

Community Connections

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***Deux-Montagnes en Fête, p. 2.
Canada Day, pp. 16-17.
Impact of the Oka Crisis of 1990! p. 23.***

Photo by Gerrit Schuldt

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Message from the Mayor

Dear fellow citizens,
Our long awaited summer is already coming to an end, as fall is already around the corner. Children will be heading back to school very soon, which is why I'm asking drivers to be extra careful and obey speed limits, especially in school zones.

Deux-Montagnes was buzzing with activities this summer, making our city a young and dynamic place. Here is a little retro of the events that took place in our beautiful city.

Back in June, we had the first edition of "Neighbor's Days". This year, the city councillors decided to introduce this type of activity in their respectful Districts, inviting neighbors to come and meet their neighbors, the objective being to help develop a sense of cordiality and solidarity in our community. We, the city council would like to take this opportunity to thank you for your participation and allowing this event to be successful.

July 1st celebrations also drew large crowds at Central

Park. The City of Deux-Montagnes is a proud partner of the Canada Day celebrations. In spite of the weather, a great group of community volunteers put on a fantastic day for Deux-Montagnes citizens and surrounding cities. Our community's commitment to volunteerism is exemplified by the Committee's selection for their Parade Marshall Mr. Melvin Raymond "Ray" Mills, Deux-Montagnes' retired Fire Director. Our congratulations to Mr. Mills!

Also in July was the first edition of "Deux-Montagnes en Fête". The city council and I are delighted to have such a unifying happening. This remarkable event is a great family oriented celebration, with cultural and sports activities, to bring forth our beautiful city of Deux-Montagnes. This event included various activities that previously took place over several weekends, such as; la fête des commerces, la Cité des Arts and the Deux-Montagnes challenge race. The synergy of this combination of events on the same weekend has for its main objective, to invite our citizens and those of surrounding cities to come and enjoy a multitude of activities along Oka Road.

Finally, construction of a terrace in front of the library has begun. As well as having a beautiful view of the lake, citizens will be able to enjoy free Wi-Fi and additional digital English books will also be available.

The City of Deux-Montagnes is eager to implement activities that will continue to strengthen its community spirit.

We wish you a very pleasant end of summer!

First Edition of Deux-Montagnes en Fête:



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Gerrit Schuldt

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Around the House with Paul and Karen

*By Paul Beatty
and Karen Burrell*

Busy families don't have much time for home chores these months. The garden takes on a life of its own. School's out, travel's in and it's easy to let life slide on the home front. Make the season count. Prepare the medicine chest and first aid kit for summer's little medical emergencies. Be sure the first aid kit has ample adhesive bandages for scrapes, calamine lotion and some Benadryl for insect bites, and hot/cold packs for strains or sprains. Make an emergency list for babysitters and school kids on vacation. Print an emergency information page to post by each household telephone. Include phone numbers for the fire department, police station, poison control, ambulance and numbers for parents at work, a family contact and nearby neighbors. Be sure to write the home address on the list; it will aid rescuers if help is needed.

Tackle patio and sliding door tracks. Summer is open-door season, so be sure your doors open smoothly. Prepare a spray bottle with vinegar and

water, a screwdriver and lots of rags. Spray the tracks generously and let them sit for a few minutes to soften. Wrap the screwdriver with a rag, and make several careful passes along the track to get out the gunk.

Check washing machine hoses. Replace them if you find cracks or bulges or if they're over two years old. Make a safety inspection of children's outdoor play equipment. Tighten loose bolts, take a good look at the swing chains, check for wear and tears in the plastic seats of the swing as they can crack and split, which is what happened to our grandchildren's swing set! Look carefully for rusting metal, splintering wood and take the appropriate action.

Inspect gutters and clean out any debris. First, you can have gutter guards installed to keep leaves out. Second, there are leaf blower extensions that can reach up into the gutter and blow leaves out. Either way, you'll need to be sure that the joints where the gutter meets the downspouts are

cleaned out. Do you need extensions to direct the water away from your foundation and prevent leaks? When diverting water, be sure to avoid the driveway and walkways, which could ice over and become hazards in the winter. Summer thunderstorms won't faze you if your gutters are in good working order.

Declutter your house and garage to turn trash to cash and hold a garage sale. Keep tabs on decks, siding and trim. Will you need to perform touch-up work before winter? Order paint and be ready for the first cool days of early autumn.

Late summer is a slow time for home maintenance and cleaning companies. Look for summer discounts from carpet cleaners, gutter installers, and window washing firms and get the jump on fall cleaning! Think ahead to fall's cold weather. Schedule furnace maintenance now and beat the October rush. You'll be snug and warm that first cold night.

Send in your tips and tricks to aroundthehousewithpaulandkaren@gmail.com



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Deux-Montagnes en Fête:Cont'd from p. 2



Gerrit Schuldt



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Saint-Eustache (Québec) J7P 4Y1
Tél. : 450 623-4963 | Téléc. : 450 623-7178
benoit.charette.demo@assnat.qc.ca

Benoit Charette
Député de Deux-Montagnes

@CharetteB

Neighborhood Day in Deux-Montagnes

By Dave Byers

On June 6, the councillors of the six districts of Deux-Montagnes held a neighborhood party in which the citizens of each District met and socialized.

They each had a BBQ and some of the parties were held in a park where the children could play on the swings and others met and talked to each other.

I spoke with some of the councillors and they said that the participation of the citizens in each district was fabulous.

This can be seen in the following pictures:



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Grand-Moulin District



De la Gare District



Du Lac District



Du Coteau District

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Du Golf District



Denis Berthelette and daughter Eve at the finish of the 10K



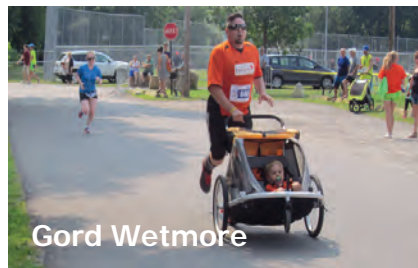
Gord Wetmore
Obstacle course for the young children



Gord Wetmore
Micheline Groulx-Stabile presenting a medal to a young boy who just finished the 5K



Gord Wetmore
Jessica Parr at the finish of the 5K



Gord Wetmore
Clyde Sharpe and child at the finish of the 5K



Dave Byers
Volunteers that helped during the Defi

Hudson Antique Car Show

By Eric Painter

It was an amazing day, meeting, and talking with people who preserved, and/or built from scratch, some of the cars. Since 2011 George Sauvé has tirelessly been organizing the Hudson Car Show. July 4 marked this year's edition. Anyone who is fascinated with cars of all styles and eras should make a point to attend each year. The MG club exhibited outside Clarence and Cripps and Vivre En Lin.



The automobile, throughout its history, has conformed to two basic morphological types. The first, which has given rise to the vast majority of cars on the road today, resulted from the natural evolution of replacing the horse in front of the

buggy, with an engine. But the second, which inspired the MMFA's exhibit, is entirely removed from the concept of the horseless carriage, and involves principles of aerodynamics, esthetics or a combination of the two. "Most of the cars you see around today, truly revolutionary, experimental and prototypical automobile in short, the ideal car. Pure form is the key concept here. The whole point is that these cars are sculpture, objects of art to be gazed at in search of comprehension." On that count at least, Moving Beauty is as fascinating a concept as many of the creations in glass, steel and leather they contain.

A Bit of History

The Hudson Antique Car Club was started, very informally, in 1980 by a group of local Hudson residents who were interested in driving, maintaining, showing and, most of all, preserving vintage automobiles of all types.

The members' cars include everything from London taxis from the '50s to 300SL & 190SL Mercedes to Morris 8s, Triumphs, Daimlers, Studebakers, Corvairs, MGAs,

MGBs, Triumphs and Austin Healeys.

Over the years, this loosely



formed group has continued to evolve into the club they enjoy today.

There is a \$10 membership fee/year for joining the club. You are considered a member if you participate regularly.

They have a full schedule of car related runs starting in April through October and meet over the winter months to discuss what they did and where they are headed (and, of course, to drink beer).



Laurin Liu

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

Since 2011, it's been with much pride that I've represented the citizens of Rivière-des-Mille-Îles in Ottawa to find concrete solutions to improve the lives of middle-class families. Here are some of the things that we have accomplished together in the past four years:

- During the first year of my mandate, I fought to correct an injustice regarding low-income seniors who are eligible for the Guaranteed Income Supplement (GIS). I tabled the Private Member's Bill C-409 in the House of Commons that would make enrollment in the GIS automatic for

those who are 65 years old or more and who qualify for this program. After the bill was tabled, the government included this measure in its 2012 budget.

- I've fought the Conservatives on their decision to end Canada Post door-to-door delivery. After organizing a large day of action in Saint-Eustache last year, I ensured that your voice was clearly heard in Ottawa. I tabled numerous petitions in the House of Commons and rose in the House during Question Period multiple times on this issue.

- I've also defended consumers against excessive fees imposed by banks on property owners through mortgage prepayment penalties. My Private Member's Bill C-606, tabled in spring 2014, is the first private member's initiative in Canada to protect consumers against these abusive fees.

- I've worked hard to support real job creators: our small and medium-sized enterprises. I've done a tour of SMEs in the riding, and proposed measures to reduce fees, such as capping transaction fees on credit card purchases.

- I've also worked to ensure a prosperous future for our youth. After a year of pressure on the government, my private member's bill to protect unpaid interns forced the Conservative to include measures in the 2015 budget to offer basic workplace protections.

There is a lot of work left to be done. Middle-class families are working harder yet falling further behind. And as household debt hits record levels, many worry about how they'll cope if interest rates rise. 1.4 million Cana-

dians are unemployed and middle-class wages have declined. Although our economy has grown by 147% over the last 35 years, the average family's real income dropped by 7%. Moreover, home ownership costs have grown three times faster than incomes since 2005—and the cost of renting is up by 20% since 2000.

Tom Mulcair's NDP has a plan to take some pressure off household budgets.

That starts with creating good jobs and setting a \$15/hour federal minimum wage. Our plan also tackles high childcare fees—creating quality spaces costing parents no more than \$15/day.

We're also proposing practical steps to lighten the load on families right away, by:

- Capping ATM fees at 50 cents per transaction;

- Ensuring access to no-frills credit cards with interest rates no higher than prime plus 5%;

- Ending "pay-to-pay" fees that banks still charge you to receive statements by mail.

Please don't hesitate to contact me should you wish to share comments on ways we can work together to help your family.

