

# Community Connections

SERVING THE AREA FROM KANEHSATÀ:KE TO ROSEMÈRE

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## Healthy lifestyles make for healthy living in Deux-Montagnes

Improving our quality of life and well-being is something that is of great concern to all levels of government, including municipalities. That's why the City of Deux-Montagnes, in accordance with the Government of Quebec's health prevention policy that was unveiled at the end of 2016, is committed to implementing measures to promote healthy lifestyles.

The City of Deux-Montagnes has joined in an initiative of more than 75 municipalities in Quebec that participated in the Grande Marche du Défi Pierre Lavoie. We're the first city in the Deux-Montagnes MRC region to join this provincial movement. This initiative of Quebec municipalities and family doctors provides the opportunity for residents to take part in a physical activity for the whole community. More than 350 residents from the Greater Deux-Montagnes MRC region came out for the 5 km walk.

With the Deux-Montagnes municipal infrastructure at their disposal, residents have many opportunities to participate in sporting activities all year long. The Lions Club Winter Carnival is just one example where families can discover exciting outdoor activities to enjoy.

The Deux-Montagnes recreation department offers a complete program of physical activities that meets the needs of young and old alike. Your Carte Loisirs gives you

free access to skating and hockey, as well as preferential rates on many other leisure and sports activities. The card is free for all Deux-Montagnes residents and will be mandatory during the next Leisure activities registration period.

With support from the city, Deux-Montagnes sports associations offer a full range of activities to keep fit. Fans can also take in the broomball, ringette, hockey, soccer, and softball tournaments that are held in Deux-Montagnes.

Be active this winter, by yourself or with family and friends. Take a hike on the Boisé Roger-Lemoine trail, slide down the hills in Parc Olympia, skate on the outdoor rinks in Parc Olympia and Parc Central, or reserve some ice time for a friendly game of hockey at the Olympia Arena. Get moving and your body will thank you for it!



### The Community Connections Team

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

The *Community Connections* is a 32-page community information magazine published in English every two months. Based in Deux-Montagnes, its volunteer writers cover what is happening in the anglophone and related communities from Kanehsatà:ke to Rosemere.

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## Around the House-It's the season to be JOLLY!!! Doing it GREEN!!!

By Carole Gagne (Lanthier and Beatty Construction)

The holidays are just around the corner and unless you are planning a green Christmas, it's the most wasteful, consumer driven and stressful time of the year. We tend to spend too much money and buy stuff without thinking about the consequences to our home, the planet. It's no surprise that the big news these days is that our planet is in peril. We've been hearing about it for decades but now the red flags are coming out and all people big or small have to do their part.

Turning a green leaf as a family can be beneficial for your wallet and the planet. If you haven't really thought about it yet, maybe you should have a talk with your family and relatives about having a green Christmas. There are several ways to do this, for example instead of buying gifts for all the adults do a Secret Santa and only one gift. Everyone picks a name and that is the only gift they to get. It reduces the stress and financial pressure and downsizes consumption. I can understand if kids are not included in this arrangement. However, try to figure out a system that is greener. Try to make better choices by choosing educative toys and the kind that can be passed down or used by all. I know we all want to spoil kids, but it is better to buy less and of better quality. You can also do a no-gift Christmas and consult this site for ideas <https://www.parentmap.com/article/9-holiday-traditions-that-replace-materialism-with-meaning>. Talking about it and deciding on your green Christmas as a family can bring some amazing surprises.

This season if there are material gifts be given, try to be creative with your wrapping or bags. Try to recycle the Christmas bags if you can get to them before the kids rip them, or use paper bags or news paper that you can paint and decorate yourself. Think useful and long lasting. These are not synonyms for boring.

For the New Year make sure some of your resolutions are greener, like reducing your meat consumption, cutting down on water bottles. Get some durable water bottles instead, the kind you can refill at will (preferably not made of plastic). Bring your coffee mug to your coffee shop; use reusable bags. If you eat out and know you'll need a doggy bag, bring your own dish and bag to take back home. Make sure your dishwasher is full before turning it on. Turn off the faucets when you are brushing your teeth. Compost, recycle, get involved by buying carbon offset credits (to find out more I suggest you visit <https://davidsuzuki.org/what-you-can-do/carbon-offsets/>). Use public transport if possible, or car pool, or really plan your travelings to save on gas and time. Buy second hand clothing and last but not least, before purchasing an object ask yourself is it something you really need?

For more information on getting greener :

[http://www.worldwatch.org/resources/go\\_green\\_save\\_green](http://www.worldwatch.org/resources/go_green_save_green)

<https://gogreeninitiative.org/>



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## Corned beef and cabbage warmed bellies and hearts

By Gordon Wetmore

The Deux-Montagnes Lions Club's annual corned beef and cabbage dinner, November 17 made for a delightfully social evening that filled the spacious Veterans' Hall with chatter and hugs; everyone brought together to enjoy the iconic Irish American dish and the Lions' hospitality.

Most of the patrons were old enough to have a history of positive associations with the sweet and fragrant meat and hearty leafed vegetable. Always accompanied by potatoes, it was an affordable feast that nourished the body and stimulated warm conversations.

Lions Club president and host Florindo Stabile kept the evening going smoothly. A minor glitch – the kind that brings a little extra enjoyment – came during the announcements for door prize winners. "Here's the last number," came the announcement, after which a ticket holder huffed and threw his ticket into a large garbage pail. Then, "Oops, sorry, there's one more, number 161!" And the "lucky" customer's head and shoulders briefly disappeared in the can, and a moment later he claimed his prize. Let's hope it was worth the dive.

A silent auction for a beautiful Afgan quilt/throw made by Lion Heidi Benk brought some extra revenue for the Lions' many projects. The lucky winner was Vera Madic, special assistant to MP Linda Lapointe. Ms. Lapointe spoke briefly in praise of the Lions Club to open the evening. Deux-Montagnes' city councillors Micheline Groulx Stabile, Michel Mendes and Erik Johnson also attended.



The meal was delicious and the portions generous. A wet bar was kept busy by those wishing beer, wine or soft drinks. Many thanks – and congratulations – must go to cooks Robert Michaud and Bernard Ethier, and to the rest of the kitchen crew, Heather Brown, Donny Snell and Mario Stabile.

Other volunteers who handled everything from tickets to set up and clean up include Lorraine McKenna, Linda Hogue, Samantha Stabile, Dave Dubeau, Michael Snell, Micheline Castonguay, and Dave Byers.

Musical entertainment for the evening was provided by the services of Open Mic director Michael Fitch, assisted by Thomas Conlan. Artists were duo Elizabeth Borque and Jonathan Bujold and soloists Lyne Hébert and Colin Murphy.

*Come on, go to Breton!*

DON'T HESITATE TO ASK TO BE SERVED IN ENGLISH



## An organization doing a lot of good

Allow me to tell you about Dépannage Saint-Agapit, an organization located in Deux-Montagnes, which I have the privilege of supporting!

Dépannage Saint-Agapit serves the population of Deux-Montagnes. Its mission is to help families and people in need, with Christmas baskets, and year-long food assistance.

What this organization accomplishes is simply remarkable. Several individuals and families from Deux-Montagnes are facing tremendous financial difficulties to such an extent that they hardly have enough to eat.

Unfortunately, this distress is endured daily, not only at Christmas and New Year's. That is why I would like to call upon your generosity to help Dépannage Saint-Agapit in its mission, and this throughout the year.

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

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**Benoit Charette**  
 Député de Deux-Montagnes

## CESAME's tips for a happy Christmas break

By Marie-Pier Blanchette-Leclerc, Education Specialist  
 marie-pier.cesame@videotron.ca



It's almost Christmas and we at CESAME want to share some tips with you about how to plan your perfect holiday with all of the magic and none of the stress.

Decorations, meals and gifts - First off, whatever you do, *plan everything in advance*. It's the best thing you can do to relieve stress, and it's so simple. First of all, make a list of everything you need to buy for the holidays; you'll be able to catch onto deals and save money. Think of decorations a few weeks before Christmas. No need to do it a year ahead or during the summer, just start doing it step by step and it'll be done in no time. Make some meals before the visitors arrive or ask your relatives and friends to help out a little in the kitchen. It could be a fun way to host and food always brings people together.

Take it easy - don't forget to relax a little; it's called a break after all. It's important to plan little naps during the

day to feel fresh and ready to conquer the world, or just the family. Maybe ask the grandparents to take the kids for a day or two, spend some quality time with your partner. And of course, make sure you have at least a day in between visits to rest and reboot. These are just simple ways to survive the holidays and to go back to work the right way.

Our semester will be ended soon but we will be back in January! There will be bilingual workshops available for the St-Eustache region and the surrounding cities starting in the winter. Don't hesitate to call us to know more about our services and to reserve a spot for your child at 450-623-5677. Our team is always available to answer all of your questions and concerns.

Happy holidays from the CESAME team!

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## School Matters

By Gordon Wetmore  
(gordonwetmore@yahoo.ca)



*Rosemere and Kanehsatà:ke lie at the east and west ends of our North Shore corridor, the first a de facto bilingual (French and English) town of 14 000, the second a trilingual (Mohawk, English and French) Indigenous community, much smaller at just over 2000. Events this year have shown how schools can effect connections that build understanding and empathy between communities apparently separated by culture and distance.*

*The first happened when a group of Rosemere High School students, under the direction of teacher Slyvie Altarac, visited Ratihent:te High School in Kanehsatà:ke last spring. (See the story by Karihothettha Cupples in the June/July 2018 issue). The second was Rosemere's McCaig Elementary holding its first observance of Orange Shirt Day after two weeks of preparation. (See the separate story in this issue).*

*Third, perhaps the most moving for those involved, was an evening event in mid-October. Correspondent Julie Jacques was there. Here is her story:*

## Blanket Exercise opens eyes, hearts

By Julie Jacques, RHS Correspondent

"I'm used to it," Matthew chuckled, shaking his head.

He and his mother, Tilly, acted as facilitators in a ceremony presented to about 45 students at the Sir Wilfred Laurier School Board offices in Rosemere the evening of October 16.

"It" is being referred to as a savage because of the Mohawk blood that flows through his veins. Sylvie Altarac, a teacher at Rosemere High School, had just mentioned the contempt directed towards First Nations people in school textbooks. Matthew and Tilly's ancestors were not accorded the respect and decency of being referred to as anything but savages. His sad reality is that, even after all this time, the word is still used, and he has had to learn to let it bounce off his skin.

Ms. Altarac, however, learned to reject that definition and became sympathetic to their plight - treated like second class citizens, torn away from their family, and their culture and identity wrestled out of their grasp. Along with Danya Bandera and Michael Rice, she brought the Blanket Exercise to Rosemere High School students.

KairosCanada.org describes the goal of this exercise as "build[ing] understanding about our shared history as Indigenous and Non-Indigenous people!"

This is realized by inviting participants to step onto a mass of blankets, representative of North America before European contact, also referred to as Turtle Island. They are talked through first contact, treaty making (and breaking), colonization, and residential schools.

After experiencing it, I can assure you that it is a lot less dry than it sounds, in every sense of the word. The realizations felt by many that day brought tears to eyes

and opened our hearts, because we were able to empathize.

The struggle of Canada's First Nations people was no longer just words we needed to learn because we were to be tested on them. During this presentation, we became the First Nations people. We were made to step off of Turtle Island because we died after contracting contagious diseases or because we had committed suicide after losing touch with our culture and self-identity; we were separated because we were being taken to residential schools, and we saw the territory of Turtle Island grow smaller and smaller as our government disrespected treaties and took land away from us.

