

Community Connections

SERVING THE AREA FROM KANEHSATÀ:KE TO ROSEMÈRE

Volume 17 / Issue 1

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February / March 2016



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46th Annual Santa Claus Parade, p. 23



**Linda Lapointe Députée/MP
Rivière-des-Mille-Iles, p. 7**



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**Deux-Montagnes 18th Annual Relax
Pee Wee Tournament, p. 16**



**Deux-Montagnes 17th Annual Coyotes
Ringette Tournament, p. 17**

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Message from the Mayor

Dear Citizens,

The New Year is a good opportunity to look back on the achievements of the past year and to set new goals for the new one. The goal for 2015 was to focus on sound management of public funds by reducing debt, spending

and maintaining a low tax increase.

Last December, the City of Deux-Montagnes presented its budget for 2016.

For a third year in a row, the average tax increase for Deux-Montagnes residents will be less than the rate of inflation. The impact on a normal tax bill in 2016 is a 1.2% increase for homes of average value – well below the 2016 projected inflation rate.

Operational and structural changes have made it possible to maintain existing services, reduce debt and limit tax increases. The Deux-Montagnes municipal administration has succeeded in reducing spending to a signifi-

cant extent, with a near-freeze (0.5%) again in 2015. This sound management has not come at the expense of public services, which have been maintained or even improved.

Also, a new property assessment roll has been submitted for 2016-2018. In order to spare the impact on taxation, it was decided to reduce the rate per assessed \$100 valuation from 88 cents to 84 cents, a decrease of nearly 5%. (for 1 to 5 units)

In 2016, the City of Deux-Montagnes plans to invest \$4.5M on infrastructure of which 50% is expected to be received from subsidies.

The City of Deux-Montagnes will continue its approach, which began in the fall of 2013, with an impressive turnaround of its finances and ensured the sustainability and quality of public services, while respecting taxpayers' ability to pay.

I would like to thank the councillors and City employees for their collaboration and hard work to deliver such a disciplined and balanced budget.

We will continue working together to improve the quality of our community.

Please accept my heartfelt New Year's wishes!

Mayor Denis Martin

Ville de Deux-Montagnes dedicates Olympia Park Chalet in the name of Nelson Lavallee



We would like to thank the City of Two Mountains for this lovely gesture. Our father, Nelson Lavallee, was married to Margaret McEwen for 25 years, and was the father of three daughters, Donna, Diane and Margie.

He loved this city, the people and especially his neighbours. He was a policeman, a volunteer fireman and a city councillor. He coached hockey, softball and ringuette. He was president of the Lions Football Association which he coached with our uncle, Jack Ratcliffe. My sisters will attest to the fact that most of our youth along with that of many others was spent at Olympia Park. Such fond memories - so again - thank you very much.

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Around the House with Paul and Karen

*By Paul Beatty
and Karen Burrell*

Winter is almost at an end. So far, it hasn't really been all that bad! We've had some really mild weather and not as much snow as we are used to, either! Usually, in February, I would say to make sure that all the snow is removed from your roofs as it's quite heavy, but as I'm writing this and looking out my window it's raining and most of the snow is gone! That being said, if there is snow on your roof now, have it shoveled off. If there is not, you will have one less chore to do. Enough about snow!

Let's go indoors and do some gardening. Start warmth-loving crops—such as tomatoes, peppers, eggplant, lettuce, carrots, etc. indoors in a sunny location along with some annual flowers, like marigolds and zinnias.

Now for some chores around the house: closets and dressers tend to accumulate lots of clothes that we no longer wear. They tend to take over our closets with ferociousness (well

at least mine do)! I found the best way to deal with this was to flip my hangers around. When something gets washed I put it back the right way and if I don't wear it for a year, it gets donated. But I only do this for my everyday wardrobe. Store winter and summer clothes in bins or in the back of the closet when out of season.

I try to deep clean the fridge, freezer and pantry at least once every two months. I go through everything and throw out expired items. I scrub everything with my trusty Magic Eraser from Mr. Clean. If you are lucky enough to have a carpet cleaner or a friend who has one, now is a great time to clean your carpets. Get someone to help you move furniture and clean under your couch, beds, desks, fridge, stove, etc. Clean out your floor vents if you have any by using the wand attachment on your vacuum or you can hire someone to do it and

don't forget to wash the vent covers. I'm always amazed at what gets trapped inside them! Wash all your pillows. I just throw them into a pillowcase and hope for the best! I then put them into the dryer on low heat. Wash all your throws and blankets. Clean your linen closet and dispose of any old linens. Stock up on anything that needs replacing. For those of you with children, get them involved too. The internet has lots of sites with age appropriate chore lists. Here's a good one—<http://lifehacker.com/the-chores-kids-can-do-by-age-group-1689862131>

It may help to make lists for your family members so everyone knows what is expected of them.

If you have any questions to ask us, any household tips to share or if you want to say Hi, please contact us at aroundthehousewithpaulandkaren@gmail.com



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The Green Corner

Vipassana Meditation Retreat in Montebello

By Sara Nicholson

nicholson.sara@hotmail.com

Off Highway 50, just past Hawkesbury, there exists a peaceful oasis in the trees: a Vipassana Meditation Center. The center hosts 10-day meditation retreats which allow newcomers to be introduced to the theory and techniques of Vipassana Meditation.

From October 14 to 25, I attended one of these retreats. It was an experience that I felt compelled to share.

Mindfulness and meditation have gained much popularity in the past couple of years, and for good reason. Meditation has been scientifically proven to have positive health benefits, most notably mental health benefits. A positive, happy brain invariably spills over into all other areas of one's life.

Meditation is more than just breathing in and out with your eyes closed and your legs crossed. There are many different ways to meditate and many reasons to meditate.

My studies in environmental science taught me that human behaviour is one of the most difficult things to change. This led me to further studies of human behaviour and psychology, from which I have learned much about cognition, the unconscious mind and habit patterns.

Life itself has taught me that I need to be the change I want to see in the world, that the only thing I can directly improve is myself.

This lesson has spurred my desire to know myself, to understand why I do what I do; and to retrain myself to let go of beliefs that prevent me from growing; to focus on the positive; and to become more loving, more caring, more patient, more understanding, more compassionate and more generous.

It was these desires that led me to the Vipassana Meditation retreat, and it was at the retreat that I learned yet another technique to develop these virtues.

Vipassana Meditation is a way to self-transform through self-observation. Yes, you close your eyes. Yes, you breathe in and out. And yes, you

try to sit (on a chair or on a mat) in the same position for a long period of time. Most importantly, though, it is about focusing your mind, increasing your awareness, and achieving equanimity (objectivity) about what you observe..

Our minds are almost always wandering; in the past, in the future, on this noise, on that feeling. And often they are focused on more than just one sensation, or one thought. Our rational minds dart back and forth, weighing, analyzing, critiquing. This means that our focus is often divided among multiple thoughts, sensations, and feelings. Our minds are magnificent multitaskers. Often, we are not even conscious of what our minds are taking in, it happens so automatically.

We like to think of ourselves as rational. However, many of our actions tend not to be based on rational decisions but rather unconscious reactions to stimuli. Since birth, we have learned to desire that which is pleasant and be averse to that which is unpleasant. We have learned to categorize certain things as good or bad, value things as better or worse.

And so we are happy when something we desire occurs. And we are angry or sad when something we are averse to occurs. In this way, we are constantly reacting to life.



This might not be a problem if we always got what we wanted and were always happy. The problem comes when we forget to be peaceful and instead react from a place of negativity.

Life is change. All things come and go, some take longer than others, but in the end, nothing is ever permanent. And just as things come and go, so do happiness and sadness.

Vipassana means to see things as they really are. When you train your mind to focus on what is, and not let your mind run away to thinking about how you would like it to be, it is so much easier to accept things as they are and act in a way that will benefit everyone.

I could go on and on about this. When you've been given a gift, you want to share it with everyone. And so that is what I hope to do. If you would like more information about the retreat, you can visit www.dhamma.org. If you would like to go to the retreat, great! If you simply want to start meditating at home, great! If you have any questions please don't hesitate to contact me at nicholson.sara@hotmail.com.



**Overhead view of the Retreat in Montebello:
Vipassana Meditation Center: Dhamma Suttama**



WE NEED A HAEMATOLOGY-ONCOLOGY CENTRE!

Before Christmas, I offered my unmitigated support to the Saint-Eustache Hospital Foundation's Haematology-Oncology Centre project.

This support aims to ensure equity of access to services and provide a range of care and proximity of services to the citizens of the region who are fighting cancer. In Quebec, the Saint-Eustache Hospital is the only facility of this size not to have its own cancer centre.

The municipalities, RCMs, CISSS and the Saint-Eustache Hospital Foundation are among the organisations supporting this project. As a matter of fact, all agree that too many patients in our area have to travel daily out of the region to receive their chemotherapy treatments. Moreover,

nearby hospitals currently treating the citizens of the region have reached their full capacity.

Regional stakeholders eagerly await a response from Health Minister Gaetan Barrette. The immediate availability of nearby modern premises and meeting the needs of a Haematology-Oncology Centre offers a real opportunity. Furthermore, the Saint-Eustache Hospital Foundation recently learned it was the beneficiary of a substantial testamentary legacy which will partly ensure in training and the acquisition of equipment.

I intend to work closely with community collaborators and the government to see that this project comes to life. It is a question of health and quality of life for many fellow citizens.

Should you like to share a situation that worries you, please do not

hesitate to contact me.

Benoit Charette

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



A SPECIAL THANK YOU TO ALL

by *Sandy Allen*

returned to St. Eustache Hospital via Voyager Medical Transport where I underwent emergency surgery. My stay in the hospital was for 47 days and I was questioning if I was ever going to be released.

A check-up revealed that the bones were not setting correctly and in order to make things work, it would be necessary to start over again..

The second surgery was done on December 18 and the compromise was that if all went well I could return home for Christmas.

This is not being written to send out an update, but rather to thank each and everyone of you for all the love and care we received during this time. At first I tried to

keep tabs on all those who helped us out, but after so many days this became an impossibility.