Wishing you a safe and happy summer,

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

Tel. 613-992-7330

Constituency: 172 St. Louis St., Saint-Eustache QC J7R 1Y7

Tel.: 450-473-4864

Fax: 450-473-9043

Email: Laurin.Liu@parl.qc.ca



Laurin Liu speaking with Glenda Esguerra and husband Steve Menard, and on the right with a Navy league Cadet during the Canada Day Celebrations in Deux-Montagnes.

Sound Life - New Scholarship Program

By Gordon Wetmore



"I want to promote music in education and I want to promote healthy living." Music teacher Michael Fitch cited these as his motivations for initiating a scholarship program for graduating secondary students with a passion for music.

Mr. Fitch has launched a campaign to raise \$2300.00 this year to grant scholarships of \$1000.00, \$500.00 and \$250.00 to three students graduating from a North Shore school in June of 2016. In future years, the program will include other secondary schools, he said.

The fund raising campaign for 2015-2016 ends August 29. The campaign organization is called Les Fonds Sonitus Vitae. Contributions can be made via the internet at <https://fundrazr.com/campaigne/fzav4>.

Scholarships will be awarded to students pursuing post-secondary

studies who are passionate about music, have an overall successful academic standing and choose to follow a healthy lifestyle.

"Every day I witness firsthand the positive benefits of learning music," he said: Discipline, focus, creativity, collaboration, and personal expression that

result in personal growth, increased success and connection to others. "These are all benefits of music in education but perhaps the most valuable aspect is the engagement achieved."

Unfortunately, he has observed that when young people lack engagement, they "will often turn to alcohol, tobacco, and drugs. Sometimes they simply lack a reason not to," he said.

Music has disappointed him in this regard. "There is unfortunately a cul-

ture of consumption that is closely associated with music. I want to fight this misconception ... Knowing that this scholarship is available to them may be enough of a reason for some



people to put their music, their studies, and their health first."

Successful candidates do not have to take post-secondary music classes so long as they have been strongly involved with music in high school and meet the other criteria.

The Sound Life Scholarship Program is being piloted at Lake of Two Mountains High School, where Mr. Fitch teaches. The first scholarship recipients will come from there. After 2015-2016, other schools that wish to be partnered with Sound Life can be included. Any funds raised this year beyond the \$1750.00 in scholarships and start-up costs will go toward the next set of scholarships.



Making Key Choices in Music and Life

By Brian Craig

As time passes, we can't help but look back on the moments which have defined our lives. We all have a story of our own to tell about choices we made, key choices that brought us to where we are today for better or for worse. As a touring musician, I witnessed some close to me who would not be so fortunate in their quest through life.

Growing up in Deux-Montagnes the youngest of four boys, life was always full of action. I don't know how they did it, but my parents were extremely tolerant of the noise, traffic and chaos in which we surrounded them. They were also honorary parents to the teenagers of the neighbourhood, helping many of our less fortunate friends. They taught us that life isn't always

fair but as long as we tried our best to make the right choices for ourselves and our family, we couldn't expect more of ourselves. This philosophy resonated through us all. Later, it not only sustained my physical and mental health, but also gave me some great opportunities.

I don't remember ever not being able to play drums. My older brothers frequently held parties and jam sessions in our basement, and that introduced me to the drum set and making music at the age of four. My older cousin and brothers were drummers. It was inevitable that I would follow. After I saw the great Buddy Rich and Animal from the Muppet Show perform their famous "drum-off" on television, and after listening

to my favorite drummer, Neil Peart, I became obsessed. It was as though drumming was my mother tongue.

At age 14, I grew more serious after I was asked by some high school friends to jam. From there came my first band, Eulogy, formed entirely of students from Lake of Two Mountains High School. At 16, playing with this band introduced me to concert touring in Canada and the U.S., opening for international acts, recording my first album and signing my first record deal. This was my introduction to the world which often surrounded me for years to come.

Although it was a very exciting time in my life, it also showed me what happens to friends and others when

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Cont't from p.8

hard drugs take over. We can try our best to encourage and help friends and loved ones do the right things, but in the end they have to want to help themselves. A handful of good friends were lost in those early times. I just wish they had taken our advice and accepted our help.

At 20, I was chosen as the replacement drummer for a band named Slyce. Based in Germany, they had recently signed a major recording contract. They flew me over there for their upcoming European tour. Management and record company executives noticed that I was the only member of the four bands on the tour who was completely in control, not letting the lifestyle get the better of me. They quickly designated me as the person in charge of the groups, as they did not even trust the road manager to keep things under control.

I played many beautiful cities across Europe in front of thousands of people and shared the stage with some of the biggest names in rock/heavy metal music. One particular time at the Dynamo Open Air Festival in Eindhoven, The Netherlands, we were one of the first bands to arrive at the festival site and parked right in the back of the main stage. For this tour we had rented a Winnebago, and everyone there decided we were party central. At some point, everybody who was anybody in the Rock & Heavy Metal scene was in our Winnebago – and I could not believe the level of hard drug usage going on in front of me.

I had a choice that could have gone either way. Here I was among the heavyweights of the entertainment industry and did not want to offend anyone offering me stuff. But I thought of my parents and their teachings, and I respectfully declined. From that moment on, I knew what I did not want in my life.

After nearly two years, myself and other members of Slyce jumped ship when we learned management had been using our musical equipment to traffic heroin. Sources confirmed that my bass drum had been completely filled when our equipment was last shipped from Germany to Canada. I was shocked, infuriated.

While on tour with Slyce, I met someone and we started a relationship. Right after I left the band, she announced that she was pregnant. No words can describe what I felt. I was only 22 years of age. The thought of having a

child so young with a person I was not sure of, right in the middle of my career ... to me this seemed like the end. Immediately I fell into a deep depression. I had to make one of two choices: (1) Be a good father and be there for my child 100%, possibly ending my music career; or (2) be irresponsible and run to where I just left off in music and not be there for my child. My choice was tough, but it was really obvious what was the right thing to do. My parents raised me well.

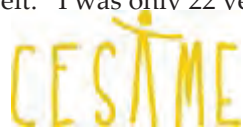
I now have a 16-year-old son who lives with me full time. He is my life, my pride and joy. I would never have experienced my amazing life as a father if I had gone wrong in my choices.



Brian Craig, loving parent, businessman, clean liver - and drummer for three prominent metal bands –keeps his priorities straight.

But I also did not have to quit music! I simply schedule closer, less frequent gigs that made sense with my lifestyle. From the time my son was born, I never allowed any shows or tours that were not compatible with my schedule as a parent. I still perform at concert halls and large open air festivals. I play drums for bands such as Ghoulunatics, Les Ekorchés and Buffalo Theory MTL. I also am Drum Specialist and Supervisor of Customer Service for Coast Music (a division of JAM Industries Ltd.) representing several major brands of musical instruments and accessories.

I have learned through time and experiences that one can still balance passion with being a fulltime parent, as long as you put your priorities first and by stay away from peer pressure to abuse drugs and alcohol. All will fall into place if you live your life in moderation and choose your moves well.



Oyé Oyé! C.E.S.A.M.E. Looks To Open an Autumn English Group

By Paula Sayegh

Dear *Community Connection* Readers, C.E.S.A.M.E. is calling on all of your public relations skills to help us launch an English group again this fall.

As mentioned earlier in the year, C.E.S.A.M.E.'s English groups had disappeared after 2012. With lots of hard work, we were able to launch a group earlier this year to give stimulation workshops to kids in need from Anglophone families. We are asking for your help in order to keep giving those services to families in need this autumn.

C.E.S.A.M.E. is a unique organization in Quebec due to its interest in the mental health of young children. It provides a valuable transition between home and school. By acting on serious difficulties requiring special attention early in children's

lives, C.E.S.A.M.E. is able to help them better adapt to society. Our mission is as follows:

In partnership with parents, C.E.S.A.M.E., a non-profit community organization, aims to maintain the mental health of children 0-5 years old, and prevent problems of primarily behavioral, communication and socialization difficulties.

To avoid difficulties of child development, C.E.S.A.M.E. offers group stimulation services and provides resources and guidance to parents.

That being said, we are missing children to start our fall group. We are asking you to spread the word throughout the community! If ever you need more information, please don't hesitate to contact us by telephone at (450)623-5677 or by email at administration.cesame@videotron.ca.

Famed Photographer Closes Studio

By Elizabeth J. Saccà



Serge Therrien

Studio on Oak Road

On June 30, Deux-Montagnes' famed photographer Serge Therrien closed the doors to his studio. After 29 years in his beautiful landmark building on Oka Road, Serge is moving on to semi-retirement focusing on photography for Deux-Montagnes schools, weddings, sports and other special events.

As an award-winning photographer and a key member of the community, Serge is a cornerstone of the town.

Serge's expertise and creativity have earned many awards. His work has been selected for the prestigious permanent collections of both the Professional Photographers of Canada and the Professional Photographers of America. In the year 2000, the latter organization published his photograph 2000 Years After Jesus Christ in its collection of the 300 most beautiful photographs in the world. The Corporation of Master Photographers of Quebec has called on Serge to serve as a juror in a number of its competitions.

His partner, Claire Gravel, describes the large farmhouse they have been renovating for the last five years. Their 'new' home is in the tiny village of Saint-Polycarpe west of Dorion, where it is so quiet that they hear no sounds at night, except during harvest when the farm machinery works around the clock. In addition to continuing photography, they will raise free-range sheep and chickens for market.

Although they have fond memories of Deux-Montagnes, Serge and Claire are looking forward to quiet, low-key life in Saint-Polycarpe.

Serge and Claire continue to stay in contact with the community at events and by appointment at 514-246-7142 and <http://www.sergetherrienphotographe.com>. Nevertheless, they are moving on, and, with a tear in our eye, we wish them a fond 'au revoir.'



Serge Therrien

Local Bagels Compete with Montreal's Best *By Elizabeth J. Saccà*

Bagels are freshly baked in the café at Bagel St-Eustache; some say they win-out over Montreal's famous bagels. Could this be true? Check it out.

Open since last October, this lovely, brightly coloured and sunlit café features a décor of natural wood and colourful paintings, some by the proprietor and friends.

Local musicians helped renovate the café and organized a Bob Marley tribute evening there.

The proprietor, Paula, prepares super-fresh breakfasts and lunches with poppy, sesame, cheddar, plain, and raisin-cinnamon bagels. She combines these bagels creatively with eggs, bacon, sausage, ham, salmon and a wide variety of cheeses including goat and Monterey Jack.

Homemade soups, salads and even grilled cheese sandwiches are available. You can serve yourself refills for your coffee. The

bottomless cup of coffee lives on at the corner of rue Dubois (north of the 640) and Antoine-Séguin Boulevard. So, if you are in the neighbourhood, stop by and see what you think of it!