The severity was emphasized as we lived through the mock re-enactment, and many of us were shocked to learn that we actually didn't understand the circumstances which the Canadian government made, and our ancestors had forced on them.

But should we feel guilt?

Only if we refuse to acknowledge it. Education is becoming increasingly important and the blanket exercise was, I think, truly an educational experience.

Many thanks to the SWLSB, Sylvie Altarac, Danya Bandera, Michael Rice, and, of course, Matthew and Tilly for allowing us to learn.



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# New Principal at LTMHS

By Gordon Wetmore



Now in her twelfth year as a principal, Christina Shousha, who took over at Lake of Two Mountains High School in August, keeps an eye out for students who are struggling, as she has since she first started her career in education.

Working with people with motor, hearing or visual challenges at Camp Massawippi, the Eastern Townships summer facility associated with Montreal's MAB - Mackay Rehabilitation Centre, led her into teaching. Her first position involved working with young adults in a "very interesting" combined program of the former Catholic and Protestant school boards of Montreal. "I gave it my heart," she said.

She continued working "mostly in special education" plus some regular classes and resource teaching assignments. There were stints in Lachute's Laurentian Elementary School and at Batshaw's Mountainview High School, where she taught English Language Arts to incarcerated students between 15 and 18 years old.

Interested in planning and organizing activities, she entered McGill University's Educational Leadership Program in 1999 and studied part time while continuing to teach. While studying, she served as principal at Morin Heights Elementary and at Saint Agathe Academy, a kindergarten through Secondary 5 school. There was another year at Batshaw as a teaching principal, and then her years as principal at Laurentian Regional High School in Lachute.

Experience has taught her that "you don't have to have a learning deficiency or a physical deficiency to have a hard time at school." As an educator (and as a mother of



**Lake of Two Mountains High School's new principal, Christina Shousha, front, backed by members of the school's administrative team: left to right, Martin Lalancette (guidance counsellor), Rajesh Awasthi (administrative technician), Janet Gallagher (special education technician), Ms. Shousha, Emy Turpin (school organization technician), Heather Symons (secretary, attendance) and Lynda Davis (school secretary)**

teenagers), she wants a school with "an environment where (all students) can thrive, a diverse environment with a place for everybody."

Ms. Shousha observed that over the last five years, the academic results at LTMHS had improved "remarkably. Hats off to the staff and to (former principal) Alan Simoneau." The staff seem dynamic, open to ideas, and to follow their students and know them quite well, she said. That all students are provided Chromebooks creates lots of possibilities while reducing issues with technology that many other schools have.

Most students seem comfortable with their school, she said. "There are lots of sports, the big robotics competition, and other in-school and after school programs."

And for the most part, she added, "the kids here are very kind and very polite." She cited how, on the first days of school, many came up to her in the halls to bid her welcome to LTMHS.

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**Monthly Activities:**

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

**Information about the Club**

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



**Linda Lapointe**

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

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Dear fellow citizens,

I hope this past fall season has treated you well. As for myself, being back in Ottawa for the new Parliamentary session has been challenging and fulfilling. My new role as Government Deputy Whip has been very stimulating, and I'm as happy, grateful, and motivated as ever to represent you and be your voice in the House of Commons. Rivière-des-Mille-Îles is a beautiful and diversified constituency, and I enjoy getting to meet all of you throughout the numerous activities in our riding.

Last October, Minister Joly announced funding to support official-language community media. This initiative is essential to the vitality of official-language minority communities. Our *Action Plan for Official Languages 2018–2023: Investing in Our Future* allows an investment that will support more than 100 internships at radio stations and in newsrooms of Francophone and Anglophone minority communities over a five-year period, which began being allocated in September. This initiative represents a total of \$4.5 million in funding which will respond to recommendations made by the sector. I'm proud to be a part of a government that takes our language diversity to heart.

As winter knocks on our door, it welcomes a time for celebration and retrospection. I hope you had a great year – and while another year comes to an end, I hope you all are ready to jumpstart 2019 with a bang! Nothing beats the holiday season; with it comes joyful moments that make long-lasting memories. I hope you spend quality time with your family and enjoy the beautiful wintery

weather. Take the time to relax and do the things that bring you utmost pleasure. Cherish those moments – they are truly magical.

I would like to take this opportunity to send you my warmest holiday wishes. May your holidays be filled with lots of joy, peace, health, and love.

Merry Christmas and Happy New Year!

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*Contact us in the office 5 days a week from 9:00 to 17:00.*



**Minister Joly and MP Linda Lapointe**



**Parliament Hill Christmas**

# Schools observing Orange Shirt Day

By Gordon Wetmore

This year staff and students of four schools along our North Shore corridor observed Orange Shirt Day in memory of the Indigenous children put through the travails of the Canadian residential school system from the 1870s to the 1990s.

A common theme of Every Child Matters, was observed by Rotiwennakehte Elementary and Ratihen:te High schools in Kanehsatà:ke and Lake of Two Mountains High School in Deux-Montagnes observed on Friday, September 28.

Rosemere’s McCaig Elementary held its first-time school-wide observation of Orange Shirt Day on Monday, October 15. The students and teachers of the McCaig Elementary School’s We Team raised awareness and funds to donate to WE Charity, in support of education for Truth and Reconciliation. In the first two weeks of October, teachers presented lessons, stories and videos for students to better understand why McCaig Elementary supports Truth and Reconciliation.



The staff of Lake of Two Mountains High School in front of the school’s mural of residential school survivor and prominent Indigenous leader Wanbdi Wakita.



Students and staff at McCaig Elementary School in Rosemere observing their first Orange Shirt Day.



The students and staff at Rotiwennakehte Elementary School in Kanehsatà:ke.



Students and staff at Kanehsatà:ke’s Ratihen:te High School.



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## Help for ADHD

By Marie-Josée Trudel, coordinator



### Who are we?

PANDA Basses-Laurentides Sud-Ouest is a non-profit organization in the MRC Deux-Montagnes, dedicated to providing information and support to help people living with the difficulties related to ADHD. Last year, more than 250 members benefited from our different services: conferences, workshops, library and more...

PANDA BLSO pursues its mission again this year to create awareness about ADHD in the community.

### What if it was not a matter of will...

ADHD is a neurological problem that can often be hereditary. It causes difficulty in controlling or filtering ideas, actions and behaviours. This results in three main categories of ADHD symptoms: inattention, hyperactivity and impulsivity.

Anyone can experience ADHD symptoms from time to time, but people with ADHD experience these symptoms more frequently and more intensely, with a significant impact on several aspects of their life (school, family, relationships with peers). They are the result of a neurobiological disorder. They are not the result of a lack of will! And when appropriate strategies are put into place the outcomes are very positive.

- Do you or someone you know get easily distracted from tasks? Unless it's something you truly enjoy!
- Have difficulty getting organized with work (adults) or homework (children)?
- Make careless mistakes due to inattention?
- Frequently daydream when attention is needed?
- Put off what can be done today until tomorrow?
- Quickly forget what was just said?
- Seem to have an excessive amount of energy?
- Act without thinking first... impulsive?
- Are easily agitated, sad, quick-tempered...?

If you answered "yes" to most of these questions, it is possible you or someone you know is living with Attention Deficit Hyperactivity Disorder (ADHD).

### You would like to know more?

We invite you to our 2018-19 conferences presented at the Maison des Citoyens in Deux-Montagnes, 202 Henri-Dunant (adjacent to the public library).

Throughout the season we present conferences given by high quality speakers on topics relevant to anyone seeking information and support on Attention Deficit Hyperactivity Disorders. Note that ADHD affects approximately 8% of the population in Quebec.

### 2018-19 Program

Nov 29, 7-9 pm. - How to Deal With Oppositional Behaviours Peter Gantous, M.A., Clinical Psychologist

Jan 31, 2019, 7-9 pm. - The Impact of Adult ADHD on Relationships, Dr. Laurie Betito, Ph.D., Psychologist/Sex Therapist/Radio Host CJAD/Author

Feb, 28, 2019, 7-9 pm. - Stress & Coping, Dr. Robert-Paul Juster, Ph.D.

March 28, 2019, 7-9 pm - Frustration and Anger Management, Peter Gantous, M.A., Clinical Psychologist

You can buy a yearly membership for 10\$ (individual or family) at the door just before the conference. No reservation is required.

People living with ADHD are energetic, spontaneous, creative, and have many other strengths. Our team's objective is to propose a comprehensive approach that takes into account all these positive aspects.

For more information: [www.pandablso.ca](http://www.pandablso.ca)

Marie-Josée Trudel, coordinator

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## Cheerfully knitting community bonds

By Stella Kisiel

Needles are everywhere, but not the scary kind! Organized by Tamara Lambert with the support of Bibliotheque Deux-Montagnes, the members of our local knitting group, Les Tricopines, are fun and friendly, enthusiastic about their crafts, and eager to share ideas.

Knitting is a great way to relax while being productive. Research has shown that it helps prevent dementia and depression. It also improves patience and, as a group activity, builds a sense of community.

We offer a chance for knitters to trade patterns, discuss techniques, and propose projects. We currently have a Christmas basket project in the works, and residents can see our knit "graffiti tree" outside the library on Chemin d'Oka.

We hope it will inspire people to join us. Everyone is welcome, new and experienced, so don't worry about getting your fingers in a twist. We have seasoned knitters who are willing to share their knowledge with beginners.

We also encourage men to join and give it a try. Why not? Montreal Canadiens legend Jacques Plante knitted throughout his life and wore his hand-knitted tuques during practices.

Les Tricopines gather at the Deux-Montagnes Municipal Library, 200 Henri Dunant, twice a month. They meet on the second Thursday of the month from 6:00 to 8:00 pm, and on the third Wednesday of the month from 2:00 to 4:00 pm. Sessions are FREE for all ages, and knitters can drop by any time.

Let's be creative! Let's get knitting.



**Les Tricopines knitters are happy to welcome new members to their meetings at the Deux-Montagnes Municipal Library. That's writer Stella Kisiel on the right.**



**The Tricopines' "Graffiti Tree" outside the library**

## It took a village - two actually

Never let it be said that retired senior ladies are not still viable!

A small group of senior women from Deux-Montagnes and St.Eustache (who wish to remain anonymous) began a project to provide hats mittens and scarves for the homeless and less fortunate people of our towns.

This group grew and grew and grew.

Those who had spare yarn, gave it.

Those who were not knitters donated funds for the purchase of yarn.

Those who could knit gave generously of their skill and time.

Even two gals from Ontario donated yarn and socks!

Another benefactor provided backpacks.

I am very happy to announce that 120 sets were given to the appropriate social service societies of St. Eustache and Deux-Montagnes.

Ladies-you know who you are- with your generous hearts you are a shining example of what a village can achieve.

KUDOS!!!!

