

# COMMUNITY CONNECTIONS



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Volume 13 Issue 6

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PARADE  
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p. 21**



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Message from  
The Mayor

### Greetings one and all,

On October 3, the City of Deux-Montagnes held a citizen's information session on the future of our city. This evening meeting was a follow-up to the public meeting that took place on June 12, on the proposed regulation amending the urban plan. The October meeting was therefore, an opportunity to respond to questions and comments raised during the last few weeks regarding this plan.

The City of Deux-Montagnes was shaped at the end of the 20<sup>th</sup> century on the bedroom community model, which means that today, 85% of tax revenues come from the residential sector. Real estate development reached maturity in the early 2000s

helping to weaken the City's financial position.

In order to ensure the City's sustainability, new revenues must be generated and this must be accompanied by the redevelopment of certain sectors. To do this, it is essential that our urban plan be changed. This will allow us to control our development according to our needs while respecting the new standards imposed by the government. Modifying our urban plan means framing and structuring the sectors to develop and redevelop them, in accordance with our objectives. It also means establishing densification thresholds, ensuring the protection of our parks and green spaces, and that we retain the city's image and its particular character.

After analysis, we have identified a dozen projects that would create more than \$204 million in new property values and annually generate more than \$2 million in new property taxes. The completion of these projects would meet the development guidelines of the City; re-

spect the city's character, as well as our objective to ensure the City's sustainability.

By promoting responsible urban development based on the principles of sustainable development, our vision for Deux-Montagnes over the next 15 years is of a healthy city, green and welcoming to 20,000 new inhabitants, with a better distribution of the tax base for our citizens, a greater presence of local businesses, restaurants and offices on our main roads, better access to our waterways and pedestrian paths, and dynamic and revitalized key areas, offering public places where neighbourhood life is rich and appreciated.

If the future of our city interests you, please consult the October 3<sup>rd</sup> presentation and the related documents on the City's website at [www.ville.deux-montagnes.qc.ca](http://www.ville.deux-montagnes.qc.ca)

Sincerely,  
Marc Lauzon



### A Gift for Public Library Week: Large Print and Audio Books Collection Enriched by a Grant from the Deux-Montagnes Lions Club

**Deux-Montagnes, October 23, 2012** – The Deux-Montagnes Public Library has received a \$1,500 grant from the Deux-Montagnes Lions Club on the occasion of Public Library Week, to enrich its collection of large print and audio books.

Since 1980, the Lions Club has contributed to these collections that are mainly intended for people with visual impairments, in both French and English. Through this annual funding, library members enjoy a good variety of books for all tastes. These collections are available free of charge to members during

library opening hours or through interlibrary loan. For more information, contact the library at (450) 473-2702.



Mayor Lauzon, Johanne Chaput, Martin and Betty Hensen, Dave Byers, President Linda Hogue and Arthur Glover

### Memorial Donation

The Dubuc Family have donated three memorial park benches to the city of Deux-Montagnes in honour of Doris, Annie Dubuc and Elizabeth O'Farrell Dubuc. They are prominently situated on Oka Road. The City Council was very supportive of this effort and hopes for other citizens to do the same.

Seated on one of the benches is Susan Dubuc Campbell



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## LTMHS' 4<sup>th</sup> annual Colour Clash

By Lillian Sirgent

Lake of Two Mountains High School held its fourth annual *Colour Clash* activities day on Tuesday, September 25. The students were divided into eight different teams, each with a colour, and participated in many fun games such as *fruit Olympics*, *messy marshmallow*, *human tic tac toe*, and more in the morning. In the afternoon, a boy and a girl from each team dressed up as the opposite gender and put on a hilarious fashion show. As well, teams showcased

their banners and gave out their best team cheer. Points were



awarded for winning games, participation, and team spirit.

All day long, students could be heard in the hallways cheering for their teams and encouraging each other to play. The winning team of

the 2012 Colour Clash was the black team, led by a great group of senior



students. LTMHS leadership students took charge for the day and ran all the activities for the students. There was much fun had by all and we hope to see this wonderful event continue at LTMHS for many more years to come.



## New Team of VPs at RHS

By Gordon Wetmore

Principal Scott Traylen of Rosemere High School found himself with three new vice principals this year who quickly forged what he called a dynamic team.

Most senior is Gail Spillane, who served previously as vice principal at Laurier Senior in Laval and for the last two years at Lake of Two Mountains High School. She and the other two vice-principals have jelled together very well, she said.

Ms. Spillane is the "go to" person for academics and discipline for the Secondary 3s and 4s. She said that she has an open door policy for staff and students. "It's my job to help both succeed." In addition to her Masters Degree in Educational Leadership from McGill University (where she is currently working on a second M.Ed.), she is a certified Cisco Academy computer instructor and handles the technology dossier among the administrators. RHS has 27 Smart Boards and extensive wireless areas, and she credits the RHS teachers for embracing the latest technologies and the students for responding. The teachers do an "awesome" job at extra-curricular activities, she said, and the RHS students/parents/staff are a great community.

For Sarmen Jakalian, coming to RHS is a happy reunion of sorts. He taught senior English at the school

for five years before becoming a VP at Mother Theresa Junior and Laurier Senior in Laval. He is responsible for the Secondary 2 students and has the dossiers for the soccer concentration option courses, the Work Oriented Training Path program, and the IPLC contained classes. About his fellow VPs, he said they discovered their like mindedness very quickly. "We hit the ground running," he said, and constantly bounce ideas off each other. He has bachelor degrees in psychology (Concordia University) and education (University of Ottawa) and a Masters in Educational Psychology (McGill).

Tina Miscio, whose dossier is the Secondary 1s and Individualized Education Plans, knows that her foremost responsibility is aiding the school's youngest students in the transition from elementary to life in a school where 80 percent of the 1500 students are older teenagers. "I have to be the mommy here," she said, and it is a role she welcomes. With a Bachelor of Education (Elementary) and a Masters in Educational Leadership from McGill, she has been a vice-principal at Pinewood and McCaig elementary schools and at Laval Junior High.

She taught at the elementary level for more than 10 years, beginning at a remote Cree village more than 11 hours by car from Montreal. For a brief time she served as principal before asking to return to vice-principal status. The principal's job, she said, took too much time and

attention away from her family. She said that the support she has to give for adjusting to high school "ultimately goes a lot more for the moms than the students," a situation that she understands.

The importance of family is a value that runs strong in all three VPs. Mr. Jakalian voiced their attitude: "We are replaceable at work. We are not replaceable at home."

They also were adamant that their jobs were hugely facilitated by the non-teaching staff, especially secretaries Cindy Bourgain, Maria Warner, Donna Lioumbas, and France Mimeau, school organization technician Debbie Adams and administration manager Suzanne Desilets. Helpful, understanding, willing to go beyond the call of duty and never shying away from work was how they were described.



The VP team at Rosemere High School

Principal Traylen, who has the dossier for the Secondary 5s as well as the entire school in general, said that he feels fortunate to have three experienced vice-principals who bring a refreshing and important outlook to RHS. They in turn are quick to acknowledge his leadership in creating a milieu in which teamwork flourishes.

## Habitat for Humanity Region of Deux-Montagnes House



On October 29, at 10:30 am, Mirabel's Deputy Denise Beaudoin, M. Andre Bessette, representing Mayor Paulus of Ste-Marthe-sur-le-lac, and other officials presented the keys for the newly completed Habitat for Humanity® home in Ste-Marthe-sur-le-lac. Volunteers have been working tirelessly for five months

to get the house located at 3031 de la rue Paul ready for its new occupants. It is safe, affordable and very chic.

The Champagne-Lapointe family, including twin daughters, Angie and Nikki, worked alongside the many volunteers to prepare the house, so that they could move in to it on Thursday, November 1.



Denis Pilon presenting keys to Champagne-Lapointe family

"The giving of the keys to the family is a unique moment charged with emotions. It marks the end of the numerous efforts by all the members of our organization, the valuable volunteers and our generous financial partners. I want to thank all the people implicated from near and far in the realization of this dream. Together we permit a family to leave the cycle of poverty and to become the owners of a house," said M. Denis Pilon, president of Habitat for Humanity Region of Deux-Montagnes.

Many sponsors were involved in this project. Some of them who should be mentioned are: la Ville de Sainte-Marthe-sur-le Lac, le Groupe Nepveu, Home Dépôt Canada, Holcim Canada, Genworth Financial Canada, Schneider Electric, la Fondation Banque Royale, Construction Saint-Aubin, notary Jean Luc Page, Labre et Associes, Coffrage Caouette, Voyer Tremblay, Isolation 4 saisons, Fondation de bienfaisance, Molson Coors Canada, Montreal Brique & Pierre, Melco Portes et Fenê-

tres, Tilmar International, Gerald Paquette Entrepreneur Électriciens et Associes, Must Communications, Les Revêtements BAC S, Givre climatisation, M. Serge Larivière et compagnon, Lettrage André Lamoureux, MebWeb, Les Gouttières Laurentides, Matériaux Coupal, Ouellette Canada, Joe Loue Tout, B & B Concept Rénovation de distinction, Maçonnerie Artech, Dessins Drummond,



Champagne-Lapointe family cutting ribbon with President of Habitat for Humanity Deux-Montagnes, M. Denis Pilon

Couvreurs Coulombe, les Promenades Deux-Montagnes, the deputies of Rivière-des-Mille-Iles, Laurin Liu and from Mirabel Denise Beaudoin as well as Mayor Sonia Paulus of Ste-Marthe-sur-le-lac.

"We are living an incredible dream. We enter our new house as we enter a new part of our life. The twins will each have their own room, and they will be ecstatic. The house is full of good energy because it was built by people with big hearts. We are infinitely aware of that," concluded Dominique, the young mother and new owner.

Source et information: Habitat pour l'humanité région des Deux-Montagnes

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## **Morton's Neuroma (Foot pain): Symptoms and Treatment**

By Diane Castonguay

A neuroma is a growth or benign tumour that arises in the nerve cells. More specifically, a Morton's neuroma is a painful condition that involves the swelling and inflammation of a nerve located between the bones at the ball of the foot. The most common area for a Morton's neuroma is between your third and fourth toes. Common sensations include a "burning" sharp pain on the bottom of the foot or the sensation of standing on a pebble or a fold in your sock. Your toes may also sting, burn or feel numb.

A Morton's neuroma may result from an irritation, pressure or injury. This means that the growth of thickened nerve tissue (neuroma) is part of your body's response to the irritation or injury.

The risk factors for developing a Morton's neuroma include improper, constrictive footwear that excessively binds the forefoot. Foot deformities such as bunions, hammertoes, flatfeet or excessive flexibility and high impact athletic activities may also subject the foot to repetitive trauma (eg: Jogging or running). This condition is common in women and could be a result of wearing high heels.



Common treatments for Morton's neuroma include custom-made, individually designed shoe inserts (commonly known as arch supports or plantar orthotics). To reduce the pressure on the nerve, steroid injection into the area of foot pain, anti-inflammatory medication, or surgery is recommended.

It is best not to ignore any foot pain. Consult one of our podiatrists if you experience a burning sensation in the ball of your foot that is not improving even with change of footwear and a reduction in the activities that may cause stress to your feet. At Clinique Podiatrique Rive Nord (est. 1998), ALL our care is provided by podiatrists regardless of the nature of your problem. We are extremely proud of our fee schedule which allows our services to be accessed by a wider population. Our team is dedicated to providing a high level of patient care and services with a work schedule that accommodates even the busiest of individuals and families. We are pleased to inform you that the vast majority of our new patients are referred to us by other patients or health practitioners. Thank you for your trust. Dr Martin Scutt, podiatrist

Martin Scutt is a graduate of Cornell University (1992), New York College of Podiatric Medicine (1996) and is a clinical teacher at UQTR.

Clinique Podiatrique Rive Nord is the largest podiatry clinic on the North Shore and the only clinic with a fully equipped surgical room, xray machine and Cutera Genesis Plus Laser (fungal nails) on site.