Daniel Doucet plays a Bob Marley Tribute

Delighted Guild Member Wins Valuable Quilt

By Elizabeth J. Saccà

Céline Despins drew 'Number 1' in the first game at the Deux-Montagnes Quilt Guild's end-of-year dinner party. She considered this a sign, and, like everyone else, she had her eye on the raffle quilt. Her wish was fulfilled when she won the beautiful, lusted-after 56-square quilt made by 30 members of the Guild.

Members contributed hand- and machine-made patchwork squares using designs of their own choice. Most contributed one square, but several quilters made more, with a high of five! There were a few conditions: each 12-inch square had to incorporate a specific patterned gold fabric and any earth colour; the borders and adjoining green square were also specified.

The plan for this collaboration, initiated by Marie France Descarries, drew on the collaborative spirit of Guild members and referenced centuries of collaboration in quilt making. Marie-France also stitched the squares together.

Using a domestic machine, Michel Lemay did all the quilting, that is the top stitching that holds the front, back and batting together. He reported that he thought about the design of each block before deciding how to do its stitching. Johanne Therrien then cut and stitched the binding to finish the work. This experience was greatly appreciated and could be beneficial to repeat.

Céline, over-joyed with her prize, is bound by one obligation: she and all the creators will exhibit this valuable quilt in the next Guild Show in spring 2017 so we can all see it in person!



Céline Despins with her prize

The ESB-L group at work



The ESB-L group for equality of health services for the Lower Laurentians has been active. Here at the Deux-Montagnes Lions' Club garage sale May 30, Elizabeth Saccà (left) and Bob Emory (right) engage shoppers to sign a petition that will be presented in the National Assembly by MNA Benoit Charette in October. The petition calls for the Government of Quebec to bring financing for health care in our area up to the provincial average from its extremely underfunded state. Lending moral support is Deux-Montagnes city councillor Micheline Groulx Stabile.



Christine Neumayer

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The Lions' Den –

By Nancy Ryder



We would like to thank all of those who came out to or donated items for our semi-annual garage sale that was held on May 30. It turned out to be a great day after all. Keep your eyes open for our next semi-annual garage sale on September 19.



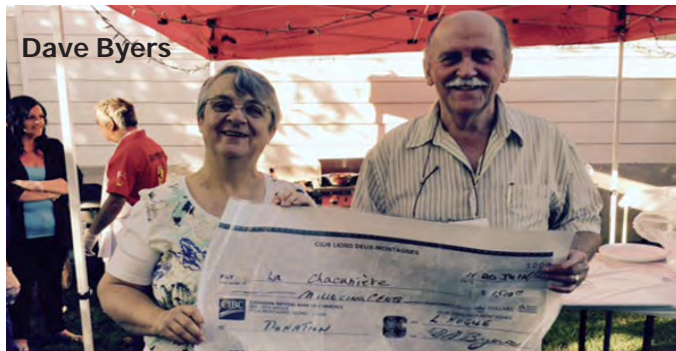
Dave Byers

June 6 the Deux Montagnes Lions Club held a bus trip for families to visit Ottawa. A great time was had by all and they got to see many sites around that city. June 11-14 we held our annual hot-dog days at the Deux-Montagnes I.G.A. Everyone there seemed to enjoy a great meal at a good price.

Congratulations to Remi Ouimet, winner of the bicycle and helmet during Bicycle Safety Day at the day camp on July 6 at St. Jude Elementary School. We wish you many years of happy bicycling. We hope to see you again in the fall.



Lion Don Snell talking to the children about bicycle safety and safety around the home.



Dave Byers

On June 20 we presented a check for \$1,500 to Yves Carrier who represented La Chacuniere at our closing party.



Many thanks go out to those of you who came to buy our famous sausages and beaver tails on Canada Day.

MATH. READING. CONFIDENCE.

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2015 LESAN Regional Exchange

By Kim Nymark

4 Korners

On May 28, close to 30 people from the five LESAN (Laurentian English Services Advisory Network) committees from across the Laurentians met to network and share knowledge about our respective communities. Joanne Pocock of the CHSSN (Community Health and Social Services Network) presented highlights of statistical analysis of the make-up of the English-speaking communities, vis-à-vis the majority communities of which they are part, and much discussion followed. Though each region in the Laurentians has several similarities, variations in demographics do exist. If you are interested in viewing the complete statistical details, go to 4 Korners Family Resource Center's website: www.4kornerscenter.org in the Quick Links section under contacts.

After lunch, the meeting focused on both internal and external communication. The LESAN Communications

Committee, which has a member from each LESAN committee, presented a communication plan that was established in order to create a unified message to be disseminated to the English-speaking community along with a communication kit to support this action. The group broke into committee tables to discuss the different kit elements and to make suggestions for improvements and strategies for implementation. A simple brochure describing LESAN was developed and all members were encouraged to find creative ways of distributing it to raise awareness both among service providers and community members in need of services.

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. Your input is welcome.

4K's 10th Anniversary Photos



Gord Wetmore

Lisa Agombar, Executive Director of the 4K Family Resource Center, lights the candles on the organization's 10th anniversary party's birthday cake May 12.



4K Family Resource Center's vice-president of the Board of Directors Tom Whitton is flanked by its first executive director, Darlene Gargul, right, and the present executive director, Lisa Agombar, left.

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Kudos to BIC-R

*Story by Gordon Wetmore;
photographs by Carol Wetmore*



Entrance to the Rosemere Municipal Library for the BIC-R exhibition

Congratulations to the Rosemere Municipal Library for this year's edition of BIC-R, the Biennial International Caricature symposium that it presents every second year. This year the three days from Friday, June 5, through Sunday, June 7, featured a rich exhibition of political caricatures and editorial cartoons, slide shows, and caricaturists working live with members of the public as models; conferences on "from the hand to the screen" with Christian Vachon, curator at the McCord Museum, and caricature and censorship in times of crisis in Québec, with Robert Aird, author and historian; digital caricature workshops with Patrick Gauthier and children's drawing workshops; and a caricature competition for different age levels that the public could enter.

This year's BIC-R honoured those slain in the Charlie Hebdo massacre and those still working there and

throughout the world for the right to freely express opinion even if it –and the way it is expressed - offends. Defiant editorial cartoons from about 30 artists around the world, some from countries where they could be targets for retribution, were displayed prominently in the library.



Beneath papier-mâché caricatures, Rosemere Municipal Library director Marc Bineault informs visitors about the BIC-R symposium.

Six Quebec editorial cartoonists, including Terry Mosher (Aislin) of the *Montreal Gazette*, had their work featured, and Michel Garneau (Garnotte) of *Le Devoir* and many other publications was BIC-R 2015's honorary president.

Library director Marc Bineault and the entire organizing committee are to be commended, as are the sponsors and prominent supporters, for the courage to promote freedom of expression with pictures that make us laugh and think – and maybe shudder a little - at the same time.

Deux-Montagnes Cultural Association "Active"

By Michèle Bourlard, President



Artists, artisans and ACDM officials with Deux-Montagnes Mayor Denis Martin and Councillor Micheline Giroux Stabile at the vernissage for the opening of the Little Yellow School House art gallery exhibition that runs Wednesdays through Sundays until August 23.

The Deux-Montagnes Cultural Association (ACDM) has kept busy this summer at its headquarters at The Little Yellow School House, 1304 Chemin d'Oka. Its very successful student exhibition of paintings, drawings, watercolours, glass and sculptures ran from June 20 to 24. The fourth edition of the Cité des Arts symposium was held July 11 as part of the Deux-Montagnes en Fête celebration. Artists and artisans, 17 in all, from as far away as Varrennes and St. Adele displayed highly creative work in many disciplines. Also, the ACDM's art gallery at the Little Yellow School house will be open from Wednesdays through Sundays until August 23. Come and admire the works by many artists and artisans, and at the same time renew your interest in the school – or discover it for the first time. Remember the ACDM is a non-profit organization that brings art and culture to all, and everyone is welcome to join or take courses. You can write to us at acdm@videotron.ca or follow us on Facebook at ACDM Vivre les Arts.



St. Jude Elementary School Garage Sale



Gord Wetmore



Gord Wetmore

The ever-active students and staff of Deux-Montagnes' St. Jude Elementary School figured out another fun way to raise money for their many school and benevolent projects. On May 16 they held a huge public garage sale with a ton of tables, music, and plenty of playful activities. Overall they took in about \$800.00. The big money-maker? Hit-the-Principal-with-a-Pie, which little Kalixa is doing with great gusto. Principal Christyne Legault reported that alone brought in \$200.00. The enthusiastic group of adult and student volunteers are, first row, Walker, Rose, Kyra and Wesley, and in back Mia, Christopher, Ms. Legault, Julien and Julie

Pull the Ragweed Out!



Ragweed in early July. Starting in mid-July, ragweed will have upright branches of pollen packets.

By Elizabeth Sacca

Ragweed causes misery for thousands of people in August through to the hard frost. According to the Quebec Lung Association, more than 17% of people of all ages suffer from the irritating pollens of ragweed.

If you see this plant, please pull it out! It grows where the ground has been disturbed in the past two years. Ragweed is thriving on roadsides because of the cold and icy winter.

It is easiest to pull out the entire root of the ragweed after a rain when the ground is soft and damp. Throw the plant in the trash so it does not release its pollen.

Canada Day 2015 a Great Success Despite the Weather! *By Tom Whitton,*

Photos by Paul Goyetche, Gord Wetmore, Gerrit Schuldt and Eric Painter



The Mills Family: Stewart, Bradley, Ray and Randy

More than 5,000 people refused to let lousy weather spoil the 44th edition of Deux-Montagnes' Canada Day celebrations. They went off without any cancellations or postponements. The parade down Oka Road to Central Park, with Royal Canadian Legion Branches 185, 216 and 251 and Deux-Montagnes Cadets – Navy League 107 participating, kicked off festivities. The firefighting Mills brothers, Bradley, Randy and Stewart, marched to honour their father, former City Fire Director Ray Mills, this year's Parade Marshall. It paused briefly at City Hall for "O Canada!" performed by the Forever Young Theater Group, and a brief speech from Mayor Denis Martin.

At the park, after a reprise of the National Anthem and speeches from Mayor Martin, MP Laurin Liu, MNA Benoit Charrette and an address by Mr. Mills, activities took over. Live music from six local bands kept spirits up as the rain poured down. There were kids' races on the grass, horseshoes in the mud and an egg toss that was messy no matter the weather. Four teams competed to make a giant puzzle of the Canadian flag in honour of its 50th birthday.



