poullet Dore Restaurant and the subsequent closure, the Bougie family brought life back to 1910 Oka Road, corner of 20<sup>th</sup> Avenue, with the opening of l'Oeuf-O-Grill Restaurant. This newly renovated restaurant meets the needs of everyone, offering breakfast, lunch and supper on various nights. There is a choice of booths or tables, elegant tableware, bright decor, chic window treatments and modern artwork to give the restaurant a fresh new look. There are two washrooms, one larger to enable wheelchair and walker accessibility. Parking is limited but the Pub Deux-Montagnes allows restaurant patrons to use their parking facilities.

The restaurant opened on October 28, 2014, but the official opening was Sunday, February 1, 2015. It was attended by Mayor Denis Martin and councillors Micheline Groulx-Stabile and Karine Gauthier. They thoroughly enjoyed their breakfasts and joined in the photo with the Bougie family and staff.

L'Oeuf-O-Grill is a friendly family restaurant with three generations involved. Tanya Bougie is the Manager and waitress. Ludovic Charron, her husband, is the chef. Their children Alexandra, 12 and Loic, 6 are often at the restaurant on weekends. Alexandra is a good helper who wants to get involved in the business. Tanya's sis-

ter, Nancy Bougie, is the owner and her husband Alain Charbonneau is a bus boy. Gloria and Bernard Bougie, Mom and Dad, are usually there on the weekends to greet you with a smile and escort you to a table. The very positive and energetic Tanya has 20 years of experience as manager and waitress in several big restaurants in Montreal and its surroundings. Ludovic has 12 years experience as a chef of fine cuisine at well-known restaurants such as the former Au Biniou in St. Eustache and Hotel Ramada in Blainville.

The restaurant is open every day for breakfast from 5:30 am during the week and 6:30 am on weekends until 3:00 pm. The lunch menu changes everyday with a table d'hôte starting at \$10.00. The restaurant also started a new special with 10 choices at \$10.00 for lunch on weekends. The only restaurant in the area to offer this! Some of the choices are Club Sandwich, Hamburger Steak, Sausage (Swiss, Toulouse or Italian) and Sauerkraut Panini (from William J. Walter in Ste-Marthe-sur-le-Lac), pasta, hamburgers, cheeseburgers and wraps. They now have an association with Walter's store for discount coupons to buy their sausages, if you order them at the restaurant.

On Thursdays, Fridays and Saturdays the restaurant takes on a whole new atmosphere with dinners starting at 4:00 pm in a jazzy lounge style ambiance with candlelight and a bonus, bring your own wine. The supper menu changes once a week with the table d'hôte starting at \$14.00. They offer a delightful choice of steak (their specialty), chicken, seafood, pasta, etc. It is so nice to have a restaurant to frequent for supper again in

Deux-Montagnes! By this summer the restaurant is planning to have pizza on the menu and to add a terrace with a few tables at the side, a welcome prospect for the nice weather.

The restaurant has wireless internet so you can enjoy the WiFi Café atmosphere with your laptop and coffee. On Thursday to Saturday afternoons (the supper nights) the restaurant is open for a la carte snacks, desserts, coffee and tea.

L'Oeuf-O-Grill offers special theme meals such as the supper encounters, animated by Murielle Poitras of Agence Accord, for groups of single seniors on Thursday nights. It includes a four-course dinner for \$30.00 tax included. It has become quite popular and the number of customers is growing.

A contest started on March 1, called "SIS" (Supper with the Sisters) with a draw once a week on Facebook and their website to pick two lucky couples, who will have supper with the Bougie sisters and families at 50% off.

The restaurant has also featured many specials during the past few months, namely children free 10 years and under, 30% off on breakfasts from Monday to Friday, a lunch special of 10 choices for \$10.00 and 2-for-1 suppers on Thursday nights. There is also an ongoing birthday special...bring three friends and the birthday person gets a free meal!

I have sampled various meals for breakfast, lunch and supper and all have been delicious! There are generous portions, beautiful presentation, reasonable prices, friendly and efficient service. We had a Triple Birthday Supper in January with 19 people. Tanya arranged a great u-shaped table set-up and Ludo prepared a table d'hôte with several choices. They even suggested we choose a night with the second plate half-price special. Everyone enjoyed their meals and the ambiance! Tanya noted that they had a slow beginning for suppers, but that's changed now. There are many group reservations.

Visit their website at [www.restoloeufogrill.com](http://www.restoloeufogrill.com) and check the weekly menus on Facebook. For reservations call 450-983-5999. Enjoy the experience!

# Goals & Dreams: Regional Po

If you look closely at the 23 children pictured here in their white uniform tops, you will see on their faces an “I can’t believe this is really happening” expression.



Many are holding autographed pictures of a hockey player. That player, former National Hockey League great Eric Desjardins, winner of a Stanley Cup with the Montreal

Canadiens, is smiling in the back row with the other grinning adults.

Everyone had a right to be smiling that evening, January 29, in the crowded (and hot) confines of the Deux-Montagnes City Hall. They had just participated in a Canadian first event, the partnering of the Deux-Montagnes Regional Police Department with the National Hockey League’s Players Association (NHLPA) and its Goals & Dreams program.

The 23 boys and girls aged seven to 11, all from families that could not afford to enrol them in organized hockey in the area, were “drafted” into the FORCES, a hockey team that would be supported and coached by the police. A mountain of equipment bags each stuffed with hundreds of dollars worth of hockey gear, paid for by Goals & Dreams, sat at the back of the hall.

There were many speeches that night, by Constable Christopher Harding, who initiated the project, Sergeant Mario Leblanc, Police Director Alain Simoneau, Deux-Montagnes Mayor Denis Martin and honorary guest Desjardins. Keeping their remarks short, they managed to deliver the same message in different ways: they were proud and pleased to be involved with a project that would benefit so many deserving kids and their families. In keeping with the NHL theme, each player was called up individually to receive the FORCES team jersey from Cst. Harding and Sgt. Leblanc, who would be their head coaches. Then, with the rest of the family standing behind, the player would sit at a central table to sign the “contract” with Director Simoneau, Mr. Desjardins acting as witness, followed by handshakes, hugs and photographs – and sometimes tears showing on the parents’ faces.

The children came from municipalities of the Deux-Montagnes Regional Police: Ste-Marthe-sur-le-Lac, St-Joseph du Lac, Pointe-Calumet and Deux-Montagnes. Ice time at the Danielle Sauvageau/Olympia Arena was provided by the City of Deux-Montagnes.