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## **ACS's TIPS AND TRICKS TO KEEP YOUR COMPUTERS IN TIP TOP SHAPE**

By Daniel Gingras, Consultant & General I.T. Manager

Install an anti-virus or better yet a full security suite that includes a fire-wall and other security modules and keep it up to date. Some internet service providers (ISPs) can supply you with a security service at 7\$ or 8\$ per month that have proven problematic when issues do happen; plus they are costly compared to one of the good anti-virus programs that cost about 60\$ per

year.

Use an Authentic Windows and Microsoft Office Suite which are capable of updates and tech support and are free of dormant menaces.

A new version and/or re-installation of Windows or other operating system on a 2- or 3-year-old personal computer (PC) is sometimes a good solution, but this is on a per case basis. See your friendly neighborhood I.T. Specialist.

Beware of software downloaded/torrents/P2P(peer-to-peer) pirated or delivered with a "KEYGEN" or "ACTIVATOR" from unsecured web-sites or private hosts. They often hide

dormant viruses or spywares. Anyway pirating and/or copying software is illegal – Prefer Shareware or Open Source Software.

Be attentive when updating your Adobe Flash, Adobe Reader or Java or others. There is more than likely an optional download already tagged on. All you have to do is "UNCHECK" the already checked check-box to prevent downloading the Tag-On software (i.e.: free virus Scanner or toolbar that you don't need).

*cont'd p. 27*



### **WELCOME TO THE LIONS DEN**

By Nancy Ryder

We would like to thank all those who came out to support our annual book fair. All funds will go towards those in need through out our community.

Lions Linda Hogue and Heidi Benk presented three scholarships to the graduating class at LTMHS.

Yes, it is that time of year again. We will be selling our famous short bread and fruit cakes. Remember, they make great last minute gifts for those people you have a hard time finding gifts for.

Keep your calendar free on January 26, 2013 for our annual winter carnival. Bring your family and friends and enjoy a fun-filled day of activities.



503 rue Cedar  
Deux-Montagnes, Qc  
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(450) 473-5429

By Norma Lariviere

The Heritage Club is still very busy with all the new programs and different events. The Monday night Dart League is well underway and they have purchased new boards so there are no excuses for bad games. The kitchen is open for hungry people to purchase hamburgers and hot dogs. Thanks to Tom & June Fleck and occasionally Norma for volunteering in the kitchen.

The hall is also rented for belly dancing on Tuesday evenings and on Wednesdays for Line dancing. Each 3<sup>rd</sup> Wednesday of the month there is BINGO at 1:00 pm. The hall is opened at 12:00 pm for lunch. Sally and her helpers do a great job with the lunches. What a great way to spend a fun afternoon.

We also had the chance to celebrate the basketball retirement party for Bobby Fordham put on by his family. The hall was well decorated with plenty of good food and great music to dance to. Many pictures of Bobby's past history through his 25 years at the

basketball court were on display. Mayor Marc Lauzon along with Tom Whitton made a presentation on behalf of the city for the work Bobby has done for the community. It was also very nice that so many of his friends, family and other organizations came out to support Bobby on his special night, he well deserves it.

The Creative Seniors group is going very well in the community. It takes many hands to keep up great programs. The Heritage Club thanks you for all your hard work in keeping people happy. For further information on the programs Darlene Gargul can be contacted. The group will be putting on a Christmas show. I have to say the exercise trainer (Dale Hammond) is special and she worries so much about her students. For Halloween she set a beautiful colourful table with all the harvest colours, made carrot soup, along with salads, pumpkin and carrot cakes. It was nice of her to spoil the group and we all appreciate her concern for us.

October 27 - a Halloween dance was held at the hall and the decorations including a tunnel added to the atmosphere. Plans to include a pass for the children are in the works for next year. Elegant Mess provided the music and many scary costumes added to the night. Thanks to all those who supported this event.

November 3, Crib tournament – a good afternoon of cards, the kitchen was open to serve the many players. November 18 – the Annual General Meeting – 4:00 pm all Members and Non Members are invited to hear a report on past year with the club. To vote you must have been a paid up Member

November 25 – Grey Cup Party – 4:00 pm – The kitchen was open to provide some great Chili plus Smoked Meat. We hope you enjoyed the football game.

November and December every 2<sup>nd</sup> Friday it is Karaoke. No one has made it to the Canadian or American Idol level so there is still some time.

December 31 we will be holding a NEW YEAR'S EVE dinner and dance, followed by a buffet after midnight. Music will be provided by DJ Earl Flint and a band – Steve Fiset's group. It does sound like a

great night, for information please contact the hall at 450-473-5429 or Christine at 514-827-1361.

At this time the Heritage Club would like to wish you a very Merry Christmas and all the very best for the New Year.

### **Cultural Association of Deux Montagnes:**



Cheerily face-painted and costumed, happy children enjoyed an evening of creating splendid faces for pumpkins at a pre-Hallowe'en party given at the Little Yellow School House by the Cultural Association of Deux Montagnes. Early in November, work began on the building's roof, thanks to proceeds from several fundraisers. The Association plans a panoply of cultural activities throughout the coming season.

### **Rosemere Vounteer Service (RVS) presentation**



RVS directors and staff giving a cheque of \$1000 each to two charities. They also gave \$500 each to two students for their education. The staff at the RVS are all volunteers and they do not charge tax on the goods that are purchased there, as it is a non-profit group. The shop is down the hill behind Rosemere Memorial Church, opposite the elementary school.





It has been a busy fall, and I've taken great pleasure in spending time in the community by going door-to-doors, attending community events, and sharing special moments with you (a special shout-out to the graduating class of Lake of Two Mountains High School – one-third of whom graduated with Honours!). Here are a few of the issues that have marked the fall Parliamentary session.

### Tainted beef crisis: Can we trust Ottawa?

The Conservatives' response to our country's largest-ever tainted beef crisis has many questioning whether they can be trusted with that responsibility.

It was American inspectors, not Canadian ones, who detected E.coli bacteria in beef from Canada's XL Foods. And while the US moved to ban all XL imports, it took Canada 12 days to issue even a small recall. On September 25, Agriculture Minister Gerry Ritz then tried to reassure Canadians that no tainted beef had reached consumers. The next day, media began reporting on Canadians falling ill from tainted meat. Canadians deserve better than a government that tries to mislead them and that is incapable of ensuring their safety.

### Bringing integrity back to government

Canadians look to Ottawa and see a Prime Minister who promised to clean up Parliament—but who's now too busy dodging scandals. In Ottawa, my team has been fighting hard to hold Mr. Harper accountable.

Like many Quebecers, I have been following the proceedings of the Charbonneau Commission with great interest. Businessman Lino Zambito's testimony lifted the veil on a system of collusion, kickbacks to the mafia and secret political financing.

Through his testimony, we learnt that the Prime Minister's advisers twisted some arms to get Robert Abdallah, a man now accused of being part of a corruption scheme, appointed to a post with the Port of Montreal. We also learnt that Zambito and his partners put thousands of dollars into Conservative coffers, namely contributing to the election campaign of Conservative Senator Carignan, who was a Conservative candidate at the time. Stephen Harper owes Canadians an explanation, and I'll continue to call for an end to the Conservative's political culture of smoky rooms and kick-backs for their friends.

### Monster budget bill leaves Canadians behind

In mid-October, the Conservatives delivered another monster budget bill—trying to force through 400-plus pages of legislative changes. They've clearly learned nothing since the spring, when their last monster bill forced through 400-plus pages of harmful measures with little debate.

In this new bill, protections for thousands of Canadian waterways are being cut so risky pipeline projects won't be subject to environmental review. The budget bill also cuts \$500-million per year from research and development.

Visit <http://www.laurinliu.ca/en/petitions-2> for a copy of the petition calling on the Government on Canada to halt this practice of introducing omnibus legislation to avoid its democratic accountability to Canadians. Simply print, sign, and mail to my parliamentary office – postage paid.

### Diamond Jubilee Medals

Finally, I'd like to extend my congratulations to Harold Galley, Francis Hutchinson, Neil MacDonald, Victor Smart and Bruce Vanier, who were awarded the Queen's Diamond Jubilee Medal for exemplary contributions to their community and country.

I invite you to contact me by e-mail at [Laurin.liu@parl.gc.ca](mailto:Laurin.liu@parl.gc.ca) or by sending a postage-paid letter to

Laurin Liu, MP, House of Commons, Canada.

Or please contact me at:

Ottawa: Rm 784, Confederation Building, Ottawa, Ontario, K1A 0A6,  
Tel.: 613-992-7330

Constituency: 172 St. Louis Street, St. Eustache, Quebec J7R 1Y7  
Tel.: 450-473-4864 Fax: 450-473-9043  
Email: [Laurin.Liu@parl.gc.ca](mailto:Laurin.Liu@parl.gc.ca)

### New Guy Bélisle Library opens in St. Eustache



The building offers a unique view of the Rivière des Mille Îles, exceptional brightness and a remarkable feature of places and spaces. Its architecture integrates several eco-friendly principles, relying first on the compact volumes, the economy of energy and the use of quality materials ensures project sustainability.



"The new building will be the bridge between the city and nature, between the tranquility evoked by streams and the eventful life of the city. It will act as a flagship pavilion at the entrance to our municipality," stated Mayor Caron.



## 4K OPEN HOUSE

By Gordon Wetmore

Photos by Doreen Draycott and Gordon Wetmore

The scope of the activities and services offered by or through the 4 Korner's Family Resource Center is astounding thanks to its myriad volunteers and miniscule staff of three full-time and eight part-time employees.

That became clear to the public on the evening of October 4 at the organization's open house held at its newly renovated headquarters in Deux-Montagnes. 4K members and interested citizens from the town and surrounding communities toured the children's play center, and the conference room.



Children's play center



Conference Room

The kitchen (with its delicious snacks and beverages) and the meeting rooms, all of which serve a multitude of functions. Members of the Board of Directors, executive director Rola Helou, man-

ager Sylvia Schatrowski, the other employees and volunteers answered questions and saw that all visitors were welcomed and informed.



Manager Sylvia Schatrowski is bracketed by Board of Directors members, Peter Andreozzi and Colleen Baxter-Sullivan.

Visitors could sign up for services/activities given at the 4K or by organizations associated with the 4K. Sign-up tables were in every room except the kitchen.

Available to the public were PANDA (for families with children with ADHD), Brain Waves (tutoring), quilting, Women's Time Out, a diabetics support and exercise group, the Fun Friends anxiety prevention program (in association with seven schools).



Lisa Agombar of PANDA and Dale Hammond of the diabetes exercise and support group

The United Church's Tuesday free lunch program, computer and painting courses, the TOPS weight control group, scrapbooking, yoga, tai chi, the Growing with your Child mother-tot program, the



Myrna Jacobs and Stella Cox of the United Church's Out to Lunch program

What's for Lunch nutrition program, and the caregiver's project.

Representatives from the Heritage Club were there to enrol people for its wide range of fun and stimulating activities.

In an interview with the *Communi-*



Christine Neumayer demonstrating Tai Chi.

*nity Connections*, Ms. Schatrowski said that the 4K's programs and services extend throughout the Laurentians. Recently it opened an office in St. Agathe to provide information about services available in English.

The 4K also often partners with the Lachute Learning Center for video conferencing projects (see separate story).

She said that the 4K would bring the popular Honky Tonk Road Show to Deux Montagnes in late November as a fundraiser.



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## **VIDEOCONFERENCING AT 4K PERSONALIZES INFORMATION**

By Gordon Wetmore

Photos by Tim Foreman and Sylvia Schatrowski



Timothy Foreman of the Community Learning Center in Lachute.

By partnering with Lachute's Community Learning Center, the 4K Family Resource Center gave access to local people to participate in two interactive videoconferences on health matters at its Deux Montagnes' headquarters October 10.

The programs were beamed out to eight sites throughout Quebec, including Sept Îles and the Magdalen Islands, from the Montreal Children's Hospital. The presenters, experts in their fields, were able to see and interact with their scattered au-

diences while the audiences watched the presenters projected on walls or large screens.

At the 4K, 22 people took in the morning program, Treating Yourself Well with Diabetes, and 17 experienced the afternoon's presentation, Loving Your Feet. The technology for the videoconferences was handled by Timothy Foreman, coordinator with the Community Learning Center that operates out of the Laurentian Regional High School in Lachute. He is also on the 4K's board of directors.