One thing we wish to remark is what a wonderful place Deux Montagnes is to live in and the people of this town know how to show their care and support.

As mentioned I cannot show all the support without leaving someone out, so will mention some:

St. Eustache Hospital, Orthopedic surgeon, Hospital staff, C.L.S.C., The Lions Club, Meals-on-Wheels, Girl Guides, Womens' Time Out, The Heritage Bingo Club, family, friends, great neighbours, etc...

I especially want to thank my husband but he has prohibited me from doing so, but I'm sure you all know what I mean.

Please accept my letter of thanks to each and everyone of you. You don't realize how grateful I am.

Sincerely,
Sandy Allen



School Matters

By Gordon Wetmore
gordonwetmore@yahoo.ca

I remain concerned about the tentative settlement of the contract dispute between public school educators and the provincial government. I think parents, students, educators, politicians and pretty much everybody should be.

Look at what the government said it intended before protests and voter anger made it rethink its position. It was going to gut learning conditions for students by increasing class sizes while simultaneously increasing the number of special needs students in classes and abolishing coding. The number and hours of specialized educational technicians to help the special needs children were to be reduced. These were the working conditions "offered" by the Treasury Board and the Ministry of Education, Sports and Leisure.

If the government had prevailed, it would have saved money by reducing the number of teachers and specialists. But what would have been the cost of that?

Consider what it is like in a classroom where there is barely enough room for the desks and the students outnumber the books. I have taught in such high school classrooms. The heat generated by 38 to 44 adolescent bodies quickly grows stifling. Big people with no elbow room irritate easily. Minor irritations and boredom flame into squabbles and mischief. There is a constant struggle to keep attention focussed, explain concepts and instructions, and make assignments clear. Positive interactions between teachers and students, keys to motivated learning, are more wished for than achieved, and frustration is everyone's experience.

That was when classes were 50 minutes and special needs students were in smaller groups in their own rooms and taught, usually, by teachers specifically trained for those needs. Now high school classes are 75 minutes long and special needs students are included in most of them. However, with the coding reducing class sizes and frequent visits by educational technicians, learning conditions, while by no means ideal, are as productive as the earlier system.

(Students are only coded when learning is significantly impeded by a disorder. Disorders include obsessive compulsiveness, oppositional defiance, autism, auditory processing, dyslexia and lack of impulse control, but there are many more. And there never is just one problem. For instance, one of the most often talked about is attention deficit combined with hyperactivity. What is less known is that ADHD is often accompanied by intense anxiety and depression.)

The codes identify what disorder a student suffers from

– and the students do suffer, not just their grades. A coded student counts as more than one; that is how class numbers are reduced.

Now, imagine a 75-minute class in an overcrowded room and a number of special needs students in the mix, only the teacher does not know who they are or what they suffer from because they are not coded – and there is no specialized technician to help.

If any of the government's "working conditions" come into effect, the negative results will compound year after year. This contract will be the basis for the next contract, and so the effects will be perpetuated. Yes, I'm worried.

What disturbs me more is that our elected officials would even propose to degrade learning conditions to save money. Do you remember the hue and cry about the school dropout rate in Quebec? If all of their proposals were implemented, a generation of students from kindergarten through adulthood would be severely impacted and the dropout rate would balloon. Education and health are the only two services that directly act to benefit people, and these are the two that face the worst spending cuts.

Our premier is a doctor. Our health minister is a doctor. The first education minister of the present government was a doctor. The admonition "First, do no harm," summarizes the obligations in the Hippocratic Oath that all doctors must swear to uphold. Perhaps they forgot.

Please let your MNA, premier and education minister know what you think of their attitude toward your children. The weight of voters' opinion can affect their decisions. The lack of it will give them free rein to do as they wish.

PS – I described a high school situation above because that is the level I know. I invite elementary teachers, active or retired, to write to me of their experiences and concerns. Writers and their schools will remain anonymous if the writers wish.



A message from Linda Lapointe, Députée / Member of Parliament Rivière-des-Mille-Iles

For further information :
Jamee St-Hilaire
Legislative/Executive assistant
Ottawa – (613) 299-6462
linda.lapointe.a1@parl.gc.ca

October 19, Canadians chose change. In fact, during the latest election campaign, several issues were discussed, including what kind of Canada we want to live in during the coming years. With this in mind, I will be present and active in Ottawa to defend the records of Rivière-des-Mille-Iles with passion, ambition and integrity. To all electors of Rivière-des-Mille-Iles, I want to express my deepest gratitude to you for choosing me as your Member of Parliament.



Linda Lapointe taking the oath in parliament

I have always been present and active in my community and I'm happy to again serve my fellow citizens in my new role. I have confidence in the potential of people in my riding and their will to succeed.

My priorities are mainly turned to helping people in need, and to build a Canada that reflects the deepest Canadian values of fairness, equality and prosperity. For me, all Canadians should have a real and fair opportunity to succeed regardless of their origin or financial situation.

As stated in the Speech from the Throne by Prime Minister Justin Trudeau, the government will focus on those priorities:

Tax cuts for the middle class

We have introduced an ambitious tax cut for the middle class, the real engine of the Canadian economy. This middle class tax cut will provide \$ 3.4 trillion and will benefit about 9 million Canadians. Single benefit individuals will see an average tax reduction of \$ 330 every year, and couples will benefit from an average tax reduction of \$ 540 every year. Those changes took effect on January 1, 2016.

The importance of helping seniors

During the election campaign, I found several gaps in seniors' pensions. I will bring the voices of those who are vulnerable and who have given greatly to their community. Pensions for seniors need to be revised, and I will stand tall to defend this issue in the House of Commons.

An open and transparent government

The government that I'm part of is committed to openness and transparency. In fact, we will undertake consultations on electoral reform. We want to make sure that every vote counts. Also, we will follow through on our commitment to reform the Senate by creating a new non-partisan merit-based process for Senate appointments.

A clean environment and a strong economy

I've always known that a strong economy and respect for the environment can coexist. I'm proud to be part of the new leadership in the environment. We will re-introduce public and scientific input into our environmental decisions. I've been in favour of strategic investment in clean technologies and we will make them in our mandate.

Pre-budget consultations opened to public ideas

The Minister of Finance, the Honourable Bill Morneau will lead a tour across Canada to gain information. We want to prioritize the voices of Canadians and we recognize their expertise and their understanding of what they need in their communities. Indeed, I encourage the people of Rivière-des-Mille-Iles to participate in this public consultation event.

I'm looking forward to working with you and for you. I hope to meet you in the coming months. Thank you for the opportunity to represent the people of Rivière-des-Mille-Iles. I will live up to the expectations of my fellow citizens with respect to the democratic values of our country: integrity, respect for others and loyalty.

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contact us in the office 5 days a week from 9:00 to 17:00



Linda Lapointe and Micheline Groulx Stabile at Deux-Montagnes Santa Claus Parade



Open House Portes Ouvertes

January 27, 2016 - 6 to 8 pm
27 Janvier, 2016 - 18h à 20h



École Primaire
St-Jude
Elementary School
122, St. Jude,
Deux-Montagnes, QC
Tél: (450) 621-7805



At St. Jude Elementary, our students work in class with their own devices ("BYOD", tablets, laptops). Emphasis on the use of technology and extra French teaching time are all part of St. Jude Elementary's success.

À l'école primaire St-Jude, les élèves travaillent en classe avec leur propre appareil électronique (« PAP », tablettes, portables). L'emphase sur l'utilisation des technologies et du temps supplémentaire en français sont des éléments qui soulignent le succès de l'école St-Jude.

Education

- Integrated and individualized programs using adapted technology
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- Green school program

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- Music, Phys. Ed. and certain extracurricular activities are held in French

Complete Music Program

- Grades K to 6 in French
- "Flûtenvol" award winning flute choir

Facilities

- Gymnasium, music room, specialized French classrooms
- Cafeteria on site with hot meals
- On-site daycare (MESR)
- Wireless computer lab, Apple TV
- Smart board technology in each class

Activities

- Intramural and inter-scholastic sports
- Annual Book Fair
- Circus Club



Éducation

- Programmes individualisés avec des technologies adaptées
- Lecture guidée avec visites hebdomadaires à la bibliothèque
- Programme des écoles vertes

Programme de Français Enrichi

- De la Maternelle à la 6e année
- Musique, Éducation physique et certaines activités parascolaires offertes en français

Programme de Musique

- De la Maternelle à la 6e année
- "Flûtenvol" Ensemble de flûtes médaillé

Installations

- Gymnase, locaux de musique, locaux spécialisés pour le Français
- Cafétéria sur place avec repas chauds
- Garderie du Ministère (MESR)
- Laboratoire informatique, réseau sans fils, TV interactive avec Apple
- Tableau interactif multimedia

Activités

- Sports intra-murales et inter-scolaires
- Foire annuelle de livres
- Club de cirque



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Pain, Needlessly Extended Suffering: New MP Hears Patient's Story

By Gordon Wetmore

It was a poignant story that newly elected Member of Parliament Linda Lapointe and the Equité Santé Basses Laurentides (ESBL) members heard November 19 from Ms. P.O., a woman in her 80s awaiting confirmation as to whether her cancer was terminal.

The meeting at the 4 Korner's Family Resource Center in Deux-Montagnes suspended its scheduled agenda to permit Ms. P.O. to speak while her pain and waning strength allowed.

Ms. P.O. had been planning a trip with family members to Japan until increasing abdominal pain forced her to the emergency room at the St. Eustache Hospital in mid-September. She entered at 7:00 pm but was not seen for 18 hours - 12:30 pm the following day.

An ultra-sound at the hospital showed nothing useful. She was given painkillers and sent home.

When the pain got worse, she paid privately for an ultra-sound with a bigger machine. A mass was found on her kidneys. After more scans and x-rays, a urologist told her that there was cancer both in her kidney and outside it. It was inoperable, and she might have between one and two years to live. However, a week later, another urologist said that the mass may be only outside and she might have another 10 years. A biopsy would be needed to confirm it. He promised to call her within the week but it was two weeks before he did, she said.