Cst. Harding initiated the project because, as the department’s community relations officer, he is very active in schools, community groups and various municipal activities. He could see that organized sports “help the development of such life skills as leadership, self-confidence and the sense of being part of something.” Unfortunately, not every family has the capacity to provide their children with the experience, he said.



**The 23 children of the newly formed FORCES hockey team and the NHLPA’s Goals & Dreams program. The adults include Mayor Denis Martin, Police Director Alain Simoneau, former NHL star Eric Desjardins, Ass’t. Police Director Mario Leblanc, Constable Christopher Harding, and Mayor Sonia Paulus of Ste-Marthe-sur-le-Lac. © photo**

While he did the spade work to get the project going, he called the program “a group effort.” In the audience were many off-duty officers, especially in the standing room only area at the back of the hall. Police officers will be involved with helping the players on a rotation basis, “each participating at different capacities, tying skates, speaking with parents, working with the kids on and off the ice,” Cst. Harding said.

Adding support by their presence were a number of city councillors and Mayor Sonia Paulus of Ste-Marthe-sur-le-Lac.



# Police and NHLPA Join Forces

By Gordon Wetmore



Program created by the Deux-Montagnes Regional Police Department. Officers behind are (left to right) Sgt. Mario Lebland, Margaret Karine Gauthier, Mayor Denis Martin, Police Director Alain Racicot, Director Denis Racicot, Manon Robitaille, Normand Clermont,





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## Supporters Get to Laugh



(Left to right) Comics David Acer, David Pryde, Andrew Searles, organizer Patricia Doganieri, comic Franco Taddeo, and organizer Stefano Passini © Gordon Wetmore

Thanks to main organizers Patricia Doganieri and Stefano Passini and their team of volunteers, supporters of Mountainview Elementary and Lake of Two Mountains High School got to help out their schools and enjoy themselves.

Four top flight comics entertained a very happy audience at the Comedy Night fundraiser held at the Deux-Montagnes high school's Ron Edwards Hall February 7. The night was cold (and so was the beer), but the comics were hot and the crowd was

ready to laugh.

Franco Taddeo (star of a CBC TV comedy special, three national tours, the Winnipeg and Boston comedy festivals and CBC Radio's *The Debaters*) hosted and won everybody's love with such questions as "Saint-Marthe is a suburb of Two Mountains, right?"

Andrew Searles, the youngest comic and rated as one of the ten best stand-ups by the *Montreal Mirror*, performed here before at the 4K fundraiser two years ago. His material was a bit too graphic to recount this time,

*By Gordon Wetmore*

but those who attended will never again feel the same way about starfish.

David Pryde, multi-talented actor, writer and comedian, instantly connected with driving woes, directional signs, and the strangeness of English. Particularly witty was a lengthy bit about how "in" and "on" change meanings. All the English teachers in the audience loved it – never had they been so amusingly prepositioned.

Star of the night was 10-time veteran of *Just for Laughs* (as a performer) and Gemini nominee David Acer (pronounced Aker, like the way our ribs felt after his set). He did pratfalls, mentalists' tricks, mind-reading (if you could call it reading), and used a baseball cap to show the utter failure of our best known educational institutions. The parents and teachers loved it.

All of the tables had bowls of popcorn for the guests, who ate and coughed during the performances because no one can resist popcorn. As a public service, the wise Acer came down to a front table, put a piece of popcorn up each nostril and, returning the pieces to the bowl, stirring the contents around after. That, he said, is how you can break a compulsive habit. It worked!

## *West Side Story* Comes to RHS

*By Gordon Wetmore*

The iconic modern version of Shakespeare's tale of "star crossed lovers" hits the stage at Rosemere High School April 16 and 17. *West Side Story* is this year's production by the creative team of supportive staff and talented students under the overall direction of drama teacher Stephanie Cocking.

Instead of aristocratic families feuding in old Verona, this is a story of love in conflict with a culture of gangs and racism in New York City. With a script by Arthur Laurents, music by Leonard Bernstein and lyrics by Stephen

Sondheim, it has much to say about the costs of "them-us" divisions. Songs include the romantic "Maria", the rousing yet sardonic "America", and the heart-breakingly ironic "Tonight."

Tickets went on sale March 16 at \$10.00 (reserved) and \$12.00 at the door. For reservations, call the school at (450) 621-5900. Doors open at 7:30 pm.



© Stephanie Cocking

Student actors at RHS rehearse a conflict scene for their production of *West Side Story* April 16 and 17.

# Reopening of L'Oeufrier Deux-Montagnes By Marie-Élaine Léger

L'Oeufrier Deux-Montagnes, located at 1405 Oka Road, Deux-Montagnes, in business for 11 years now, has maintained its reputation of friendliness and family atmosphere. Since its reopening in September 2014, the restaurant has undergone significant changes.

First, L'Oeufrier is now managed by a new family team. We offer a new and diversified menu in a newly decorated modern and comfortable interior design.

L'Oeufrier is more than a restaurant that serves meals. The mission of our staff is to provide you with a warm and friendly service to ensure a pleasant dining experience. In addition, L'Oeufrier also offers a dining room that can hold 50 people and accommodate groups for all types of occasions.

We are always ready to satisfy your taste buds and be assured that your experience at the restaurant will always be a memorable one. We are extremely pleased to welcome regular customers and looking forward in meeting new ones!

Thank you, see you soon!

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**Michael Desgagné / Marie-Élaine Léger / Odile Thibert  
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**Marie-Élaine Léger, Michael Desgagné, Ernesto, Janny Ramos, Jo-Anne Thériault, Denis Martin, Micheline Groulx Stabile, Margaret Lavallée, Sarah Ouellette, Odile Thibert, Mélanie Cléroux, Gabriel, Caroline, Samuel, Pierre Léger**



## Student Newspaper: *The LTM Pulse*

*By Robert Marchand,  
LTMHS Correspondent*

Many things happen at Lake of Two Mountains High School. What better way of informing students, staff,

Six other students and I kicked off the project in mid-March with the approval of the principal. After some brainstorming the group finally came up with a name, *The LTM Pulse*, and a logo.

and parents about upcoming events than to have a student newspaper?

LTM might be small but something is always being organized by the Leadership program, teachers or principal. Surprisingly, not everybody knows what is going on. To fix this problem (and for a project for one of my courses), I decided to start a school newspaper.



The paper would include current and upcoming events, student work, fieldtrip experiences, comic strips, horoscopes and a Q & A for the school guidance counsellor. Students will be able to make suggestions on what to include, since the newspaper is ultimately based on student life.