The advantage of the interactions made possible by the technology became apparent to me when I dropped in on the Loving Your Feet session. Presenter Rachel Zecuis, R.N., foot care specialist, and Kelly Howarth, who helped demonstrate exercises, were leaning forward, apparently looking at monitors showing audiences at the viewing sites.

"Oh, that's good," Ms. Howarth said. "I can see you doing it (exercising)," Ms. Zecuis added.

The exchanges were warm, like friends talking to friends instead of experts lecturing to mute receivers. To demonstrate a flexibility exercise, Ms. Howarth's foot was elevated and held by Ms. Zecuis. The camera zoomed in so that only the foot could be seen.

"Oh, dear," Ms. Howarth said, "I have a hole in my sock! No, two! No, three!"

By this time presenters and audience were laughing heartily. Then with Ms. Howarth's foot moving and Ms. Zecuis explaining, we all practised how to rotate our feet to maintain flexibility in the ankle and



Thea Demmers Polito informing the videoconference audience at the 4K about nutrition for diabetics.

improve balance. The atmosphere was cordial and informal but the information was detailed and specific.

Many members of the audience had attended the morning session on diabetes as well. They commented that the session also had a personal, informal approach but gave useful and easily understood information regarding diet and nutrition. The presenter was Thea Demmers Polito, PDt., M.Sc. Both sessions were moderated by Jo Ann Jones.

The two-hour video conferences were part of the CHSSN Community Health Education Program.



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## OUR DIAMOND QUEEN

By Pastor John Thevenot

A major milestone in the history of Canada and of the Commonwealth has been reached in 2012. Canada's sovereign, Queen Elizabeth II, has marked 60 years of service to Canadians. While this joyous occasion has been duly noted and celebrated in great and small ways throughout Canada and throughout the Commonwealth and the world in general, it has been greeted with a relatively timid response here in the province of Québec.

The great importance of our Queen's Diamond Jubilee cannot be overstated. If for no other reason, all Canadians should reflect upon the fact that we who are alive and able to witness this historic milestone have certainly been smiled upon by history itself. Only since Queen Victoria, Canada's first sovereign, celebrated her own Diamond Jubilee in 1897, have we as a people been privileged to celebrate such an event marking 60 years of service by our Head of State. It is highly unlikely that our children or grandchildren will ever live to experience such an anniversary, and a Diamond Jubilee is an event that may not occur again for hundreds of years. For that reason alone, we should certainly take time to reflect upon the significance of this occasion.

In a day when genuine values are rapidly eroding, when the very foundations of society are being shaken, when cynicism regarding government and politics is at an all-time high, we Canadians have been singularly blessed to have received a gift of inestimable value, that of a head of state whose devotion to duty has been impeccable and whose tireless effort to fulfill her multiple functions with dignity and honour have remained unparalleled.

While some might choose the path of disdain for one born into such great wealth and prestige, it should be remembered that Queen Elizabeth II has gladly assumed her role on the stage of history, not in the time and manner of her choosing, but rather as providence has seen fit to bestow such upon her. Upon the death of her beloved father, King George VI, the new Queen, while still in the throes of shock and grief, promised solemnly to "always work to advance the happiness and prosperity of my peoples". Sixty years later, we stand in awe of her unwavering commitment to those words and can only wonder how someone who has long ago reached the age at which most would seek to retire from professional life, should continue to perform her day to day

duties with the same unshakable dedication that she has always shown, in good times and in bad.

As Canadians, we are a blessed people. While most great nations of the world have marked, each in its own way, the Diamond Jubilee of Queen Elizabeth II, we can fully participate, not as admiring onlookers, but as fully-participating members of the great family of nations who are privileged to call this admirable Sovereign our own. Queen Elizabeth II has been a true friend of Canada throughout the years and we are proud to have her as our head of state. She has set an example of faithfulness, loyalty and duty that we admire greatly and that we would all do well to emulate. Long may she reign!

## Queen's Medal

By Emily Barber



I am proud to say my brother Andrew Peter Barber has received a very special award from the Canadian Senate. Andy has worked tirelessly with the Canadian Veterans Association and the HMCS Haida Project. He had sailed on the HAIDA during the Korean Conflict in the 1950s.

November is a time for remembering our veterans, those who have left us already and those who are still here and working to keep the memories alive.

The following congratulatory letter was sent to Andy from the Honourable Yonah Martin, a Canadian Senator.



Dear Andrew Barber,

On behalf of the Senate of Canada, please accept my congratulations on receiving the Queen Elizabeth II - Diamond Jubilee Medal. It was my sincere honour to be able to nominate you for this deserved award.

You were nominated for this prestigious honour in recognition of the significant contributions and achievements you have made to your community and Canada. I commend you on your continued hard work and dedication to the betterment of Canadian society.

This is a historic time for Canada and Korea, and I am all the more thankful to all the community pioneers who tirelessly laid the foundation on which we stand. I am a direct beneficiary of their painstaking efforts and am proud to serve our community in the Senate of Canada.

The Honourable Yonah Martin,  
Deputy Government Whip

## Donation to Veterans' Hospital.

The Heritage Social Club presented a check for \$3975.00 to St Anne's Veterans' hospital from their annual softball tournament.



Borrom row, left to right: The veterans are Mr. George Walsh, M. Paul-Émile Lemouche, M. Jean-Albert Leblanc.

Top row, left to right: Mr. Bob Fordham, Mr. Michael Neville, Mme Micheline St-Germain (liason officer at St. Anne's Hospital), Mrs. Jessie Waldie, Mr. Paul Goyetche and Ms. Debbie Standing (Heritage Softball & Social Club).



## SCHOOL MATTERS

By Gordon Wetmore

For senior high school students, especially those in grades 10 and 11, these next few months are crucial. Enough of the school year has passed for struggling students to know that they may need help. And help is available in their schools, much of it free and the rest relatively inexpensive. Descriptions of outside-of-class help follow:

*From Wendy Wootten, Guidance Counsellor at Lake of Two Mountains High School:*

Every LTM teacher offers remediation to students. These times differ but take place during recess and lunch hour. Some teachers also make themselves available to students after school on Tuesdays when we have late busses. Some teachers also meet with students outside of their remediation times by appointment.

LTM does not have a peer-tutoring program set up in the school but we do have a tutor list. The list includes Secondary 4 and 5 students who are available to tutor younger students in different subject areas (for a fee). It also includes teachers and former students who are available to tutor students

in their area of expertise (also for a fee).

For those students who require extra help in English, French and mathematics but whose parents can't afford private tutoring: They can contact the 4 Korner's Family Resource Center at (450) 974-3940 to find out about joining the Brainwaves program, which offers free tutoring for families of limited financial resources.

Struggling students can come see me or parents can contact me for information on remediation, tutoring or to discuss getting back on track academically.

*From Scott Traylen, Principal of Rosemere High School:* All of our teachers have remediation built into their schedules, at recess and lunch. Students can simply go to the teacher's classroom at the designated times for help. As well, we plan to continue our homework assistance program, which operates on Tuesdays and Thursdays after school when we have our late day busses. (2:30 p.m. - 4:30 p.m.) Again students simply sign up for late day busses and indicate the reason they are staying after school. This is the case for all activities; students must be supervised if they remain after school. We also encourage our students to make use of the Learn Quebec website, which provides interactive tutorials in a variety of subjects

at all secondary grade levels. 'Learn Quebec provides us with usernames and passwords for all of our students annually. With MELS January supplemental exams on the horizon, we also conduct intensive tutorials in science, history and Math 404; subjects which are prerequisites for obtaining a high school diploma.

*Ratihen:te High School*, having a student population of about 50, does not have formal remediation or tutoring programs, but students are welcome to arrange for extra help from the individual teachers.

The Learn Quebec services are available **free** to all students in every school, elementary or secondary. Experienced teachers are available Monday through Thursday evenings at [www.learnquebec.ca](http://www.learnquebec.ca).

In her message sent to this year's graduates of LTM, Member of Parliament Laurin Liu noted that young people are ambassadors of change. "It starts," she said, "by ensuring that the neediest among us have what they need on a daily basis ... It starts by helping each other out, and working together."

Help and the willingness to be helpful exist in our schools. If your child is struggling academically, encourage him or her to seek out the help that is there and to work with it.

### LTM/ LEGION Remembrance Day Ceremony

By Gordon Wetmore

Students and staff of Lake of Two Mountains High School held an impressive and solemn Remembrance Day ceremony November 8, the last day of classes before Sunday, November 11. Two speakers from the military, Sergeant Artem Azbukin and Master



Corporal Michel Thivierge, spoke movingly of their experiences. Students Lindsay Parr, Jonathan Seifer and

Catherine Vallieres read their own prose and poetry that touched hearts across generations, and there was an emotional performance from the trio of Meagan Simon, Jacob Mold and Michael Wright. Under the direction of teacher Greg Kizilov, the massed acoustics of the guitar club members and a chorus of students and teachers reached everyone with the Pete Seegar classic "Where have all the flowers gone."

The ceremony opened with an unaccompanied performance of "O Canada" by student Monica Meza-Girard. Director General Robert Vallerand of the Sir Wilfred Laurier School Board gave the initial address. Piper Matthew Curiale introduced the two minutes of silence with the solemn "Last Post" and closed the proceedings with the lament "Amazing Grace."

Dan Dion, President of Royal Canadian Legion Branch 185,



distributed prizes to the winners of the Legion's poster and literary contest, assisted by teacher Kim White, who was the principal organizer of the ceremony. LTMHS Principal Eric Ruggi was master of ceremonies.



Barney P. Hynes laying wreath at Legion ceremony for Lions Club.



**MEDIEVAL FAIR**

Text and photos by Gordon Wetmore

The old stone walls surrounding the Manoir Goblensky's spacious grounds provided the perfect setting for the St. Eustache Medieval Fair in early October. Unfortunately, cold and rain dampened two of the three days, but spectators and participants turned out nonetheless. Costumed spectators got in at a reduced price. As the pictures show, there was plenty to see and do.



Axe throwing



The great medieval pillow fight



Family friendly, with swords



Medieval transportation by Belgians



Swordplay instructions



A cordial discussion



Her little pony loves being petted

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**TOUGH MONTHS AHEAD FOR 4K?**

By Gordon Wetmore

After March 31, 2013, the 4 Korner's Family Resource Center may face months of reduced services because a financing agreement with the federal government will have run out.

Executive Director Rola Helou is concerned because this sort of thing has happened before.

About 50 percent of the 4K's operating revenues comes from the contribution agreement. Five years ago the first version of the agreement expired and it took the Canadian Government eight months to renew. During that two-thirds of a year, full-time staff was laid off and services had to be slashed.

Since regular financing resumed, the 4K has expanded from its Deux Montagnes origins. Its programs and services now extend throughout the Laurentians region, Ms. Helou told the *Community Connections* in an interview. (For a partial view of its activities, see article page 8. "We have amazing volunteers," she said. "Without them, none of the programs and services could run."

Without the financing agreement, however, the staff who work full time to coordinate, support, and provide facilities to the programs and services and who identify community needs and recruit volunteers will have to be let go. "If there is no one to coordinate, a service just doesn't happen."

The problem is that virtually all of the 4K's funding comes in as grants, she explained. "We can't put aside money from specific grants. It must either be spent by a time limit or returned."

The president of the family resource center's Board of Directors stated that the end of the financial agreement with the federal government March 31 will force the 4K to reduce services drastically. "The 4 Korner's Family Resource Center plays a vital role in the health of our community in Deux-Montagnes and throughout the Laurentians. Unfortunately 4 Korner's future is at risk because federal government funding is uncertain," Peter Andreozzi said.

Ms. Helou said that under the present circumstances, a "best-case scenario" would be that the federal gov-

ernment would renew the present contribution arrangement, which would necessarily include a lengthy hiatus in funding while Parliament considers. She was reluctant to speculate what a less than best-case scenario would be.

However, she could see another scenario in which the 4K would be independent of contribution agreements or grants. "There are 33000 English speakers in the Laurentians," she noted. "If 20 percent became members of the 4K, that would more than cover what comes in from grants. And that would release all that time and expertise that is now tied up in writing grant applications."