Waiting for the music!



Local Band "Rumble Seat"

Through it all, volunteers served up hot food and cold drinks, ran children's activities, and called Bingo games under the tent.

Skies began clearing come dark, and nearly 3000 people cheered the headline band, the Blushing Brides, North America's foremost Rolling Stones tribute band, and the brilliant, thunderous fire-works.



Egg Toss



Giant Puzzle



"We have a tremendous group of volunteers who persevered through tough conditions to make Canada Day another great success," said Dave Byers, President of the Deux-Montagnes Canada Day Committee. "I must thank all the volunteers, as well as the City of Deux-Montagnes, for the manpower and financial resources that they dedicate to making this a successful event and to shine a bright light on our community."

For more details, please see our website at www.communityconnectionsdm.ca



Forever Young Theatre Group singing "O Canada!" at the opening ceremonies



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NOTICE OF APPOINTMENT

Neil Hawthorn appointed to the Desjardins Group Board of Directors



Saint-Eustache, May 19, 2015 – Neil Hawthorn, General Manager of Caisse Desjardins de Saint-Eustache-Deux-Montagnes, has been appointed to the Desjardins Group Board of Directors, where he will represent Western Quebec, including Laval, the Laurentians, Montreal and the South Shore, Outaouais, Abitibi-Témiscamingue and Northern Quebec.

Hawthorn is an ardent proponent of the cooperative model, which is core to Desjardins's identity. "Desjardins has an excellent standing and reputation, but it's the cooperative spirit that really makes the organization unique," said Hawthorn. "It's a place where everyone is invested in the organization's success and is motivated to work together—senior management and employees alike. Desjardins is also a big driver of economic development in our communities, where it supports projects of all shapes and sizes."

As a board member, Hawthorn looks forward to contributing to Desjardins Group's strategic objectives. "I believe my professional background will be an asset to the board in the areas of service, growth and efficiency," he said. "Desjardins has always been a symbol of Quebec's cooperative and economic strength in Canada and around the world, and I believe that will continue to be true."

A wealth of experience

Hawthorn's impressive resumé includes a variety of roles and responsibilities throughout Desjardins Group. He holds an MBA and has extensive management experience, most recently serving as General Manager of Caisse Desjardins Saint-Eustache-Deux-Montagnes since 2013. His areas of expertise include administrative, financial and people management, as well as project management, coordination and planning.

His leadership skills and diverse financial background will be big assets in his new role. "It's an exciting time right now, with Desjardins focused squarely on the future. I look forward to working with my fellow board members to build our expertise, create value for our members and clients, and continue to modernize," said Hawthorn. "At the end of the day, it all comes down to being close, committed and beneficial to the people we serve and who help us grow."

About Desjardins

Desjardins Group is the leading cooperative financial group in Canada and the fifth largest cooperative financial group in the world with assets of more than \$229 billion. It has been rated one of the 50 Best Employers in Canada by Aon Hewitt. To meet the diverse needs of its members and clients, Desjardins offers a full range of products and services to individuals and businesses through its extensive distribution network, online platforms and subsidiaries across Canada. With one of the highest capital ratios and some of the best credit ratings in the industry, Desjardins Group has been named the fourth safest bank in North America by Global Finance magazine and the second strongest bank in the world by Bloomberg News.



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Christ Church United – a small congregation with a big heart

By Margaret Fung-a-Ling

Every Tuesday afternoon, for the past four years, Christ Church United, with a congregation of 30, has welcomed members of their community for a free, nutritious lunch in a friendly atmosphere. Attendance has grown over the years since the “Out to Lunch” program was started; typically lunches are now served to 30-40 people each week and this number increases slightly in the winter months. Over 100 residents usually attend the Christmas feast, which offers turkey with all the trimmings.

The idea for the program was brought forward by a small group of ladies in the congregation. It was to offer a nutritious meal to members of the community in financial need as well as provide the opportunity for people to meet friends and share conversation. Reverend Catherine Hamilton, the presiding Minister at the time, supported the idea and was able to steer the program to fruition with a grant from the Erskine and American United Church and local donations. Last year a Federal grant provided the funding for a new stove and fridge for the church kitchen. Food donations are generously given by the IGA Marche Senecal et Filles in Deux-Montagnes, Centre d’aide Agape, as well as the Cloutier farm of St-Eustache.



BBQ chefs - Bert Klotz and Alain St-Jacques

To help raise funds for “Out to Lunch”, Christ Church held a BBQ dinner on Saturday, June 20. The lively event was attended by over 60 people; BBQ’d hamburgers, chicken, sausages, as well as salads and desserts were prepared and served by volunteers from the Christ Church congregation. Raffle tickets were sold and prizes, donated from local stores and businesses were distributed to lucky participants. Laurin Liu, Federal MP (Riviere-des-Mille-Iles), and Benoit Charette, Provincial

MNA (Deux-Montagnes), were in attendance to give support, participate in the activities and wish everyone an enjoyable time.

Acting Minister, Linda Buchanan gave special recognition to Stella Cox with the presentation of a pot of sunflowers in gratitude for her exceptional effort and dedication to the lunch program. Stella Cox coordinates “Out to Lunch” and creates most of the meals that are offered.

After dinner, Linda Buchanan, with her guitar, took the lead in a sing-along of *Blowing in the Wind*, *The Man in the Mirror* and *Imagine*.

Organizers would like to thank all participants and volunteers as well as IGA Marche Senecal et Filles and Centre d’aide Agape for their generous food donations. The BBQ fundraiser was a great success.



Judy and Mike St-Jacques serving BBQ’d hamburgers, chicken and sausage brochettes

The Out to Lunch organizers will take a summer break in mid-July; the last lunch will be July 14 and the program will restart on August 18.

For more information on Christ Church and the Out to Lunch program, visit: www.christchurchunited.com.

FREE lunches are served from 12:30 to 2:00 pm each Tuesday. The doors open earlier at 12:00 noon.

**Christ Church is located at:
214 - 14th Avenue
Deux-Montagnes.**

100 YEARS OF BROADWAY

A Gala Night of Song and Dance

Review by Cookie Smith



On Saturday, May 30, at Holy Family Church Hall in Deux-Montagnes, the (FYTG) transported us in time to the music, dance, lights, glamour and dazzle of a century of Broadway hits. The stage, with its impressive hand-painted backdrop by Jean Claude Olivier portraying downtown New York City's skyscrapers, venues and glittering signs, brought Broadway to life. The dinner tables were adorned with black top hats and white silk gloves as centerpieces.

This was the FYTG's fifth year of performances with a fun-filled variety night of talent and just so much going on! The vibrant Anita Van der Ven, Musical Director and Mistress of Ceremonies, regaled us with witty banter and introductions. She opened with a quote from Gypsy Rose Lee, "Let Us Entertain You," and continued, "There certainly is... No Business Like Show Business!" Anita mentioned that Stephan Forget, vocal coach, brought the group to new heights with this production.



Gord Wetmore

Act One opened with the cast singing the Early Years, Tin Pan Alley Medley. Anita introduced Anna Kromka, aka "Baby of the Group", who sang a heart-wrenching solo of "Edelweiss" from *The Sound of Music*. Then Bill Dore, Louise LeBlanc, Fran Goulet and Sandra Tremblay sang a "senior's version" of "Favorite Things"...quite a hoot!

Following that, Martin Hensen, Sylvia McDonald and

the cast had to "Get Me to the Church on Time" from *My Fair Lady*. Impressive solos by three lovely ladies in stunning evening gowns, namely Diane Dequoy, Diane Biancardi and Sandi Scott, were delivered beautifully. Act One ended with Anita singing "Anything Goes" accompanied by tap dancers Pat Baldwin and Sandra Tremblay. Nice touch ladies!

Act Two launched Roger's & Hammerstein with The Golden Years Medley. Then Diane Biancardi performed another powerful solo and DiDi Dequoy did a snazzy number from *Cabaret*. Martin and Bill sang duets while Fran Goulet joined in, dressed as the main character from *Dolly*. Bill, the crooner, sang "Some Enchanted Evening" from *South Pacific*. Pat Baldwin and

Fran Goulet did an excellent job on the *Les Miserables* cabaret number "Master of the House" with the cast in the background portraying servants and maids. Two more lovely solos were done by Sandi Scott with "Send in the Clowns" and Sandra Tremblay with "I Dreamed a Dream" from *Les Mis*.

John Travolta and Olivia Newton-John never looked better as Bill Dore and Sandi Scott belted out "Summer Nights" from *Grease*. Marie Gladys sang a beautiful version of "Memory" from *Cats*. Last but not least, Diane Biancardi performed "All That Jazz" from *Chicago*, wearing a fabulous '20s flapper dress with headband, gloves and garter. The cast dancers brought the stage to life with outfits adorned in dazzling glitter.

In closing, Anita thanked all the supporters and community partners, the production team, the fabulous volunteers and the cast. Special recognition was paid to artistic directors Valerie Glover-Drolet and Heather Tremblay, with well-deserved bouquets of flowers.

Everyone enjoyed the delicious lasagne and Caesar salad prepared by Jackie Power through her catering business called Jacqueline's Cuisine. There was also a huge dessert table with tea and coffee during the intermission. Several raffles were won with excellent prizes. At the end of the show Earl Flint, Sound and Technical Director, wore his extra hat as DJ to provide dancing music for the rest of the evening.

The FYTG wish to remind everyone to join them next holiday season for their Christmas show entitled: "A Christmas Carol, The Musical Pantomime"...something we all look forward to with great anticipation. If anyone is interested in joining the group, just show up at the Heritage Club in September during Monday rehearsals. They can always use new members.

Enjoy your summer break, FYTG, and congratulations on another wonderful performance!

A Look at Rosemere *By Marge McCord*

Wow! Hard to believe it's August already and the kids will be going back to school by the end of the month. By September, fall activities will be going strong.

If you have a problem with not being able to cook due to a temporary or permanent disability or mild loss of autonomy and could use some help, contact Meals-on-Wheels. Its volunteers cook and deliver hot meals every Monday and Friday. For information, call Alot Bosse 450-62108168. The price is very reasonable. They start back in September after their summer break.

They can always use more volunteers to cook, drive and deliver.

The Anglican Church Drop-In Centre starts up again on Wednesday, September 9, from 10:00 am to 2:00 pm. Drop by

for a coffee, refreshments, or home-made soup. Your gracious hosts are Winston and Becky Fraser.