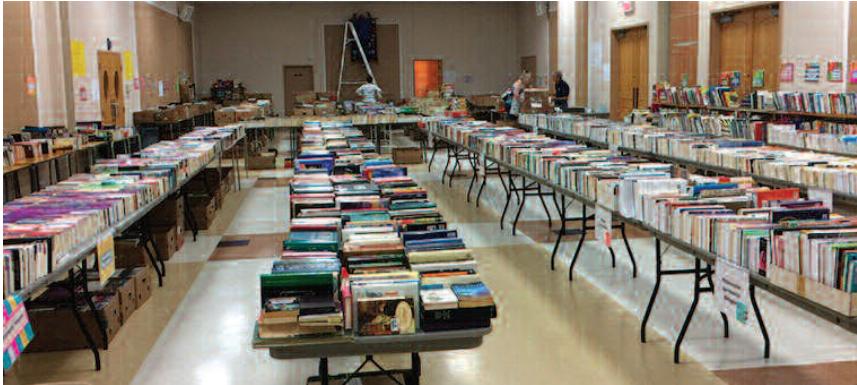


**Here is one of the 120 sets given**



# Deux-Montagnes Lions' Club Thank you Thank You Thank You

By Nancy Rupnik and Martin Hensen



To all our Lion's Club Book Fair 2018 attendees! Thank you so much for supporting this popular annual event and making it such a success, once again. We look forward to it as much as you do! And we are happy that the funds raised can be used as needed in our community.

Of course, this event doesn't just happen' - preparation starts early in the year, with a delightful team who meet weekly to sort and classify your donations. Closer to the sale, another gang of volunteers swing into action. Special thanks go out to the Ville de Deux-



Montagnes, M. Ouellette, Lions Club members, Rhonda Gibson and her squad of LTMHS leadership students, and "friends of the book fair" who miraculously turn up every year.

This is truly a community effort.

We hope you enjoy your winter reading! Collection will start again mid-January 2019 and continue until mid-September. Donations can be left at the Maison de Citoyens.

Please note that the annual Lions Club Book Fair will take place 2 weeks earlier in 2019 October 5 & 6, 2019

Our most sincere and grateful thank you,  
Nancy Rupnik and Martin Hensen



## WELCOME TO THE LIONS DEN

We would like to thank everyone who donated books or came out to our annual Book Fair. It was a great success.



We appreciate all of those who came out for our Corned Beef and Cabbage supper. We hope that all of you enjoyed the evening.

Keep your eyes open for our annual Christmas cake and shortbread cookies sales. The St. Eustache Shopping Center sales will be on December 13-16 and December 20-23. We hope to see you there. Also the Carnival will be held on January 26, 2019.





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## Overheard at the Coffee Shop

What is it with men and machines? We regularly hear stories about chain saws, winches, log splitters, and snow blowers. Not so much about vacuum cleaners and dishwashers, but that is another story. No, men seem to like to talk about big, noisy, outdoor machines, like boat motors: "Always starts on the first pull. Except that time when it didn't." And power augers: "Used to do the fishing holes with a hand auger, but got this baby, and zing! What used to take half an hour, I can drill in half a minute." Or lawnmowers: "Hit a rock, bent the blade, and had to drive down to Plattsburgh to get the right replacement."

Yes, men seem to enjoy their lawnmowers. We heard tell of one fellow who has a lawn the size of a postage stamp, yet has a glossy, ride-on mower. He likes to rev it up and cut his puny lawn about twice a week, right around the time when the neighbors are taking a nap. Mind you, with the aging population in Deux-Montagnes, it's kind of difficult to find a time of day when some neighbor or another isn't napping....

Anything drive-able, men seem to be experts on, and they are certainly not shy about providing their advice, especially to their spouses. The one time the wife got to drive on the Autoroute: "You're in the wrong lane. You need to get ahead of this guy. Why are you turning here? Take the next exit." (Never mind that the wife drives that route about twice a week, while the hubby might get down there twice a year.) Or the other time she drove: "You should be going faster. You're holding up all these other guys." "You need to go faster." "You need to speed up." "Don't go so slow!" And then he wondered why the

wife, usually a Mother-Theresa disciple, dropped the f-bomb.

Of course, when men themselves drive, it's the car, the road, or the other guy that's the problem. "I did NOT cut him off. He sped up when I was changing lanes." It's easy to blame road construction for almost anything around here. For being late, it's a very common excuse....especially when the nice lady on the GPS tells him the fastest route, but he knows a better shortcut... Maybe they should put male voices on Google Maps so that the fellows might listen.

Sometimes there just are no easy excuses. One fellow was driving down the 640 with a pick-up truck loaded with furniture. He smiled and nodded when a woman in the lane beside him was gesturing wildly at him. When she rolled down her window and shouted "Chaise!", he smiled again. When she kept hollering and pointing, he thought a bit... maybe one of the dining chairs was vibrating a bit... he couldn't see the load via the rearview mirror, so pulled off at the next exit to check. Oops. Too late. I guess "Chaise!" and waving meant "the chair is flying through the air to Boisbriand"!

When the ladies planned a trip downtown, every single guy at the table had advice. "Don't drive... you'll never find parking." "And the Turcotte... it will be just nasty." "Take the train. It's only a 30 minute walk after Gare Centrale" (says the guy whose wife has bad knees). "Take the metro. Park at Montmorency and you are as good as there." After all the advice, we missed the train, couldn't find parking at Montmorency, so drove. Easily found parking at reasonable rates, enjoyed seeing the progress on the Turcotte interchange, and got home before the rush hour. And in time to make supper for our dear husbands.

## Wit and Wisdom from Pete the Sneak

The HIGH SCHOOL REUNION after 60 YEARS

He was a widower and she a widow. They had known each other for a number of years, having been high school classmates and having attended class reunions in the past, without fail.

On this 60th anniversary of their class, the widower and the widow made a foursome with two other singles. They had a wonderful evening, their spirits high, with the widower throwing admiring glances across the table . . . and the widow smiling coyly back at him.

Finally during one dance, he picked up courage to ask her, "Will you marry me?"

After about six seconds of careful consideration, she answered, "Yes.... yes, I will!"

Needless to say, the evening ended on a happy note for the widower. However, the next morning he was troubled. Did she say Yes, or did she say No? He couldn't remember. Try as he would, he just could not recall. He went over and over the conversation of the previous evening, but his mind was blank. He remembered asking the question, but for the life of him could not recall her response.

With fear and trepidation, he picked up the phone and

called her. First, he explained that he couldn't remember as well as he used to. Then he reviewed the past evening. As he gained a little more courage, he then inquired of her, "When I asked if you would marry me, did you say Yes or did you say No?"

"Why you silly man", she replied. "I said Yes. Yes I will! And I meant it with all my heart!"

The widower was delighted. He felt his heart skip a beat. Then she continued. "And I'm so glad you called, because I couldn't remember who asked me."



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## McCaig's Haunted Houses

By Giancarlo Panetta.  
Grade 6

McCaig's haunted houses have become a much loved tradition at our school. On Halloween each year, a group of McCaig PPO members as well as additional parent volunteers, get together and create a haunted house adventure for all McCaig students to enjoy.

There are two different haunted houses. One is frightening and a little gross for the older students who are looking to be spooked. The other one is specially made for the juniors and is more of a fantasyland; some of the older students prefer to go to this one too!



Some of the themes for the junior haunted house have included a superhero theme and a picture book characters theme. They gave out free books for kids to enjoy instead of candy.

The haunted houses are set up in the junior and senior cafeterias and hours and hours of hard work and dedication are put into creating these wonderful experiences that students are sure to remember way after they leave elementary school.

Most kids love Halloween and remember trick or treating with friends and family. McCaig adds to this wonderful time of year by providing all the students with a very special scary or fun Halloween experience. We hope your Halloween is a special one!

## Never a dull moment at PETES

By Shannon Lemm, Attendant



At Pierre Elliott Trudeau Elementary School (PETES) in Blainville, we stay busy. Thanks to our awesome teacher Mrs. Andrea Scouten and her great group of dedicated assistants, our school cafeteria was once again

transformed into a Halloween showcase. There was an enchanted forest for little ones and haunted woods for the older ones. There was plenty of fright to go around thanks to our amazing volunteers. The Grade 6 students had games in the gym that all of the students could participate in.

Our school also participated in SOCKTOBER, where a whole garbage can was filled with new socks for the less fortunate.

The WE Club also collected non-perishable food items for the WE Scare Hunger Campaign.

In November we collected nearly new or slightly used winter attire to donate to the less fortunate, as well as observing Remembrance Day and getting ready for the holidays.





## McCaig students raise thousands for Terry Fox



On September 20, McCaig Elementary held its annual Terry Fox Run, raising nearly \$9000 for the Terry Fox Foundation. Kindergarten students ran in the schoolyard and Grades 1-6 students ran two- or four-km courses through the streets of the school's neighbourhood in

Rosemere. Participating in the run for approximately 30 years, McCaig has raised more than \$250,000. Funds raised this year were in memory of Ms. Linda Salvatore, a daycare educator, lunch hour supervisor and volunteer at McCaig for more than 25 years. She passed away from cancer just days before the school run.

## Generous Donation to LTMHS



Monday, November 12, was a good start to the week for the Food for Thought hot breakfast program at Lake of Two Mountains High School, as the Fondation Émile-Z-Laviolette, long time generous partners with the Work Oriented Training Path initiative, presented a donation of \$5000 for the program's fall season. Pictured (left to right) are principal Christina Shousha, special education technician Jack Fitch, student chef Jacob Gougeon, and Director General Pierre Legault of Fondation Émile-Z-Laviolette.



## Rosemere High remembers

By Laura Gervais, RHS Correspondent

Remembrance Day this year marked a milestone anniversary. It was 100 years since Armistice Day, the end of the First World War. Over 16 million military people perished during its four years. During the Second World War, about 25 million soldiers, sailors, and airmen died. Rosemere High School remembers that those big numbers represent individual people, each of whom once had a family, a favourite song, a future.

Every year at Rosemere High School there is a ceremony to acknowledge and thank our veterans. Ms. Sylvie Altarac and Ms. Najiba Haouari were the main organizers of the event, along with Ms. Elizabeth Lefebvre and Ms. Véronique Leduc, who were in charge of the music and dance students, respectively.

Special guests this year included Mr. Trottier, who has been in the military since 1976, and Mr. Anderson, who performed a piece on the bagpipes.

Through various interpretations, RHS remembered the fallen. Groups of students and individuals read poems, sang, and danced. An impactful reading that stayed with me was this one:



"It is the Veteran, not the preacher, who has given us freedom of religion.

"It is the Veteran, not the reporter, who has given us freedom of the press.

"It is the Veteran, not the poet, who has given us freedom of speech.

"It is the Veteran, not the campus organizer, who has given us freedom to assemble.

"It is the Veteran, not the lawyer, who has given us the right to a fair trial.

"It is the Veteran, not the politician, who has given us the right to vote."

I hope this tradition will never cease to exist at Rosemere High. A hundred years may seem like a long time, but we must never forget the tragedies which ensued. The First World War was supposed to be the "War to End All Wars". We all know that wasn't the case. That's why we must remember. We must remember the reasons why wars start and the consequences they bring, for them never to happen again.

Recently I found a box of my great-grandfather's belongings, which included war journals. I discovered he was taken as a prisoner in World War II. Reading these entries written by a man I've never met, but with whom I share the same birthday and blood, opened my eyes. Everyone in a war is a victim, no matter the side.

Thank you to our veterans for giving us your tomorrows so we could have our today. RHS remembers your sacrifice.



## Entrepreneur/comedian's message not just for students

By Maria McAndrew, LTMHS Correspondent

Walking into the Work Oriented Training Path's class at Lake of Two Mountains High School, I wasn't sure what to expect. All I'd been told was to show up ready to take notes and listen to someone brought in to talk to students headed to the work force.