Ms. Helou said that new members can sign up on the 4K website ([www.4kornerscenter.org](http://www.4kornerscenter.org)) by selecting "Membership" from the pull down menu on the left. They can use their credit card and will be issued a tax receipt electronically. People can also visit the 4 Korner's offices at 1906 chemin d'Oka in Deux Montagnes and in Ste Agathe at 50 Corbeil Street. The cost of membership is \$25.00.

**Living With Diabetes Health And Exercise Plan at the 4K**

By Dale Hammond

This is an eight-week course given Mondays and Wednesdays at the 4 Korner's Family Resource Center in Deux Montagnes. The course is designed to help anyone who is pre-diabetic or diabetic.

The information provided in the course will deal with the many health issues that arise from diabetes and how to prevent its complications. This will be done through discussions, information and exercises. The course will be facilitated by an Older Adult Fitness Specialist and Personal Trainer who has a certificate in The Diabetes Strategy Course from the Center for Activity and Aging.

The course has been designed to help participants understand the health risks related to diabetes, how exercise and diet can help improve their quality of life, and how to maintain and to continue on the path to good health after the course is completed.

Information on the five components of fitness will be discussed and learned during class time. They are as follows:

1. Warm-ups
2. Cardio
3. Strength training
4. Flexibility and cool-down

**5. Balance training**

Today, more than nine million Canadians live with diabetes or pre-diabetes, a condition that, if left unchecked, puts you at risk of developing Type 2 diabetes. This means that nearly one in four Canadians either has diabetes or pre-diabetes. More than 20 people are diagnosed with the disease every hour of every day. (The Canadian Diabetes Association)

Diabetes is a chronic, often debilitating and sometimes fatal disease in which the body either cannot produce insulin or cannot properly use the insulin it produces. This leads to high levels of glucose in the blood, which can damage organs, blood vessels and nerves. The body needs insulin to use glucose as an energy source. Much of this damage can be averted, especially in Type 2 diabetes, by including exercise in daily life. People can learn how weight training works to lower their blood glucose levels by improving their insulin sensitivity and building muscle mass, which increases the body's ability to store glucose. Then they have some control over their disease and its outcome. This will also help to lower blood pressure and reduce risks for heart problems at the same time.

Not everyone knows where to start

when it comes to exercise. How much to do and how to do it safely is a big worry when starting out exercise program, especially as we get older. As an older adult fitness specialist, I deal with all kinds of diseases including heart conditions and high blood pressure. These are some of the conditions that often affect diabetics. All classes given keep that in mind, and modifications for any disease will be made for their safety. I would also like to point out this is not just an exercise class, but is specifically for diabetics or pre-diabetics. Class discussions and information are a big part of it. Each week there is a new topic to learn, including nutrition, risk factors, strength training and many others.

It is very important for our community to have a place such as the 4 Korner's Family Resource Center to have an established program given in English to aid in the battle of this pandemic. If people when first diagnosed or who are diabetic already have a place to go to learn how to prevent the many health problems associated with this disease and improve their daily lives, we will have done our part in this community to tackle diabetes head on.

For more information and registration call Dale Hammond (450-473-5985) or 4 Korner's at (450 -974-3940).



## The Church Mouse

By Norma Painter



### Message from the Church Mouse Christ's Mass

I would like to start on a positive note, but, I found myself discouraged listening to the radio stations. There is everything regarding snow, sleigh rides, including even frosty, but one thing there isn't, is any of the Christmas carols anything pertaining to Christ's birth. This may not seem like such a big thing, but it has grown over the years, and if we want to be sure of true Christmas music, it's beautiful stories of the Nativity, it seems like we must listen to Paul Reid—whose old fashioned tapes help keep the true story of Christmas, the greatest gift of all, alive.

A few years ago, I remember mentioning my concern to two eminent clergymen who simply laughed, and yet from that day, there seems to be a concentrated effort to take all the carols, pertaining to the true Christmas, out, with perhaps the exception of Christmas day. It seems to be when we started on happy holidays, Season's greetings, anything but **Merry Christmas**.

I hope this doesn't seem like a downer- it isn't meant to be, just perhaps we could suggest people let the media know how pleased and grateful we are when they do play the true **Christmas carols**.

Now I can end on the truly uplifting note of true gratitude for all the wonderful people who work so hard for us all year. Each year we identify them by name and Church. There is no way to express enough thanks to these very dedicated contacts, and here they are in alphabetical order:-

Lillian Bonneville - St. James Anglican  
Beverly Cordell - All Saints Anglican  
Lynne Fougere - Holy Family  
Pastor Fred Greenwood - People's  
Carol Kirkpatrick - Rosemere United  
Diane Pratt - Christ Church United  
Anne-Marie Regimbald - Holy Cross  
John Thevenot - Church of God

We only pray that God will bless them and their families as they celebrate God's greatest gift to us all, his son Jesus Christ. With thanks, and great blessings to you all, and a very **Merry Christmas**.

Love, Norma



### HOLY FAMILY

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DEUX MONTAGNES,  
QUE, J7R 1L9

Tel: 450-473-2163

Website: [www.holy-family-dm.ca](http://www.holy-family-dm.ca)

E-mail: [holyfamilydl@hotmail.com](mailto:holyfamilydl@hotmail.com)

PARISH PRIEST: FATHER CYRIL  
MACNEIL

**Weekday Masses:** Monday – Friday 9:00 a.m.

**Eucharistic Adoration:** After Mass on Fridays

**Weekend Masses: Saturday at 5:00 p.m.**

**and Sunday at 10:00 a.m.**

**ADVENT – CHRISTMAS – 2012:**

**CONFESSIONS** – Before each Mass

MASS OF RECONCILIATION: Sunday,  
December 2, 10:00 a.m. (First Sunday of Advent)

ADVENT MISSION: Wednesday,  
November 28, 7:30 – 9:00 p.m.

FEAST OF THE INCARNATION –  
CHRISTMAS

CHILDREN'S MASS -

MONDAY, Dec. 24, 6:00 p.m.

MASS WITH SENIOR CHOIR - MON-  
DAY, Dec. 24, TBA

**CHRISTMAS DAY MASS** - TUES-  
DAY, Dec. 25, 10:00 a.m.

FEAST OF HOLY FAMILY - SUN-  
DAY, Dec. 30, 10:00 a.m. followed by wine  
& cheese

MASS OF ANTICIPATION -  
MONDAY, Dec. 31. 5:00 p.m.

SOLEMNITY OF MARY, THE HOLY  
MOTHER OF GOD (HOLY DAY OF OB-  
LIGATION)-

- TUESDAY, JAN. 1, 2013- 10:00 a.m.

CWL Progressive Whist

Sat., Jan. 19 12:00 p.m.

CWL Pancake Tuesday, Tues. Feb. 12, 6:00  
p.m. **Tickets needed before this event.**

**Ash Wednesday,**

Feb. 13, 7:30 p.m.

**A Christmas blessing for you:**

**When the Word became man, earth was  
joined to heaven. May He give you His**

**peace and good will, and fellowship with  
all the heavenly host. May almighty God  
bless you, the Father, and the Son, and  
the Holy Spirit. Amen!**

### All Saints Church

248-18 th Ave.  
Deux Montagnes  
Priest: Reverend  
David Hart  
Tel: 450-473-9541



Sunday services 11:00a m

Dec.1/Jan.5 Food for Body and  
Soul" monthly breakfast 8:30 am-  
church hall

Dec. 17. Ecumenical Christmas  
concert to benefit Agape Deux-  
Montagnes

Dec. 24, 7 pm: Family Service –  
worship, music and fun for young  
and not so young.

11 pm: Traditional Candlelight Ser-  
vice

Dec. 20/Jan.31 Holy Communion  
service at Les Cascades 10:30 a m

As we approach the festive season  
and reflect on yet another passing  
year, we may wonder what it would  
be like to live in a world without  
hope of salvation, without grace and  
mercy.

The Bible says that because of sin,  
which keeps us from God our crea-  
tor, the world can be a very dark  
place. We thank God because of His  
grace and mercy; we have been  
given a Saviour – Yeshua, Jesus, the  
Light of the World. His very name  
means that He alone can save us  
from our sins. Only Jesus can give  
us peace and fill our hearts with joy.  
This is good news indeed and worth  
celebrating. We invite you to cele-  
brate Jesus' birth with us this Christ-  
mas.

May God bless you,  
Reverend David

A new Cooking Workshop began  
Nov. 7. Please contact Johanne  
Hebert 514 815 4278

The Two Mountains Community Youth  
Group meets every Friday from 7:30 –  
9:30, except for 4<sup>th</sup> Fridays.

*Cont'd p. 15*



**The Church Mouse**

Cont'd from p.14

By Norma Painter

**All Saints****Con't from p.14**

which is SPAM (Sports night At Mountainview). All high-school aged teens welcome.

Zumba Exercise classes in the church hall

Zumba Gold - Monday 10:00 a.m.

Zumba Fitness Monday, 7:30 p.m.

Please contact Helene Lamothe at 438-391-3537

Newly renovated rental space (kitchen and hall) available for group meetings and activities. Rental Coordinator Patrick Beaulieu. Tel: 450-491-6279. rentals@allsaintsdeuxmontagnes.ca



**DEUX-MONTAGNES  
CHURCH OF  
GOD**  
450 491 6873

Our annual fall event this year was a blessing to so many people. The Revelations Quartet from Ontario came and blessed us with a week-end of great southern gospel quartet music. We are thankful to the folks at All Saints Anglican Church for allowing us to use their facilities. We are thankful to the many people of the community who came out to support this endeavour and to be blessed by the anointed singing of this group of Christian men. The Christian message proclaimed in song is one of the most effective ways to communicate the truths of the Gospel in a way that all can relate to. The Revelations Quartet did just that in a wonderful way and the presence of God with us during the concerts was the greatest blessing of all. Please come and visit our services on Sunday at 6:30 p.m. at 815 Rockland St. in Deux-Montagnes. You will always receive a cordial welcome amongst us. Pastor John Thévenot



**Christ Church  
United**  
214 14th Avenue,  
Deux Montagnes

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

"Out to Lunch" for all residents of the area. Come and join us for a free lunch every Tuesday, except Dec 25 and Jan. 1, 12:00 noon until 1:30 pm

N.B. Children must be accompanied by an adult. All donations will be greatly appreciated. Volunteers welcome. For more info please phone 450-473-4784 or Stella Cox 450 623-5192.

**December 1** – Wine, Cheese and Christmas tree evening. Come and decorate the sanctuary and sing Christmas carols.

**December 2, 11:30 am** – Santa Claus Parade Open House, singing, storytelling and a community lunch. We'll watch the parade together behind the church. Invite your friends.

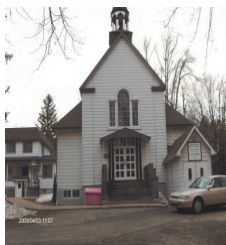
**December 18** – "Out to Lunch" Christmas Dinner (next date January 8, 2013)

**December 24** – 7:00 p.m. Christmas Eve Service with communion. Please note new time.

**December 30** – no regular worship.

**January 6** – "First Sunday" Lunch after worship.

**January 8, 2013** "Out to Lunch"

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Fax 450 621 9080

Parish Centre: 555  
Lefrancois

www.holycrossrosemere.com

**Christmas Mass Schedule:**

**December 24** 5pm Family Mass with Youth Choir and Trio

10:30pm Late Mass with Adult Choir (Ste Francoise Cabrini Church in Rosemere,)

**December 25** – 10:00am Christmas Morning Mass. (Parish Centre)

**January 1** – New Year's Day Mass (Parish Centre)

**New Mass – Saturday afternoon:**

Saturdays we are offering a late afternoon mass at 4:30pm in our **Parish Centre**.