The Rosemere Volunteer Services shop will be opening in late September from Monday through Friday from 10:00 am to 3:00 pm, and the workers will be happy to serve you. New merchandise will be coming in all the time as well as consignments – hand-made jewellery, knitted articles, beautiful hand-made smocked dresses created by one of the volunteers who turned 100 years of age this year. In October, the R.V.S. will hold their first General Meeting on Friday, October 16 at 11:30 am in Memorial Community Centre. Lunch will be served.

Winn and Ollie Billing attended the mar-

riage of their granddaughter, Marianne Brassard, to Matthew Saunders. The wedding was held at the Faculty Club of Montreal on May 23 past. Marianne is the daughter of Louis and Wendy Brassard of Lorraine and Matthew the son of Jamie and Gayle Saunders of Bedford, Nova Scotia. They will reside in Toronto. Aunt and uncle Shelley (Billing) and Tim Quarles of North Vancouver, B.C., were in town for the event.

Sincere sympathy goes to the family of Norm Phelps, who passed away in June, his wife Audrey, brothers Ronny and Jerry, his daughters, grandchildren and great-grandchildren. He will be missed and remembered for all the good things and volunteering he did through the years.

Meet an Interesting Neighbour

By Marge McCord



If you see a fair lady with braided hair, chicly dressed in clothes she designed and made, getting out of a little red car, that's Gertrud Antoine Barwick, who grew up in Germany and moved to Canada in 1959, 56 years ago. She now lives in Rosemere.

First educated in Textile Design at the Academy of Fine Arts in Kiel, Germany, Gertrud now holds a BFA and

MA in Art Education and Art Therapy, as well as a Ph.D in Counselling Psychology. After 25 years of teaching German, home economics, moral education and art at the Laval Catholic High School in Laval and later at Deux-Montagnes' Lake of Two Mountains High School, she now devotes most of her time to art and volunteer work in the community.

For many years, she took groups of students from her German classes to Europe and helped them with their fundraising drives to finance their trips.

When Rosemere has art symposiums open to the public, she often participates. She is a very talented artist whose paintings in watercolours and mixed media have

won prestigious awards in 2012 and 2014. Her recent accomplishments include a commission for a large painting of a polar bear for the new MUHC hospital and a window depicting the Vimy Ridge Memorial for the museum of the Regiment of the Grenadier Guards.

Gertrud was the recipient in 2005 of the CCA Award by the then Governor General, The Right Honourable Adrienne Clarkson.

Apart from all of the above she is the mother of three, and has five grandchildren.

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Rick's SMOKED MEAT

Tribute to World War II Veteran Norman Phelps

By Emily Barber



Norman was one of eight sons born to Roseanne Daigle and James Phelps. He came into this world on July 9, 1920, in the St. Henri neighbourhood

of Montreal. He attended St. Thomas Aquinas School and Parish.

He followed the example of his brother Paul and enlisted in the Royal Canadian Air Force during WWII, where he served as a signalman. He was stationed in France only 13 miles from the front lines.

When he returned to Montreal he resumed a normal life and seldom spoke of his wartime experience.

In the mid 1960s he became a widower, his spouse Alice Provencher

passing away suddenly from a heart attack. My sister, Audrey Barber-Ducharme, was also widowed. The two met and married in 1968. He became step-father to Catherine and Suzanne Ducharme and Anita Rosati; grandfather to their children Carrie, Tamar and Jasmine Powell, Lisa and David Bowen, Angelina, Sabrina and Sarah; and great-grandfather to Katrina, Tristan, Breanna, Mia and Tessa.

His home on Westgate Drive in Rosemère was a hospitable gathering place for many family celebrations, where the Phelps, Barbers, Ducharmes, Provenchers and our children enjoyed good food and lots of fun.

Norman volunteered alongside Audrey with the Horizon Club of Rosemère, the Rosemère Volunteer Services, the Manoir (later known as the Hubert-Maisonnette CHSLD), The

RAG and the Parish of Holy Cross, whose members also help with making and serving meals at a men's homeless shelter, The Benedict Labre House in downtown Montreal.

The Federal Minister of Veterans Affairs awarded Norman with the Medal of Honour for his service and sacrifice during WWII.

The Mayor of Rosemère, Madeleine Leduc, invited Norman to the Town Hall in April to sign the Book of Honour.

He had a quick wit and great sense of humour which he never hesitated to share. He was a man who loved children, his family and being of service to others. He was just an ordinary man who did his best to improve the life of our little corner of the world.

Norman passed into God's hands at the St. Eustache Hospital on Father's Day, June 21, 2015.

We will miss you, Norman.

Ingrown Toenails: Symptoms, Causes, Treatment and Prevention

By Dr. Martin Scutt

An ingrown toenail occurs when the edges or corners of the nail penetrate the surrounding skin. It occurs most commonly on the big toes and is characterized by pain, redness and swelling. In more severe

cases, an infection may be present. Some ingrown toenails are chronic, leading to repeated episodes of pain and infection. Often the pain runs along the margins of the nail and occurs when any pressure is applied to the nail bed (including the mere weight of tight fitting shoes).

Some causes of ingrown toenails include improper trimming of toenails, trauma (injury) to the nail plate or toe (a single incident such as dropping a heavy object on your foot or repeated trauma such as running, soccer or wearing pointy toed or ill fitted shoes), and genetics (wider nail plates commonly referred to as "chubby toes" or convoluted nails).

A podiatrist may treat an ingrown toenail in one of two ways, surgically or non-surgically. An ingrown toenail surgery is a common and minor procedure involving the removal of the edge of the nail

that has grown into the skin and burning the root to ensure the ingrown nail grows back normally. This is a very common podiatric procedure at our clinic, using local anesthesia and specialized podiatric equipment. It represents a permanent solution to a persistent and painful problem. The alternative is for the podiatrist to cut the portion of the nail that is ingrown, which is usually a temporary solution. The chosen treatment is based on the podiatric assessment and the presentation of options to the patient. A person with poor circulation, diabetes or infection should consult a podiatrist for treatment rather than attempt self care. Ingrown toenails can be prevented by cutting your toenails straight across and at a moderate length and avoiding tight-fitting shoes, socks or tights.

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

Thank you for your trust.

Dr. Martin Scutt, podiatrist and clinical teacher at UQTR

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The Oka Crisis 25 Years After

*A speech by
Rahsontenhawi (Hawi) Gabriel*

Let me tell you about a particular time in history when the Mohawk people of Kaneshatà:ke were literally attacked by the Sûreté du Québec (SQ) and the Canadian army. My purpose is to educate you about what happened 25 years ago during the Oka Crisis. It's important that you know why the Oka Crisis happened. I am going to explain why and how it happened and the end results.

Let me explain in detail why the Oka Crisis happened in the first place. For years Mohawks and non-natives have been fighting for rights and land. Non-natives wanted to extend their golf course over our ancestors' cemetery, which is also the place where we used to pick our medicines and was also our hunting ground to feed our people. The Municipality of Oka chose to extend their golf course on our land.

Second, it's important for you to know exactly what happened during this fight. It started on July 11, 1990, and ended on September 26, 1990, and it was a 78 day standoff.

On July 11, 1990, at 5:00 am the SQ decided to stop the Mohawk people who were gathered in the Pines of Kaneshatà:ke, guarding the land where the Muni-

city of Oka wanted to extend their golf course. The SQ came with tear gas and guns, threatening the women and children who were there. All the Mohawk people that were there decided that this wasn't going to happen. Shots were fired from both natives and SQ, and an SQ officer was shot dead that day, Corporal Marcel Lemay. The SQ retreated and fled the scene while the Mohawk people decided to make a barricade using scrap cars while police cars blocked the main highway, Route 344, leading into and out of the community.

Other communities heard of what happened on this day, and in support of Kaneshatà:ke the other Mohawk community, Kahnawà:ke, decided to block the Mercier Bridge, while people from other communities showed up in Kaneshatà:ke for support. Days went by, while the long-house people were in communication with the Canadian Government to try and come up with a good resolution. All the Natives gathered at this place called the Treatment Center. There was no resolution so the Canadian government commanded the Canadian army to come into Kaneshatà:ke. The army set up camps all over the community.

Towards the end of the 78-day standoff when the Mohawk people were coming out of the Treatment Center, they were met by the Canadian army. Many people were injured and bleeding, while the SQ wouldn't let anyone help them.

To this day there is still tension between Natives and non-natives about the land dispute.

The end results of the Oka Crisis were mainly in favour of the Natives. The Canadian army and SQ left Kaneshatà:ke and Natives were sent to healing lodges because they were physically and emotionally hurt. However, we didn't lose our land and we kept our ancestors' burial ground.

Now that you know how and why the Oka Crisis happened, you'll know more about Natives' history and that to this day the Municipality of Oka still denies what it tried to do. But we are strong and if something happens like that again we are ready to fight.

Rahsontenhawi (Hawi) Gabriel wrote this speech for the public speaking contest at Lake of Two Mountains High School. This summer marks the 25th anniversary of the Oka Crisis.

Onkwénhtara Kanéhtsote - The Red Post - Art Exhibit on the Impacts of 'The Crisis of 1990'

By Elizabeth J. Saccà

'The Red Post' exhibition of art generated by The Crisis of 1990 (aka The Oka Crisis) will open with a reception August 1 from noon to 5:00 PM at the Rotiwanankéhte/Aronhiatékha School, 407 St. Michel (Route 344), Kaneshatà:ke.

The exhibit continues through August 12 with the purpose of inspiring discussion on the impacts of that summer's confrontations. It will be open to visitors every weekday and weekends from August 1 through and including August 12.

Initiator Katsi'tsakwas Ellen Gabriel is co-curating with Tuscarora Jolene Rickard, Chair of Cornell University's American Indian Program.

Ms. Gabriel explained, "Since the Oka Crisis of 1990, artists and academics alike have written, painted, illustrated and reflected through their disciplines, on how the 'Crisis' impacted their lives, their nations and their art. Artists are invited to express how this event has impacted their work and their knowledge of Indigenous

peoples' rights, identity, languages, culture and realities.

"Art is an important and non-threatening tool in the education of the public to promote the history, language and culture of the Kanien'kehá:ka, as well as other Indigenous peoples. The diversity of art mediums along with activist and Indigenous academics' articles help to positively convey the depths of strength, resiliency and identity of Indigenous peoples," she added.

Ms. Gabriel's public profile began when she served as spokesperson for the community of Kaneshatà:ke during the crisis. In the intervening years, she has served as President of Quebec Native Women and has worked on Indigenous rights and women's rights, for which she has received many awards. These include the Golden Eagle Award from the Native Women's Association of Canada, the International Women's Day Award from the Quebec Bar Association, and the

Jigonsaseh Women of Peace Award.