*The LTM Pulse* will be widely available for free to students, parents, and staff. Along with a print copy there will also be an online addition available at [www.theltmpulse.ca](http://www.theltmpulse.ca). The first edition should be out by early April.

# Women's Time Out 35<sup>th</sup> Anniversary

Story and photos by Carol Wetmore



**Pat Baldwin, Linda Hanson, founder Marlene Holden, Darlene Gargul, Pat Klotz and Gertrude Dore at the 35<sup>th</sup> Anniversary Luncheon of Women's Time Out**

Women's Time Out celebrated its 35<sup>th</sup> anniversary February 19 with a luncheon catered by L'Oeufrier Restaurant at Veterans Hall in Deux-Montagnes.

Marlene Holden (Bednarczyk), the woman who started WTO in her home, drove up from New Jersey to attend.

Despite the snowy weather, more than 70 members showed up for the event. Marlene was very happy to see



**Women's Time Out founder Marlene Holden and founding mother Darlene Gargul, who later founded the 4 Korner's Family Resource Centre**

that WTO is still thriving with a total membership of 93 women of various ages and interests.

WTO has adapted very well to provide a "time out" for women who, at its beginning, were a mix of young mothers and older mentors who could help us with their experience. Many of those early founders gained skills and confidence to go on with careers outside the home. Oth-

ers took part in community work as leaders and volunteers. Tributes were paid to Marlene, the early founders and the many hardworking leaders and club members who kept this great group going and growing over 35 years.

The membership is older now but very active in care-taking and such service organizations as Meals on Wheels, the Lions' Club, and the 4 Korner's Family Resource Centre. WTO still provides a much needed break to relax and have fun.

Personally, it was wonderful for me to see Marlene and "the founding women" together again, and to be part of such a great organization that welcomes women of all ages and interests.

Thanks go to Gertrude Dore, the latest in a long line of brave women who have volunteered to run such a huge group, and to all the past coordinators who contributed so much to WTO and the community.



**Women's Time Out members at the 35<sup>th</sup> anniversary luncheon**



**Having a great time at the 35<sup>th</sup> Anniversary Luncheon of Women's Time Out**

# A Look at Rosemere

By Marge McCord

April brings us Easter with Good Friday falling on April 3, Passover Saturday, April 4, Easter Sunday, April 5, and Easter Monday, April 6. This is a time when some families get dressed up and go to church. In olden days, the Easter bonnet was very important. Some families have egg hunts for their kids, which they adore. Ukrainians paint their eggs at Easter as part of their tradition. To all I would like to wish you a very Happy Easter.

In May, the weather starts to warm up, trees start budding and blooming, spring flowers appear – crocuses, tulips, daffodils, and others. We must not forget the trees that flower.

Mothers' Day falls on Sunday, May 10. This is a time to wish Mom a great day. Drop in if you don't live too far and give her a big hug, send flowers or a plant. Monday, May 18, is the holiday Monday of the long Victoria Day weekend.

On Friday, February 13, the Rosemere Volunteer Services (R.V.S.) held its general meeting. After the regular business, there was a speaker, Dale

Hammond, fitness specialist and personal trainer for older adults. Dale spoke to the group about staying fit as we age. A very nice Valentine's lunch was served. The next meeting will be held, Friday, May 22, at 11:30 am in the Memorial Community Centre. The R.V.S. boutique will also close that day for the summer. It will reopen in September.

I saw in one of the newspapers where our double Olympic Gold winner, Alexandre Bilodeau, was named Ambassador to the Olympiques Speciaux Quebec. Congratulations, Alex – Bravo!

My neighbour, Sue Quarles, who skis and is involved in the Canadian Ski Marathon each year, gave me the following write-up re this year's Marathon. Thanks, Sue. Next year will be their 50<sup>th</sup> anniversary.

The Canadian Ski Marathon held its 49<sup>th</sup> running on February 7-8. It went from Montebello to Buckingham and had more than 2000 participants with lots of families. Conditions were hard on everyone this year with a wind chill of -38 degrees on Saturday morn-

ing. But weather does not stop fun. Please check out [csm-mcs.com](http://csm-mcs.com) and participate with your families.

## Obituaries

In January, we lost long-time resident of Rosemere and Lorraine, Betty Graham. Betty is survived by her three sons, Doug Graham (Catherine) of Montreal, Gordon Graham (Shelley) of Calgary and Richard Graham of Ottawa. Betty was the wife of the late Fraser Erratt and was predeceased by her first husband, David B. Graham. After raising her children, Betty worked as a real estate agent and manager through the 80s and 90s before she retired. Betty was very active in the Rosemere Community through the Holy Cross Parish, where she will be sadly missed. Our sympathy goes to her family and the Erratt family.

My next deadline is May 1 for the June-July issue. If you have any news items you would like to see published, call me at 450-437-5231.



**Claude Surprenant**  
Député de Groulx

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450-473-5429  
Web: [heritagesocialclub.com](http://heritagesocialclub.com)  
Email: [Heritage\\_social\\_clubyahoo.ca](mailto:Heritage_social_clubyahoo.ca)

**Monthly Activities:**

- ✓ Darts every Monday 7h00 pm
- ✓ Bingo every 3<sup>rd</sup> Wednesday 1h00 pm
- ✓ Karaoke every 2<sup>nd</sup> Friday 8h00 pm
- ✓ Cribbage Tournament every 3<sup>rd</sup> Saturday 12h30 pm

**Information about the Club**

- ✓ Pool Hall available anytime
- ✓ Hall Rentals available anytime
- ✓ Fully stocked Bar is always open
- ✓ Days open: Thur-Fri-Sat-Sun
- ✓ Hrs open: 2pm (unless hall is rented)



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# Foot Pain, Biomechanical Examinations and Plantar Orthotics : Explained

*By Dr. Martin Scutt*

Foot pain is the most common reason patients seek an initial consultation with our podiatrists. Most commonly patients have complaints of pain residing in the heel, and/or arch, but pain may also reside in knees, hip or lower back. Pain is NEVER normal and necessitates a biomechanical examination by an experienced and skilled podiatrist to determine its root cause. This examination results in a diagnosis followed by an appropriate treatment plan developed in collaboration with the patient.

What is a biomechanical examination?

A biomechanical examination by a skilled podiatrist takes approximately about 30 to 40 minutes and is composed of two parts, the static and dynamic assessment. This examination will render a diagnosis and treatment plan such as custom made, quality orthotics, recommendation for a change in foot apparel, surgery, magnetic therapy, etc.