**Faith Ed Program of Studies:**

**December 2** – meeting for parents and children in levels 4 (10:45 to 12:15)

**December 9** - meeting for parents and children in levels 1 and 2 (10:45 to 12:15)

**December 15** – first meeting for parents of children enrolled in First Communion and Confirmation studies (9:30 to 11:00 am)

**January 13** - meeting for parents and children in levels 1 and 2 (10:45 to 12:15)

**January 26** – 2nd meeting for parents of children enrolled in First Communion and Confirmation studies (9:30 to 11:00 am)

**January 27** - meeting for parents and children in levels 4 (10:45 to 12:15 pm)

**Confirmation studies** begin the week of January 7 for classes D, E and F.

**First Communion studies** begin the week of January 14 for classes A, B and C.

(For specific dates and times please refer to our website calendar)



**People's Church**  
305 5th Ave,  
Deux-Montagnes,  
Quebec J0N 1P0  
450-472-4105

**Sunday service:** 11:00 am

Sunday school for children: 11:00am

**Christmas Eve Service:** 7:00 pm

A change of heart: Another Christmas season is upon us and with that another festive article. It only seems like yesterday I was writing about my favourite Christmas cartoon in last year's article and may I ask, do you remember which one it was? I thought you would forget, so I'll remind you "A Charlie Brown Christmas". Well now I would like to inform you kind folks of my second favourite Christmas cartoon of all time, and that is (drum roll please), you guessed it, "How The Grinch Stole Christmas" (the original television version). The great lesson of that cartoon and a watershed moment in the life of the Grinch simply stated, was a changed heart, (I believe his heart grew three times that day) as he finally understood the real meaning of Christmas. Alas, what a simple yet profound lesson for us today. To know the true meaning of Christmas, which is, "For God so loved the world that He gave His one and only Son that whosoever believes in Him should not perish, but have everlasting life." This is the gift that changes our hearts. Have a blessed Christmas.

*Cont'd p. 27*



Volunteers starting to setup for the bookfair



Volunteers putting some of the 27000 volumes on the tables. More than half had to remain in boxes beneath the tables until sales created space.



These emptied boxes held about a third of the books that were sold.



Wise shoppers also checked the boxes beneath the tables



## Lions Club

By Martin and Betty Hensen  
Photos by Gord Wetmore, Gigi O'Brien and Eric Painter

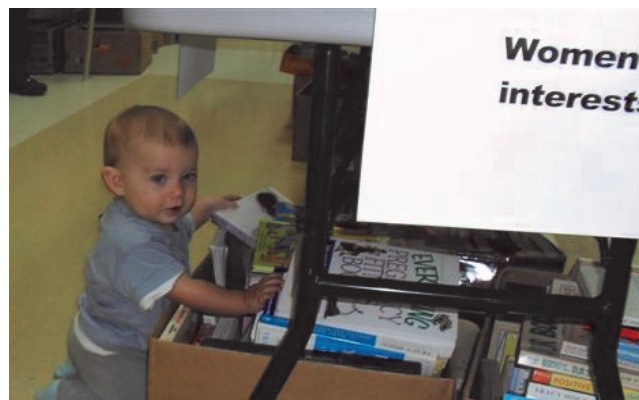
Another book fair has come and gone and it was as successful as in previous years. Approximately 25000+ books were on sale, and the selection was as good as ever. On Saturday morning the first rush was not as crushing as last year. Customers came in steadily throughout the day. This made browsing for books easier and more pleasant, as was the case on Sunday.

The sorting of the books into the different categories started in April, and was done by Lorraine McKenna, Betty Hensen, Casey Rose, Monique Therrien, Therese Olivier and Martin Hensen. Many hours went into this labour of love. Don Snell provided a lot of the work of lugging the packed boxes, and getting rid of the empty ones and the garbage.

The collection of the books was made a lot easier with the valuable aid of Mr. André Ouellet, who accepted books at the Maison des Citoyens. Dave Byers, Heather Brown, Art Glover and Don Snell picked up books where people were not able to deliver them. They also provided us with a steady supply of empty banana boxes.

Monique Therrien and Therese Olivier ran a boutique with beautifully wrapped Christmas presents at the book fair, combining children's books with furry friends or toys. Each and every present was much admired and eagerly purchased..

The Lions Cafe that was run by Lions Heidi Benk and Pat Glover was a success with delicious food served.



Bookfair's youngest customer





## Book Fair

We are grateful for the many volunteers who helped us set up on Friday morning, in addition to all the Lions Club members. The City crew was great in transporting the books from the sorting place to the Veterans' hall. It was gratifying to see Mayor Marc Lauzon come out on this day to help us by lugging heavy boxes of books into place.

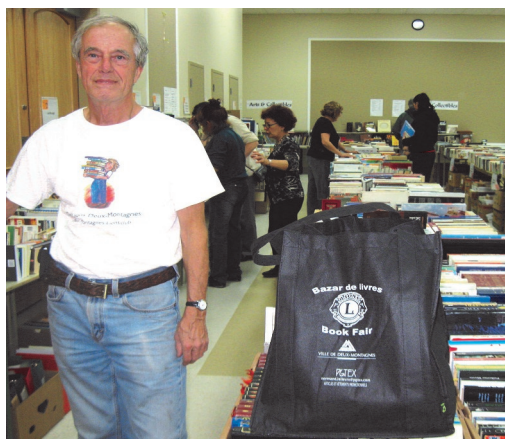
Some of the left over books were donated to the McGill Multi-lingual Children's library, a division of Librarians without borders, and we helped out St. James United Church in Rosemere by giving them some of our books for their sale.

The food drive that took place during the book fair was a success, taking into account that this was the first time that we combined it with a food drive. Nine big containers of non-perishable items were collected. Thanks to all the generous donors.

Last but not least, thanks to all the people who donated books and who made this sale possible, thus allowing the Lions Club to broaden our help to the needy in our community and region.

Next year will be our 10<sup>th</sup> Anniversary of the Lions book fair. Starting in January 2013 books can again be donated at the Maison des Citoyens. We hope to see you all again at next year's book fair on October 26 and 27. Happy reading to you until then.!

For the organizing committee:  
Lions Martin Hensen, Lorraine McKenna and Betty Hensen.



Martin Hensen with the fair's signature book bag.



The ladies of the Christmas Shop with their first customer.



Therese Olivier, Andre Ouellet and Betty Hensen with food items for Agape



Betty and Martin Hensen with volunteers from Librarians without Borders who received a donation of books for their project.



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J7P 1E7  
By Jennifer Works

### **Same routines, new ideas**

Now that the first two months of school have gone by, we have all gotten into a routine of how things go in our everyday lives. Even I had to get into my own routine as I am the newest member of CESAME and had to learn how things work here. Each week when the children attend our stimulation classes, they have a set routine that is the same one for the school year. Every time our children come here we have the same schedule with the activities that we do changing each time; even the toys that the children get to play with at free play change each time the children come here. What I'm trying to say that it can be important to have a routine to help

with how the day goes by, but it is also important to spice things up a bit by putting little changes into the routine. This can be something as little as playing a game of *I spy* during bath time with your child or have your child tell you the story at story time. This not only makes something that must be done on an everyday basis fun for kids, but it also helps you as parents. Instead of feeling like a task that must be done or getting into the slump of the same thing day after day, by making little changes it keeps you and your child on your toes.

Being stuck in traffic can be boring for most adults and so imagine what that can be like for a child. On the car ride home from daycare or school talk about yours and your child's day. Ask your child in the car what they see or what sounds they are hearing. Take these moments and make a game out of your to do list when you get home, have

your child help you come up with a song or a rhyme to help you remember what you need to do.

Our children who attend our stimulation workshops need a set schedule to get them through the activity or it would be chaos! They come to rely on the routine that we provide for them and this helps prepare them for the future when they go on to kindergarten and elementary school where they will have a set routine. I know that for myself working at CESAME I am never bored as the routine may stay the same, but it is constantly different at the same time. Our children are able to have fun and adapt to the little changes in their schedule and leave us with their beautiful smiles week after week.

For more information about the services that we offer at C.E.S.A.M.E please do not hesitate to give us a call at 450-623-5677.

### **What's "NEXT" for PANDA BLSO?**



On September 22<sup>nd</sup> PANDA BLSO held its annual general assembly and family day at the Pomicultrice Du Bucheron in St.

Joseph Du Lac. Despite cloudy skies and a prediction of rain, families came out to show their support and enjoy the day's events. While the adults prepared for the assembly, children and teens enjoyed picking and decorating pumpkins as well as henna art.

Mrs. Jacqueline Powers, a board member with PANDA had indicated weeks earlier that she had an announcement to make to the team and directors. Jacqueline explained that while this was not an easy decision to make after more than eight years of dedication and involvement, she had decided not to present herself as a candidate which means the Anglophone chapter had a vacant seat on its board of directors.

Initially Jacqueline's involvement in PANDA was supporting activities such as "Creative Kids" and conferences and workshops for parents. Jacqueline assumed a seat on our board of directors for a two year term, eagerly presenting herself as a candidate when it came time for re-election. Jacqueline maintained her seat by sharing her reasons for wanting to continue to be

involved in PANDA; members sensed her passion, dedication and commitment and she assumed her two year term again and again.

On this cloudy day, Jacqueline highlighted last year's activities, summarized her time with PANDA and spoke of the support and significance that PANDA has played in her life. She described how important it was to make use of the resources available and to recognize how helpful this can be for oneself and those around us; Jacqueline was once again speaking from her heart. Our annual general assembly was not just a meeting of budget and program presentations, it evolved into a passionate discussion of what it means to work together.



As we move forward in the 2012/2013 calendar year of PANDA, we welcome the new board of directors who will govern the organization to ensure you continue to have the information and support necessary while living with symptoms of ADHD.

We gladly accept Mrs. Sandra Capogreco and Mme. Diane Haché to a two year term along with Mrs. Tammy King, Mme. Araceli Ramirez, Mrs. Danielle Lahaie and Mme. Lili Giroux who are going into their second year of a two year term.



We say good-bye to Jacqueline Powers who will be remembered for her many hours of volunteerism, dedication and commitment as well her famous expression in board meetings "NEXT" that always helped moved things along! We at PANDA wish you the very best in your future endeavours.

To everyone involved, thank you for your time and energy put towards ensuring PANDA BLSO meets the standards of the community.

*"Coming together is a beginning. Keeping together is progress. Working together is success."* ~ Henry Ford~

For more information about our services at PANDA BLSO contact Lisa Agombar at 514-713-5353, lagombar@pandablso.ca or visit our website at [www.pandablso.ca](http://www.pandablso.ca) under "English" for our 2012/2013 calendar of exciting conferences and guest speakers!



# Ron's Corner

## DECEPTION:

We have all been watching the events unfold as the Charbonneau Inquest exposes more and more corruption in all levels of government and the construction industry. We have heard how pricing for road repairs were falsified. Charging for large numbers of cubic meters of either cement or asphalt, yet delivering far lesser amounts, thus creating a substantial bank roll to split up amongst the players.

When I see Autoroute 13 being dug up only a few years after being completely redone, it makes me wonder. Were substandard materials used, were amounts of materials falsified....? I could see the on ramp from Autoroute 13 south to the 40 west where the asphalt was replaced half way into the ramp, and then old destroyed, patched, even dangerous asphalt for about 750 feet, and then new asphalt again. Who decided not to do the most dangerous section? Was it paid for? Who pocketed what???

We have become too complacent. We allow our municipal, provincial and federal funds to be devoured by

greedy and corrupt individuals. They have been voted to power by US to represent US. Their responsibilities consist of distributing our hard earned tax money fairly and justly to improve our day to day lives!

We hear the name of the Mayor of Laval, as well as other municipal politicians with large amounts of cash in safety deposit boxes, investments most can only dream of ... etc., etc., etc. Well, **how the hell did that happen???**

Most mayors have regular employments prior to taking power. Some may have been notaries, some small business owners or salespeople to name only a few. Well, can someone tell me that those who go from making their salaries, although some higher than others, living a good "middleclass" to "upper middleclass" lifestyle, to owning yachts, seadoos, chalets, big cars, taking extravagant trips, and owning huge houses in a short time frame? Either they made very good investments at a high rate of return or ... ?