At the opening reception, famed filmmaker Alanis Obomsawin will be a guest of honour. She is a recipient of The Order of Canada, honorary doctorates, (including one from Concordia University), and numerous awards for film and culture. She will share her thoughts on 1990 crisis and her hopes for the future.

The coalition supporting the exhibit reflects this desire to bring people together to contemplate where they stand and what they might achieve together. This partnership of Konitnonhstats: Kaneshatà:ke Language and Cultural Centre with Kahnawake Onkwawén:na Raotitíóhkwa Language and Cultural Centre is sponsored by Le Conseil des arts et des lettres du Québec, the Canadian Friends Service Committee and the American Indian Program of Cornell University.



The Church Mouse

by Eric Painter



Message from the Church Snoop

Once more it's that time when the parishes plan their fall and winter activities. I know how very busy you all will be, as plans take shape, and we look forward to the most beautiful services and activities, full of joy and happiness, as we praise and worship God and thank him for the wonderful time together.

The *Community Connections* volunteers, and I wish you a safe and pleasant fall.

May God bless everyone,
Eric, "The Church Snoop"

Christ Church United

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



Worship Sunday at 11:45 a.m. everyone is welcome.

"Out to Lunch" will start Tuesday, August 25, for all residents of the area. Come and join us for a free lunch at Christ Church (address above) every Tuesday at 12:30 p.m. until 1:15 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

August 2 No Worship Service
August 16 10:00 a.m. Outdoor Worship Service at Volunteer Square
August 30 Linda's last day with us. Communion followed by farewell and volunteer lunch

CHURCH OF GOD

815 Rockland St.
450-491-6873



Sundays; 6:30 pm
The lovely season of summer is upon us and we are at last enjoying a bit of more

favourable weather. People should not neglect God and church in favour of other activities in the summertime. "Seek ye first the king-

dom of God," Jesus told us, and we need to put God first in all things in every season. On Mother's Day, we had the privilege of welcoming Adrian and Jessica Lovera, missionaries to Argentina, to our services. They shared their burden for the work of missions as they plan their departure for South America. We had the special honour, on Mother's Day, of having Jessica's mother, Ms Susan O'Brien and also her aunt Maureen in service with us. What a blessed time it was for all present. Please join us on Sunday evenings for a special time of worship and prayer.

Pastor and Mrs. John Thévenot



All Saints Church

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

Priest: Reverend David Hart
david@allsaintsdeuxmontagnes.ca

1st Sunday - Morning Prayer
2nd / 4th Sunday - Holy Communion
3rd Sunday - Family service (Morning Prayer)
5th Sunday- BCP (whenever applicable)

Church cafe, every Sunday, 10:30 am - 11:00am: Time to connect (coffee, tea, juice, snacks and friends)

Sept 11 Season start up of the Two Mountains Community Youth Group, for all high-school aged teens, meet at All Saints Church every Friday from 7:30 - 9:30, except for every 3rd Friday, which is SPAM (Sports night At Mountainview.)

PEOPLE'S CHURCH

370 5th Ave, Deux Montagnes



Sunday Service 11:00 am- noon
Thursday Bible Study-7:30-8:30 pm

Made in the Shade:

Vacationing near the ocean earlier this summer I found it interesting to note how many people used umbrellas to protect themselves, and find

rest from the unrelenting sun and scorching heat while on the beach. There is a place where one can experience that same protection and rest for the soul, and that is discovered under the umbrella of God's grace, found in Jesus Christ, "He who dwells in the shelter of the Most High will rest in the shadow of the Almighty" (Psalm 91:1), and Jesus said, "Come to me all you who are weary and burdened and I will give you rest" (Matthew 11:28). Enjoy the rest of your summer.

ROSEMERE MEMORIAL CHURCH

200 Grande Cote, Rosemere



Kanehsatà:ke United Church

209 rue des Anges, Oka.
Information for both churches -
450-437-5560



Information for all churches
450-437-5560

There will be no services in either church during the month of August, to give the minister and congregations time for their vacations.

Both congregations will be unsettled in September - Rev. Tom Kurdyla retires on August 31. Plans have yet to be completed for September. We plan to continue as a thriving congregations, and ask you to watch for more information as to services and events at the end of the summer.

Enjoy your summer.

Church Snoop cont'd p. 25

The Church Mouse

Cont'd from p. 24

St. James Anglican Church

328 Pine St. Rosemere, QC
Tel: 450-621-6466
info@stjamesrosemere.ca



Sunday Services
9:30 am
Wednesday Drop
In Centre - is closed
for the summer,

it will re-open September 9 at 10 am.

Saturday, September 26, Military Whist at 1 pm. \$8.00. Prizes & refreshments served. Make up your table of 4 players. Pet Blessing Sun Sept. 27 or Sun - Oct. 4 9:30 am To be confirmed

Book Fair- Sat. Oct 17, 10:00 am-2:00 pm

Remembrance Day Service - Sun Nov 8 9:30 am With Æternal Ministries To be confirmed.

Are you looking for a large venue to hold special meetings, for your organization or for your private parties. We have the space you need to rent. Please call us for more information.

St. James would like to thank you for your support throughout the past year, and wishes you a most pleasant and safe summer. Grace and Peace to you all.

HOLY FAMILY PARISH

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

E-Mail: holyfamilydl@hotmail.com

Website: www.holy-family-dm.ca



Mass is celebrated
Saturdays 5:30
p.m. and Sundays
11:00 a.m.

Regular Children's
Liturgy (Faith

First) runs from September until June.

CWL Card Party

Saturday, August 22 at NOON in the Parish Hall; Light Lunch & Cards \$6.00

CWL - Bea's Lobster and Steak Supper Saturday, September 26 at 6:30 pm (NO TICKETS SOLD AT THE DOOR)

Parish hall, equipped with a stage, full kitchen and seats 150 people comfortably, is available for rental.

Oh, those busy summer days; People seem to be busy always.

There are those who go to the pool; Just a few hours to keep cool.

Some take off to the lake; Catching fish is a piece of cake. Many people go on vacation; A time for fun and relaxation.

Money is spent on this or that, for kid's toys, or Mom's new hat. Come Sunday,

many seem to forget, and do things they'll later regret. You're on vacation, God will understand, Going to church, you hadn't planned. God is the creator of it all; Winter, spring, summer, and fall. Give God the glory that is due; He never forgets about you.

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



Celebrant: Father
Stephen Diraviam
Mass celebrations:
Sundays 9:00AM
Sainte Francoise
Cabrini,

We are looking for volunteers for cleaning; please call: Carmela 450-621-2150 August 23, HOLY CROSS annual picnic & car wash 10:00AM; parish center September 18, MILITARY WHIST 7:00 pm Parish Center WISHING ALL A GREAT & SAFE SUMMER

Canada Day at St. James in Rosemere

By Eric Painter



Eric Painter

testing our knowledge about Canada. Everybody was suitably dressed for the occasion, with the Canadian flag prominent. Lillian, who organized the event, was very pleasantly surprised with a turnout of 45, many more than were expected.



Eric Painter

The doors opened at 4:00 pm for a wonderful evening of talking, eating all you wanted of a hot or cold meal, all home made, and of course, homemade desserts. There was a interesting 10 question quiz,



Eric Painter

Linda Lapointe, Liberal candidate for the next federal election, honoured us with her presence. Everybody was looking forward to the next Canada Day celebration.

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Ron's Corner

ENGLISH...OH NO!!!!

By Ron Kessler

Hello, folks, this is going to be a subject matter which will cause controversy.

I, like most of you, learned of the decision of the Mayor of Longueuil to publicly state that she disagreed with one of her councilors decisions to address the public in both languages, French first then in English. She went to Facebook as well as being interviewed by the radio and television venues.

During these public forums, she stated that not only is she against the fact that her councilman does this automatically so as to show respect to all of his constituents, but she believes that the OLF (Office de la langue Francaise) should do what they can to make him stop! She is also requesting the Quebec Liberal Party to modify Bill 101 to disallow any English at all in any town meetings!

WHAT! Well, I for one am offended as an Anglo Quebecker. I was raised in English, educated in English and then learned to speak French, which I considered a necessity, to continue a career in law enforcement where both languages are a must.

I have had individuals call me names over the years such as "bloke", "maudit anglais," "tête carrée, plus many more I can't repeat. So what? Who cares?

I heard the talks when I was young about how Quebec wanted to separate from the rest of Canada and become its own country. I have seen English be removed from all road signs in the province. At what cost? I have seen the laws changed to force businesses to comply with the "language police" and remove English documents and answer the phone in French only. I have seen signs on storefronts modified with duct tape to hide the English to prevent legal action. The list goes on and on.

The hardliners state that they want to protect "their" heritage, "their" language, "their" unique culture-well. SO DO WE!

I get really ticked when I go to Ontario and get looked down on because I come from Quebec. I am tired of the rest of Canada thinking we will put them in jail if they come for a visit and have to ask for directions in English! But I guess now, maybe we can no longer blame them.

We Anglos had the right to send our children to school in English or French (a privilege the French community didn't have), so many of us did. In doing so, we have created a group of bilingual, upcoming professionals who are able to be very competitive in the international work force. Some of you Anglos didn't agree, thinking that the English School Boards would disappear, but they have not.

How attractive is a province to outsiders (Anglos) Canadian, American or others, who can't even come here and have road signs indicating dangerous conditions, detours, construction areas, etc., bilingual so as to help during their visit? Even in the private sector, they have difficulty

booking lodging on the phone, or obtaining suggestions how to improve their stay.

FOR WHOM DO YOU WANT TO PROTECT YOUR CULTURE?..Quebec's Francophones only? Wow, now that's progress!

Are we to believe that the culture of Quebec will disappear if signage should be bilingual, which could be, Italian in Little Italy, Chinese in China Town or any other specific ethnic area, as long as FRENCH is shown first and at least 50% of the sign itself?

What culture is worth protecting if you have to force it down someone's throat? I believe it has an adverse reaction. We see angry Anglos and Francos spending time on name calling, and for what?

After all, the majority of movies in the theatres, television shows, music on the radio, computer technology is in ENGLISH, although they are usually translated into French should they want to be "Quebec friendly."

We have questions, such as: should Quebec separate, will it have its own military? Will it have its own currency? Will it have its own pension plans? Will it recognize what all Quebecer's have paid into federal budgets for the honour of being part of Canada? These are all questions I have never heard one politician address.

So does that mean English North America should boycott Quebec and refuse to allow them to use their entertainment whether it be music, TV, books or technology so as not to offend the Anglo haters?