That person turned out to be motivational speaker/stand-up comedian Neil Janna, a highly successful business owner turned comedian who had headlined in Just for Laughs and Las Vegas.



**Neil Janna, successful in comedy and business, gave advice to WOPT students at Lake of Two Mountains High School.**

At first, a comedian seemed like a strange choice for a motivational speaker. Comedy is not something often encouraged in the classroom. However, Janna quickly showed his angle on this.

One of the first things out of his mouth was, "Who here was the class clown?" He went on to tell us about his own time in school. How he had been the class clown, gotten average grades, and now works as a representative for Janna Sports, which he previously owned, and has comedy as side career and passion. It was clear that this was not your typical motivational speech – it was geared towards individuals, rather than just repeating the "Work harder, follow your dreams" clichés.

It's important to have a clear picture of Neil Janna, a tall man who walked into the classroom and sat on a desk to address us. He's "54 but acts 24," has three kids and is successful in both business and comedy. And for this gig, he worked extremely cheap.

How could someone be successful in two so seemingly different fields? "And," I thought, "why? Why would

someone with an interest in making people laugh go into business, of all things?"

Janna answered my question without my having to ask it. One of the focal points of his speech was the importance of having a back-up plan. He emphasized the importance of following your dreams... but not at the expense of logic.

Janna himself knew that comedy was not a stable field, and thus also went into business. But he never gave up comedy, and never will; he only pursues it as a passion and not as a way of making money.

Another important thing to know about Janna; he's a story teller. This is a man absolutely full of wild stories, many of which he told us during those 75 minutes, and many that he didn't.

Of course, while not always dependable, comedy is an exciting field to work in. He told us that he'd worked with some of the biggest names in the business, from William Shatner to Jimmy Fallon.

He also told us about one of us his gigs in the business... working as Mini Elvis. It was a concept a comedian friend came up with – a basic impersonation of famous people with the twist being that they were tiny. It was a complex joke to pull off, both being of a normal height. His friend devised a system where they used their hands as the feet of the costume, and moved the arms with attached strings.

They'd worked this gig in a lot of places, from Las Vegas to London (for Prince Charles!). And this story led Janna to his next point.

"It's not what you know," he said. "It's what people think you know."

This struck me. He went on to explain that, while school was important, it didn't necessarily reflect intelligence or capability. After all, Neil Janna saw the man who had engineered the whole "mini-Elvis" thing as a genius, and he had never been good in school.

No, he saw the motivation for succeeding in school was for other people to trust in our intelligence, and I found that a great way of looking at it.

We all have such different strengths and weaknesses. So as a successful (and hilarious!) man sat on a desk and told us that those things didn't reflect our worth... it was heartening.

The WOPT students then gave him a giant – and I mean giant – cookie, his agreed-upon price for dispensing his wisdom.

I believe that the mentality Neil Janna shared with us that day - to be passionate, but not at the expense of being practical; to work hard, but not let the outcome define us - is one that will stick with us.

I didn't know what I expected that day, but it definitely wasn't to get such sensible advice from a comedian. Although, after some consideration, I don't think it could have come from a better place.



## Every high school should have a Colour Clash

By Maria McAndrew, LTMHS Correspondent

Once a year, every year, the halls of Lake of Two Mountains High School become an explosion of colour. Streamers, posters, and students dressed in every colour of the rainbow create an excited energy, one that is unique to Colour Clash at LTMHS.

The great thing about Colour Clash is not the games, or getting to miss class, or even the prizes... it's the sense of unity from which no student is excluded.

Every year, I see students of all ages working as a team, determined to bring glory to their colour. And every year, I see students – students who wouldn't even interact with each other on a normal day – working together and having fun.



I've seen a senior team captain and an 11 year old girl, both dressed head to toe in purple, win the three-legged race arm in arm. I've seen anxious young students, intimidated by the attention on them during a game, be put at ease by the cheers of the older ones. I've seen students who don't know each other hug after winning as a team.

If you've ever set foot in a high school, you'll know these are not everyday sights.

And the day doesn't just have a very specific look to it... it also has a very specific *sound*. All day, at any given spot in the school, you can hear chants, screams, airhorns, laughter. Your ears will never be the same!

There are very few opportunities in school for the youngest kids to feel completely accepted by the older ones. However, on Colour Clash, they're genuinely happy to work together, which, to me, is important. I have a sister in Secondary 1. When I talked to her about Colour Clash, she said she thought it was a good way of welcoming new students to the school. I agree with her – when you're part of a team and spirits are so high, you can't help but feel that you belong.

As someone who gets closer and closer to graduating every year, I also think it's a fun way for the senior students to remember their school. By this age, at such a small school, you get to know everyone. While that's often a good thing, it means we spend a lot of time creating our own little social circles and rarely stray from them, sometimes barely talking to people we sit next to every day. To be placed in a team where we don't already know everyone is a good way to talk to new people, if only for a day.

Colour Clash doesn't only break down certain barriers between the grades and the students, though. It also (hilariously) breaks down barriers between students and teachers. For example, every year the teachers participate in a tug-of-war game against the seniors, though this was my first year at LTM that the teachers actually won.

And I've been here for four years.

Seeing even the teachers get so involved in something so silly really makes them seem more human, especially to the younger kids. As a student, it's easy to forget that our teachers are people too, who can have fun and suck at tug of war just like anyone else. (Joking, joking.)

With all this in mind, I find it a shame that more schools don't have a Colour Clash. I feel that in many schools, a sense of community is sacrificed for more "important" things, more traditional, rigid, academic values. But what makes these things more important?

It's critical that students feel they belong in their school. We all spend a minimum of 6 hours a day, 5 days a week here; that's more waking hours than many of us spend at home. So isn't it a priority to make that time as enjoyable as possible? Shouldn't everyone have a chance to find a place in their school? And isn't it important that students don't count down the minutes of the day?

I think these are the reasons that events like Colour Clash exist. They are why I wholeheartedly believe that high schools besides LTMHS, not only in Canada but in the world, should give it a try.



4Korners

## 4K conferences: Users' rights in health and social services - what to do when it goes wrong

By Carol Wetmore

Two Wellness Conferences at 4 Korners Family Resource Center in Deux-Montagnes last November dealt with people's rights in public health and social services and how to complain when they aren't met. They were led by the heads of the CAAP, which helps clients file their complaints when rights are not met, and the local Users Committee. Here are your rights:

1. The right to information about your diagnosis, prognoses and proposed courses of treatment; also about any incidents that occurred during treatment.
2. The right to care or services that are medically necessary even if they are not available close to home.
3. The right to choose where to go for care and from whom to receive it, depending on availability.
4. The right to receive the best appropriate care with the understanding that not all diseases can be cured or disabilities reversed.
5. The right to refuse or consent to care, except in emergencies when you are incapacitated.
6. The right to be involved in decisions about your treatment and to be informed of alternatives available.
7. The right to be assisted or represented by someone else of your choosing.
8. The right to shelter if you cannot be sent home or look after yourself on a temporary or permanent basis.
9. The right to obtain services in English where bilingual resources are available.
10. The right to access your own files. This can be done through the Carnet Santé Québec portal.
11. The right to privacy and confidential information. You must give explicit consent for others to have access.
12. The right to receive end of life care.

If you have not received the care you are entitled to,

you can file a complaint verbally or in writing with the Service Quality and Complaints Commissioner in your region. To contact the office of the Service Quality and Complaints Commissioner: by telephone (450) 432-8708 or 1-866-822-0549; by email at [info-plaintes@ssss.gouv.qc.ca](mailto:info-plaintes@ssss.gouv.qc.ca).

The CAAP in your region can help with making a formal complaint and accompany you through the procedure. To contact CAAP, call 1-877-767-2227.

For more information, remember to start with the 4 Korners ([info@4kornerscenter.org](mailto:info@4kornerscenter.org); 405-974-3940).

Thanks to presenter Robert Dyotte, Julie Sirois of CAAP, Francine le Roux, President of the Lac-des-Deux-Montagnes Users Committee, Noella Jean, its Coordinator, for the very informative conferences. The Committee's offices are at 55 Chénier Street in Saint-Eustache. It can be reached by phone at (450) 472-0013 and by email at [comite.usagers.lddm@ssss.gouv.qc.ca](mailto:comite.usagers.lddm@ssss.gouv.qc.ca).

## The Saint-Eustache blood testing clinic has moved

### Press Release



After November 13, the citizens of the MRC Deux-Montagnes no longer needed to go to the Saint-Eustache Hospital to have their blood drawn for different tests

prescribed by their doctors. A new blood testing centre is available for its users, not more than three kilometres from the Saint-Eustache Hospital. Situated at 239 Robinson Street in the industrial quarter of Saint-Eustache and open from 6:00 till 11:00 am, the new centre will be able to respond more adequately to the needs of its clientele.

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**Sandrine**  
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Coursier immobilier  
résidentiel

## This year we honoured the 100<sup>th</sup> anniversary of the end of WWI.

By Elizabeth Malcolm, President RCL BR. 185

I am sure on November 11 at 4:30 pm, no matter where you were, you were able to hear the many different churches ringing their bells. From Newfoundland to British Columbia, from the far north to our southern border, they all rang their bells 100 times. The churches across Canada honoured the memory of those who served during WWI by re-enacting 100 years ago on the very same date when church bells across Europe erupted in celebration of the end of the Great War. We were very touched by all of the churches that participated in this project.



Royal Canadian Legion Branch 185 hosted its 72<sup>nd</sup> annual Remembrance weekend. Commencing Saturday night with our Annual Supper, this year we added a community touch by asking the local schools and organizations to assist in decorating Veterans' Hall. The outcome of art work was incredible, and we could not have been more impressed with the final project. Thank you so much to St-Jude Elementary School, Lake of Two Mountains High School, Rotiwennakehte Elementary, Pavillon des Erables and Rosemere Memorial Scouting for all of your wonderful contributions. A special thank you to Mille Isle Girl Guides for your incredible centerpieces - they were absolutely stunning.

Our guest speaker this year was WWII veteran Lieutenant Peter Craske, who was willing to travel in to be with us for the weekend. He had been made a Knight of the Legion of Honour by the President of France for his contributions.

During the Munich crisis in 1938, he volunteered for the London Auxiliary Fire Service and served during the Nazi air raids on London. In 1939 he volunteered for the Royal Air Force, was called up in 1941, and trained in Canada as an Air Observer and Navigator.

He was then posted to the RAF Ferry Command and took part in the Battle of the Atlantic, flying across the ocean more than 30 times in the early days of trans-Atlantic flight. He was then posted to 512 Squadron for paratroop, glider and other duties.

He took part in the invasion of Normandy on June 6, 1944. If you don't know the date, that was D-Day, and if you don't know that ... it was the first battle scene in the movie "Saving Private Ryan." He was part of Operation "Market Garden" ("A bridge too Far") in Holland, the liberation of Belsen-Bergen concentration camp, as well as many other operations in Europe.

Following the end of the war in Europe, he served with 48 Squadron in the Japanese theatre in Burma and Malaya, ending up in Singapore in 1946. From here he returned home to Canada after five and a half years of war service.



In 1951 Peter became President of the Royal Canadian Legion Branch 185. It was a true honour to listen to the first-hand stories of his intensive military career as well as how our branch was formed, and especially how we obtained the building we still reside in. Out of the 10 living past presidents, we managed to get eight to attend a photo session - truly a once in a lifetime moment.