Municipal, provincial and federal government representatives have access to information that can create personal gain unfairly, which is not part of what they are paid for. Our government has decided to crack down on small businesses for not

paying enough taxes by auditing individuals, such as in the restaurant industry. Cash registers are directly connected to government centrals. Let us not forget the salespeople who have claimed too many expenses. **WHAT A BUNCH OF CRAP!**

Police departments have had to modify their procedures to be more transparent and must allow the Committee d'eontologie inspectors to come in at will. They verify internal operations and expenditures. Well, why are we not insisting that those we elect, **MUST** be subjected to regular mandatory audits to attempt to ensure no unexplainable change in lifestyles.

I believe our elected officials should be well paid for their work of representing large numbers of citizens in absentia. They should have a reasonable expense account and pension plan, all being part and parcel of the job prior to putting your name on a ballot and assuming the responsibilities of others.

That being said, I would love to be an investigator working on these corruption cases because at least you know you won't run out of work!

These are my thoughts ... what are yours?



## paraVie

### Weight Loss is Tough for Women

By Glenda Esguerra

Whether you are trying to lose five pounds, 15 pounds or 100 pounds, it is a challenge to get the numbers to go down. Women often face medical and emotional difficulties that block their efforts to slim down.

More often than the men, women feel stress as they go through their day filled with work, family and social life. Not that we have difficulties necessarily juggling the three, but rather we often feel guilty when one interrupts with one of the others. Then, poof, stress-hormones go up.

Long hours at work, the commute, dinner, children's homework, lunches, baths, catch up with paper work, and lack of sleep usually result from all this. Women tend to be affected by these

issues more than men. Not enough sleep triggers appetite hormones, and stimulates hunger, resulting in overeating.

So now the weight loss strategies are out the window. Stress builds up, fatigue sets in, disappointment kicks in and sadness and depression settle in. Women turn to cravings more easily than men do, it seems. We reach for foods high in fat and sugar. Rather than suppressing the cravings, we run fast toward these comfort foods.

As we get older, we say that our metabolism slows down. But this isn't the case. The metabolism may be slower, but that's because we load up our body with "low-nutrient-density-per-calorie" foods and we become less physically active. Naturally the metabolism slows down. Our efforts with various diets and exercise programs decrease when favourable results don't come. I suggest that you make a list of goals that losing weight will help you accomplish. Here are a few ideas:

1. I will succeed in losing pounds and regain excellent health.
2. I will fit in fashionable clothing.
3. My cholesterol will improve.
4. I will have more energy and enjoy activities with my family.
5. I will be more attractive to my spouse.
6. My job will be less tiring, I will perform better and make more money.

By acknowledging, recognizing and accepting these challenges, you'll be more likely to learn to fight the urges to cave in to cravings and feelings of surrender. Your health is important. Put a priority on your life. Only when you are healthy can you expect to help everyone around you.

If you have any questions for me, please don't hesitate to contact me at Paravie.

(514) 512-5600

[www.paravie.ca](http://www.paravie.ca)

## **New English Laurentian**

### **Author: Debbie Brown**

By Emily Barber

When I heard that my friends Denise and Jim Brown's daughter Debbie had written a book I was naturally curious about the book and the trials and tribulations she endured in writing it and having it published. I went to AMAZON.CA and bought a copy of her book entitled



*"Amethyst Eyes". I was drawn into the story after the first few pages... I don't usually read that genre of fiction so I was surprised by my positive reaction to this story.*

*I asked Debbie why she wrote this book and the following is her answer to my questions.*

*(An excerpt from the book)*

*Amyethyst Eyes:*

*"Waking up in the hospital from the car accident that claimed his mother's life, 15 year- old Tommy is told his father is on his way. Unaware of his father's true identity, or the reason he left so long ago, the teen is unprepared for the reality of the life he must now lead. In the blink of an eye, Tommy finds himself on*



*an alien vessel... his father is not from earth!*

*The challenges Tommy faces go beyond adapting to a new home and school. But first, he has to survive Jayden... the reluctant, unsympathetic tutor, tasked to help him fit in. When he finally thinks things are better, things come crashing down as he learns that being born with amethyst eyes has made him the target of some very unfriendly beings."*

**Debbie's story:** Ever since *Amethyst Eyes* has been released, I have had the pleasure of meeting people from around the world to share and talk about my book. One question that is often asked is "Why did you write it?"

In all honesty, writing the book kept me sane. I came home from the hospital broken hearted and confused. My baby (Emma) had died because of medical negligence and there was this gaping hole inside of me. I had trouble breathing and sleeping. My toddler Zoey was only 21 months old and very much in need of her mother, so I couldn't allow myself to sink into a depression.

I signed up for a writing course through the Institute of Children's Literature (ICL), and used reading, writing and homework ( along with caring for Zoey), to keep me moving from day to day.

The idea of for *Amethyst Eyes* stems back to a writing assignment I had had ten years earlier. So alongside my course I started expanding on it. By the time I had completed my course and became a graduate of ICL my novel had been written.

I needed to create a place where people cared about people, and even

though my main character (MC) Tommy suffers personal loss, he is surrounded by people who do have his main interest at heart.

The story had originally been aimed at a young adult audience, but there is definitely something in it for everyone. I feel real emotions and interactions are important, and I tried to capture this in my writing. I have had some readers say they connect to the adults in the story more than the MC.

I returned to the instructor I had ten years earlier to have the novel professionally edited. I printed up the manuscript and sent it off to San Antonio, Texas. Needless to say, I was anxious to hear what she thought of it. SHE LOVED IT! And I sighed in relief. The next step was to send out queries to both publishers and agents. This requires both patience and perseverance.

The first acceptance I got was from an agent, but after consulting the "writers Beware" website, I declined the offer. The next offer came in from a publisher, but when they explained that the book would only come onto the market some 18 months later, I again declined and went with assisted publishing. This allowed me to hold my book a few weeks later. I needed to complete this project as part of my healing.

I live in the Laurentians, minutes from ski hills. My book can be found in over 100 online book stores, from Chapters, to Amazon, Barnes and Noble, and Powell's. The only store in Québec at this point to have it on the shelves is Quintessence in St. Sauveur.

I know many of you have young readers on your mind for buying Christmas and birthday gifts, so by giving them the book of one of our local authors not only will it lead them into a new adventure but it may also help nurture a love of reading.

## **Rosemere High School Follows in the Footsteps of a Hero**

By Sarah Mailhot, Secondary 1

Terry Fox was an inspiring Canadian figure who marked the lives of people across the country and reached international status as the man who fought for cancer. On October 3, RHS participated in their fourth annual Terry Fox Run with a goal to donate \$6000 to the Terry Fox Foundation.

The entire school had trained for this event for the preceding eight weeks, determined to prove they had the power to conquer the life-

threatening disease. The students ran in the Rosemere neighbourhood, cheered on by neighbours and locals.



October third was a foggy morning, and as the air horn blared, you could almost feel the adrenaline pulse through the runners. The students took off into the mud splattered field, into a race that would change lives.

The students all crossed the finish line, some smiling victoriously, some drenched in sweat and ready to collapse. Deep inside, they probably all knew, they didn't merely run for themselves. They ran for the courageous, persevering, determined man, Terry Fox, and his everlasting dream of conquering cancer.

"I'm not a dreamer, and I'm not saying this will initiate any kind of definitive answer or cure to cancer, but I believe in miracles. I have to."- Terry Fox



[www.paradedm.ca](http://www.paradedm.ca)

## A Look at Rosemere

By Marge McCord

In September, Marge Costello, president of the Rosemere Volunteer Services (R.V.S.) attended the high school graduation ceremonies at Rosemere High School and presented the two scholarships they give each year – one to a girl – the other to a boy. They earned the scholarships because they made the most progress of all the students in their final year. In October, the R.V.S. presented cheques to the Rosemere Foundation and Elderhostel for the good work they do in Rosemere. On Thursday, October 8, the R.V.S. held their first General Meeting for the members with reports, and then lunch was served. The boutique is open Monday to Friday from 10:00 am to 3:00 pm. If you are looking for gifts – it is a good place to pick one or two up, with December 25 just around the corner. While there, you can enjoy a cup of tea or coffee.

Elections: Our ex-mayor, Helene Daneault decided to run in provincial politics for the Coalition Avenir Quebec (C.A.Q.) party in our riding (Groulx). She won the seat and is now a member

of the National Assembly in Quebec City. This month on Dec. 9, from 10:00 am to 8:00 pm at Externat Sacre-Coeur, Lefrancois St. we can go to vote for a new mayor.

Congratulations to Maurice Labelle and his wife Denise Gervais on the occasion of their 60<sup>th</sup> Anniversary on September 1. They celebrated with family. Labelle is a pioneer name in our town. The Labelle home is a heritage building at the corner of Grande Cote and Cedar and is used commercially. It has recently been refaced and is looking great. I can remember in the early 50s when the bottom was our Post Office and we stopped by to pick up our mail. We would often meet people like ourselves, who were new to the area.

Three Christmas Bazaars were held last month. Holy Cross Parish on Sunday, the 4<sup>th</sup> of November, St. James Anglican on Saturday the 10<sup>th</sup> of November and Rosemere Memorial on the 17<sup>th</sup> of November. St. James Anglican also had a Book Sale on Nov. 17.

“Je me souviens” – where did this saying come from? When the present building of the Quebec Legislature was completed in 1883, the words “Je me souviens” or “I remember” were carved into the stonework. These words are

now found on the license plates of most Quebec motor vehicles and are generally held to represent a recollection of Quebec’s history under French rule. Nothing could be further from the case. These words were part of a short couplet, composed by Eugene Tache, the architect for the building and also the Deputy Minister of Public Works in Quebec. The full text was:  
Je me souviens  
Que ne sous le lys  
Je fleuris sous la rose.

This translates to:

I remember

That born under the lily (French)

I blossom under the rose (British).

### 2012 Rosemere in Bloom Competition

For the Commercial section – the Labelle Boulevard sector of the Rosemere Golf Club was the Grand Winner (4 Roses). Their flowers were beautiful this year.

Have a great holiday season, a Merry Christmas and a happy and healthy New Year (2013).

## PENNY WISE AND DOLLAR FOOLISH

By Michael Kanentase Rice

After reading Christopher Curtis’ article “Divided Kanesatake tries to heal” in the *Montreal Gazette*, I was disheartened he didn’t dig a little deeper into the root causes of the divisions. The Federal government plays an important role in the debt and divisions in Kanesatake. Much like credit card companies that encourage you to spend knowing you cannot repay, the Department of Indian and Northern Affairs underfunds First Nations communities and fosters dissension by allowing select leaders to overspend their budgets. Then it publicly criticizes First Nations leaders and communities for being financially irresponsible and in need of departmental intervention, aka co-management and/or third party management. The Federal government could have intervened to prevent abuses but chose to look the other way until after the damage was done.

As a result, First Nations communities must make difficult financial decisions and slash budgets to repay the debt. This occurs through salary freezes, which are entering their sixth year in Kanesatake, and elimination of jobs and cuts in social programs. The resulting austerity heightens tensions amongst people in Kanesatake who must compete for fewer jobs at reduced pay and program resources. It is to the people of Kanesatake’s credit that they do not lash out like the disgruntled Britons who rioted in jolly old English cities. Britons are only facing austerity cuts now; how would they react if they were experiencing them since 1867 like First Nations peoples have?

The Federal government must cease underfunding First Nations communities and treating them like the Montreal Expos and Québec’s infrastructure; expecting them to deliver the best possible product. Ottawa could make amends by forgiving Kanesatake’s and other First Nations communities’ debt like it does for

Third World nations. And begin supporting First Nations financially and technically, with balanced budgets that deliver quality infrastructure and social programs that will help them become financially and institutionally stable. It is the least the Federal Government can do after the divisions and hardships they have fostered. The Department of Indian Affairs can choose to be penny wise and dollar foolish by maintaining the status quo or engaging in meaningful negotiations with Kanesatake and other First Nations.

Nia:wen.

*Teacher and social commentator Michael Kanentase Rice has been involved in education in Kanewake, Kanesatake and Deux Montagnes. The opinions expressed here are Mr. Rice’s own and do not necessarily reflect those of the Community Connections.*





## **Sue Chef**

By Susan Sanders

Hi again! A lot of families have their own traditional meal for Christmas and for New Years' Day, so, for this Christmas Holiday issue, I've decided to plan a dinner for New Years' Eve.