Come on, let's get real! I love my province, I love speaking two languages, I love to come home after a vacation abroad. I pay taxes here, (a lot, I might add) and I feel that I have the right to speak and hear my language at HOME! Look at the news (English or French) and hear about the unsettled situation around the world, how people are being murdered daily, how war is ripping away people's fundamental rights and leaving total disbelief in its wake. Is that what we want? Is that our future? Is that not a waste of time and resources? Why can we not all just look around, and kiss the ground we walk on and be thankful that we live in such a great country, CANADA?

These are my thoughts. What are yours?

Un sourire en santé

450-472-7066
www.denisnaudenturologiste.ca
1605, chemin Oka, Deux-Montagnes

Denis Naud
denturologiste

Sue Chef



Hi again! Ribs are one of my all-time favorites, especially when done, or at least, finished on the BBQ. I tried a new way to prepare ribs for the grill. Usually, I simmer them and they have been wonderful, but last

month I secured them in tin foil and baked them in a slow oven. So much nicer!!!! The rib sauce has apple sauce and cinnamon which really works nicely with the pork! Adjust the amounts of apple sauce, ketchup and spices to your personal taste.

Menu

- Shrimp Salad
- BBQ Baby Back Ribs
- Grilled Potatoes
- Corn on the BBQ
- Easy Fruit Cups
(Serves 4)

Shrimp Salad

- 20 Shrimp, medium size, cooked, shelled and deveined
 - 4 cups Lettuce, washed dried and torn into bite size pieces
 - 1 Tbsp Parsley, washed, dried and chopped
 - 2 Green onions, trimmed, washed and chopped white and light green parts only
 - ½ cup Mayonnaise (or more as needed)
 - ¼ Red pepper, julienned and cut in half
- Hot sauce, to taste.

Mix all ingredients in a salad bowl, except shrimp and parsley. Mix well. Adjust mayonnaise and hot sauce. Divide between 4 salad bowls. Arrange 5 shrimps neatly on top, then sprinkle chopped parsley over each. Garnish with a slice of lemon and/or a parsley sprig.

BBQ Baby Back Ribs

Pre-heat oven to 300 degrees.
2-3 Racks Baby Back Ribs, trimmed and membrane removed

Rib Sauce –

- ¼ tsp Pepper, paprika, minced garlic and cinnamon (each, or more to taste)
 - 1 cup Brown sugar
 - ½ cup Apple sauce
 - ½ cup Ketchup
 - ¼ cup Lemon juice
- Hot sauce, to taste

Blend all rib sauce ingredients together in a saucepan and bring to a simmer over med-low heat.

Heat through just until sugar has melted. Set aside.

Dry Rub -

Prepare a dry rub for the ribs using ¼ - ½ tsp. each of dry spices (same spices as above) and mix in a few Tbsps. brown sugar.

Dry ribs with a towel and rub dry mixture over both sides of the racks. Place each rack on a large sheet of double lined tin foil. Roll or fold up, turning edges, to ensure an airtight seal. Place racks in a rimmed baking tray, in case of any seepage. Bake for 3 hours. Remove from oven and let cool slightly. At this point, ribs may be placed in the fridge to cool before grilling, or you can grill them right away. (I find that letting them cool for a few hours, or even overnight, in the fridge makes the ribs a lot easier to handle on the BBQ).

Grease grill and pre-heat to medium heat. Place racks on grill and brush on rib sauce. Turn racks over every couple of minutes. Brush on sauce after every turn. Ribs will take about 15 minutes to become beautifully colored with a generous semi-dry coating.

Grilled Potatoes

4 Red Potatoes, medium sized, scrubbed clean
Poke potatoes all over with a fork. Place potatoes in the oven after the ribs have

been cooking for 1 hour. Ideally the potatoes will be done when the ribs have been in for 3 hours. This will depend on potato size. Remove potatoes from oven when they are cooked.

Cut potatoes in half lengthwise and brush lightly with olive oil. Sprinkle with salt. Place cut side down on BBQ grill for about 10-15 minutes.

Serve with your favorite toppings. I love butter, green onions, crispy fried bacon and sour cream!

Corn on the BBQ

- 4 Corn on the cob, husked
- Butter
- Chives, fresh
- Salt

Set BBQ to medium. Rub corn with a little butter, sprinkle with salt and wrap each ear in tin foil. Place corn on grill and BBQ for about 15 minutes, turning often. Poke with a fork to check for doneness.

Serve with additional butter, salt and freshly chopped chives.

Easy Fruit Cups

- ½ cup Blueberries, washed
- ½ cup Strawberries, washed, hulled and cut in half
- ¼ cup Maple syrup, pure
- ½ cup Graham Cracker Crumbs
- ¼ cup Butter, softened
- 2/3 cup 35% Cream
- ½ cup Cream cheese, softened

Place blueberries and strawberries in a bowl. Pour ½ of the maple syrup over top and mix well.

Mix together cracker crumbs and softened butter. Divide and press firmly in to 4 individual dessert cups.

Whip the cream, cheese and ½ of the maple syrup until blended and soft peaks form.

Spoon cream over cracker crumbs. Spoon fruit mixture over the cream. Drizzle each with any accumulated fruit juices. Garnish with fresh mint or chocolate curls.

As always, I hope you enjoy!
Sue Sanders



**503 rue Cedar
Deux Montagnes, Qc
J7R 1H1
450-473-5429
Web: heritagesocialclub.com
Email: Heritage_social_clubyahoo.ca**

Monthly Activities:

- ✓ Darts every Monday 7h00 pm
- ✓ Bingo every 3rd Wednesday 1h00 pm
- ✓ Karaoke every 2nd Friday 8h00 pm
- ✓ Cribbage Tournament every 3rd 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)



PHOTO RAZZI
Photos sportif autre événements, artisan immobiliers, aérienne

GERRIT SCHULD
gerritschuldt@hotmail.com

Changing Nutritional Requirements for Older Adults

By
Dale Hammond

I hope everyone is enjoying their summer and getting outside for some exercise, walking, swimming, gardening or other sports activities. We all know how important it is to keep active and how this affects our health. But there is another issue we have to address as we get older. Our nutritional requirements change with age. This is mainly due to our body composition changing and the fact that we do not absorb vitamins and minerals as we did as younger adults. Many older adults are also more sedentary and therefore require less energy and calories. Some adults will consume less food or skip meals entirely. The body should never go eight hours without protein. The body needs a regular supply of protein and nutrients to maintain metabolism for making bone, muscle and enzymes. Some people will choose the foods they like more often, which usually contain higher fats and sugars while missing out on the healthier choices of vegetables and fruits. It is more important than ever to choose food wisely especially if you are eating less. Otherwise you will not be getting the nutrients your body requires to stay healthy and keep up your energy levels.

With aging it is very important to make the calories you consume count and that foods you eat are packed with nutrition. Our bodies are less efficient at absorbing key nutrients from our diet. Some nutrients such as B-12 are harder to absorb after age 50 due to reduced stomach acids needed to break down foods. To increase your vitamin B-12 intake you can eat fish, meat, poultry, eggs, milk and milk products. A deficiency can cause memory problems, balance issues and numbness. It also plays a part in the functioning of the brain and nervous system and the formation of red blood cells. Always consult a doctor to see if you need a supplement. Another nutrient that can often be low is folic acid; this is one of the B vitamins. Too little of this essential vitamin and you may get anemia from a low number of red blood cells which help to carry oxygen to the body. This can make you feel weak and tired. To increase levels of red blood

cells, it is best to eat fortified cereals with folate and more fruit and green vegetables. If you feel low energy levels, feel weak and can't exercise as you did before, see your doctor. Sometimes consuming food is not sufficient and you may need a vitamin supplement.

Vitamin D is needed for the body to absorb calcium. It is more difficult to absorb as we age because our skin is less able to convert the vitamin from sunlight and our long winters make absorption difficult. Too much exposure to the sun can also increase risks of skin cancer. Low levels of Vitamin D may cause muscle weakness, loss of bone strength, falls and fractures. Some studies show that people with low levels of vitamin D will progress more quickly with osteoarthritis and inflammatory types of arthritis. Vitamin D is essential for people with osteoporosis because it promotes calcium absorption. Recent studies show it may ward off immune diseases, infection and cancer. It can reduce length of time healing and recuperation from an illness. Older adults should take a vitamin D supplement. High doses of vitamin D can be toxic so it is best to check with your pharmacist or doctor for the proper dose. Requirements for an individual may vary depending on many factors. Recent guidelines from Osteoporosis Canada recommend daily supplements of between (800 to 2000 I.U. for adults over 50). Calcium is also important for strong bones, and it also is not absorbed as efficiently as we age. Many older adults consume too little. It is essential. If you do not take in enough, it will be leached from your bones. Studies of older adults show that adequate calcium intake

taken with vitamin D can slow bone loss and lower the risk of fractures. Osteoporosis Canada recommends 1200 mg (this includes diet and supplements). The best way to achieve this is to have a

serving of dairy at each meal or consume canned salmon, sardines or calcium fortified drinks. Include weight bearing exercises such as walking and resistance training with weights to increase bone density.

Eating foods high in fiber, low in fat and rich in vitamins is essential for optimal health. Potassium is abundant in bananas, kiwis, cantaloupe and sweet potatoes and is very involved in muscle contraction. Protein is important to help maintain muscle, as with age there is a significant loss of muscle mass (sarcopenia) that accounts for 7 to 10 lbs of muscle loss per decade approximately. This loss is mainly due to the body's response to protein intake, changing hormones and less physical activity. The average person requires 0.8 grams of protein per kilogram of body weight. In older adults recent studies suggest levels be at least 1.0 gram/per kilogram of body weight. Seniors who exercise should pay special attention to increasing their protein post workouts to help rebuild muscles.

It's very important not to self-medicate, even with vitamins or herbal remedies, as they can interact with medications. Talk to your doctor or pharmacist before making any changes.

Eating a balanced diet is always important, but with the changes our bodies experience with age it is imperative to make what we eat count as a priority for good health and an active lifestyle.

Pre-registration for Older Adult classes for September is now taking place. Spaces are limited.

Call Dale Hammond 450-473-5985



Dale Hammond

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Tel.: 450-473-5985 / 514-213-6796

courriel/email:

Sports Rap

By Bobby Fordham



4th annual Cancer Research Slo-pitch Softball Tournament in Deux-Montagnes

On Saturday, May 30 and Sunday, May 31 the White, Rochon, Lewis and McGowan families organized their 4th annual Cancer Research Slo-pitch Softball Tournament in Deux-Montagnes at Olympia Park. There were 2 divisions consisting of 12 teams. The format was pitch to your own team. Each player gets 5 pitches, only 3 swings allowed; otherwise you will be called out. Base runners were not permitted to touch regular home plate. They must beat the throw by crossing the white scoring line adjacent to the plate. No umpires were used. The reason is there was no strike zone. The proceeds will be given to Cancer Research. It was great as all players involved played in a fun/competitive atmosphere. Congratulations to the players, organizers and most importantly to the dedicated families making the tournament a success. May their loved ones that have been taken rest in peace. See you all next year for the 5th annual tournament. Have a great year.