## Static Assessment

The podiatrist begins with a static assessment taking specific measurements while you are lying down or standing up. During the non-weight bearing anatomical examination, your muscles and tendons, joints and the source and quality of your pain is assessed. In a standing position your posture is evaluated along with your knees, pelvis and lower back. A specially designed mirror specific to podiatry called a podoscope is also used to determine the angles and positioning of your feet.

## Dynamic Assessment

The podiatrist also assesses your gait (your body in motion or the way you walk) on a platform to determine any anomalies.

## What are Plantar Orthotics?

Plantar (foot) orthotics (orthosis) are commonly known as 'shoe inserts' or devices designed to support, align or improve the function of the feet and lower limbs during activity. They apply forces to the feet enabling the podiatrist to alter certain movements and in effect apply a correction. Quality custom orthotics are designed according to the podiatrists' detailed prescription which is based on a meticulous biomechanical examination. This examination is rooted in scientifically based research in biomechanical and anatomical science but also involves a certain degree of lateral thinking by an experienced podiatrist, especially in complex cases.

## When to consult

Foot pain is not normal and should not be ignored. It is not uncommon for patients to endure pain, thinking it is an acceptable way to live. Pain impairs our ability to function and impedes our quality of life. A meticulous, biomechanical exam by an experienced and reputable podiatrist is the first step required to determine a diagnosis and develop a treatment plan to help you get back on your feet.

Our clinics have been proudly built on honesty and integrity. Our team of experienced podiatrists (including colleagues, Dr. Darrell Bevacqua and Dr. Marc Antoine Dion), have an excellent reputation for providing quality care with a reasonable fee schedule which allows an increased accessibility to our services. We are very proud of the fact that the vast majority of new patients are referred to us by health professionals and our patients themselves. Services and treatment options include biomechanical examinations, custom, quality orthotics, surgery (ingrown toenails, bunions, hammertoes, flat foot (Hyprocure), corns, Morton's neuroma), laser therapy for fungal nails, MBS therapy for pain and other foot conditions, plantar fasciitis and heel pain assessment, digital x-rays, plantar warts and much more!

For more information about a foot problem or to make an appointment, please call our Rosemere office at (450)979-0303 or Laval at (450)937-5055.

Thank you for your trust.

**Dr. Martin Scutt,**

**Podiatrist and Clinician at UQTR.**

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ROSEMÈRE... (450) 979-0303... (260 Grande-Cote, near the train station)

LAVAL... (450) 937-5055... (4072 Le Corbusier Blvd.)

# Valentine's Day at the Little Yellow School House

By Michele Bourland, President, ACDM



On February 8, the Cultural Association of Deux Montagnes (ACDM) held a very special Valentine's Day Workshop for children between five and 11 years old.

All children were welcome to spend the afternoon making crafts and painting valentines. Also the clown TI-PIT was there to amuse the children and volunteers alike. Please note that three free workshops for children are given throughout the year at the Little Yellow School House by the ACDM. The next one has a spring theme. For information, go to [www.lapetitecolejaune.com](http://www.lapetitecolejaune.com) and register on line at [acdm@videotron.ca](mailto:acdm@videotron.ca)

## Huge donation for Children's Wish by RHS community



Photo by Keith Bellamy

On February 5, Rosemere High School proudly presented a cheque for \$12 500 to the Children's Wish Foundation. This phenomenal sum was raised by students, staff and the local community at the 7<sup>th</sup> Community Breakfast and Merry Fest last December. The money will be used for a Disney vacation for Justin Michael, a seven-year-old from Lorraine who has Duchene Muscular Dystrophy, and his family. (Photo by Keith Bellamy)



4 Korner

## Tough Decisions Ahead for 4K

By Peter Andreozzi, President

The headline in today's (March 3, 2015) *Financial Post* reads "Following the Money." It is more than a headline. It is becoming more and more a way that not only large companies but small organizations, even nonprofit ones, need to start thinking.

The 4 Korner Family Resource Center receives grants and funding for very specific projects and programs. We are held accountable on what we are spending and what is being done with the money. Our funders are following their money and making sure it is spent as it must be spent.

All things considered, we have been doing a lot with the money we received and stretching every dollar as far as we could, but more stringent guidelines from the funders is challenging us to work harder with less money and less flexibility than ever before.

Over the next few weeks the Board of Directors will be reviewing the funds, how and why they are spent, and will be making tough decisions for what the 4 Korner can do and what direction we will have going forward.

I would ask you all to realize these choices are never easy, and we must make them to achieve the mission of 4 Korner: achieving access to health and social services for the English speaking community of the Laurentians. It is an unfortunate but necessary step we must take, and we thank you all for your understanding.



## Message from the Church Snoop

Spring is about to bring us our gardens, warm days, and all the lovely things we've been longing for, but, this blessed and glorious easter season surpasses these, as we all join in the beautiful services and hymns of this most meaningful time in the church year. The welcoming and lovely churches of Deux Montagnes and Rosemere invite you to join them in this most joyous celebration. The *Community Connections* and I wish you a very joyous Easter. May God bless you and yours on this Eastertide and always!

Your Church Snoop,  
Eric



## The Church Mouse

by Eric Painter

prayer often prayed by millions through the ages, "Thy kingdom come, Thy will be done on earth, as it is in heaven." We enjoyed a foretaste of that coming kingdom on January 18<sup>th</sup> when Pastor Jonathan Maracle, of Tyendinga Mohawk Territory came, accompanied by Pastor Peter Shannon and Francis Blais, to share in word and in song. It was a totally awesome event which we will long remember. If you have no Bible-preaching church to call home, please join us on Sunday evenings at 6:30 in singing the old gospel songs and in preaching the eternal Word of God. A warm welcome awaits you!

Pastor and Mrs. John Thévenot

### All Saints Church

248-18th Ave. Deux Montagnes  
Telephone: 450-473-9541



Sunday services with Sunday school and nursery at 11:00 am  
1st Sunday – Morning Prayer

2 / 4 Sunday – Holy Communion  
3 Sunday – Family service (Morning Prayer)

10:30 – 11:00am: Time to connect (coffee, tea, juice, snacks and friends)

Two Mountains Community Youth Group, for all high-school aged teens, meet every Friday from 7:30 – 9:30, except for every 3rd Friday, which is SPAM (Sports night At Mountainview)..