The pains grew worse and the pills made her too nauseated to eat. Her weight dropped below 100 pounds. She was sent to see an oncologist. After waiting an hour and a half, she heard from the oncologist that a mistake had been made - Ms. P.O. should see an oncologist only after a diagnosis was confirmed by a biopsy.

Back home, the pain drove her to return to emergency, this time by ambulance. They kept her in the hospital for eight days.

Then the scheduled biopsy was cancelled.

In our area, there is only one doctor who performs such biopsies, and that doctor suddenly went on leave, she said. A new biopsy was scheduled in St. Jerome in two more weeks, the day after the ESBL meeting.

After a half hour of talking and answering questions, it was time for her to return home. Everyone at the meeting, many of them her friends, thanked her for her courage to come and share her painful story.

(It was not until December 14 that Ms. P.O., then back in St. Eustache Hospital, received the results of the biopsy and learned that her condition was terminal. A palliative care doctor adjusted her medication so that the nausea was reduced and the pain lessened. Able to eat a little and rest more comfortably, she returned home.)

In the meeting that followed, a visibly moved and angry Ms. Lapointe said that inequality of health care

was already a problem back in 2007 when she was a Member of Quebec's National Assembly. The Lower Laurentians have always had the worst emergency room waiting times in the province and they continue to worsen, she said. "We don't receive the services for the taxes we pay."



Newly elected Member of Parliament Linda Lapointe and the members of the Equité Santé Basses Laurentides, who together heard the sad story of Ms. P.O. and health care service delays.

Duncan Hart Cameron of the ESBL said that there is a real need for the federal Minister of Health to step in regarding transfer payments to Quebec and the services given here. Laws are being passed in Quebec to encourage privatizing services that set up barriers to the Canada Health Act's guarantees of equity. Our area has the worst funding deficit in the province (\$75 million a year over the last three years), fastest population growth, least access to family doctors and fewest services, he said.

ESBL members Elizabeth Saccà and Tom Whitton said that they had taken part in discussion groups on the MRC report about what citizens thought of community services in Deux-Montagnes. Health services were identified as the least satisfactory, but the groups did not seem to consider that an issue, they said.

"We have a communication problem," Mr. Whitton noted. "A lot of people here don't realize we are in a crisis."

Maintenance Totale

DÉNEIGEMENT

ENTRETIEN DE PELOUSE

SERVICES D'ARBRES



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Registration 2016-2017

OPEN HOUSE

Thursday, January 28, 2016

6:30PM to 8:30PM

Mountainview Elementary School is an English language school that has a proud tradition of inspiring each child to reach his or her individual potential. Our caring and dedicated staff work together to offer a variety of academic and extra-curricular learning opportunities. Our motto "Mountainview Cares" permeates all aspects of our school life. Some of the opportunities Mountainview offers are as follows:

- Technology in our school: iPads, Chrome Books, laptops, 1 Smart Board per classroom as well as a Smart Table & Apple TV for KDG
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- An English program with multi-leveled reading that challenges students to constantly develop and improve their Language Arts skills
- A thematic based French Second Language program (33% of instructional time is in French)
- An academic Music program from Kindergarten to Grade 6
- 120 minutes of Physical Education per week for Cycles 1, 2 & 3
- Extra-curricular and co-curricular field trips including Cycle 3 overnight excursions
- A school-wide positive behavior "House System"
- MEESR funded Daycare with qualified, friendly and caring staff



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<http://mountainview.schoolqc.ca/>

Registration for 2016-2017

takes place from February 1 to 26, 2016

Any registrations made after the official time period cannot guarantee one's choice of school.



COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD



By Marie-Josée Trudel

WHAT IF IT WAS NOT A MATTER OF WILL...?

It is possible that you or someone you know has ADHD...

PANDA BLSO, a resource to help anyone who is seeking information and support on Attention Deficit with or without Hyperactivity.

Don't miss our next events at 4 Corners Family Resource Center, 1906, Oka road, Deux-Montagnes (from 7:00 to 9:00 p.m.).

No reservation required. Yearly membership card \$5 individual; \$7 family.

Dates	Conference	Speaker	Details
Feb. 25, 2016	How to Deal With Oppositional Defiant Behaviours	Peter Gantous, M.A., Clinical Psychologist	For Parents/Professionals Is your child often angry, do they have frequent tantrums or constantly defy rules set by adults? Maybe your child has a diagnosis of oppositional defiant disorder (ODD). This conference will present useful information to parents and professionals that can help promote pro-social compliance and decrease disruptive behaviours.
Mar 24, 2016	Support and Exchange Night	Marie-Josée Trudel, Coordinator for PANDA	For Parents/Adults/Professionals An evening where questions and concerns related to ADHD can be discussd in a safe and non-judgemental setting with a focus on problem solving.

For more information, call Mrs. Marie-Josée Trudel at 514 713-5353 or contact her by email: mjtrudel@pandablso.ca



Armada Hockey Tickets

C.E.S.A.M.E., the Armada and La Cage aux Sports are proud to offer you deals on tickets for the Armada Game on Feb 27, at 4:00 pm. For 20\$, you get a ticket for the game and a free drink and hot-dog. Here are some other deals:
40\$: 2 tickets for the game + 1 free ticket + 2 drinks and 2 hot-dogs + 1 cinema ticket
80\$: 4 tickets for the game + 2 free tickets + 4 drinks and 4 hot-dogs + 2 cinema tickets


pm. For 20\$, you get a ticket for the game and a free drink and hot-dog. Here are some other deals:
40\$: 2 tickets for the game + 1 free ticket + 2 drinks and 2 hot-dogs + 1 cinema ticket
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Korners Family Resource Center

Winter 2016 Events

4 Korner In one way or another we are all caregivers. Caregivers can be anyone; a parent, a son, daughter, sibling, friend or spouse of any age who cares for someone who requires extra attention.

As a caregiver of an aging loved one, there are times when we are faced with difficulties, 4 Korner Family Resource Center is here to help by way of workshops and information sessions for Caregivers in the New Year.

Coming soon in 2016:

Conference: STRESS IN CARING with Josephine Piazza will be held Wednesday, January 27, 2016 from 9:00 a.m. to 12:00 p.m. at the Salle Annette Savoie (200, rue Henri-Dunant, Deux-Montagnes). Learn about stress and how it affects us, as well as some techniques that will help us to relax. There will be kiosks with representatives from various organizations from the area that will be available to inform us on the services they provide as well as answer any questions you may have.

Conference: DRIVING, IS IT AS EASY AS IT USED TO BE? Presented by a Canadian Automobile Association representative on February 18, 2016 from 1:00 p.m. to 3:00 p.m. at the 4 Korner Family Resource Center (1906 ch. d'Oka, Deux-Montagnes). Learn how to stay safe on the roads as well as tips that may allow you to maintain your driving privileges for as long as possible.

A caregivers monthly support group is available and allows caregivers to meet and discuss their concerns or situations that they have faced during their time as a caregiver. Held at 4 Korner Family Resource Center in Deux-Montagnes.

A 7-week Caregiver Workshop is designed to provide caregivers with the resources, tools and strategies to ensure that they do not become worn-out. Held at 4 Korner Family Resource Center in Deux-Montagnes.

Be on the lookout for more information in the coming weeks on an information session for caregivers that will be happening in Rosemère during the month of March, see p. 13.

Now available: Caregivers to the Elderly, Maintaining Life Balance while Caregiving. A guide dedicated to supporting Caregivers in English! This newly translated guide provides information on respite services, healthcare system and practitioners, illnesses, adapting a home or vehicle, needs assessment, legal considerations, financial assistance programs, etc. Copies are available at 4 Korner Family Resource Center for \$10.00.

4 Korner Family Resource Center is also here to help parents!

Conference on Stress Management for Parents with Josephine Piazza on March 10, 2016 from 7:00 p.m. to 9:00 p.m. at 4 Korner Family Resource Center (1906 ch. d'Oka, Deux-Montagnes) Learn about stress, how it affects us and those around us, as well as learn some practical techniques and strategies that will help combat stress and prevent it.

NEW NEW NEW NEW!

A guide dedicated to supporting Caregivers in English

Information on respite services, healthcare system and practitioners, illnesses, adapting a home or vehicle, needs assessment, legal considerations, financial assistance programs, etc.

Caregivers to the Elderly

Maintaining Life Balance while Caregiving



\$ 10.00

Contact 4 Korner by phone or email to obtain your copy! 450-974-3940
info@4kornerscenter.org

Information and Support Guide for Caregivers

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4 Korner

Caring for the Caregiver

WHO IS A CAREGIVER?

Caregivers can be anyone; a son, daughter, sibling, friend or spouse of any age who cares for an aging loved one who requires extra attention.

Join us for an information session on caregiving

Caring for yourself while taking care of someone else

with Dayna Morrow

March 16, 2016 from 1:00-3:30pm

Memorial Community Center

202, Chemin de la Grande-Côte, Rosemère

The NEW English caregivers guide will be on sale for \$10.00.

Information on the resources available for caregivers to support your role and maintain a quality of life for both you and your loved one will also be on hand.

**For more information or to register, please contact
4 Kornerers at 450-974-3940 or info@4kornerscenter.org**



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4 Korers

Where There's a Will By Gordon Wetmore

"Where there's a will, there's a way," is an old expression. When there is no will there is likely to be a mess, was a message from a caretaker's video workshop on wills and testaments at the 4 Korers Family Resource Center December 9.

Another message was that it is wise to prepare a will using a notary's services, even though anyone can handwrite a will that is legally valid. It will cost more to have a privately written will probated than a notary prepared and registered one even after the notary's fees.

The sources of information came from a recorded Community Health Education Program (CHEP) videoconference broadcast last June, funded by Health Canada, and a 2014 guide booklet on wills from Éducaloi, a non-profit organization that explains law to Quebecers in language that is easy to understand.

Guiding the audience at the 4K was lawyer Christina Kassab, a member of the 4K's board of directors. She explained that as a lawyer she could not give legal advice about wills but could help explain some terminology and clarify some information. She was very helpful.