Sunday started with our Cemetery Ceremony. At Hillcrest Cemetery, with the aid of Ron Hunt, we placed a Canadian flag with the names of every veteran buried there on it. The Silver Cross Mother laid a wreath and then we proceeded to read out every name. It was such a wonderful feeling to see how many people endured the bitter winds to join us. After that we proceeded to Central Park, where our parade formed up and marched off towards the Legion.

This year's Cenotaph Service was a little different. As it was the 100<sup>th</sup> Anniversary, the Navy League Cadets rang their bell three times with every wreath that was laid. The 100<sup>th</sup> toll was made by Warrant Officer Special Forces Richard Rochette, bringing our Remembrance day ceremony to a close.

A weekend of such magnitude is not easily planned or executed. It takes the community to aid and support us, and this year was no exception. To everyone who shows up year after year, no matter how bitter the cold is, to assist in ensuring that the memories of those who did not come home, those who have served, and those who are serving are never forgotten. From the dinner on Saturday to the Cemetery Service, Parade and Cenotaph Service on Sunday, your continuous support, presence and participation year after year is deeply appreciated and remarkable. We hope to see you all next year.

**Thank you! Merci! Niá:wen!**

**Elizabeth Malcolm, President RCL BR. 185**

## New owners at the Deux-Montagnes IGA

By Heather M. Brown



It may be a surprise for you to learn that the Deux-Montagnes IGA was taken over October 29 by the Lamoureux brothers, Cedric and Hugo, who until recently worked with their father, Yves Lamoureux, at the IGA "Extra" in St. Joseph du Lac.

2009 the store underwent an expansion to become an IGA "Extra". The whole family, including an aunt, uncle and several cousins, has been involved with the IGA ever since.

Cedric, after graduating from HEC, the business school of the University of Montreal, became a Chartered Accountant, worked for two years in real estate. Hugo studied for a B.A. in Human Resources at the ESG-UQAM. Feeling they would complement each other, the brothers wanted to work with each other. As a result, they were selected by Sobeys, IGA's parent company, to become the owners of the IGA store in Deux-Montagnes.

They feel that they are in the right place at the right time. According to them, the store as it was had reached its maximum potential and needed new energy. They were looking to expand their family business and bring new life to the area. They want to make the store a place for customers to come to have a coffee, hang out and enjoy being there.



**Cédric Lamoureux, Mylène Lamoureux, Des-Neiges Binette, Yves Lamoureux, Janick Lamoureux, Hugo Lamoureux**

The family began their retail experience in 1964 when their grandfather, Edgar Lamoureux, opened the first Canadian Tire store in St. Eustache at the Scores' present location. After 13 years there, they sold that business. Yves moved with his father to run the Provisoir store on the corner of 20<sup>th</sup> Avenue in Deux-Montagnes, and worked there while going to college. A few years later, Yves decided to open his own Provisoir in Laval.

Yves and his wife bought their first house on 3<sup>rd</sup> Avenue in Deux-Montagnes and all of his children were born there. They are Janick, 33, Mylene, 32, Cedric, 28 and Hugo, 27. They lived on 3<sup>rd</sup> Avenue until 1994. At age 28, Yves, sold his Provisoir and bought a Metro in Dollard des Ormeaux. That Metro store, later changed to an IGA, was sold in 2006.

In 2005, their family started the IGA in St-Joseph-du-Lac, with Yves' brother Gabriel managing one of the departments there. Everything went very well and in

I was impressed by their enthusiasm. Cedric and Hugo have big dreams. They told me that they are glad to be here where they grew up and want to encourage their employees to make IGA Deux-Montagnes a welcoming place for customers to come to shop. They find that many people from here have been going to their father's IGA in St-Joseph-du-Lac and want to bring the experience they enjoy there to the store in Deux-Montagnes.

If you wish, you can even shop there without leaving your home. You can order and pay on line at IGA.net. There you can see all the items available, including specials, along with their prices. Or you can order by telephone and have a delivery made for a modest price, with special rates for seniors.

They invite the people of Deux-Montagnes to come and see the changes that are being made as an old IGA is made new again.



## Depannage Saint-Agapit Annual Food Collection

By Andre Ouillett

Mr. Cedric and Mr. Hugo Lamoureux, the new owners of the Deux-Montagnes IGA, generously accepted to become the Co-Presidents of Honour for the fundraising project to fill the Christmas baskets in Deux-Montagnes. In the presence of Mayor Denis Martin, the members of Agape, many officials and representatives of different groups, firemen, policemen, scouts, guides, schools, etc., the presidents officially launched the fund raiser to fill the Christmas baskets.



It is with the traditional food collection that this campaign started with a bang on November 25. As in past years the start was at Holy Family Church, 1001 Oka Road. It began at 1:00 pm when volunteers knocked on your door to pick-up your gifts of non-perishables and money.

## Route des Gerbes Angelica

### Press Release

The 6th of November saw the launching of a new attraction at the Route des Gerbes Angelica. It was "The Village of Sylvestre Pindebois" that joined with the Christmas festival of more than 250,000 lights.



The new village is an invitation to discover Lucio, a gnome from Laponie, and his magical world, which was installed in the Sylvestre Pindebois forest. The village is a reproduction of the grandeur of nature, of an account written and edited by the Route des Gerbes Angelica. The book is directed towards a unique code permitting us to have access to the audio book. For every book sold \$1.00 is given to the region's food banks.

From their arrival at the Route des Gerbes Angelica visitors are transported into a luminous universe where dreams and reality are close to one another, as they should

This year volunteers were absolutely necessary so that every house in Deux-Montagnes could be visited. Many people collected food or money at their work locations, and you are invited to do the same.

In the last 12 years with the grace of your donations Depannage Saint Agapit has distributed more than one million dollars in aid, which was given as Christmas baskets, food gifts and other forms of help. In 2017 at the time of the floods in Deux-Montagnes, which affected many families in our city, we gave more than \$60,000.00 in aid. In 2018 we gave 192 baskets impacting numerous children. Other than food donations all year we have helped families whose children needed school supplies in the amount of \$12.00.

Volunteers were identified with a self-sticking nametag. People who were absent on November 25 can deposit their gifts at the municipal library, in different churches or at the Maison des citoyens at 202 Henri-Dunant Street (under the library). You can also give gifts during the Santa Claus Parade on December 2.

To be on the list of people to receive a Christmas basket you must be registered on the list of recipients. To be put on the list you should go to the Maison des citoyens (address above) on November 26 28 and 30 from 9-11:30 am; and December 3, 5 and 7 from 9-11:30 am. A proof of residency along with proof of need is required such as a cheque stub or proof of unemployment insurance. Recipients with children need to bring birth certificates and proof that they are the guardians of those children, ex. Blue Certificate, Health Care cards.

The distribution of the food baskets will take place on December 22 in the afternoon at the basement of Holy Family Church.

be in the enchanted forest, the universe of stories and legends, the kingdom of the Ice Queen, and the long awaited visit to Santa Claus' yurt.

To warm up, what better than a hot chocolate accompanied by a homemade donut? For a real hunger, the food truck will fill even the most fussy eaters. For a corporate gift which stands out, a product of the area, a remembrance of Lucio, a stop at the Trouvailles d'Angelica gift shop would be good.



Schedule Weekends from Nov. 9 to Dec. 30; Fridays, Saturdays, and Sundays from 3:00 pm to 9:00 pm and the 18, 29, 20 and 27 Dec. from 3:00 until 8:00 pm.

We are at 6015 rang St-Vincent, Mirabel, Qc, J7N 275, [www.geresdangelica.com](http://www.geresdangelica.com) (450-258-1648).

## A Look at Rosemere

By Marge McCord and Kathy Nolan

There has been so much going on in Rosemere over the last few months; hopefully you've had a chance to attend one or many of the past activities. Of those, how about one of the Mayor's monthly breakfasts? The idea behind these is to offer residents an informal opportunity to discuss any specific issue they may have with their elected officials. Most of these have been theme-oriented including the one held in September, on the 22<sup>nd</sup>. Residents were invited to road-test electric vehicles, attend the talk "The electric car, is it for you?" and to consult with specialists from the Association des véhicules électriques du Québec (AVEQ). Over 50 participants took advantage of the event to conduct road tests.



PHOTO BY KATHY NOLAN



PHOTO BY DANY LEVESQUE

In keeping with the Town's preoccupation with environmental issues and wishing to reduce greenhouse gases, the Town purchased two Ford Focus (2018) electric vehicles (with a range of 185 km). These vehicles will be used by the Urban Planning and Urban Forestry inspectors. They are without a doubt a great addition to the already existing fleet of vehicles. One of the Ford Focus vehicles and another electric vehicle were on site during the Mayor's breakfast.



PHOTO BY KATHY NOLAN

The Mayor's breakfast in October gave the Mayor and Town's counsellors an opportunity to congratulate and celebrate the ten young Rosemere athletes who participated in the Finals of the 53<sup>rd</sup> Jeux du Québec, which were held from July 27 to August 4 in Thetford Mines and the surrounding area. Clovis Archambault, Sebastian Bédard Pérez, Samuel Couture, Clara Demarbre, Pénélope Primeau, André-Anne Racine-Prud'homme, Isabella Rizzuto, Edward Robidoux and Alexie Plante-Cary were invited to sign the Town's Golden Book in front of family and friends in the library's atrium on October 20. Marc Zito-Danis, who couldn't attend that Saturday, was invited to sign the Golden Book in the Mayor's office on October 29. A list of the athletes and their respective disciplines is available in the official press release on the Town's website. Congratulations to all!

To mark the Town's 60<sup>th</sup> Anniversary, two commissioned sculptures were unveiled on September 28. The one realized by Jacques Bénard entitled "L'avenir" (The Future), which pays tribute to the young people, representing the future, is located in the skatepark of Charbonneau Park. The second, inspired by the Town's name, combines a rose with a prism, symbolizing the Town's exuberant development over the past 60 years. Entitled "La rose" (The Rose) it was realised by Jean-Yves Côté and is located in front of the library. The creation of each of the sculptures was done live for public viewing during the month of August for artist Jacques Bénard and the month of September for artist Jean-Yves Côté.

Following a student exchange in August between the Town of Rosemere and the Town of Formerie in France, a delegation of ten or so members from Fromerie visited Rosemere. The visit allowed Formerie's mayor, William Bous and Rosemère's mayor Eric Westram to discuss among other things future student exchanges. In the Town's official press release Mayor Westram noted that, "The Town of Rosemère is delighted to take part in these types of student exchanges, as they not only help deepen the cultural knowledge of French and Québec youths but encourage them to discover the riches of countries other than their own,"

*Continued on page 23*

*Continued from page 22*

Art is an important aspect of life in Rosemere. This time it was painter Sylvain Thérien's opportunity to shine with an exhibit of his works held at the H.-J.-Hemens municipal library. Hopefully you got a chance to enjoy his artistry.

Speaking of art, did you get a chance to drop by the Hamilton House to attend the Fall Art Fair organized by the Rosemere Artists Gathering during the weekend of November 16 to 18? I'll write a little more about that event in our next issue.

On Saturday, September 29th, Town Counsellor Stéphanie Nantel attended the award ceremony for the 2018 edition of "Communities in Bloom National & International Awards Ceremonies" held in Strathcona County, Alberta. The Town of Rosemere obtained the Gold award of excellence and a special mention for its Urban Forest. On her Facebook page Stéphane states, "I was privileged to receive on behalf of the Town, its citizens, volunteers and Rosemere businesses, this prestigious award..."