April 2 Maundy Thursday Supper and Service 6:00 pm

April 3 Good Friday Walk of Witness 2:30 pm

April 4/May 2 "Food for Body and Soul" monthly breakfast 9:30 am – church hall

April 5 Easter morning Celebration Service 11:00 am

April 30/May 28 Holy Communion service at Les Cascades 10:30 am

May 2 Afternoon Tea in the church hall 2:00

\*\*\*Holy Eucharist will be celebrated during the Holy season of Lent in French each Sunday afternoon at 4:00

\*\*L'Eucharistie sera célébrée en

français à 16 heures (à l'Église All Saints, Deux Montagnes) tous les dimanches, pendent le Careme.

Rental space (kitchen and hall) available for group meetings and activities  
Jerry East Tel: 450-623-4929 (rentals@)(info@)(http://www.allsaintsdeuxmontagnes.ca

In a world of uncertainty, desperate for peace, we may well ask the question "wherein lies our security?" True security does not depend on the balance of power, on the price of oil, on prosperity, or possessions. Whatever your perceived threat, true security is the inner security that comes through knowing Jesus Christ as your Saviour.

Jesus tells us that in the world you will have tribulation, but not to worry, for He has overcome the world. "Peace I give to you, not as the world gives. Let not your heart be troubled, neither let it be afraid." John 14:27.

You are welcome to join us at All Saints church, Deux-Montagnes or St. James church, Rosemere, and hear the wonderful Easter message of salvation, the one sure message of hope that gives peace of mind and true security in our uncertain world.

Father David

### PEOPLE'S CHURCH

370 5<sup>th</sup> Ave, Deux Montagnes



Sunday service's and Sunday school 11 am  
Hope Springs Eternal.

Easter is not about chocolate bunnies, painted eggs or family gatherings, though it may include those things. It is about a living hope in the resurrection of Jesus Christ. Death is so difficult to deal with and so final that we don't even enjoy talking about it, however, we all have to face it. The great hope of the Christian is that the subject of death need not be so feared, and such an evil enemy, because Jesus said, "I am the resurrection and the life, he that believes in me though he were dead, yet shall he live", (John 11:25). This promise that Jesus made is not "pie in the sky," because He proved He is the way to eternal life in

### Christ Church United

214-14 Avenue, Deux Montagnes  
www.christchurchunited.com



Worship Sunday at 11:45 am. everyone is welcome.

"Out to Lunch" for all residents of

the area. Come and join us for a free lunch at Christ Church (address above) every Tuesday at 12:30 pm. until 2:00 pm

N.B. Children must be accompanied by an adult. All donations will be greatly appreciated. Volunteers welcome. For more info please contact Christ Church 450-473-4784

or Stella Cox 450 623-5192

April 2 Dominoes & Laughs –1:00 p.m.

April 5 Easter Sunday

### CHURCH OF GOD

815 Rockland St.  
450-491-6873



As spring begins to manifest itself after a long, cold winter, the thought of new life coming forth is

God's way, through the cycles of nature, of reminding us that spiritually, "the best is yet to come." Jesus Christ will soon return to this cold, barren planet we call home and the establishment of His kingdom. This will be the long-awaited answer to the

## The Church Mouse

Cont'd from p 24

Heaven by His own resurrection on that first Easter morning, and paved the way for all those who have placed their faith and trust in Him. Indeed what comforting words, "Hope does spring eternal".

Tuesday- Ladies Bible Study: 9:30am  
 Friday-Bible Study & Prayer Meeting: 7:30pm

### ROSEMERE MEMORIAL CHURCH

200 Grande Cote, Rosemere



### Kanehsatà:ke United Church

209 rue des Anges, Oka.

Information for both churches –  
 450-437-5560



April 5, Easter Sunday, Rev. Kurdyla will preach at 11 a.m. in Rosemere.

Rev. Martha Nell Thomson will preach at 11 a.m. in Kanesatake.

After that, services will be at both churches, at 11 a.m., with Rev. Kurdyla alternating between Rosemere and Kanesatake by Skype.

### St. James Anglican Church

328 Pine St. Rosemere, QC

Tel: 450-621-6466

info@stjamesrosemere.ca



Sunday services  
 a n d S u n d a y  
 school at 9:30 am

Please join us for the following events:

Thursday, 24 April, St. George's Day Social tea..... 2 pm to 4 pm. If you have a "Fascinator", this is the day to wear it.  
 Saturday, May 16, 10am, Book, Bake & Garage Sale.....one stop shopping for your spring time needs.

The weekly Drop In Centre, hosted by Winston & Becky Fraser, welcomes

you every Wednesday from 10am to 2pm. Stop by, have a coffee, and stay for soup and fellowship. The church is always open for prayer and quiet meditation.

We have space available for rent for large meetings, or private parties. Please call

450-621-6466 for information.

Other notices will be posted on our "Facebook" page

### HOLY FAMILY PARISH

1001 Ch. d'Oka, DEUX -MONTAGNES, Tel. 450-473-2163

E-Mail: holyfamilydl@hotmail.com

Website: www.holy-family-dm.org



Masses:

Wed – Friday, 9:00 a.m.

Saturday : 5;30 pm.

Sunday; 11: 00 am.

Saturday, April 18th, children's confirmation: - 4: 00 p.m.

Spring is a resurrection -winter's stone is rolled away to reveal God's buried treasure, each sun-kissed springtime day. Quote by Clay Harrison

Spring is a miraculous experience. The whole world comes alive after the winter in which it seemed that everything was dead. The world comes filled with colour and the scent of delicious greenery. The world that seemed so dull and cold has come alive once again. Little did we know that beneath the cold hard ground, the plants and trees were preparing for rebirth. Spring gives us hope for rejuvenation in our own lives as well. Spring is a time to renew the excitement and zest for life that lives inside. Worshiping always continues and never takes a break, so we hope to see everyone join us weekly.

May God bless you and yours. o advertise in our Bulletin, please contact the office:

Monday, Wednesday, or Friday 9: 30 to Noon.

### HOLY CROSS PARISH ROSEMERE

Ste. Francoise Cabrini Church, 210 Rue de L'Eglise, Rosemere Parish Centre: 555 Lefrancois, 450-621-2150 Fax: 450-621-9080 www.holycrossrosemere.com



Sunday services  
 9:00 am at Ste.  
 F r a n c o i s e  
 Cabrini

### EASTER SCHEDULE CELEBRATIONS

APRIL 2 - HOLY THURSDAY TBC

APRIL 3- GOOD FRIDAY  
 3:00PM PARISH CENTER

APRIL 5- EASTERSUNDAY  
 11:00 am ST MAURICE (BDF)

APRIL 6 - CHRISM MASS TBC  
**EVENTS**

April9-16-23 DANCE EXERCISE 7:00 pm-8:30 pm Parish Center

April 24- MILITARY WHIST 7:00 pm Parish Center

May 3  
 FAREWELL BREAKFAST FR. ISABEL  
 10:30 am – 2:00 pm Rosemere Community Ctr

### FAITH ED PROGRAM

Information on next year's program will be available in Spring 2015.