A will is a document that lets you choose what will happen to your money and property after you die. If you die without a will, the law determines who inherits and how much each person gets. For instance, if you had a partner but were not married

or in a civil union, your partner would get nothing. Your children would inherit everything. If you were married to someone but had left him or her to live with someone else without divorcing, your new partner would get nothing and your old partner would get everything, unless there were children.

If you were to die without a will but never had a partner, then the estate is divided among any surviving parents or siblings. If you had no immediate family, the state takes everything.

The conference covered the advantages and disadvantages of the four types of wills. The most reliable type seemed to be the notarized (prepared with a notary) because it would follow the legal rules, be recorded in the registry (list) of wills of the *Chambre des notaires* (Order of Notaries), and the person and the notary would have copies. There would be no cost or delays for probate (confirming the will). Notary fees are likely to be several hundred dollars.

A will prepared by a lawyer has many of the same advantages and would be recorded in the registry of wills of the *Barreau du Québec* (order of lawyers). The legal fees would be as high plus probating the will would be delayed and would cost more than \$1000.00. This will would need to be signed by two witnesses.

A simpler, quicker will could be written by you or someone else and signed by two witnesses at no cost (or very little if you buy a form). However, it can be easily lost, changed or destroyed; if not written properly may lead to legal problems or may not even be legal; may be less suited to complicated situations; and will be slow and costly to probate.

A fourth type, a handwritten or holographic will, has all the same

problems as a will made from a form. It does not require witnesses but cannot be typed.

The booklet made it clear that you cannot leave things to the notary who prepared your will, a person who witnessed your will, or the owner, director or employee of a health or social services institution that was caring for you. You cannot leave things to a pet.

Reasons to make a will include choosing who will get your money and property when you die; naming a liquidator (executor) and describe his or her powers; name someone who will act as a parent to children under 18 and manage their inheritance until then; plan for tax and overall financial impacts of your death; avoid conflicts between heirs; make sure an unmarried partner inherits something.

The people at the conference had many questions dealing with other matters concerning a person's loss of mental faculties, mobility and other incapacities that would lead to others having to take over or assisting in managing their affairs. Living wills, powers of attorney and mandates raised questions. How to change a will, what is a codicil, what if a will was written in another province, and whether wills can be broken were other concerns.

One thing that was made clear was that if someone is using a form to write a will, use the form for the province of residence. Rules change from one province to the next. If you live here, use a Quebec form.

For the Wills booklet, contact Éducaloi at www.educaloi.qc.ca/en, or by letter at C.P. 55032, CSP Notre Dame Ouest, 11 rue Notre Dame Ouest, Montreal, QC H2Y A47. Call 1-800-688-2473 for the free bilingual notary information line.




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4 Korner Family Resource Center's Volunteer Luncheon

By Amanda Fougere

On December 14, 2015 4 Korner Family Resource Center celebrated and recognized the hard work of over 20 volunteers by hosting a Volunteers' Luncheon. Members of the board of directors were present as well as some of the staff from Deux-Montagnes, Lachute and Sainte-Agathe to thank everyone for their time and dedication. Since April 1, 2015, 4 Korner volunteers have contributed over 1,345 hours of their time to help out at the front desk, run programs, make reassurance calls to vulnerable seniors, and much more. Once again, we would like to thank everyone who donates their time to support 4 Korner and its mission.



If you wish to become a 4 Korner volunteer, call 450-974-3940 or email us at info@4kornerscenter.org

We have found some Champions-New Site for 4 Korner

We are moving! After careful consideration and a strategic planning exercise, the Board of Directors has unanimously agreed on an arrangement that would be good to pass on.

Thanks to the generosity and understanding of the Ville de Deux-Montagnes, the 4 Korner Family Resource Center will be moving to a building managed by the city, saving the 4 Korner approximately 15% of our operating budget. However, this move would not have been so easy if not for the understanding and generosity of Carol Knight, our current landlord on Oka Road. Without Carol's unconditionally releasing the 4 Korner from our lease we would not be able to make this move so easily.

Carol Knight has been a member of the 4 Korner since the beginning; she was an active board member for at least five years and her contributions to the 4 Korner both financially and as a supporter cannot go and should not go, unrecognized or unnoticed. I'd like to personally thank Carol for all she has done for the 4 Korner.

Mayor Denis Martin, and city councilor Micheline Groulx-Stabile and their team at City Hall were understanding of the needs of the 4 Korner. They acted extremely quickly in finding a solution not only for the 4 Korner but for the citizens of Deux-Montagnes that use the 4 Korner Center on a regular basis.

Although we are in the very early stages of planning, the 4 Korner and the Ville de Deux-Montagnes will work together to continue offering as many of the same programs and services we currently offer, to be held at the Community Center located at 200, Henri-Dunant Street, Deux-Montagnes.

Thanks to our great friends and champions, Carol Knight and the Ville de Deux-Montagnes we are going to be able to focus on moving forward in a positive and meaningful way in assisting individuals of all ages to access information, resources for health and social services in English to the communities in the Laurentians.

Please stay tuned for more positive news, over the

next few months with a more accurate timeline coming out in the spring of 2016.

The 4 Korner is dedicated to assisting people of all ages. A network to improve access to health and social services has been built throughout the Laurentians in collaboration with partners from the public health sector, community sector, education sector and dedicated volunteers. In addition, programs and activities are organized to meet the needs of the communities.

Regards,

Peter Andreozzi
President of the Board of Directors



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18th Annual Relax Pee Wee Tournament



The 18th edition of the Deux-Montagnes provincial Pee Wee Hockey Tournament started on Thursday, Dec. 10, at the Olympia Arena. This year's tournament president was Mario Guindon. Honorary Presidents were Sebastien Basto and Sebastien Cleroux. Committee members are as follows: Bobby Belanger, Kevin Page, Ginette Venditoli, Jose Hamer, Pascal

Lavolette and Andrew Brown. Some of the sponsors were: Club de Golf Belair, L'Ouefrier, Imprimerie Performance, Extreme Evolution, Nettoyeur Daoust/Forget, Mangiamo, and Installation Optifeu.

On Saturday, Dec. 12, C Division the Eagles of Hull played the Faucons of Aylmer. The Faucons proved to be very strong as they won 7-0. Another C division game had the Gatineau Remparts falling to the Ste-Julie Grizzly-Nordiques 3-2. Later that day the C Div. Repentigny Predateurs defeated the Lachute Stars 5-1.



Champions B National 2 de Loraine-Rosemère

The B Div. Panthers were defeated 5-0 by Mirabel. In the best game of the day B Div. Lachute and St-Lin played to a 1-1 tie after regulation and 5 minutes of overtime. It took the 6th shooter for St-Lin to come away with the 2-1 shoot-out victory.



Champions C Concordes 3 de Mirabel

On Saturday, Dec. 19 our Deux-Montagnes Panthers defeated the Lachute Stars 2-0. It was a great job by the Panther goalie. Later that day our A2 Panther team beat the Joliette Cyclones 3-1. The Panther goalie was outstanding stopping 20 shots. Later, the BB Panthers tied Ste-Agathe/Mont-Tremblant Mountaineers 3-3 in a very well played PeeWee hockey game. Earlier

By Bobby Fordham, Photos by Yves Martin

the Gatineau Ambassadors defeated the Lorraine/Rosemere National 6-0.

On Sunday, Dec. 21 the A2 Panthers outlasted the Aylmer Vikings 2-1 to earn a spot in the final against Joliette. The Panthers scored with only two minutes to go in the third period to preserve the victory in a Div. CC semi-final. The Gatineau Wings beat Joliette 5-1 in a BB semi-final. The Terrebonne Sieurs shut-out the St-Eustache Pats 3-0. Their goalie was outstanding.

The A2 Panthers lost 1-0 to Joliette in a very well played final. The atmosphere at the 18th edition Pee Wee Hockey Tournament with the lights, music, fans and hockey action was GREAT. Thanks to all of the coaches, referees, players, organizers and of course the parents for their super support. Well done, Deux-Montagnes.



Champions A Cyclones de Joliette-Crabtree



Champions BB Sieurs de Terrebonne



Champions CC Amiraux de Nicolet/Bécancour



17th annual Deux-Montagnes Ringuette Tournament

By Bobby Fordham, Sports Editor

The 2016 Association du Ringuette tournament, 17th edition, started on Wednesday, Jan. 6 at Olympia arena. This is a list of the 2016 Executive: president Stephane Girard, vice-president Pascal St-Denis, treasurer Etienne Tardif, secretary Nancy Piche, registrar Isabelle Boucher, committee member Sonia Gervais, equipment manager Stephane Dupuis, Patrick Giguere committee member, tournament co-coordinator Andrea David, communications director Alec Ware, referee in chief Veronique Rivest, and public relations Andre Labelle.

Eleven teams participated in two divisions, Moustique and Intermediate B. Here are some of the scores from Wed. Jan. 6. Inter B Div. des Moulins 3 Mtl North 3; St-Eustache 0 Mtl North 6; des Moulins 7-3 over Mtl North. Thursday, Jan. 7, it was 4 Cites 3-0 over des Moulins. St-Eustache lost 6-1 to des Moulins. On Friday, Jan. 8, 4 Cites defeated St-Eustache 5-3. Mtl North beat Gatineau 4-1. On Sat. Jan. 9, in the Moustique Div., Deux-Montagnes defeated Laval 8-6. Later that day in a well played game 4 Cites defeated Deux-Montagnes 5-3. The 4 Cites goalie

made numerous brilliant saves, earning her first star status.

The sponsors for this year's tournament were: MacDonald's, Atelier Mecanique FG, Robert Paquette Autobus, L'Oeufrier, IGA Saint Joseph du lac, Restaurant l'Etoile, Deux-Montagnes Lions' Club, Legion Branch 185, Maison de Beaute, Les verges Lafrance, Fleuriste Coquelicot, Potager Saint Eustache, Uniprix, Hypothecaire AG.