To read more about the evaluation process, what some judges had to say about our beautiful town and to learn more about the Communities in Bloom organization, check out the Town's website. The official press release mentions that "The Town of Rosemere was entered in the International Challenge (large) category competing with the towns of Beaumont (Alberta, Canada), Brooks (Alberta, Canada), Llandudno in Bloom (Wales, UK), Nieuwpoort (Belgium) and Szentes (Csongrad, Hungary)."

On Friday, October 12, the Rosemere Volunteer Services Association held their second general meeting; with a light lunch served afterwards. During the meeting, President Gloria Kuhur, on behalf of all members, thanked Valerie Bigras, who has volunteered her time at the RVS shop for the past 12 years. Valerie, who was manager of the RVS Shop, is an avid volunteer who also gave her time to Entraide-Rosemere, the Cancer Society and other associations. After some 20 odd years helping others, for which we should all be grateful, she has decided to spend more time with family. The members of the Rosemere Volunteer Services Association presented Valerie with a wonderful thank you gift, a superb handbag.

Also, during the meeting, new shop manager Gayle Lemm was introduced. Gayle is certainly not new to volunteering. She has been involved in the Rosemere community as a volunteer, especially at Rosemere High School, for more than 40 years. The members wished her great success in her new adventure.



PHOTO BY KATHY NOLAN

Speaking of volunteers, did you know Rosemere has approximately 45 organizations run by volunteers? Rosemere is very fortunate to be able to count close to 500 volunteers providing their time and efforts to these various associations. To honor their contribution the Town has hosted, for several years now, a yearly theme-oriented banquet evening. This year it was held on October 20 and its theme was "The Great Gatsby". Guests were asked to dress accordingly and nearly 300 volunteers accepted the invitation to attend. In the official press release Mayor Eric Westram says it all, "Volunteers are the very heart of our community life. Thanks to their relentless involvement, our citizens have access to better services and a greater quality of life. Regardless, to which of the organizations they give their time, they contribute directly to its success."

The Town of Rosemere not only recognizes its volunteers at the annual gala, it also awards a person or an organization their Honoured Citizen Recognition Award. As stated in the October issue of the *Rosemere News*, the Town has decided to officialise the "Honoured Citizens" event with a ceremony to be held in March 2019. Awards will be given out to winners in the following categories, culture, community, sports, environment, humanitarian, education, youth, business, science, technologies and news, media and posthumous. Winners will be selected by a committee of elected officials, members of the public administration and residents.

If you know a person or an organization that has displayed excellence or made a difference in the community or on a national or international level, you have until December 15 to nominate them. Nomination forms and details on the specific criteria that need to be met are available on the Town's website or at the reception desk of the Town Hall. The form and all pertinent documents can be submitted online or sent by mail to: Service des loisirs, 325 chemin de la Grande-Côte, Rosemere, QC J7A 1K2

With December comes the holidays and if you need to find a unique gift for a special someone, a great place to look might be the Rosemere Volunteer Services Boutique, which is usually open daily 10 a.m. to 3 p.m. It's always a good idea to call ahead (450-621-4060) to make sure the shop is open. You have until December 14 to drop by before the holidays. The shop will reopen on January 14.

Another shopping venue is the Marché de Noël de Rosemere / Etsy Laurentides taking place Friday, December 7 (6 p.m. to 9 p.m.), Saturday, December 8 (10 a.m. to 5 p.m.) and Sunday, December 9 (10 a.m. to 4 p.m.). The RVS shop will also be open during these times. As you probably know, the shop is located in the Community Center at 202, chemin de la Grande-Côte.

To promote an activity or an up-coming event, I can be reached via email [katnolan@hotmail.com](mailto:katnolan@hotmail.com) or by calling 450-512-2864.

On behalf of Marge McCord and myself, have a great holiday season and best wishes for the year 2019. May it be filled with a multitude of adventures and great moments.



## Message from the Church Snoop

Isn't it wonderful that we can still hear Paul Reid on the radio or his old fashioned tapes that help keep the true story of Christmas, the greatest gift of all, alive?

A few years ago, Norma remembered mentioning her concern to two eminent clergymen who simply laughed, and yet from then, 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**. Let's return to saying MERRY CHRISTMAS. After all, it is Christ's Mass.

I would like to express my grateful thanks to the following very dedicated contacts:

Lillian Bonneville, St. James Anglican; Beverly Cordell, All Saints Anglican; Lynne Fougere, Holy Family; Pastor Fred Greenwood, Peoples church; Jenifer Forester Riverside United; Stella Cox, Christ Church United Carmela Farina, Holy Cross; John Thevenot, Church of God.

We pray that God will bless them, their families and all our readers as we celebrate God's greatest gift to us all, his son Jesus Christ. Many thanks blessings to you all and a very Merry Christmas and a happy and healthy 2019.

Eric, The Church Snoop.

## Church of God

815 Rockland St. Deux-Montagnes  
450-491-6873  
Pastors John and Arlene Thévenot



"Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us." (Matt. 1:23) Shakespeare once said "What's in a name?" In this case, the name is everything and the name says it all. Why Christmas? Because Emmanuel, God with us, is still as

## The Church Mouse

By Eric Painter

necessary and as important today as it was when Isaiah prophesied it and when the angel announced it. "God with us." If we have God with us, we have hope. If we have God with us, we can make it. If we have God with us, why fear? God with us! That's what Christmas is all about, and if we forget that, we have really forgotten it all. We wish you all a blessed Christmas and please come by and worship with us on Sundays. The service is at 10 a.m. and we always welcome visitors warmly.

## Riverside United Church (Rosemere Memorial)

200 Grande Cote, Rosemere  
[www.facebook.com/Rosemere-Memorial/](http://www.facebook.com/Rosemere-Memorial/)  
450-437-5560



There are some questions that simply cannot be answered by Google. We are looking forward to seeing you for our reflective services as we pray for the world, call to mind our sins, ask God's forgiveness and hear the declaration of absolution at 11:00 am every Sunday morning. Join us for a social coffee time afterwards.

## All Saints Church

248-18th Ave. Deux Montagnes  
Tel: 450-473-9541  
Priest: Reverend David Hart  
[david@allsaintsdeuxmontagnes.ca](mailto:david@allsaintsdeuxmontagnes.ca)  
[info@allsaintsdeuxmontagnes.ca](mailto:info@allsaintsdeuxmontagnes.ca)  
[www.allsaintsdeuxmontagnes.ca](http://www.allsaintsdeuxmontagnes.ca)



Prayer time 10 AM in the pastor's office  
Sunday services with Sunday school at 10:30 am

- 1<sup>st</sup> Sunday – Morning Prayer
- 2<sup>nd</sup> / 4<sup>th</sup> Sunday – Holy Communion
- 3<sup>rd</sup> Sunday – Family service (Morning Prayer)
- Dec 30 Church Cafe

The Two Mountains Community Youth Group is for all high-school aged teens. We meet every Friday from 7:30 – 9:30, except for every 3<sup>rd</sup> Friday, which is SPAM (Sports night at Mountainview). Dates and times, are subject to change so please like our Facebook page, visit our Website, or phone.



**Dec. 1/Jan. 5- "Food for Body and Soul"** monthly breakfast 9:30 am – church hall  
**Dec.2- 1<sup>st</sup> of Advent - Lighting of the Advent Wreath**

**Dec 19/Jan 16 - Come to Messy Church and be messy.** Join us for a light supper, craft, activities, celebration and fun from 5:30 pm-7:00 pm

**Dec 9,** Ecumenical Service of Lessons and Carols to benefit Agape Deux Montagnes 7pm

**Dec 20/Jan 31:** Holy Communion service at Les Cascades 10:30 am (Christmas Service on Dec 20)  
Dec 23- The Story of Christmas – Christmas Pageant

**Dec 24 -Christmas Eve Family and Candlelit Service – 7:00 pm**

The Christian Faith is an invitational faith. At Christmas we celebrate the ultimate mystery of the Incarnation – the Word made flesh that dwelt among us in the form of the Christ child born in Bethlehem. The Christian Faith is an invitational faith. Not a faith of demand. We are simply invited like the shepherds on the hillside of Bethlehem, to come and see this thing that has come to pass. We are free to choose, to accept the invitation or turn away.

The Christian Faith is a shared faith and no longer a private faith. We are invited to share our faith with others.

The Christmas story is a story that comes down to earth from on high and speaks to us in its simplicity, touching our lives, giving us light in our darkness and hope for our future.

We invite you to join us at this special time of year and listen once again to the Christmas Story and let its invitation touch your life.

Rent our kitchen and hall for group meetings and activities

Jerry East 450-623-4929

[rentals@allsaintsdeuxmontagnes.ca](mailto:rentals@allsaintsdeuxmontagnes.ca)

## Freedom Baptist Church

215 St Laurent; 106-108. St. Eustache  
[www.freedombaptist1611.org](http://www.freedombaptist1611.org)



Sunday worship at 10:00 am, 11:00 am, and 6:00 pm  
Wednesday night prayer meeting and Bible study at 7:00 pm

*Continued on page 25*

## The Church Mouse

Continued from page 24



### Christ Church "Out to Lunch"

214-14th Ave, Deux-Montagnes

The Community Lunch Room is open Tuesday's for all residents in and around Deux Montagnes. We are supported by a Grant from the Good Samaritans Fund of the United Church of Canada, and sponsored by Riverside United Church, plus the local AGAPE Committee, 4 Korners, and the Lions Club. We welcome all comers to join us for a free delicious hot lunch Tuesdays, noon till 1:15 pm. There is no charge, but a donation will never be refused, so just come with your friends for a lovely meal in a convivial atmosphere. We are always happy to see you. The only rules are that everyone respects each other, and all children must be accompanied by an adult. For more information please call Stella Cox at [450-623-5192](tel:450-623-5192).

## St. James Anglican Church

328 Pine St. Rosemere, QC  
Tel: [450-621-6466](tel:450-621-6466) [info@stjamesrosemere.ca](mailto:info@stjamesrosemere.ca)



St. James welcomes you every Sunday at 9:00am. Fellowship and refreshments follow each service.

A Community Outreach Dinner will be held Saturday, 15 December 2018 at 6 pm.

Admission is \$10.00 per person, under 10 free. RSVP [450-621-6466](tel:450-621-6466). Reservations advised.

The Drop-In Centre will close for the Christmas Holidays on December 12 and re-open Wednesday, 9 January 2019 at 10:00 am.

Please join us for fellowship and a light lunch.

Our Christmas Eve Service of Light will be held at 9:00PM, Monday 24 December 2018.

St. James wishes to thank you for your continued support throughout this past year. We also wish you a most blessed Christmas and Hope for Peace in 2019.