Heritage Club Mixed Softball Tournament

By Bobby Fordham

On Saturday, June 20, the Heritage Social Club held a mixed softball tournament at Olympia Park in Deux-Montagnes. Four teams participated in a fun filled atmosphere. The weather was superb. A lot of great defensive plays as well as offensive plays by some pretty hot hitters were evident. Team Purple ended up winning on the plus/ minus format over our Heritage team. Thanks to the volunteers, players and umpires. Special thanks to coordinator Mike Neville on a job well done, as the proceeds will go towards maintaining the Heritage Hall. This is a priority for executive/members of the Heritage Club: supplying a quality hall for the public to use for family/friend celebrations. See you all next year, and have a great summer.

Sports Rap: My Opinion


By Bobby Fordham, Sports Editor
bobbyfordham@sympatico.ca

On Saturday, May 30, in Deux-Montagnes we had four events on same day. There were a Mixed slo-pitch tournament, a Forever Young Theatre performance with meal at Holy Family hall, the Legion Branch 185 horseshoe tournament with a steak supper, at Pub Deux -Montagnes and a fundraising event for cancer patient Carl Nadon an LTM graduate. WHY in an English population of only 3000 cannot we co-ordinate events so as to prevent conflict? That way we can attend and support all of these organizations. It is NOT the responsibility of the city. Each coordinator/organizer is responsible. SHAME on you, and you know who you are. Stop conflicting and focus on what other organizations are doing so all events can benefit financially. Also on June 20 there was a softball tournament plus a golf tournament the same day. This is totally unacceptable. That's my opinion. What's yours? Bobbyfordham@sympatico.ca

Gutsy Volunteers Raise Funds –



Jakob Dion, 15, center right, has Crohn's Disease, an affliction of the digestive tract that is painful, debilitating, and lifelong. On the positive side, he has a fighting spirit and a support group of family and friends called The Snakes, named for the intertwining pattern of the small intestines. Headed by mother Karen Leblanc, standing beside him, the group raises money for research and treatment for Crohn's and ulcerative colitis. Pictured here at a bowl-a-thon that raised \$1400, Jakob and The Snakes also took part in the annual Gutsy Walk in Montreal June 7 and raised \$10 000 in pledges



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Announcements, Birthdays and Memorials

Birthdays

Mike Migas, Aug. 8
Margot Rauzon, Aug. 11
Glen Hilliker, Aug. 16
Stella Clarkson, Aug. 20
Micheline Groulx Stabile Aug. 22
Jon Kennedy, Aug. 27
Nicole Steben, Sept. 8
Jay Williams, Sept. 11
Vannessa MacDonald, Sept. 12
Eddie Williams, Sept. 14
Kate Baldwin, Sept. 15
Albert Allan, Sept. 19
Guy Hurtubise.
Peter Peschke, Sept. 22
Danny Smith, Sept. 23
Tara Richards, Sept. 24
Carol Wetmore, Oct. 1
Noah McLean, Oct. 5
Daphne Huxsel, Oct. 5
Pat. S. Omoto, Oct. 13
Andrew and Alex Green, Oct. 14
Laureen Byers-Fata, Oct.18
David Green, Oct. 22
Phil Glover, Oct 24
Kyle Davis, Oct. 24
Russell Hughes, Oct. 28
Florindo Stabile, Oct. 29
Kayla Baldwin, Oct. 29

Memorials

Memorials Aug/Sept:
Stewart Pope. Aug. 3
Doug Wright. Aug. 4
Gilles St-Marseille
Rhoda Robertson
Jack Zinn

Anniversaries:

Ron and Gerry Kennedy, Aug. 16
Phil and Nancy Glover, Sept. 10



Legion Branch 185

Legion events

Our annual Poppy Campaign will begin on October 30, and end November 11.

Our Armistice supper be held on November 7. Tickets will be available for the dinner by the end of October. More information to follow.

The Armistice parade and cenotaph service will take place on Sunday November 8. We hope to see you there.

Should you want to purchase a wreath, you can contact Jean Guy Matton at 450 472-6530.

Heritage Up Coming Events

Aug 7: Karaoke - Starts at 8:00 pm
Doors and Kitchen opens at 6:30 pm
Aug 8 & 9: Garage Sale starts at 9:00am to 3:00 pm Set-up at 7:00 am
Tables for rent: 1 x \$7.00 2 x \$12.00 ou 1 long \$15.00

Date limit for table reservations: Le 5 aout
Contact: Diane Biancardi 514-503-5748 or leave a message at 450-473-5429

Aug 21: Karaoke Corn Roast & Hot dogs - Starts at 6:00 pm

Karaoke starts at 8:00 pm

Aug 22 : Veterans Softball Tournament

Please contact Mike Neville for more information

Sept 4: Karaoke - starts at 8:00 pm
Kitchen and Doors open at 6:30 pm for hot dogs and hamburgers

Sept 7: Start of Darts - starts at 7:30 pm
Doors and Kitchen opens at 6:00 pm for hot dogs and hamburgers

Sept 14: Darts - starts at 7:30 pm
Doors and Kitchen opens at 6:00 pm for hot dogs and hamburgers

Sept 16: Start of Bingo - starts at 1:00 pm
Cost: \$6.50

Doors open at 12:30 pm

Sept 18: Karaoke - starts at 8 pm
Kitchen and Doors open at 6:30 pm for hot dogs and hamburgers

Sept 21: Darts - starts at 7:30 pm
Doors and Kitchen opens at 6:00 pm for hot dogs and hamburgers

Sept 26: An Evening of Murder Dinner Theatre Fundraiser.

Doors open at 6:00 pm. Cost: \$30.00 per person

Table reservation for 8 \$240.00.

Super (steak) served at 6:30 pm / Murder Mystery starts at 8:00 pm



DM Lions Club Annual Fall Garage Sale Sept. 19

The Lions Club will hold its fall garage sale at the Horizon Centre (Lions' Den) on 13th Ave. from 9:00 am to 3:00 pm. Tables will be for rent at \$10.00 per table. To order your table contact Owen Ryder at (450)974-4167.

If you have any items to donate to the club



Deux-Montagnes Shamrocks 46th Annual Soccer Tournament Sept. 4 to 7

This year marks the 46th annual Two-Mountains National Soccer Tournament. Every year, over 100 teams from Quebec and Ontario come together over Labour Day weekend across the many soccer fields Deux-Montagnes has to offer. Recognized as the oldest junior soccer tournament in Québec, we look forward to another great edition of this event. We invite everyone to come down to the fields to enjoy some great soccer! Food and beverages will be sold at Central Park and Lake of Two-Mountains High School throughout the tournament as well. Looking forward to seeing you down at the fields!

Sasha Ghavami
President Two-Mountains National Soccer Tournament

The end of an era

After 33 years the Two Mountains Lawn Bowling Club has been forced to close its doors, and it is a sad day for the members. The reason for the closure seems to be because of the expansion of the Manoir, though the club has not received anything conclusive to that effect. All members would agree that housing for seniors is certainly a priority, but would it have been possible to have had both with a little re-arranging ?

Bowling was a great way for the community to enjoy a healthy sport in the fresh air. Three older members who are still playing were original members, so that proves the "healthy" part. Over the years the club played inter-city matches and visiting clubs loved to play at the Deux-Montagnes venue because of the perfect ambience. They also loved the refreshments! The club also gave back to the community every year by having two whist tournaments during the summer and a senior's Bingo on Canada Day. Many people will miss the activities, not just the members. Unfortunately, you can't stop progress..



When it comes to Exercise...

By Glenda Esguerra, Paravie, Personal Fitness Specialist

Deciding to exercise to get fit can be very difficult and confusing. There are so many warnings, so much advice and different styles and tools. What do you do? If you are new to training, ask a personal trainer to guide you through the right program for you. Learn about proper warm ups, proper form, minimizing your risk of injury and staying hydrated.

For healthy weight loss, strength training is a must! Many of you think of doing cardio first and when you start to lose some weight, you'll do some strength training to tone up. Not so!

STRENGTH TRAINING IS CRITICAL FOR WEIGHT MANAGEMENT. When you do strength training properly, and you learn the right way to increase intensity, the firmer and trimmer your body becomes.

When it comes to making your workouts effective, follow the pointers below:

Have a plan. Know what level of fitness you are in from the start. Do your measurements, your weight, BMI, resting heart rate, your strength level as well as

increase intensity as your body gets stronger. Jumping in too quickly with too much may lead to injury or too much to recover from. Muscle soreness is okay for the first two days. But if you have pain that does not diminish, then check with your trainer and doctor for possible injuries.

Make sure you fuel up properly. Once you decide to start a fitness program, rest, good nutrition, and staying hydrated are keys to a healthy body. Do not rely on your old practices like not eating because you're not hungry, or eating later because you can't leave your desk. Feed your body at proper times. It's a machine that needs proper care.

Never give up. Make your workouts a PRIORITY. The same as with your work, or your kids' activities, medical and dental appointments, your workouts MUST BE scheduled. Our busy schedules and not seeing quick results can easily become discouraging. But stay focused. Seek positive and encouraging people to motivate you. Hard work will render results.

If you have any questions to ask me, please don't hesitate to call me. If you need a personalized workout, nutritional evaluation or a fitness assessment, please contact me. We can schedule a consultation: glendae65@gmail.com, fb, or 514-512-5600.

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your goals to keep you motivated. Examples are: how much weight you want to lose, or if you want to run a specific race, or lower your blood pressure. Keep your routines varied so you don't get bored.

Start slow, then

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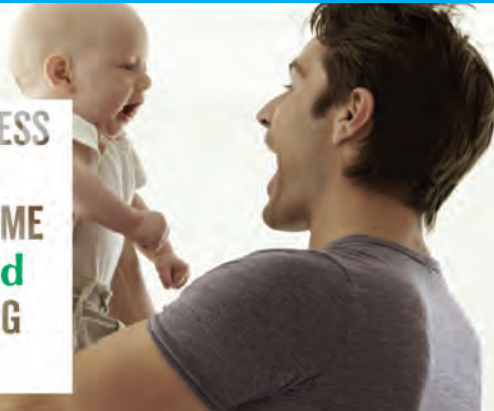
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