Long time Olympia arena employee Alain Belanger was honoured by the Deux-Montagnes Ringuette Association with a center ice presentation. He received a plaque and a Deux-Montagnes Ringuette sweater. Mayor Denis Martin was present along with some of the council. Congratulations to Alain for 18 great dedicated years. Many thanks go to the players, coaches, referees, committee and this year's chairperson Andrea David.



©Stéphane Girard
Moustique Champions Deux-Montagnes



©Stéphane Girard
Inter-B Champions

Sports Rap: My Opinion

By Bobby Fordham, Sports Editor
bobbyfordham@sympatico.ca

This year's World Junior Hockey Championships took place in Helsinki, Finland. Our Canadian team is selected by Hockey Canada and the coaching staff. The head coach blamed our poor performance on the players because of their lack of discipline. It is the responsibility of the coaches to control the team's conduct on the ice. The team had many 17 year olds but so did the opposing teams. We simply did not get the required solid goaltending. Far too many penalties. Where were the goal scorers for gold medal success? Shame on the head coach for blaming the players. That's my opinion, what's yours?
Bobbyfordham@sympatico.ca

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A Look at Rosemere

By Marge McCord

February is the shortest month of the year and the one in which to celebrate Valentine's Day on the 14th. The Rosemere Volunteer Services (R.V.S.) meeting will be held Friday, February 12, at 11:30 am at the back and downstairs in the Rosemere Community Centre opposite Val des Ormes school. After the regular business, a Valentine lunch will be served. The R.V.S. would like to thank the local merchants and people who donated prizes for their annual Christmas raffle. It was much appreciated and made it a big success. Drop into our shop on the same level if you are looking for a gift or just feel like a cup of tea or coffee. They even have homemade fudge.

50th Anniversary of the Canadian Ski Marathon, Feb. 19, 20, and 21 - The Canadian Ski Marathon is the longest, oldest Nordic Ski tour which is not a competitive race. It provides entertainment and exercise for many people who return annually for this challenge, which can be individualized. Skiers who complete Coureur des Bois (sleep outside) in 2016, will be placed on a special "Golden on 50th" roll of honour on the CSM website and receive a special award. Please check the website for further information at CSM-MCS.COM.

For the sixth year in a row, Rosemere resident David Garvin and his wife Nancy Young have served breakfast on a Saturday morning in November to family, friends, and neighbours to raise money for the Montreal Gazette Christmas Fund. The idea came to him in 2009 when he and his family were enjoying breakfast after their church service. He likes making break-

fast so they decided to have a fundraiser breakfast where people could throw money in a box by the door. The first year they served about 25 meals. Since 2009 the Garvin family has donated about \$5,000 from the money collected at their breakfasts. This past year in 2015, they served 125 people and raised \$2,500. They are to be commended for their hard work and generosity and intend to carry on even if they have to have it in a hall for more space.

In March, we celebrate St. Patrick's Day on the 17th, some with corned beef and cabbage and Irish coffee. Don't forget to wear green on the occasion. March also brings in the first day of spring, on the 21st. Oh, Happy Day!

Easter falls at the end of March this year. A very Happy Easter goes out to you all.

Sympathy - We would like to send our condolences to the family of Rebecca (Beckie) Fraser, who passed away suddenly in December. She is survived by her husband, Winston, four children and nine grandchildren, who gave her great joy. Most recently she founded the St. James Drop-In Centre, which she operated every Wednesday with her husband at St. James Anglican Church Hall, a very happy and busy place with good coffee, tea and refreshments. She trained to be a nurse. She dedicated her life to raising her children and others. Her volunteer work activities included helping children with learning difficulties, visiting the sick, coordinating youth groups and Sunday school. She will be missed.

A fundraising concert with two exceptional women artists, Ioana Gandrabur, classical guitarist and Elizabeth Herman, soprano will be held Saturday, April 2, at the Rosemere Memorial (United) Church, 200 Grande-Cote Road, Rosemere. The concert will be followed by a meet and greet with the artists. Seating is limited, and the cost is \$20.00 per ticket. For reservations and ticket information, contact the Church Office at 450-437-5560. Funds raised by this event will help in supporting the church's various charities in the community.



Ioana Gandrabur,
classical guitarist



Elizabeth Herman,
soprano

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The Lions' Den –

By Nancy Ryder

In December and January we presented trophies at the Pee Wee hockey and ringuette tournaments. They were for best sportsmanship.



Trophy presentation by Lion Art Glover



Trophy presentation by Lion Dave Byers

Our Christmas cake fundraiser was a great success. We hope to see you at all our events as they depend on all your support.



Trophy presentation by future Lion Micheline Castonguay

We participated in the Lachute and Deux-Montagnes Santa Claus parades. See the report by Lion Lucy Belair.

The Lions' 2015 Christmas Parades

By Lucy Belair

One more year, one more parade. The Deux-Montagnes Lions' Club was active again this year. Lion Mathieu McGrandel-Belair participated in the Santa Claus Parade in Lachute at night and in Deux-Montagnes by day. Lion Matt took his sleigh float down Oka Road on a beautiful sunny day. Sorry, no snow this year

for his sleigh. Mascot ToMo got a ride atop the sleigh this year! A big thank you goes to Lion Maxime McGrandel-Belair for doing ToMo this year. Thanks go to our two drivers Gil Docherty and Richard Demic for their safe driving. Super GiGi O'Brien drove her Batmobile with the walking members Dave Dubeau and me.

Lion Doug Craig got to ride in the sleigh this year! Special thanks go to Tommy and William

Gariepy who gave out stuffed animals and Julie Pelletier for carrying the flag. There was a hot meal for all the Lions' members after the parade. Thank you to the super cooks, who included Heidi Benk, Pat Glover, Micheline Castonguay and Carolyne Plesz. Donny Snell, thank you for helping in Lachute. Till next year!



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Community Spirit and a Young Wish

By RHS Correspondents Elizabeth and Jennifer Hua

Friday, December 18, Rosemere High School hosted the annual Community Breakfast and Merry Fest fundraising event. Teachers and staff arrived early to cook up the start of a profitable and fun-filled day dedicated to granting the wish of seven-year-old Alexia.

Alexia was diagnosed with a rare genetic disorder. Despite the various obstacles and chronic pain, she still hopes to visit Disney World with her family and meet all the beloved characters. With determination and inspiration, RHS has once again united with the non-profit Children's Wish Foundation to create lasting memories for a child battling a serious illness. To date, the school has raised over \$65 000, and this year, with the help of countless donations and volunteers, Alexia's wish will be fulfilled.

The breakfast was, as always, a community effort. Generous contributions, enthusiastic attendance, and thrilling raffles ensured a stunning success. All 900 tickets sold out prematurely, and families arrived early and eager, hungry for the food prepared by friendly educators.

By mid-morning, Merry Fest kicked into full throttle. Leadership students, members of the student council, teachers, and volunteers conducted various activities. Continuing throughout the day, stamp carving, Guitar Hero, cookie decorating, board games, various sports, the Amazing Race, and a snack shack, amongst others, encouraged mass participation. For lunch, the cafeteria offered PJC for \$5, and, to top off the day, a variety show astounded auditorium spectators. A program of talented students, along with an unexpected teacher performance, marked the end of a most memorable day.

Badminton Club Comeback

Story and photos by Jennifer and Elizabeth Hua, RHS Correspondents

Due to the ongoing efforts of Ms. Debbie Adams, the School Organization Technician, students of all ages, genders, and personalities have begun to gather for weekly badminton practices in the gymnasium of Rosemere High School.

RHS encourages students to lead active lives. With a wide range of organized teams and supervised open-court terrains, ample opportunity is provided for the exploitation of the school's resources and equipment. However, limited accessibility and declining interest have impeded the establishment of an after-school badminton club for the past several years. That is changing because Ms. Adams, with ardour, has dedicated her Wednesday afternoons to providing both lessons and encouragement for youths to participate in her favourite sport.

An active and talented player with decades of experience, Ms. Adams is an inspiration. She was first introduced to badminton early in her adolescence at a local sports club in England. Amid different activities, badminton in particular drew her attention thanks to the tireless motivation and helpful support of the coach. Throughout both her junior and senior years, Ms. Adams rose through the ranks to play mixed doubles professionally. While she also used



All proceeds from the event will be presented to the Children's Wish Foundation. Although many people were involved, a special regard must be given to key organizers Ms. Debbie Adams, School Organization Technician., and Ms. Christine Minty, Special Education Technician. Without their incredible planning, enthusiasm, and countless emails, the day would not have been nearly as rewarding. With hopes to continue supporting young dreams, RHS extends an especially warm and sincere thank you to all!



Elizabeth Jennifer



Alexia, the little girl whom the RHS Merry Fest donors and Children's Wish Foundation are sending to Disney World

to do a lot of coaching, family life eventually took over, and she moved to Canada. Here, she was able to continue playing at a professional level.

Now in Rosemere, Ms. Adams pursues her passion with as much vigour as her extraordinarily busy schedule permits. Aside from the school club, she reserves Monday evenings for badminton at the Externat Sacré Cœur. The neighbouring academic institution boasts an extraordinary coach and fantastic players, and Ms. Adams hopes that a tournament will one day be organized.

Ranging from a weekly attendance of eight to 24 members, the RHS club has continued to grow. All students are invited to participate, and any commitment is both free and encouraged. No past experience is required to stay fit and have fun!



Science teacher Joseph Fitzmorris in the rear, and the grinning member at the left is correspondent Jennifer Hua.

Memories of Ratihen:te

By Michael Kanentase Rice

“For good nurture and education implant good constitutions.” Plato

Ratihen:te, the name of the high school in Kanehsatà:ke, means, “The ones who lead the way.” When I first approached then Director of Kanehsatà:ke Education, Linda Simon, about doing my final teaching internship in February 1998, I had no idea we would be making history in First Nations education.

I would learn in August 26, 1998, that Ratihen:te High School would become a full-fledged high school from secondary 1 to secondary V. Our new education consultant (later principal), Michael Kornecook, and Director Simon informed us that we would be following the Quebec provincial curriculum to meet the needs of students, prospective students and their parents.