Thank you and God Bless

## Holy Cross Parish Rosemere



Ste. Françoise Cabrini Church,  
210 Rue de L'Eglise, Rosemere  
Parish Centre: 555 Lefrancois,  
450-621-2150 Fax: 450-621-9080  
[www.holocrossrosemere.com](http://www.holocrossrosemere.com)

CHRISTMAS BASKET COLLECTION  
Saturday Celebrations 4:30PM St. Françoise Cabrini Church, Rosemere.  
Sunday Celebrations 11:00AM St. Françoise Cabrini Church, Rosemere.  
CHRISTMAS SCHEDULE TENTATIVE  
DEC 22 NO SATURDAY MASS  
DEC 23 SUNDAY 11 AM  
DEC 24 TUESDAY CHRISTMAS EVE 4:30PM  
DEC 25-CHRISTMAS DAY 11:00 AM  
JANUARY 1, 2019 NEW YEAR'S DAY 11:00 AM  
JANUARY 6, 2019 11 AM

**FAITHED PROGRAM**  
"Be My Disciples" For more details, please contact: Anny Rail Fink  
Email: [annyrail@outlook.com](mailto:annyrail@outlook.com) 450-419-4056

HALL AVAILABLE FOR RENTAL (120 people max)

Liquor license required if serving liquor. Please call the office for information

PLEASE NOTE DATES AND TIMES MAY CHANGE.

PLEASE CONTACT THE OFFICE

## Holy Family Parish

1001 Ch. d'Oka, Deux-Montagnes,  
Tel. 450-473-2163

E-Mail: [holyfamilydl@hotmail.com](mailto:holyfamilydl@hotmail.com)  
Website: [www.holy-family-dm.ca](http://www.holy-family-dm.ca)



Parish Priest: Father Tony Solano  
Deacon: Wayne Riddell

Weekday Masses: Wednesday;  
Thursday & Friday 9:00 a.m.

Weekend Masses: Saturday 5:30 p.m. &  
Sunday 11:00 a.m.

FEAST OF THE INCARNATION –  
CHRISTMAS

4<sup>th</sup> SUNDAY OF ADVENT - SAT, Dec. 22,  
5:30 p.m. - SUN, Dec.

23, 11:00 a.m.

CHRISTMAS MASS - MON, Dec. 24,  
7:30 p.m.

HOLY DAY OF OBLIGATION - TUES,  
Dec. 25 11:00 a.m.

FEAST OF HOLY FAMILY - SAT, Dec. 29  
5:30 p.m. - SUN, Dec. 30, 11:00 a.m.

Followed by Light buffet  
SOLEMNITY OF MARY,

THE HOLY MOTHER OF GOD -  
MONDAY, Dec. 31 5:30 p.m.

HOLY DAY OF OBLIGATION -  
TUESDAY, JAN. 1 11:00 a.m.

ADVENT:

CONFESSIONS – Saturday 5:00 p.m.  
and Sundays 10:30 a.m. during Advent

CWL Progressive Whist -2018- Sat. Dec.  
1 & Jan 12 12:00 p.m.

Lord Jesus,

Please forgive me for being so grumpy as I trudge through the never-ending tasks set before me this holiday season...

My to-do list seems to keep growing with shopping, church services, and family gatherings,

and I'm running short of time!

Restore the joy of Christmas to my heart, and help me to relax each day and make time for YOU.

*Continued on page 30*

### SEND

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### 6 ISSUES

\$20.00 For Canadian addresses

\$25.00 For U.S. addresses

\$35.00 For European addresses

Cheque

# Ron's Corner

## THE WAY WE WERE

By Ron Kessler

Hi to all. I don't know about you, but I am one of those people that is comfortable with the old, excited for the new and fearful of the future!

I have enjoyed camping at the same spot for the past 35 years, I enjoy playing golf with the same buddies year after year, I enjoy driving to and from Montreal and yes, being with the same fantastic woman for the past 40 years! (She made me say that!!!).

But over the past few years, I have noticed that as I am getting older, things change but not necessarily for the better.

Our camping spot has new campers from afar who enjoy doing the things we did 35 years ago, some of my golf buddies have given up the game either for health reasons ... or worse, and for the obvious reasons as you, I no longer enjoy driving to and from Montreal.

Another example is how the scenery is changing. Many of you may be golfers as I am and played at le Victorien. Well, the sad news for us is that the course was sold to a firm that is turning it into a "Cannabis farm"! Yep, 18 holes into pot fields. Then we have the old Deux Montagnes golf club that was dissected into a parking lot for Adesa auto auctions, as well as to the City of St. Eustache to build an industrial park. The old St. Andrews course in St. Andrews, Qc has been sold off to residential developers. The Cardinal course will be developed within a couple of years (rumors say) which is sad! There are four reasons I have reservations for the future!

All of these beautiful nature spots...gone! As for one reason, MONEY! Look around you. How many vacant lots do you see in your neighbourhood? We all know that money is a main driver for change. If someone sees an opportunity to make some major bucks, get out of their way.

I still remember when most of these golfcourses were being built...farmers fields being turned into a great scenic and enjoyable spot to play one of Canada's favorite sports.

This article is not just about golf, but more, of how things change. Do you remember driving along the 640 heading to work and there was a 1 ½ hour "rush hour" to

get downtown. Now since the population explosion in the suburbs of Montreal, that has turned into a three hour "rush HOUR" (on a good day). Once again, developers and land owners saw a chance to make big money, so there went the wooded areas we once knew, there went the snowmobile and bike trails to make room for the house and automobile explosion!

I never realized there was to be the influx of newcomers we have seen in the past 10-15 years. I enjoyed the past, and I'm excited for the present seeing our children grow and living vicariously through them at times, seeing our grandchildren grow and having more patience than when we were raising our own, (so say our sons). The future can be a different story.

The future is scary at times. The viciousness of politicians, the warp speed technology is advancing, the lack of empathy in general.

All of these things leave me a bit wishing that time passing by doesn't automatically equal major changes. Let's all step back and "smell the roses". Developers will remain money driven, the sellers will never say no to cash etc.etc.etc. Let's enjoy the present a bit longer before the future hits us like a ton of bricks. Then someone who now considers himself "young" can write an article for some paper and say how good the past was! Have a great fall and remember, Christmas shopping is approaching. Enjoy.

These are my thoughts, what are yours?

Ron

**Maintenance Totale**

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Fax: 450.473.1900  
dkennedy@remax-vrp.qc.ca  
www.equipekennedy.com



## Christiana's Community Cuisine



# Lemon- and Parmesan-Crusted Salmon



### Ingredients

- 1 salmon fillet, 1 1/4 pounds
- 2 tablespoons butter or margarine, melted
- 1/4 teaspoon salt
- 3/4 cup fresh white bread crumbs, • 1 slice
- 1/4 cup grated Parmesan cheese
- 2 tablespoons thinly sliced green onions
- 2 teaspoons grated lemon peel
- 1/4 teaspoon dried thyme leaves

### Steps

1. Heat oven to 375°F. Spray shallow

baking pan with cooking spray. Pat salmon dry with paper towel. Place salmon, skin side down, in pan; brush with 1 tablespoon of the butter. Sprinkle with salt.

2. Mix bread crumbs, cheese, onions, lemon peel and thyme in small bowl. Stir in remaining 1 tablespoon butter. Press bread crumb mixture evenly on salmon.

3. Bake uncovered 15 to 25 minutes or until salmon flakes easily with fork. Serve immediately.

# Simple Christmas Cake



### Ingredients

- 500 g (1lb 2 oz) luxury mixed dried fruit
- 50 g (2 oz) glazed cherries, chopped
- 1/2 tsp ground ginger
- 7 tbsp brandy
- 175 g (6 oz) butter or margarine, softened
- 175 g (6 oz) dark brown sugar
- 3 medium size eggs, beaten
- 1 tbsp treacle
- 225 g (8 oz) plain flour
- 1 tsp baking powder (gluten free)
- pinch of salt
- 1 tsp ground mixed spice
- 50 g (2 oz) ground almonds
- 1/2 tsp natural vanilla extract
- grated rind and juice 1/2 orange
- grated rind and juice 1/2 lemon
- apricot glaze
- ready rolled marzipan
- ready rolled icing
- christmas cake decorations set

### Steps

1. In a bowl, mix the dried fruit, cherries, ground ginger and 4 tbsp brandy. Cover and stand overnight, stirring occasionally.

2. Preheat oven to 150°C/Fan 140°C/Gas Mark 2. Grease a deep 20cm (8 inch) round cake tin. Line the base

with 3 layers of greaseproof paper, and the sides with 2 layers. This helps prevent the cake from burning.

3. In a mixing bowl, beat together the butter and sugar until pale and creamy. Gradually beat in the eggs, treacle and half the flour. Sieve in remaining flour, baking powder, salt and spice, and fold in with the ground almonds.

4. Stir in the dried fruit mixture, natural extract, citrus rind and juices. Pile into tin and smooth the top. On the outside of the tin secure 2 layers of brown paper 2.5cm (1 inch) higher than the tin itself, and tie with string. Bake in the oven for about 3 hours, until a skewer inserted in the centre of the cake comes out clean. Leave to cool in the tin.

5. Remove the cake and pierce with a skewer all over; spoon over remaining brandy. Wrap in greaseproof paper and foil then store in a cool, dark place for 1 month to 1 year, adding 1 tbsp brandy every 3 weeks as above.

6. Brush the top and sides of the cake with apricot glaze and using the inner tube to support the marzipan, lift the marzipan disc over and onto the cake.



Smooth marzipan over the centre and down the sides, pulling out any folds and trim any excess with a knife – make sure the surface is smooth, ready for the icing.

Moisten the surface of the marzipan with boiled water. Roll out the Regal-Ice icing following the instructions on pack and using a rolling pin lift the icing onto the cake. Smooth the icing down over the sides, remove and save any excess.

Finish with the Christmas cake decorations.



*Enjoy your meals !!!*



## 21st Annual Deux-Montagnes Pee Wee Tournament

By Ginette Venditoli

The days are getting shorter, the leaves are falling and so is the temperature.

For some, this is a depressing sign that winter will soon be upon us. However,

for hockey fans, this is an indication that another season of the fastest game on earth has begun and, more importantly, that a major event on the City of Two Mountains amateur sports calendar will take place in the not too distant future.

That's Right! ... the 21<sup>st</sup> Annual Lac des Deux-Montagnes Provincial Pee-Wee Hockey Tournament will be in town as of the 10th of December. Opening game is on Dec. 15, at 15:15 hrs. There will be disco skating on Friday Dec. 21, from 20:30 to 22:30. If previous years are any indication, this year's event will be an exciting time.

As a matter of fact, there is a good chance the level of excitement will be higher than ever before.

The format this year will ensure a minimum of three games for all teams in all divisions. So, there will be more opportunities for the participants to play and the fans to cheer as the teams progress to a coveted spot in the finals on the 23rd of December.

The action will be non-stop, so be sure you keep your agenda clear for the games of your favourite players and teams.

For more information on the schedule of games and/or to offer some time as a volunteer, please visit the AHMLDM website ([www.ahmldm.com](http://www.ahmldm.com)).



Four years ago we had a great quarterback, offensive line, running game, punt return guy, GM, and fan support. Also, we won the Grey Cup in 2002-2009-2010. Now we DO NOT have a great GM and quarterback, no running game, and a weak offensive line, and we gain no yards on punt returns. We do, however, have a very decent defence that has to play 75% of the game. By the time the fourth quarter comes around, they are totally fatigued. Worn out, they miss tackles and get penalties. The result: we lose. Getting a new GM and building the offensive line would be priority #1. My opinion, what's yours? Bobbyb.