This dinner is a little pricey, but it is the New Year!! Enjoy this meal with your favorite wine, and of course, Champagne to ring in the New Year.

### Menu

Avocado with Shrimp  
 Fillet Mignon in Cream Sauce with Mushrooms  
 Fried Potatoes with Onion  
 Asparagus with Parmesan  
 Apples with Maple syrup over Ice Cream  
 (Serves 4)

### Avocado with Shrimp

2 Avocados, Haas  
 12 Black Tiger Shrimp, cooked and deveined  
 ¼ cup Mayonnaise  
 2 tsp. Parsley, finely chopped.  
 Salt and Pepper, to taste.  
 Hot Sauce, a dash or two.  
 Lemon, cut into wedges.

Cut avocados in half, twisting to separate. Remove pit by piercing slightly with knife blade and twisting. Scoop out flesh from avocados leaving shell halves intact. Slice shrimp in half on an angle. Mix shrimp, avocado, mayonnaise, parsley, salt, pepper and hot sauce. Place neatly into avocado shells and serve, with lemon wedges on the side.

### Fillet Mignon in Cream Sauce and Mushrooms

4 Fillet Mignon, 1" thick  
 2 Cloves Garlic, crushed  
 1 oz. Butter,  
 2 tbsp. Onion, finely chopped  
 1 tsp. Worcestershire Sauce  
 1 tbsp. Lemon Juice  
 Salt and Pepper  
 1 tbsp. Parsley, washed and finely chopped  
 2 tbsp. Brandy  
 3 tbsp. Cream, 35%  
 20 Mushrooms, cleaned and sliced  
 Flatten steaks slightly. Fry onions in butter over moderate heat until softened. Add garlic and cook a minute or two more. Remove from pan, set aside. Turn heat to medium high and fry steaks for 1-2 minutes per side. Return the onion and garlic to the fry pan. Add the Worcestershire sauce, lemon juice, salt and pepper. Ignite brandy and add to the pan. Simmer for 1 minute. Add the cream and heat without bringing to a boil. Meanwhile, sauté sliced mushrooms in a little butter until done to your liking. Serve steaks topped with sautéed mushrooms.

### Fried Potatoes with Onion

4 Potatoes, boiled, cooled and sliced into ½ inch slices.  
 1 tbsp. Butter.  
 2 tbsp. vegetable oil.  
 1 Onion, medium size, thinly sliced.  
 Salt and Pepper  
 1 tbsp. Parsley, washed and finely chopped  
 Heat butter and oil in a large fry pan over high heat. When the butter and oil foam, add the potatoes and reduce the heat to medium. Brown on one side. Turn potatoes over and add the onion. Continue

to fry for about 5 more minutes, breaking up and turning over potatoes several times. Potatoes should be golden crispy outside and tender inside!

### Asparagus with Parmesan

2 lbs. Asparagus, tough stems (bottom) snapped off  
 ½ cup Butter, melted  
 ¾ cup Parmesan, freshly grated  
 Pepper, freshly ground  
 Bring a saucepan of salted water to a boil. Gently cook asparagus spears just until fork tender, drain. Arrange asparagus in layers in an ovenproof dish. Sprinkle each layer with melted butter, grated parmesan and pepper. Bake in a preheated oven set at 400 degrees, for about 15 minutes. Serve immediately.

### Apples with Maple Syrup over Ice Cream

4 Apples, halved and cored  
 ¼ cup Maple Syrup, pure  
 1 ½ tsp Butter, melted  
 ¾ cup Water  
 Vanilla Ice Cream  
 Place apples in a baking dish just large enough to hold apples, cut side up. Mix the remaining ingredients, (except the ice cream), and pour over the apples. Bake at 350 degrees, uncovered, for about 1 ½ - 2 hours. The apples should be soft and the maple syrup pretty thick. Baste, a few times during baking. Serve over top vanilla ice cream.

Merry Christmas

As always, I hope you enjoy!

Sue Sanders



Cathy Rickert - Proprietor

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## BUDDY JACOBS ANNUAL CORN BEEF DINNER

Fundraiser for Christ Church  
United

By Cookie Smith

In memory of the late Buddy Jacobs and to continue his tradition, the Jacobs Family of Laval West held their 8<sup>th</sup> annual



Ken and Pat Collins as Willie Nelson and Shania Twain  
Corn Beef Dinner at Christ

Church United in Deux-Montagnes. The popular corn beef, cooked to perfection with

all the trimmings, always brings in a sell-out crowd. Reverend Cathy Hamilton thanked the Jacob Family and all the people who came to encourage this fundraiser for Christ Church.

As an added treat this year



after dinner, we were entertained by a group of local seniors called "Dean Martin and the Golden Girls", organized by Mary and Gerry Boudreault. Gerry, who was Dean Martin, was the MC for the show. Ken and Pat Collins, Mary and Gerry Anna Kromka, Donna and Carol Collins and Sandy Horwood all got on stage in various costumes, singing and impersonating such favourites as

Dean Martin, Doris Day, Shania Twain and Willie Nelson, Johnny Cash and June Carter. The music was provided by local DJ Brian Snell. There was also a noisemaker called Denis and a joke teller named Alain St-Jacques.

At the end of the evening, as a



token of appreciation, Reverend Cathy presented Jay Jacobs with a laminated picture of him and his father on their bikes. This successful dinner/show fundraiser was truly enjoyed by all!

## Finalist Tapis Rouge du Soccer Quebec



Brianna Mills, a 16 year old Deux Montagnes born-and-raised soccer dynamo in the AAA Ligue de soccer élite du Québec (LSEQ), the highest non-professional

level league, was nominated as a finalist to the Tapis rouge du soccer québécois this week. This makes her one of the top 22 female U16 players in Quebec according to the Fédération de Soccer. The Tapis Rouge is dedicated to elite soccer in Quebec, meaning the LSEQ and the Première Ligue du Québec. The winner was to be announced at the Gala on October 28 in Laval, where finalists would be greeted by the media on the RDS red carpet before enjoying an afternoon of entertainment and awards.

Brianna began her soccer career with the Two Mountains Shamrocks

U5 house league before being invited to join the St Eustache U10 AA team and then making the jump to FC Boisbriand in 2007-8, where she has been playing AAA soccer with the U16 and U17 AAA teams (for a total of over 25 games in one season!) this past season. Her participation in the Sélections Régionales 2009 earned her an invitation to the Team Quebec camp. She currently attends St. Gabriel in the Sport-Etudes program (their team was both league and season champions with the RSEQ for the 2011-2012 year).



She was "Athlete du mois" in January 2011, and her coaches had this to say about her:

*Brianna Mills, committed athlete, who trains with enthusiasm daily. Member of the Regional Sections 2009, After the TSR was invited to Team Québec camp. Her physical play on defence, Her long passes, accurate power shot and leadership qualities, Leading by example, are all qualities sought by any coach who wants to be successful at the highest level. (Armando Melo and David Pilon, coaches)*

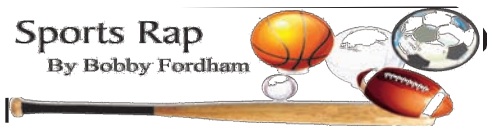
Brianna has always worn #10 (whenever possible, some coaches assign numbers based on position on the field); it has special meaning to her as this was the firefighter number of her father, Capt. Brad Mills of the Deux Montagnes Fire Department, when she started playing soccer back U5 with the Shamrocks.

**Taken from:**  
<http://www.soccerlaurentides.ca/wp/wp-content/uploads/2012/01/Bulletin-vo.10-11-no.4.pdf>



**Sports Rap**

By Bobby Fordham



Basketball Deux-Montagnes is starting a new era led by newly appointed President Steve Menard and executive members Greg Barr and Tommy Lapierre. Games are played at Ecole Emmanuel-Chenard in Deux-Montagnes. They play a 15 game schedule with a three-game round-robin playoff and then hold a banquet on the first Saturday of May each year. Registration is only \$80 a year and you keep your uniform. Again I would like to thank all players, coaches, timers, scorers, referees, Harry Huss, and especially all of the parents for my 25 great years. It was my honour to serve you all as President of Basketball Deux-Montagnes. Good luck to the new executive and players as they prepare to carry on the program for many more years.

**MY OPINION: MLB**

In Major League Baseball every year they have the All Star Game, which is a July spectacle watched by millions of baseball fans in North America and around the world. The winner of the game dictates which league will be the home team for the World Series Fall Classic. I disagree with this format. The baseball season is 162 games and the team with the most wins should be the home

team. For example, in 2010 and 2011, the Texas Rangers represented the American League. They had the most wins but were not the home team, so no designated hitter for them and they lost both World Series. Remember, the format for the series is 2-3-2, so if the away team does not get the split in the first two games they have no chance. Since 2000 the league that won the All Star Game won the World Series nine times and only lost four times. Change the format, that's my opinion. What's yours? (I would like some of you sports jocks to challenge my opinion and respond because either agree with my opinion or you do not read it. If you disagree, let me know. I know you all have an opinion, so express it.) Yours sportingly, BobbyB, bobbyfordham@sympatico.ca.

**MY OPINION: NHL**

The NHL is locked out reason being the owners and employees (players) do not agree on what the players ought to be earning. The owners want the players to take a cut in salary so that the revenue sharing will be 50/50 but the players do not want this to happen, therefore no hockey. We already know the players are extremely overpaid with some of the most outlandish salaries in sports. The owners own the teams and they have the right to

state and/or control what the players should earn. They own the business, they made the investment, and they gambled on the franchise to succeed, not the players. Therefore they also have an obligation to pay the employees of the arenas, who will suffer the most. The players only care about themselves. If they do not get the money they want, they go to another team that will pay them more money and help them win while the team they came from will most likely lose and not draw the fans and eventually lose money. So I am in favour of the owners and for the players to reduce the existing revenue sharing to at least 50%. Let the players get a real job and see how they do in the industrial world. Let any of the wealthiest players own a team and you will see the franchise go belly up within three to five years. I will not miss the NHL. There is lots of hockey available such as the AHL, QMJHL, OHL, WHL, World Juniors, KHL highlights, Junior B and A, and real sports like the NBA and the NFL, whose revenue sharing is below 50%. Our CFL is extremely underpaid and more exciting, so, greedy NHL players, take the cut and then we will have National Hockey League hockey. That's my opinion.

What's yours?

bobbyfordham@sympatico.ca

**Pee Wee Tournament Deux Montagnes  
Dec. 8-16, 2012****RELAX**

This year the Relax Tournament celebrates its 15th anniversary and will welcome a total of 36 teams, of class A, B, BB, and CC.

To highlight this event the Organizing Committee will ensure that all youth hockey players and FSR that join us will keep a totally memorable experience.

We hope to count you amongst us at the event.

This year's President of Honour is Jocelyn Lemieux



Born November 18, 1967 at Mont Laurier, Jocelyn Lemieux has participated in more than 600 National Hockey League games.

After having scored 57 times for the Laval Titans (LHJMQ) in the 1985-86 season, Jocelyn was drafted by the St. Louis Blues where he started his NHL career. During his rookie season (1986-87) Jocelyn scored 10 goals.

For the next two seasons (1988-1990) Jocelyn wore the #45 sweater for the Tricolours.

During his NHL career, Jocelyn had the luck to play for such teams as the Chicago Blackhawks where he passed five seasons, the Hartford Whalers, the New Jersey Devils, the Calgary Flames and the Phoenix Coyotes.

After having suffered numerous injuries, Jocelyn took his retirement in 1999 and today we can find him on RDS TV as a sports analyst.

**Coyotes Deux-Montagnes Ringuette  
Tournament, Jan. 6-13, 2013**

The committee is working hard preparing for the 14<sup>th</sup> annual ringuette tournament. There will be eight categories, pre-moustique to cadette B. The girls are aged four to 19. Keep watching the association website for updated information [www.ardm.ca](http://www.ardm.ca) or contact committee president Annie Belisle at [annie.belisle@cssmi.qc.ca](mailto:annie.belisle@cssmi.qc.ca) or phone 514-516-8633.