The rationale was that if we were going to entice Kanehsatà:ke parents to send students to attend Ratihen:te, we would follow the provincial curriculum except in Native Studies and Kaniienkeha (Mohawk) language courses. The Quebec Ministry of Education, Leisure and Sport (MELS) respected the jurisdiction of First Nations communities to develop the curriculum and evaluation of those courses and had permanent codes for them.

Before anyone writes an angry letter to the editor that the people of Kanehsatà:ke sold out Native education, no parents protested or complained because we wanted to give their children parity with the provincial and private schools. In fact, parents began to ask questions about the school and some students came as students for a day before deciding to enrol and transfer into Ratihen:te.

With the leadership and guidance of Mr. Kornecook and support from Director Simon and the Kanehsatà:ke Education Center, we built a professional relationship with MELS and the Sir Wilfrid Laurier School Board (SWLSB). This relationship culminated in our staff receiving invitations to professional development workshops offered by MELS, SWLSB and the Quebec Provincial Association of Teachers. One of the great teaching tools we were able to access was the Société GRICS databank of questions for history, physical sciences, biology, economics, French, mathematics, English and geography courses. This evaluation tool permitted the teachers to make quizzes and tests similar to the provincial MELS exams.

Native Studies and Kaniienkeha (Mohawk) language resources were made by Kaniiehtenhawi Elizabeth Nelson and me with support for curriculum development from the New Paths Programs of the First Nations Education Council (FNEC). When we had pressing educational needs, Mr. Kornecook and Ms. Simon were able to enlist

the political support of Grand Chief James Gabriel and the Kanehsatà:ke Band Council to negotiate with the federal government. The FNEC New Paths programs allowed us to innovate curricula to enhance the learning experience of the Kanehsatà:ke students. The work climate was cordial and professional among teachers, elected leaders and the community.

The result was that Ratihen:te grew from an alternative school of fewer than 15 students in 1998 to almost 50 students in 2008. We managed to have 35 students graduate from a potential of 44 students, a success rate of 80%. Of those 35 students, 31 (or 91%) went on to post-secondary education. Of the seven teachers on staff, four served on provincial MELS advisory committees; Nadine Trepanier (mathematics), Jocelyn Goerner (English), Gordon Truesdale (science) and myself (history).

Sadly, this never made the mainstream press then nor has it appeared anywhere in the media in the present debate over Native education.

The success rate of the school system in Kanehsatà:ke needs to be illuminated against the background of the high dropout and low success rate in Native communities across Canada. Kanehsatà:ke’s best export could be and should be how to build and run a small school system.

What made Ratihen:te succeed? It was the dedication and determination of concerned Kanesatakehronon (Mohawks) and non-natives who came to teach at the Kanehsatà:ke Federal School/Aroniatekha, Alternative School /Ratihen:te High School and Rotiwennakehte Immersion. There were many extracurricular activities, trips and clubs that were run by the teachers and financially supported by the community. We were Onkwehon:we (original people), French and English working together in a small, close-knit community. Many of us are still teaching in the SWLSB, English Montreal School Board, Lester B. Pearson School Board and others.

People need to see that these things do not happen in isolation. They are the results of leadership and fundamental principles (constitutions). They are also fragile and can be weakened and/or damaged by government wooden headedness and cutbacks, a serious lesson to those who would use austerity to weaken the institutions that Canada so badly needs to build a successful educational base to economic and social development.

Michael Kanentase Rice is a former teacher and principal at Ratihen:te High School and teaches social studies with the Sir Wilfrid Laurier School Board.

Bunion Surgery Explained (Hallux Valgus)

A bunion is a structural problem of the big toe joint resulting in a bony prominence. Surgery is commonly employed to correct this problem and typically requires that the deviated bones be structurally realigned. Milder bunions are corrected with bone cuts close to the big toe joint while larger bunions typically need a more involved bone cut procedure to completely realign the structural problem.

There are dozens if not hundreds of different procedures for bunion surgery. At the Clinique Podiatrique Rive Nord, the procedure employed involves the alignment of the toe using a 'Vosteotomy,' or cut through the metatarsal bone. A metal pin is then inserted and often left permanently to retain a superior result or correction. In severe cases, the bone in the toe can also be cut for better results.

An alternative surgical procedure commonly used in hospitals settings for the correction of bunions involves simply shaving the bone or bump. Unfortunately, this method does not realign the big toe. There are also long waiting periods for bunion surgery in the public setting.

Postoperative Recovery

For people who work sitting, it is recommended to stay home for approximately two to three weeks. For those who work standing, it is preferable to have a period of approximately eight weeks for recovery. Crutches may be used for 2 to 3 weeks and a special postoperative shoe

is worn for at least four weeks to keep the foot stable and protected. X-rays are taken before and several times after the surgery to confirm healing and progress.

At the Clinique Podiatrique Rive Nord, the most modern surgical procedures are employed by a team of experienced podiatrists, Dr. Martin Scutt (New York College of Podiatric Medicine, 1996, Surgical residency, Bronx, New York) and Dr. Darrell Bevacqua (New York College of Podiatric Medicine, 1990, Surgical residency, Brooklyn, New York). Dr. Scutt and Dr. Bevacqua are also clinical teachers at the University of Québec in Trois Rivières.

Our clinics are founded on honesty and integrity and have a long standing reputation for quality care and reasonable fees.

All of our care is provided by a team of podiatrists. Our fee schedule allows more patients to access podiatric care (ie. patients without insurance) and we commonly receive new patients from across the province based on our reputation. The vast majority of our patients are referred by health professionals and our patients themselves. Our clinic hours are flexible allowing for even the busiest of families and individuals to access care.

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

Thank you for your trust.

Dr. Martin Scutt, podiatrist and clinical teacher at UQTR.BSc. Cornell University (1992), New York College of Podiatric Medicine (1996)
St. Barnabas Hospital, New York (surgical residency)

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46th Annual Deux-Montagnes Santa Claus Parade By Heather M. Brown



This year I was able to view the Santa Claus Parade that took place on December 6, in a new light as it was the first time that our granddaughter was here to see it. She didn't know what she was getting into, as she had never seen a parade. While we were waiting for the parade to arrive she seemed a little bit disinterested even though the weather was fabulous.



Bain Magique

We watched the parade until Santa Claus arrived, with a special message just for her. That was so special, just as the parade has been since her mother, and aunt were children. It was so nice to have them and her uncle here to be with us for the 46th parade. We hope there will be many more parades, and are looking forward to the 47th. We would like to thank all the people who organize, sponsor and participate in the Deux-Montagnes parade, for without them what would the first Sunday in December in Deux-Montagnes be?



Elsa, Anna and Olaf

However, when the parade began to pass us, just across from Holy Family Church, with sirens blaring from the police cars and fire trucks; the bands, and especially Elsa, Anna, and Olaf singing and playing the songs from the *Frozen* movie, she was entranced. She didn't stop talking about it for days.



Santa Claus

Fitness for Seniors – “Nobody who comes here should feel lost.”

Story and photos by Gordon Wetmore

The *Community Connections* visited a Dale Hammond fitness class for seniors (age 55 and up) Thursday, December 17, and stepped into a swirl of very friendly, very focussed activity.

Ms. Hammond gives classes Tuesdays and Thursdays at the Heritage Social Club in Deux-Montagnes, Mondays and Wednesdays at the Holy Cross Parish Center in Rosemere. There is a smaller class Fridays at the Heritage venue for specialized floor exercises.



A Dale Hammond seniors' fitness class in action

Each of the 27 participants had a chair for some sit-down exercises or to hang onto for balance; also a dumbbell, an inflated ball, a wide elastic stretch band, and a bottle of water. With low-impact aerobics, resistance, and balance exercises over 90 minutes, everything between hair follicles and foot pads would be stretched, twisted, contracted, tweaked and relaxed.

Clients were reminded to do only what fits their own needs and abilities. One person did all exercises sitting down.

While music matched the pace of each set of exercises, the voice of Dale Hammond, kindly, informative and never pushy, coached how far to stretch, how to rotate a joint safely, how to increase muscular strength and bone density, how to breathe to keep blood pressure from elevating excessively.

“It's important to explain what the exercises will do, to take the fear away,” Ms. Hammond said in an in-

terview. “I explain every time.” For her, this clearly was a labour of love.

There is a reason for that. Two, actually. One is that she sees older people as “a community that's basically neglected when it comes to exercise.

It's important for everybody to live independently, stay in their homes, but there are less and less resources for that.”

The other is that in 1997, at age 37, she lost all her muscular strength. Struck with Addison's cardiovascular disease, rarest form of a very rare auto-immune affliction, her heart stopped twice, she had both heart and lung surgeries, and her kidneys failed.

Amazingly, she survived, and in the months of physiotherapy after, progressing painfully from wheel chair to walker, found that she could identify with the plight of aging people.

“I had to learn how to walk,” she said. “I had trouble to get out of chairs,

cont'd on p. 28



Message from the Church Snoop

We would like to welcome the Freedom Baptist church to our list of churches. They, like all the other churches, concentrate on preaching and teaching the word of God.

I have just recently returned from a Christmas vacation to Alpharetta, Georgia, where I attended two church services. One, Christmas Eve at a Methodist church that holds about 1000 people, was packed; then on Sunday, a service at 9:30 am, which was attended by more than 200, with two other services, one being at 8:00 am, and another at 11:00 am. The church has 3000 parishioners. It seems like people in the States are starting to return to church. Wouldn't it be nice to see a revival like that here in Canada?

Easter is a time of renewal and rebirth, when the flora and fauna start to come to life, and all good Christians attend Easter services (March 27). What a beautiful time of the year!

On behalf of the *Community Connections* volunteers, I would like to wish everybody a most happy and healthy Easter, and a healthy year of our Lord, 2016. God bless.

The Church Snoop, Eric.