### Sports Rap By Bobby Fordham



## Sports Rap: My Opinion

The 2018-2019 Montreal Canadiens are off to a very good start this year! As of October 16, they were 3-1-1 and beat Pittsburgh twice....pretty good for the second youngest team in the NHL. These young fellows have tremendous speed up front, creating havoc with the opposing defence, resulting in turnovers and eventually scoring chances. They also selected Shea Weber as captain, a proven leader. When he returns, he will anchor the blue line. Jesperi Kotkaniemi, a young, skilled centre, represents our future, along with Max Domi. The goaltending is solid and our grit, lead by Brendan Gallagher, is a very important part of team play. Another factor has been the play of Tomas Tatar, a very welcome addition. Keep it up, Montreal, and the Stanley Cup Final will be a reality! My opinion. What's yours? Bobbyb.

## Sports Rap: My second opinion

The once proud Montreal Alouettes have now missed the playoffs four straight seasons, 2015-2018. What the heck is going on?

## Sports Rap: Remembering Stan Rose

Two Mountains lost a great man this year. Stan Rose, a friend of 55 years, was 69 years young. He fought Leukemia for three years, only to succumb on to the disease on August 11, 2018.

Stan was a great athlete, not only playing football at a young age, but also softball, broomball and golf. He was very fast, with cat-like reflexes, and he was tougher than a ton of nails. It was special to be his teammate in hockey, softball and broomball. He always said, "It's not only about winning, but how you play the game."

Stan was a great brother to Brian and Judy, a great dad to Dale and Brad, and a great husband to his lovely wife Casey. It was a honour to know him and compete with him. Rest in peace, Stan. Bobbyb.

# It's all good

By Margaret Fung-A-Ling

## Soul-warming curried butternut squash soup

With plummeting temperatures, we need a soup like this; with a fragrance that says, "Come to me and I'll wrap you up in warmth from the inside out".



### Ingredients

2 tablespoons olive oil  
 1 tablespoon butter  
 6 cups butternut squash, peeled, seeded, and cubed \*  
 1 large yellow onion, chopped  
 2 teaspoons curry powder  
 ¼ teaspoon turmeric  
 ½ teaspoon ground cumin  
 ½ teaspoon ground coriander  
 1 tablespoon minced fresh ginger  
 2 cloves garlic, minced  
 4 cups vegetable stock  
 ½ teaspoon salt  
 ¼ teaspoon freshly ground pepper  
 Optional garnish:

½ cup fresh coriander  
 ½ cup dried cranberries  
 ¼ cup pumpkin seeds



### \* A note on cutting a butternut squash:

Admittedly, this was once a daunting task to me until I discovered what I call the "rubber mallet/vegetable peeler method". First cut off the stem and end for stability. Stand the squash upright on a stable cutting board, and slowly cut in half lengthwise from top to bottom using a sharp chef's knife. Rock the knife as you cut but if it's too difficult, use a rubber mallet to tap on the knife and push it down through the firmer sections. Scoop out the pulp and seeds from each half. Peel the skin using a sharp vegetable peeler (I like the Y-peeler by "SWISSMAR"; it's effective and durable). Lay the cut halves down on the cutting board, and chop each half into cubes . . . et voila! . . . you've prepared your curvy, "chopping-averse" butternut squash for soup.

### Preparation.

1. Heat 1 tablespoon of olive oil and butter in a large stock pot on medium heat then add squash. Toss to coat squash cubes with oil on all sides; cook until fragrant and slightly tender (about 10 minutes). Remove from pan and set aside.
2. Add another tablespoon of oil to the pot on medium heat. Add the chopped onions and cook until softened. Add spices, garlic and fresh ginger and stir until fragrant.
3. Return squash to the pot and sauté with spiced onion mixture. Add vegetable broth and stir. Increase heat to bring broth to a boil, then lower to simmer for about 45 minutes (or until squash is completely tender).
4. Transfer soup to a blender or food processor (you will need to do this in batches) and blend until smooth (about 5 minutes per batch). Return soup to the pot and simmer until warm for serving. Ladle soup into bowls and garnish with fresh coriander, dried cranberries, and pumpkin seeds on each portion.

This soup is best served fresh but can be stored in the fridge for 3-4 days and for 1 month in the freezer. Makes 6 servings. ENJOY!

# Announcements, Birthdays and Memorials

Continued from page 25  
**People's Church**

370 5<sup>th</sup> Ave, Deux-Montagnes  
 (450)472 4105

Pastor- Fred Greenwood  
 New Time-Sunday Service 10:30 am



## Birthdays

- Brandon Green, Dec. 1
- Janet Turner, Dec. 2
- Elizabeth Sacca, Dec. 6
- Cathy Rickert, Dec. 10
- Elaine V. Brown, Dec. 14
- Margie Lavallée, Dec. 14
- Zackary Green, Dec. 14
- David R.A. Brown, Dec. 16
- Doreen Draycott, Dec. 20
- Orane Green, Dec. 22
- Margaret Fung-A-Ling, Dec. 24
- Tess Moscato, Dec. 29
- Frank Glover, Dec. 31
- Rebecca Glover-Therrien, Dec. 31
- Betty Hensen, Jan. 2
- Makayla 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
- Claire Gravel Jan 16
- Nancy Tibbins, Jan. 22
- Samantha Stabile. Jan 22
- Mathias Benk, Jan. 24

## Anniversaries:

- Dave Byers and Heather M, Brown, Jan. 11
- Arthur and Pat Glover, Jan. 30

## In memoriam

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



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## December 2018

- Dec. 1 – Brunch with Santa – Dr. Seuss play
- Dec. 7 – Karaoke – 8:00 pm
- Dec. 12 – Lunch - time: noon – Theatre Group singing Christmas Carols
- Dec. 15 – Cribbage afternoon – kitchen open 11:30 to 1:00 – games 1:00 pm
- Dec. 19 – Bingo Afternoon – time: 1:00 pm
- Dec. 21 – Karaoke – 8:00 pm – Pot Luck Supper – 7:00 pm
- Dec. 31 – New Year's Eve Dance – music by Earl Flint - other information to TBC

## January 2019

- Jan. 4 – Karaoke – 8:00 pm
- Jan. 9 – Wednesday Lunch – Noon – price \$10.00 per person
- Jan. 16 – Wednesday Bingo – time – 1:00 pm
- Jan. 18 – Karaoke – 8:00 pm

## Other

- Mark your calendar for February 16<sup>th</sup> – Valentine dinner / dance – TBC
- Darts – Monday nights – kitchen open 6:30 pm
- Exercise – Tuesday & Thursday morning – 9:30 am
- Forever Young Theatre Group – Monday morning – 9:30 am
- Zumba – Tuesday / Wednesday night – 6:45 pm / Saturday morning – 9:30 am

Christmas Eve Service, December 24, 7 pm.

The Greatest gift based on the Greatest need:

Alas, it is that time of year again when we consider what we should give and to whom. Christmas shopping is one of those necessary "evils", (I can't believe I just wrote that). I guess in my case, I'm not getting better with age just crankier (c'est la vie). One lesson about giving I've learned over the years is get them what they need not what they want, even better is if what they need is what they want. Believe me when I say I have been on the receiving end of this gift giving principle when on one snowy Christmas morn I was blessed with five new pairs of socks, one pair from each member of the family.

When I think about the greatest gift ever given was it not based upon the greatest need principle:

If our greatest need had been information, God would have sent us an educator;

If our greatest need had been technology, God would have sent us a scientist;

If our greatest need had been money, God would have sent us an economist;

If our greatest need had been pleasure, God would have sent us an entertainer;

But our greatest need was forgiveness, so God sent us a Savior. (Author unknown)

"And she shall bring forth a Son, and you are to give him the name Jesus, because He will save his people from their sins." (Matthew 1:21)

Enjoy a blessed Christmas

## Advertising rates effective January 2019:

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## Effects of sleeplessness is catching up with me

By **Glenda Esguerra**  
**Paravie Fitness**  
**Personal Fitness Specialist**

For many of us, getting seven hours of sleep a night seems to be enough to function effectively during the day. If you're lucky to not have to jump out of bed at some ungodly hour early every morning, you may get even up to nine hours. In my case, six and a half hours or so used to be the norm.



Since early September, I've taken a second job that starts at 5:30 am. I had thought that if I only could get to bed early, then I'd still get my 6 to 7 hours of sleep. Between this new, physically demanding job, AND running my fitness studio from 3pm, it didn't take long for me to feel the deleterious effects of lack of sleep.

Sleep is often the first thing that we cut back on when we feel that other things in our life have to keep running smoothly. As a fitness specialist, I tell my clients that sleep is essential to optimizing one's health, wellness, hormonal balance, and towards having an abundance of energy to tackle your daily routines. I thought I could manage on five hours of sleep each night. Wrong! The problem was that I couldn't give up on my late night hour tasks...family time, computer work for my fitness studio, some reading. Although I initially kept up with my own workouts at my gym, it wasn't long before I was having trouble even getting five hours of sleep a day. Each day brought diminishing returns in my performance as I couldn't keep up that sleepless-super-woman image I had of myself.

Fatigue came rather fast. Work I needed to get done on my computer would be put off for the next day. The next

day became two days, three days, then a week. I had clients to follow up on, emails to respond to, articles to write, but I couldn't get to them. I was too sleepy. I'd fall asleep at the computer. When I re-read what I had typed, my words were often incoherent. I couldn't stay focused or even concentrate for more than a few minutes at a time. I was mentally exhausted.

I always thought things would turn out well in time. Being the eternal optimist, I thought that I'd be able to better control my routine if I could just catch up on sleep the next day. What I didn't see happening more frequently was that feeling of grogginess. I'd shake my head to try to focus my attention on the immediate task I was working on.

Everything at work irritated me. My co-workers all seemed inconsiderate, rude, and selfish. I knew that my cortisol levels were increasing. Thank goodness for my husband's own workout schedule. I exercised when he did. Otherwise, I probably couldn't get myself off the sofa. I was able to stick with my eating schedule. Imagine if I messed this up too! Lack of sleep tends to create hormonal imbalance, changing my metabolic processes, and no control over my appetite. Since I ate regularly, managed to get my workouts in, as well as the physical demands of this second employment, I actually have been losing weight. Sleeplessness could have turned me to weight gain, or high blood glucose levels had I been eating poorly.

Sleep deprivation also weakens your immune system. If I deprive my body of sleep, how can it combat viruses and bacteria, and any other foreign invaders. I couldn't afford to get sick. What I did notice, however, is that even though my workouts were not excessively intense, my body's recovery time seemed to take much longer than usual. I am also sore all the time.

Being a superwoman (or a superman for that matter) isn't about getting as much done in a day at the expense of sleep. It truly lies with prioritizing adequate rest as a foundation of our health and well-being. Our emotional, mental and physical wellness depends on it!

*If you have any questions to ask me, please don't hesitate to call me. If you need a personalized workout, nutritional evaluation or a fitness assessment, please contact me. We can schedule a consultation.*

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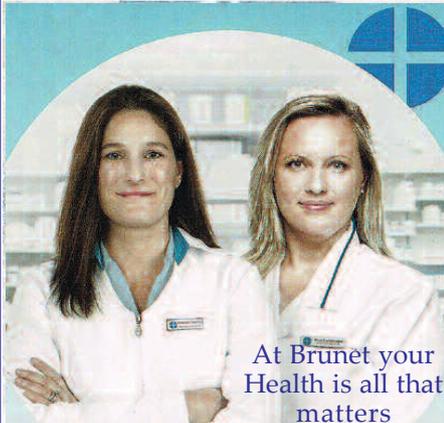
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