Faith First 1st Communion & Reconciliation Confirmation

For additional details regarding these programs and prerequisites

Please contact: Anny Rail-Fink :  
 faith.ed@holycrossrosemere.com

### 2015 FAITH ED MEETINGS/CLASSES

April 6 Confirmation – Class D  
 6:00pm – 7:00 pm Parish center

April 8 Confirmation – Class F  
 5:15pm – 6:15pm Parish enter

April 11 Parent Workshop – First Communion 9:00 am – 11:30 am Parish Center

April 12 Faith First Level 5 Child/ Parent Classes 10:45 am-12:15 pm Parish Center



### Legion Branch 185

### Legion events

(Everyone is welcome)

April 25..... Crohn's Fundraiser Spaghetti Dinner, 6:30 pm

May 10 ... Mother's Day Dinner, 5:00 pm

May 30... Steak Dinner, 6:00 pm

# Ron's Corner

By Ron Kessler

## POTHOLE HELL

Well, here it is, spring. This is the season that we hear much about the poor condition of our highways. When the radio announcers say, "Be careful, lots of *potholes*." NO KIDDING! Thanks for that insight!

Can someone please tell me how lawmakers thought, in their infinite wisdom, that passing a law in Quebec where municipalities cannot be sued for damages caused to our cars caused by *POTHOLE*s was a good idea!

Maybe it's just me, but the poor conditions of Quebec roads frustrate me every time I drive on them. I know for a fact that I'm not alone. If we were talking of the odd pothole caused by our roads due to spring thaws, I would say, "Ok, ok, crap happens. Fix it and move on" ... BUT THAT'S NOT THE CASE!

This law seems to have given the rights to any municipality to neglect repairing potentially dangerous road

damage because, well, it's the weekend, or night, we can't pay overtime for a crew to repair that problem *now* or, it's not on our shortlist. Say WHAT? Instead, numerous calls have to be made concerning the same damage before it gets attention. Well, I am fed up!

How many accidents have been caused by people trying to avoid a pothole and veering into oncoming traffic? How many injuries or worse have been caused? How many hard working Quebecers have had to spend hundreds of hard earned dollars, if not thousands, to repair car damages which fall just short of the \$500 to \$1000 deductible most of us have?

I'm sure like me, many of you travel to the U.S. or Ontario. Well, what's their magic solution, *pothole fairies*? No, it's called "preventative repairs and upkeep." Or maybe, just maybe, our road surface thicknesses should be increased in accordance to our climate changes.

Come on folks, why are the roads always worse here? We are told we pay exorbitant prices for our license plates and automobile taxes so the money can be used to improve our road infrastructures. Well, slap me in

the head, it must just be me!

When will a mayor stand up and confront this issue with his fellow leaders? How much damage is enough? How many avoidable vehicle accidents must occur before someone thinks this is a serious problem?

It's time the "carte blanche" be removed from municipalities in Quebec to be able to neglect the conditions of their roads knowing all well that they cannot be held responsible in court.

I for one consider this to be a major issue that has once again cost the tax payers too much! It's time for someone to stand up and tell it like it is. And for someone to listen to us, the taxpayers (a very appropriate adjective, eh?)

So, pick up the phone, call a councillor or your mayor's office if your area is affected by these dangers, or go to a municipal meeting and ask these questions. Be prepared to hear, "The Quebec government has caused this by cutting funding to the municipalities. Are you willing to have your taxes raided to pay for good roads?"

Sorry, that's a political response that we hear all too often. Time for some better ones!

These are my thoughts, what are yours?



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**redmustangsandy62@gmail.com**

# Sue Chef



Hi again. Finally Spring is here! Easter is just around the corner so I thought that this might be a nice Easter dinner, or just a really nice dinner any time you feel like entertaining.

## Menu

Romaine Salad with Apple and Walnuts

Roast Loin of Pork

Parisian Potatoes

Bok Choy Fried with Garlic

Honey Cream with Fruit

(Serves 6-8)

## Romaine Salad with Apple and Walnuts

1 Romaine Lettuce, trimmed, washed and dried

½ cup Feta Cheese

½ cup Mayonnaise

3 tbsp Sour Cream

1 tbsp Lemon Juice

½ cup Walnuts, coarsely chopped

1 Green Onion (Scallion) chopped

1 Red Skinned Apple, cored, sliced in rings and then cut in half

8 Strips Bacon, fried crispy

Tear lettuce into a large salad bowl in bite sized pieces. Mix together mayonnaise, sour cream and lemon juice. Season with salt and pepper. Pour over lettuce and mix well. Add more mayonnaise if needed. Sprinkle top with feta cheese, walnuts, onions, apple pieces and crumbled bacon. Serve at the table.

## Roast Loin of Pork

3 lb. Boneless Pork Loin Roast (Center Cut)

3 Cloves Garlic, sliced crosswise into 4 pieces each.

Garlic Powder, salt and pepper  
Vegetable Oil

Pre-heat the oven to 450 degrees. Place roast in a roasting pan. Insert a knife in 12 places about one inch deep into the pork, through the fat. Insert slivers of garlic into each opening. With a knife, smooth the fat over the openings to try and seal. Score fat on top of pork in a diamond pattern.

Drizzle with a little vegetable oil and smooth over surface of pork with a spatula. Sprinkle generously with garlic powder, salt and pepper.

Place pan in oven and sear for 10 minutes. Reduce heat to 350 degrees and continue roasting, basting often, until the internal temperature reaches 155 degrees, approx. 75-90 minutes. Remove from oven and cover loosely with a tent of foil. Let stand for 10 minutes. The pork will continue to cook to a temperature of 160 degrees. Slice and serve right away. Serve with homemade or your favorite store bought gravy.

## Parisian Potatoes

12 Red Potatoes, medium size, peeled

Using a melon baller, scoop out as many potato balls as you can from each potato. Place potato balls in cold water until you are ready to cook them. The left over potato from making the balls can be kept and used later for making a number of different dishes. When you have reduced the oven temperature to 350 add paper towel dried potato balls to the roasting pan. Roll potatoes around in the pan often to ensure even browning.