Freedom Baptist Church

215 St Laurent; 106-108. St. Eustache
www.freedombaptist1611.org



Sunday
worship
10:00 am,
11:00 am,
and 6:00 pm
Wednesday

night prayer meeting and Bible study
7:00 pm

Off 640' Freedom Baptist Church is a small, independent group of believers located conveniently near the corner of Rue St. Laurent and 25th Avenue, just off the 640. By "independent," we mean we have no ties to denominational hierarchies; we concentrate on preaching and teaching the word of God, as God alone leads us. The preaching is presented in simple language, with a view to understanding exactly

The Church Mouse

by Eric Painter

what God expects from us, and applying the word of God to our daily lives. Our goal is that we reach as many people as possible with the truth that Jesus Christ saves from hell, and reveals the true meaning and purpose of life through His word. We have a mostly young congregation of about sixty believers, but we have old fashioned preaching, and sing the old Hymns that have inspired believers for centuries. If you are interested, come join us

CHURCH OF GOD

815 Rockland St.

450-491-6873

Pastors John and Arlene Thévenot
(450) 491-6873



"It pleased God, by the foolishness of preaching, to save them that believe." (1 Corinthians

1:21) Only the preaching of the Word of God, under the power of the Holy Ghost, can convert the sinner and save the soul. We believe strongly in Bible preaching to obtain Bible results. Please note that our Sunday service time has been changed. Now we are meeting at 10:30 a.m. each Sunday at 815, Rockland St, near the Grand-Moulin train station. A cordial welcomes awaits you at the Deux-Montagnes Church of God. "Jesus Christ the same yesterday, today and forever." (Hebrews 13:8)

Christ Church United

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



Worship Sunday
at 11:45 am. every-
one is welcome.

"Out to Lunch"
for all residents of
the area. Come and

join us for a free lunch at Christ Church
every Tuesday at 12:30 pm. until 1:15 pm.

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

Feb.. 14 Communion Service and Annual Congregational Meeting



All Saints Church

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



Priest: Reverend David Hart
david@allsaintsdeuxmontagnes.ca
E-mail: info@allsaintsdeuxmontagnes.ca
www.allsaintsdeuxmontagnes.ca

PLEASE NOTE NEW TIME
SUNDAY SERVICES WITH SUNDAY
SCHOOL STARTING AT 10:30 am

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

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

Feb 6/March 5 "Food for Body and Soul"
monthly breakfast 9:30 am – church hall

Feb 9 Shrove Tuesday Pancake supper,
5:30pm, church hall

Feb 10 Ash Wednesday Service, 7:00pm
Feb 25/March 31 Holy Communion serv-
ice at Les Cascades 10:30 am

March 4 World Day of Prayer, St.
Agapit Church 7:00pm

March 24 Maundy Thursday Supper
and Service 6:00 pm

March 25 Good Friday Walk of Witness
2:30 pm

March 27th Easter morning Celebra-
tion Service 11:00 am

To rent: recently renovated kitchen and
hall, available for group meetings and
activities.

Phone Jerry East 450-623-4929
rentals@allsaintsdeuxmontagnes.ca

Church Snoop cont'd p. 25

The Church Mouse

Cont'd from p. 24

PEOPLE'S CHURCH

370 5th Ave, Deux Montagnes
450- 472-4105



Sunday service's and Sunday school 11 am
'Whoever loves much does much' Thomas

A Kempis

With the month of February now upon us, many are thinking of ways to show their love toward their significant others with flowers, chocolates, or perhaps, tickets to a Habs game (sweet). Every Valentine's day we are reminded (well in advance) that it is not enough to simply say "I love you". Though there is nothing wrong with saying "I love you" it is incomplete if it is not followed up by a clear demonstration or expression of love. That is so true when we read in the Bible "God is love" (1 John 4:8). This is a wonderful declaration. However, in and of itself, it is incomplete. The proof of God's love is the demonstration of it "For God so loved the world that He gave His one and only Son that whoever believes in Him should not perish but have everlasting life", (John 3:16)

ROSEMERE MEMORIAL

200 Grande Cote, Rosemere



<https://www.facebook.com/.../Rosemere-Memorial.../>

We continue our 2 services a month-at 11:30 a.m.

Feb.14 - Lay worship leader

Feb. 28 - Communion, with Rev. Helen Hliaras

Mar.13 - Lay worship leader

March 27 - Easter Communion with Rev. Helen Hliaras

St. James Anglican Church

328 Pine St. Rosemere, QC

Tel: 450-621-6466

info@stjamesrosemere.ca



Please join us for the following events:
The weekly Drop In Centre, hosted by Winston Fraser, welcomes you every Wednesday from 10 am to 2 pm. Stop by have a coffee and stay for soup and fellowship. The church is always open for prayer and quiet meditation.
Events for February and March have yet to be finalized. Notices will be posted.
Looking for a venue to host an event? Call us we have a large hall available for rent for all kinds of parties, meetings or a special activity.

HOLY FAMILY PARISH

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

E-Mail: holyfamilydl@hotmail.com

Website: www.holy-family-dm.ca

Parish Priest: Father Stephen Diraviam
DEACON: Wayne Riddell



Weekday Masses are celebrated:-
Wednesday, Thursday & Friday 9:00 am.
Weekend Masses: Saturday at 5:50 pm. &
Sunday at 11:00 am.

HAPPY NEW YEAR TO ONE AND ALL:

PARISH EVENTS:

Feb 9 - Shrove Tuesday - Pancake Tuesday 6:00 pm. (Tickets sold in advance)

Feb 10 - Ash Wednesday TBA

Feb 14 - First Sunday of Lent
Mar 5 - CWL Progressive Whist at 12:00 noon.

Regular Children's Faith Education is held during

The 11:00 am. Mass on Sunday's.
God Bless one and all, we hope you will join us.

HOLY CROSS PARISH ROSEMERE

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



Serving the English speaking Roman Catholic community of Rosemere, Lorraine, Bois-des-Filion, Ste. Thérèse, Blainville, Boisbriand, and Terrebonne.

Mass Celebrations

Sunday at 9:00 AM at Ste. Françoise Cabrini Church, 210 rue de l'Eglise, Rosemere

Saturday at 4:00 PM at the Parish Hall, 555 Lefrancois, Rosemere

NB: SATURDAY MASSES WILL RESUME JANUARY 9, 2016

Jan- May 2016 Dance exercise every Thursday, Parish Center Hall

Jan 10 Faith First Level 5
Parish Center Hall

Jan 16 Movie night
Parish Center Hall

Jan 17 Faith First Level 4
Parish Center Hall

Jan 22 Youth Group Mtg
Parish Center Hall

Jan 24 Faith First Level 2
Parish Center Hall

Jan 26 Parish Council Mtg
Parish Center Hall

Jan 31 Faith First Level 1
Parish Center Hall

Feb 7 Faith First Level 4
Parish Center Hall

Feb 19 Youth Group Mtg
Parish Center Hall

For more details contact:
Parish office @ 450-621-2150

Ron's Corner

By Ron Kessler

LEGALIZE MARIJUANA?

Here is a different subject to start off the New Year. Do you think marijuana (POT) should be legalized in Canada? Great question, eh?

As an "older generation" retired police officer many of you would think my first response would be no, no, no. But alas, another surprise, I think it is a subject worth talking about.

When I was employed as a Deux Montagnes police officer, I had the occasion to meet many of you or one of your children for the possession of pot. Let us not forget that pot was considered a "voodoo drug." You know the thinking, it starts with pot, and then on to worse drugs, then BAM, you're a drug addict!

We now know that with certain medical conditions, you can get a prescription for pot. This was introduced under the belief that cancer patients could control their pain with a few joints. But, then every doctor began giving out prescriptions for "back pain," "A.D.D.," "stress," etc. It became almost impossible for police to know who could and who couldn't possess pot.

One time, our department was called to a house where the resident thought it smart to shoot a skunk that was in his yard. The neighboring house was just 20 feet away. The neighbors called and said they had heard gun shots. When the officers arrived at the scene, the occupant (skunk shooter) was nowhere to be found. But, he had numerous pot plants in the yard. So my investigative team was called to obtain a search warrant to seize the pot.

Sounds easy, eh? Wait... Inside, numerous bags of pot were found in the freezer; enough to have a considerable street value. So it all was seized, bagged, tagged and brought to the station.

Hours later, I received a call from the

missing occupant. His first question to me was, "Where is my pot?" I told him I had it at the station and he was welcome to come and meet with me to "talk" about it. Well 15 minutes later, to my surprise, he showed up, and I thought, hmm, this seems too easy. Then, the "gentleman" (who had no apparent sicknesses or injuries) took out a federal prescription, which allowed him to possess the pot. Well, lesson learned! Our infinitely wise government had not thought it would be wise to insist that to buy pot; you must register with the local police department as a medicinal marijuana patient. Wow, what a waste of taxpayers' money, not to mention my red face as I handed him back his bags of pot. There was no stipulation on how much pot the "patient" could possess!

I have mellowed to think it is inevitable that pot will be legalized. And maybe that's a good thing. I don't know for sure. I do know though, that prior to legalizing it, lawmakers must design a machine to allow police to detect the quantity of THC in one's system. This will determine if a driver is impaired, in the same way they do with drunk drivers.

The government wants to make sure that they can control the quality of the sellable pot as

well as get the "proper taxes" for its sale.

Our new federal Liberal government seems intent on legalizing marijuana. I just hope the future doesn't mean that when walking down the street, we will be smelling pot smoke, like we used to do with cigarette smoke, ughhhh! Every aspect of the pot industry must be studied: who grows it, who sells it; who may transport it, where you can use it, what is the mandatory minimum age to use it, etc. Hopefully, they will consider optional ways of consumption, such as in baked goods or chocolate form, who knows?

Well, folks, get prepared. Its coming fast. These are my thoughts. What are yours?

Sue Chef



Hi again! This dinner is one of my favorites, and as it is on the pricey side, I serve this for special occasions. Valentine's Day is just the right event for this meal. The recipe is for four, but increase or decrease for your special day!