## Open Letter

### THE ABSENT ARE ALWAYS WRONG!

I write this letter to follow up on a press release from the three opposition councillors, whom I consider very opportunistic. They claim to be satisfied "that there will finally be controls on the actions of Mayor Lauzon." It makes you wonder where they were over the course of the last three years in order to make such a statement.

Just like the vast majority of city councillors in the province of Quebec, I have a full time job and I have to organize my schedule within this municipal reality. As such, I arrange my schedule accordingly in order to participate in various meetings, caucuses, council meetings, along with the Urban Planning Advisory Committee (CCU) and other commissions and corporations, including various committees, such as the "Maison des jeunes", the "Maison du citoyen", the "Boisé" corporation, and so on. I also participate in numerous community

activities organized by our devoted community and sports organizations, which take place during the day, the evening or on weekends.

For me, these gatherings and meetings form an integral part of my work as a city councillor. I must be aware of what is going on in my city and maintain a presence with my fellow citizens. It is my responsibility as an elected official, and I fully accept this.

I am not complaining, even if it is a fact that I give up a lot of my personal time. That being said, I do not accept at all that people who are involved only sparingly in municipal life, even though they are elected officials, bring doubt to my integrity and that of members of my party.

I am not shy to state that the three councillors, who have raised doubt with regards to the Mayor's ethics, are not very present at all in work meetings, where fundamental issues are discussed. Some of them plan their vacations without at all taking into account municipal issues and some of them answer their messages only when they see fit.

I find it curious that they are casting doubt as to the "real motives", whereas over the course of the last three years, none of them


saw fit to meet with the Mayor, the City Manager or any other Director to inform themselves on these issues that suddenly are of concern to them. But, what have they done over the course of the last three years?

I find it deplorable that they try to taint the people working in good faith who wish to move the City forward. These unfounded comments contribute to fueling the cynicism and distrust toward politicians, and add nothing constructive to the City.

Personally, I would not be surprised that the three opposition councillors will become much more present in the coming months. Why, do you ask? In anticipation of the November 2013 elections, of course!

I am sorry, my colleagues, but I consider that the work of a councillor must be taken seriously throughout the entire mandate, and not just on the eve of the next election, just to look good...

Mario St-Charles  
City Councillor, « du Lac » District  
mst-charles@ville.deux-montagnes.qc.ca



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**AC Tips***cont'd from p.5*

*Beware* of software that "LOOKS Free" but that often installs toolbars or hacks your search provider and/or homepage. i.e.: SearchConduit or Babylon Search. To get rid of these you can scan your PC for free with MALWAREBYTES ANTI-MALWARE or Microsoft Virus and Security Solution Center on the web.

*Beware* of fraudulent phone calls from weird numbers, i.e. fake Microsoft representatives that call you up to "help" you resolve a problem with your PC. Just tell them you're going to call your regular PC technician. This is becoming more and more frequent.

*Beware* of FAKE Anti-Virus programs (Trojan.FakeAV). Contact your real antivirus provider or technician for details.

For your Home Internet Connection OpenDNS can help you manage and block or allow websites (Parental Control). It is also possible to use the paying version of this type of Filtering in a Business (Productivity Control).

Use Mozilla Firefox or Google Chrome as your browser they are faster and more secure.

Make sure to use "strong passwords" for your web based email accounts, and make sure to fill in the account recovery questions.

When Accessing Secure Websites (web based email, on-line bank, anything using HTTPS :) use your browser's private browsing mode. This will prevent it from storing temp files on your PC, especially if you're not on your PC, plus you won't have to empty the temp files when closing the window or tab.

Empty your PC's temp files with the Windows disk cleanup tool or Ccleaner; your antivirus won't have to scan them and viruses will have fewer hiding places in your computer.

Defragmenting your hard drives is also recommended to speed up your PC's operation and prolong your hard drive's lifecycle.

Back up all your important files regularly. Hard drives are very mechanical and are one of the most often replaced part in a computer or laptop. Extracting data from a defective hard drive is almost always possible but can cost hundreds, even thousands of dollars. A good Backup Drive costs about a hundred dollars.

Please be mindful of the following with laptops: Do not always leave them plugged-in; this can harm your battery and greatly reduce its lifecycle and du-

ability. *Never* move a laptop when in operation (unless your hard drive is SSD) as this could damage your hard drive that spins at 5400-7200 rpm's. Hibernate or turn it off before moving it. Also don't block the air inlets/outlets of the cooling system, i.e.: using it on soft bedding or pillows/cushions; this could cause overheating and damage the mainboard, memory or CPU. Use a Lap Desk (cushion with a hard surface on top).

In a recent report it was discovered that many major brands of computers were infected with dormant viruses/spyware directly on the assembly line. Full Story on the web (Seattle Times): From brand new laptop to infected by pressing 'on') This is why we at ACS for many years now prefer using software directly from Microsoft with "untouched" authentic Discs.

Please note all these procedures can be executed by an expert if you don't feel up to doing it yourself. Please contact us for any questions you may have after reading this document.

To buy a new custom-made PC or to upgrade or repair your existing one, feel free to contact us.

Invest in an SSD Drive and extra memory (RAM) to speed up your PC

Always @ your service,

Daniel Gingras

(If you would like this information in French, please see our website at [www.communityconnectionsdm.ca](http://www.communityconnectionsdm.ca))

**Church Mouse** *cont'd from p. 15*

### ST. JAMES ANGLICAN



328 Pine St. ROSEMERE

450-621-6466

[info@stjamesrosemere.ca](mailto:info@stjamesrosemere.ca)

**Sunday** services 9:30 a m

**Dec. 24, Christmas Eve** service 9:00 p m

The **Candlelight Service of Carols & Lessons** will take place on **Sunday December 9 at 4pm**. Come and enjoy the music of the Christmas Season. Festive refreshments and fellowship follow the service. A donation of non-perishable items for the under privileged of Rosemere would be appreciated.

The **Drop in Centre** will close for the Christmas season on Wednesday, December 12 and will re-open Wednesday January 9 at 10am until 2pm.

Becky & Winston Fraser are your hosts and look forward to your fellowship.

A **Military Whist** is scheduled for Friday 18 January at 7:30pm. Details are pending.

St. James would like to take this opportunity to wish everyone all the wonders of Christmas and beautiful memories throughout the coming year. God Bless!



### Rosemere Memorial

200 Grande Cote,  
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### Ste. Therese United

24 rue Saint-Charles  
Sainte-Therese



### Kanesatake United

209 rue des Angles,  
Oka.

Information for all churches - 450-437-5560

[www.rosemerememorial.org](http://www.rosemerememorial.org)

Saturday, December 1 - Kanesatake United Church Bazaar - 10 a.m. to 2 p.m.

Turn right on the street where you take the Oka ferry.

### ADVENT SERVICES

Dec. 2 - Advent 1 - Advent Communion will be celebrated at all 3 churches.

Dec. 9 - Advent 2 - Advent services at all 3 churches, with Christmas tree decorating at Rosemere.

Dec. 16 - Advent 3 - The Rosemere Choir will be presenting the Cantata "Silent Was the Night" by Lani Smith at the Rosemere Memorial service at 11 a.m. and at the Kanesatake service at 3 p.m.

Dec. 23 - NO SERVICE IN ALL THREE

Dec. 24 - **Christmas Eve** services at 7:30 p.m. in both Rosemere Memorial and Kanesatake

Dec. 30 - One service only-11 a.m. at Kanesatake.

January services go back to our regular schedule.

Sincere wishes for a happy holiday season to all.





*Laurin Liu*

Députée / Member of Parliament  
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# Announcements, Birthdays and Memorials

## Birthdays

Brandon Green, Dec. 1,  
Janet Turner, Dec. 2,  
Cathy Rickert, Dec. 10,  
Elaine V. Brown, Dec. 14,  
Zackary Green, Dec. 14,  
Carol Ratcliffe, Dec. 16,  
David R.A. Brown, Dec. 16,  
Doreen Draycott, Dec. 20,  
Orane Green, Dec. 22,  
Father Cyril MacNiel, Dec. 22,  
Cheryl Smith, Dec. 25,  
Tess Moscato, Dec. 29,  
Frank Glover, Dec. 31,  
Rebecca Glover-Therrien, Dec. 31,  
Betty Hensen, Jan. 2,  
Machaela Mason, Jan. 4,  
Angelo Kennedy Marricco, Jan. 4,  
Wayne Davis, Jan. 4,  
Amory Benk, Jan. 5,  
Jean-Guy Levesque, Jan. 10,  
James Kennedy, Jan. 11,  
Geoff Bliss, Jan. 11,  
Pierrette (Pat) Rauzon - Jan. 14,  
Nancy Tibbins, Jan. 22,  
Mathias Benk, Jan. 24.

## Memorials

Anne Maye,  
Jacques "Bo" Legault,  
Gladys Sundborg,  
Cathy McCann,  
Sonny Gleeson,  
Ellen Ray McAllister,  
George Clarkson,  
John Defosses,  
Donald B. Cooper,  
E. Ewenson,

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## **Cancer support group in our area**

Has your life or the life of someone you love been touched by cancer?

Have you been looking for services in English in the MRC Deux-Montagnes area?

4 Korner's Family Resource Center, in collaboration with the Canadian Cancer Society - Quebec Division, is proud to offer the first English cancer support group in our area.

The group, which is facilitated by a volunteer and a social worker trained by the Canadian Cancer Society, will meet every 4th Thursday of the month.

Date of next meeting: Thursday

December 20, 2012

Time: 7:00 pm to 8:30 pm

Location: United Church Hall, 240 St-Martin, Oka

For more information, please call (450) 974-3940 or email [info@4kornerscenter.org](mailto:info@4kornerscenter.org).



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**LAUGHTER YOGA**

By Carol Wetmore

Photos by Sylvia Schatrowski

The 4 Korner's Family Resource Center, through a grant from L'Appui des Laurentides for caregivers, treated us to a wonderful experience at Women's Time Out on November 1.

Sylvia Schatrowski introduced us to a Laughter Yoga instructor, Brigitte Legal, who told us all about the many health and psychological and emotional benefits of laughter and yoga breathing exercises.



Brigitte Legal leading the ladies in Laughter Yoga

It may seem obvious to most people that laughter makes us feel good, but it seems that not many of us laugh enough these days and so have a greater amount of stress, depression and illness than we did during the 1930s and the Great Depression. According to Brigitte, people actually laughed more then than today.

Fortunately there is something we can do about this, as deliberate or fake laughter has the same benefits to our health as natural laughter. "It's a matter of faking it until you make it," she quoted Dr. Dale Anderson.

Brigitte told us about Norman Cousins, a journalist who cured himself of a painful debilitating condition by watching comedy films. He found that laughing stopped his pain for

up to two hours at a time whereas medication did not help much. There are no negative side effects to laughter and it reduces pain, lowers blood pressure, improves the immune system, relieves depression and stops anxiety. It also makes you happy.

In the second half of the program we joined in various exercises that included making laughing sounds like HO-HO HA-HA-HA while clapping our hands to a one-two cha-cha-cha beat. We also had to do silly gestures and interact with each other so that we quickly overcame our embarrassment and started to laugh at ourselves and each other. This was a lot of fun and we all got pumped up and energized going around the room waving stiffly like the Queen or dancing and clapping.

These exercises were developed by Dr Madan Kataria, who started the first laughter club in India. Today there are thousands of Laughter Yoga clubs throughout many countries.

To calm us down after all our excitement Brigitte led us in various meditations and visualization exercises and taught us how to breathe deeply into our abdomens and relax.

We felt like little children who laugh naturally, and we were rewarded with a balloon that we could blow up and make funny noises with whenever we felt the need to laugh and wanted to feel better.

It is best to laugh in company as it is extremely contagious, and that is the benefit of joining a group. However, even alone you can make funny faces in the mirror, do the laughing dance and turn your balloon into a whoopee cushion.

I personally was very grateful to have had an opportunity to relax and enjoy a good laugh with so many nice people for a couple of hours on a Thursday. For more information you can call the 4 Korner's at 450-974-3940.

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