## Bok Choy Fried with Garlic

2 lb. Bok Choy, trimmed, white part and green separated

½ cup Soya Sauce

1 cup Water  
2 tbsp Honey  
½ tsp Chili Powder  
2 tbsp Cornstarch  
1 tsp Ginger Root, grated  
2 Cloves of Garlic, minced  
1 Green Onion (Scallion) chopped  
Vegetable Oil

Wash trimmed Bok Choy and pat dry with paper towel. Mix soya sauce, water, honey, chili powder and cornstarch together in a bowl and whisk smooth. Set aside. In a wok, or large frying pan, heat a tablespoon of oil over medium heat. Add the ginger, garlic and onion. Stir fry for about 1 minute. Add a little more oil if needed and add the white part of the Bok Choy, Stir fry for a couple of minutes. Add the green leaves and continue stir frying until just wilted. Add the liquid mixture, increase heat to med-high and stir and mix until liquid has reduced and thickened. Serve right away.

## Honey Cream with Fruit

Use fruit such as – strawberries, cantaloupe, honeydew, pineapple, etc. Prep fruits and cut into bite size pieces. Mix well and place in individual bowls or glasses.

1 cup Honey  
¼ cup Lemon Juice  
1 cup 35% cream, whipped.  
Mix together honey and lemon juice. Fold in whipped cream and top each fruit cup with a generous amount of honey cream. Serve chilled.

As always hope you enjoy!

Sue Sanders



## Walking Your Way To Good Health

By  
**Dale Hammond**

Hopefully by the time you are reading this article the weather will have warmed up and the ice will have melted away. After experiencing one of the coldest winters in twenty years and hibernating in our houses, many of you will be anxious to get out. There is no better way than to start a regular outdoor walking program. One of the best things about walking is that it is free and it comes natural to everyone. You can walk at your own pace and on your own time. You can go for a stroll, or you can rev it up a bit with intervals to increase the calories being burned. All you need is a good pair of walking shoes and the motivation to begin.

Exercise is vital for our health, yet in Canada only 15 percent of the population meet the minimum requirements and lead sedentary lives. Maybe this is because they think it has to be difficult for it to be beneficial. Anything that you can do is better than nothing. Walking has amazing health benefits.

It is recommended to perform exercise at least three to five days of the week for 30 minutes. This does not have to be performed all at once. It can be broken down into 10 minute intervals. Everyone has a different capacity or ailment. It is best for exercise to start slow and be performed regularly than go too hard at it at first and get discouraged. Did you know that half of the body's muscles are designed for walking? It is a safe low impact exercise for people who are overweight or have medical conditions.

Walking can give you more energy and help you sleep better. It can reduce your risks of coronary artery disease, high blood pressure and improve cholesterol levels. Because it is a weight bearing exercise it can help increase bone density. One in four women and one in eight men over age 50 develop osteoporosis. Physical activity can also reduce your risk of colon cancer by 50%. There is more evidence coming out all the time on the benefits exercise has on mental health. It can help reduce anxiety and stress and can even boost brain power called (neurogenesis) by creating new brain cells which reduce the risks of Alzheimer's. Walking can also provide you with a quiet time to relax and think.

It is important to have a good walking gait and posture. Your eyes should be looking 10 to 20 ft. ahead of you, not on the ground. This will help reduce shoulder and neck pain. Your shoulders should be back and down. Do not lean forward or back as these actions can put a strain on the back.

Keep your chin up, suck in your stomach muscles, tuck in your buttocks and rotate the hips forward slightly always keeping your spine in alignment. Warm up for five minutes by walking at a slow and steady rate. This will help get blood and oxygen flowing and prepare your joints, muscles and heart for exercise. Then you can begin to walk a little faster than normal. You will still be able to carry on a conversation only slightly winded. Try adding intervals to your routine by alternating between fast and slow. Walk at a moderate pace for two min., then a fast pace for one min., and alternate. Cool down and walk slowly for five min. Approximate calories burned for a one hr. walk at 3.5 mph for a 160 lb. person is 315 calories, or a 200 lb. person is 390 calories.

So get out and start walking. Enjoy the fresh air. Feel better and be healthy.

**For more info:  
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## Pierre Elliott Trudeau Elementary School Project

By John Thévenot, Teacher

The students of the grade 4/5 split class at Pierre Elliott Trudeau Elementary School in Blainville did a special Christmas holiday assignment in which they watched The Queen's Christmas message to the Commonwealth and wrote a summary about what Her Majesty said. The final paragraph of this summary included how The Queen's words could help each of us to become a better person and a better Canadian. The students' work was collected, corrected and those copies were sent to The Queen

at Buckingham Palace.

This week, the students received a reply from the Palace stating that The Queen had taken special pleasure in their work and it mentioned a hand drawn picture done by Stephanie Azoulay, grade 4, as being especially enjoyable. The Queen also extended her best wishes and gratitude to

each student. The attached picture is a group photo of the participating students.



# Als vs LTM - Everybody Won

Friday the 13<sup>th</sup> of March proved lucky for grade sevens, eights and Power students at Lake of Two Mountains High School. They got to watch a six-man squad from the Montreal Alouettes play basketball against the senior boys plus teachers. The whole event was fast and fun, beginning with the LTM cheerleaders' high flying stunts and loud cheers as the Alouettes were introduced.

Arranged by teacher Paul Stephens and Denburk Reid, the Alouettes chief of community relations (the two were former college teammates), the game was played fast and skilfully – and with plenty of smiles. The shorter boys were supplemented by two teachers towering close to seven feet and the dauntless spirit of Ms. Christine Fiset, who never met a sporting challenge she didn't like. In the end the Alouettes prevailed, thanks largely to the astounding ball handling wizardry of the vertically challenged Burkey Reid.

The five footballers –Martin Bédard, Nicolas Boulay, Andrew Lue, Kristian Matte and Sam Fournier – played with joy and hung around after the game to sign autographs,



**The Alouettes players with the LTM boys team, principal Alan Simoneau, teachers who played, referees, timekeepers, cheerleaders and their coaches,**

pose for selfies and chat with the kids. Fullback Bédard and linebacker Boulay said the Alouettes players may play a hundred games this year because they love bringing positive excitement to students' lives.



**White shirted Alouettes Nicolas Boulay, Kristian Matte, Sam Fournier, Martin Bédard (far right) and Denburk "Burkey" Reid (front) with red shirted teachers Christine Fiset (front) and Paul Stephens (back)**



**The LTM Cheerleaders**



**Ball wizard Burkey Reid getting his pocket picked by Christopher Hum Paradis.**

## Sports Rap

By Bobby Fordham  
My Opinion



Cnn,tsn,sportsnet,nbc,cbs,abc and espn discussed the deflated football issue for eight straight days in january ignoring the upcoming actual Super bowl game between Seattle and New England. This was a complete waste of valuable air time on prime time television, The most important part of each Super bowl is the two teams involved and the participating head coaches and players, If the balls were illegal the refs would have put air in them and or replaced them, In second half the balls all had the correct PSI, New England scored 28 pts to take a 45-7 lead, The decision by the Seattle coach to throw the ball on second down in lieu of running was the deciding factor on the outcome of the game not the Ball, That's my opinion, what's yours? bobbyfordham@sympatico.ca

## My Second Opinion

Every year the NFL/NBA/MLB and NHL stage an All-Star game. We are all familiar with watching competitive League and playoff games. The All-Star games are none of that and are a complete waste of time. The players do not want to get injured and therefore do not compete. This makes for a totally disinteresting match. The skills part of the weekend event is much more interesting to the fans. Because of the tough schedule the All-Star break lets the players have the time off to rest and/or get healthy so as to compete at a high level for the second half of the season including the playoffs. The League should just simply cancel the All-star games. That's my opinion. What's yours? bobbyfordham@sympatico.ca

# Announcements, Birthdays and Memorials

## Birthdays

Benoît Lauzé, April 7  
Pat O'Neill, April 17  
Adam Horwood, April 18  
Gerry Kennedy, April 18  
Tish Abman, April 26  
Dede Wright, April 29  
Dave Byers, May 6  
Diane O'Neill, May 18  
Tony Del Balso, May 14  
Sue Flint, May 13  
Ian Turner, May 17  
Bob Ilkiew, May 25  
Pat Klotz, May 31

## Memorials

Nathalie Lyle  
Joyce Robinson  
Elayne Stevenson,  
Pat Le Gresley  
Wally Robinson

## World's Meanest Mom

I had the meanest mother in the world. While other kids had candy for breakfast, I had to eat cereal, eggs and toast.

While other kids had sodas and candy for lunch, I had a sandwich.

As you can guess, my dinner was different from other kids' dinners, too.

My mother insisted on knowing where we were at all times. You'd think we were on a chain gang or something.

She had to know who our friends were and what we were doing.

I am ashamed to admit it, but she actually had the nerve to make us work. We had to wash dishes, make the beds, and learn how to cook.

That woman must have stayed up nights thinking up things for us kids to do,

And she always insisted that we tell the truth, the whole truth, and nothing but the truth.

By the time we were teenagers, our life became unbearable.

None of this tooting the car horn for us to come running, she embarrassed us no end by insisting that the boys come to the door to get us.

I forgot to mention that most of our friends were allowed to date at the mature ages of 12 and 13, but our old-fashioned mother refused to let us date until we were 15!

She really raised a bunch of squares. None of us was ever arrested for shoplifting or busted for dope.

And whom do we have to thank for this? You're right, our mean mother.

I am trying to raise my children to stand a little straighter and taller, and I am secretly tickled to pieces when my children call me mean.

I thank God for giving me the meanest mother in the world. Our country doesn't need a good five-cent cigar. I needs more mean mothers like mine.  
Anonymous



## LESAN Regional Meeting Quickly Approaching

LESAN: Informing, linking and supporting the English-speaking community of the Laurentians.

LESAN (Laurentian English Services Advisory Network) is a network of English-speaking people and their organizations and associations that has as its mission to improve access to services and, in particular, health and social services for the English-speaking population of the Laurentian region. It enables the English-speaking community to establish common goals and be in a position to speak with one voice to promote improved services in English.

LESAN is the umbrella group for all

the English Committees which are scattered throughout the Laurentians. There are five groups of partners:

- English Communities Committee (ECC) in the MRC des Laurentides;
- LESAN des Pays-d'en-Haut in the MRC des Pays-d'en-Haut;
- LESAN in the MRC d'Argenteuil;
- Health Center Partnership Committee in Kanéhsatà:ke;
- LESAN Deux-Montagnes in the MRC Deux-Montagnes.

Once a year, 4 Korner's Family Resource Center brings these five groups together to network and share with each other. This year's meeting will

focus on both internal and external communication. We are proud to present a LESAN Communication Plan that has been established in order to create a unified message to be disseminated to the English-speaking community.

The Regional LESAN Meeting will take place at the Kevin Lowe & Pierre Pagé Arena, 80 Hamford Avenue, Lachute on May 28. If you want to get involved in this movement and participate in your local LESAN committee, please contact us at 1-888-874-3940 or by email at [info@4kornerscenter.org](mailto:info@4kornerscenter.org). Your input is welcomed.

**By Kim Nymark**



## Where are you at with your fitness goals?

*By Glenda Esguerra, Paravie, Personal Fitness Specialist*

The last article I wrote for the previous *Community Connections* was about making your New Year's Resolution last. I emphasized on these three points to focus on to assure success in attaining your goals:

1. It's a DECISION,
2. What you EAT,
3. You must EXERCISE.

Now that one quarter of this new year has passed, how many of you are struggling again to achieve your quest. Essentially you are fighting to change your lifestyle, to change a habit. It requires hard work, strong discipline and most definitely a focus that cannot take detours if you want to succeed in attaining your fitness goals.

My question to you is:

"Do you have a plan? Do you have a well-structured strategy?"

I believe changing your lifestyle is the key to attaining your fitness goals. Right? Because if you are not content with where you are, you want to lose some weight or gain some energy, it is the change in habits, in your lifestyle that you wish to accomplish. So instead of focusing your energy in losing a specific number of pounds, I suggest

you focus on changing the habits. Decide to eat better "most" of the time if you can't manage "all" of the time. And decide to exercise 3 times each week. This way, when you are able to do these new habits, live each day with these new commitments, the weight loss goals will naturally come. The other point I would like to stress to you is to find someone you can be accountable to so that you can stick to your fitness commitment much more closely. My clients schedule their workouts with me. This way, they are more likely to stick to their workout appointments than if they didn't schedule with their trainer. Does this make sense? You can also find a friend to workout with, so you have each other to encourage when either of you would rather do something else than exercise. Another accountability strategy I

have asked my clients to do is to publicly declare their goals. This way you are more than likely to stick to a plan when someone else knows your goals.

Change your habits, your behaviour, your practice, and have someone you can be accountable to, either a friend or a fitness trainer. Consult a fitness specialist to help you assess your progress, plan your progression. Having a good strategy will get you the results with your fitness goals.

If you wish to ask me any questions, do not hesitate to call: 514-512-5600 or fb or glenda@paravie.ca

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