Menu

Fried Scallops with Seafood Sauce
Lobster Fettuccine in Cream Sauce
Grilled Fillet Mignon with Mushrooms
Blueberry Crumble with Whipped Cream

(Serves 4)

Fried Scallops with Seafood Sauce

1 lb Scallops, washed, gristle flap removed
¼ cup Milk
Flour, enough to lightly coat the scallops
¼ cup Peanut oil
2 tbs Butter
½ Lemon, juice of
Salt and pepper to taste
Seafood Sauce
Lettuce leaves, washed and dried

Place the cleaned scallops in a bowl with the milk. Let rest for a few minutes. Place some flour in a bowl and add salt and pepper. Mix well. Drain the scallops and add to the flour. Toss to coat evenly. Place coated scallops in a sieve and gently shake to remove excess flour. Lay the scallops out on a piece of wax paper. Ensure that the scallops don't touch each other. Heat

½ of the oil and 1 tbs of butter over high heat in a large frying pan. When the butter and oil is quite hot add half of the scallops. Shake and toss the pan so the scallops cook evenly until they are golden brown on all sides. Remove with a slotted spoon and place scallops on a hot plate. Add remaining oil and butter, fry up the remaining scallops the same way. Place a lettuce leaf on each plate, arrange fried scallops on top, drizzle with a little lemon juice and a large dollop of seafood sauce in the center. Garnish with lemon wedges and parsley. Serve right away!

Lobster Fettuccine in Cream Sauce

16 oz. Lobster meat, cooked and chopped into bite sized pieces.
1 cup Parmesan Cheese, freshly grated.
6 tbs Butter, melted.
½ cup 10% cream (add a little more if needed)
¼ cup White wine, dry.
2 tbs Parsley, washed, dried and chopped.
Fettuccine, cooked until tender (or to your preference)
Salt and pepper to taste

Heat the butter in a large frying pan. Add the chopped lobster and re-heat on medium until lobster is hot. Careful not to overcook, as the lobster will become tough. Remove lobster from pan and deglaze the pan with the white wine over a low heat. Increase the heat to medium, then add the hot cooked fettuccine and lobster, mix well. Add the 10% cream, stir, then add the Parmesan cheese. Mix well. When heated through sprinkle with parsley, salt and pepper. Serve right away.

Grilled Fillet Mignon with Mushrooms

4 Fillet Mignon
½ tsp Oregano,
Thyme, Basil and
Rosemary (dried)
¼ cup Vegetable oil
1 cup Mushrooms, wiped clean and sliced
¼ cup Butter
2 tbs Parsley

Salt and pepper to taste
Mix all the dried spices together. Add the oil. Mix well. Pour mixture over steaks and marinate in fridge for at least 2 hours. Remove from fridge and let stand at room temperature for 15 minutes before grilling. Grill over medium-high heat for about 6 minutes per side for medium rare. Let cooked steak rest before slicing. At this point, place butter in a large frying pan and heat until foamy. Add the sliced mushrooms and cook over medium heat, stirring often, until done to your liking.

Slice steak crosswise, on an angle, into thin strips. Arrange on plate nicely alongside the pasta. Top steak with mushrooms and sprinkle with parsley.

Blueberry Crumble with Whipped Cream

1 pint Blueberries, rinsed
1 tbs Lemon juice
¼ tsp Cinnamon
¼ tsp Allspice
½ cup Butter
1 cup Flour
1 cup Sugar
1 cup Whipping Cream, whipped

Pre-heat the oven to 375 degrees F. Place the blueberries in a baking dish and drizzle lemon juice over top. Sprinkle with the spices. Cut the butter into the flour with a pastry cutter. Cut until the mixture resembles coarse oatmeal. Stir in sugar. Spread the mixture over the blueberries and bake for about 45 minutes or just until top is nicely crisp and golden. Serve hot or cold with a large dollop of whipped cream on top of each.

Happy Valentines Day

As always, I hope you enjoy!
Sue Sanders



503 rue Cedar
Deux Montagnes, Qc
J7R 1H1
450-473-5429

Web: heritagesocialclub.com
Email: Heritage_social_clubyahoo.ca

Monthly Activities:

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

Information about the Club

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

Fitness for Seniors- cont'd from p. 23

to get up and down off a toilet, every-thing adults at an older age would have, and also the feeling of not being able to do what you want to do."

Then came physiotherapy at a rehabilitation center and exercises to do at home for about six months. Full recovery took a year. "I joined a gym a couple of years later and then hired a personal trainer. I loved how it made me feel strong and healthy."

Encouraged by the experience, she applied to Canadian Fitness Professionals (canfitpro) for training and certification as a seniors fitness trainer. She first had to qualify as a personal trainer "for the science" and still takes courses yearly to maintain her certification. Last year, canfitpro dropped the seniors course. "There are very few older specialists in Quebec," she said.

Ms. Hammond commenced her career as a trainer five years ago with 12 clients. Her clientele now numbers more than 100, most brought in by returning seniors happy to share their experience. As one grateful client said, "My wife pulled me by my ears." In just over a month of classes, Jim Wiggins' bad knees have shown improvement, and he is glad he listened to his wife.

During a five-minute cardio cool-down before the aerobic segment, class members strolled in pairs or threes chatting convivially, plainly happy to be with each other. In Ms. Hammond's classes, social and informational content meld with the physical.

She writes articles about exercise and aging to give to her clients every two weeks or so. Her column is a regular feature in the *Community Connections*. She en-

courages clients to bring in articles to her. "We'll talk about the muscle groups, we'll talk about Alzheimers ... we talk about all aspects of how exercise helps us," she said. She selects recordings by original artists to make playlists to fit the different types of exercises.



On behalf of the grateful students, Joanne Lepore presented Dale Hammond with a Christmas gift.

At the Christmas luncheon after the morning's session (for which she also prepared most of the food), she told the group, "I get here and see everybody, it peps me right up ... you guys are an extension of my family."

In the interview, she observed, "Sometimes when something big happens in your life, it changes your life. It changed mine. I really appreciate people and I want to make sure everyone in the class knows they're important to me. That's the way I feel. Nobody should come here and feel lost."

(The average age of Ms. Hammond's clients is in the mid-60s, with a vigorous few much older. Here is what some of them had to say about her classes.)

Pat Klotz - Dale Hammond has a good class. As seniors, we're told to exercise but she gives a reason why to exercise, to prevent falls and injuries as you're getting older. She gives a very good class, very reassuring. If there's a certain movement we can't do, she gives us an alternate for it. If you have

high blood pressure, she'll tell you how to breathe, to sip water and how to avoid getting dizzy.

Wendy Harris - I can walk. I've had a lot of problems with my hips. I can walk again properly. Stairs are still difficult, but it's improving. We just enjoy ourselves. Doing it alone isn't the same. Doing it like this is much better.

John Vegso (78) - Fantastic! It keeps you nimble and it's easier to get around. Socially, it's a fantastic gang. I don't meet these people otherwise except here but everybody's nice, everybody's great!
Michael Wilson (72) - It helps me tremendously with my flexibility, to get up from the floor. I had a hip replacement, problems with my knees (that) I needed to work out, balance as well. You're moving all kind of joints that you normally wouldn't work out with. (Mr. Wilson travels from Pointe Claire for the class.)

Joy Dugal (92) - I find it good for my health, keeps me fluid, confident doing things. I try to keep active. I know a lot of seniors my age who just sit in the house, read a book or do nothing. If you sit around you get stiff. I go out five days a week.



Gertrude Scully, 79, and Joy Dugal, 92, two long-time devotees of Dale Hammond's fitness classes for seniors.



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Rick's SMOKED MEAT

A Christmas Carol - a Spirited Hoot

By Gordon Wetmore

What a way to get in touch with the jolliness of Christmas! The Forever Young Theatre Company threw caution and inhibition – and sometimes the script – to the wind in their pantomime version of Dickens' A Christmas Carol. It was wild, it was whacky, it was tons of fun.

And the energy! Forever Young members have to be at least 55 to join and at least one performer wouldn't see 80 again. The troupe performed shows December 11, 12, and 13, two evenings and a matinee, with gusto. Audiences at the Heritage Club venue in Deux-Montagnes certainly got



Sandra Tremblay (The Ghost of Christmas Past) leads the cast of A Christmas Carol (pantomime version) in the iconic disco hit "Celebrate".

their money's worth.

A British pantomime is the exact opposite of when mimes in white face perform silent gestures. In a British pantomime, everything is noisy. The audience boo and hiss the dastardly villains, shout warnings to unsuspecting pure-of-heart heroes and heroines, and sing along with the music. No silent night here.

Artistic directors Heather Tremblay and Valerie Glover-Drolet are to be commended for setting a stage that allowed everyone in the audience a good view. The Heritage Club hall is long and narrow, very difficult for theatre. They created a right angled stage that put the seating inside the arms. Just by sitting down an audience member was involved.

Heather Tremblay also acted as prompter, a daunting task as the laughing and shouting audience often drowned her out. At one point, even she was laughing too hard to feed a performer a lost cue. Bill Dore, masterfully mean as the miserly Scrooge, saved one scene when the Ghost of Christmas Present (Lise Speeckaert) sprayed him with candy gum from an aerosol can. The audience roared, everyone forgot who was to say what, but as the noise abated, he picked a string of gum off his arm, held it out to the spirit and said, "Would you like a line?" The audience cracked up again.

And there was music. Beautiful solos from Sandi Scott,

Martin Hensen, Marie-Gladys and Bill Dore. Sandra Tremblay, unrecognizable in an afro wig and moustache as Christmas Past, led a dazzling disco "Celebrate" dance number, and there were ensemble Christmas pieces that the audience joined in full voice.

Several of the 15 cast members played multiple parts and the rest moved between acting and the chorus. The costumes and the backdrop curtain established period and mood with authority, and sound and lighting was seamless. This was a richly realized production.

Perhaps the icing on this Christmas pudding was provided when first time player Heinz Becker appeared as the man/woman Smithers. Facing left, he was a rouged woman in a dark dress; facing right, a burly man with a heavy eyebrow, a curled handlebar moustache and white shirt and slacks. His movements and delivery matched whichever side he presented to the audience. Hilarious.

Congratulations to the performers: Pat Baldwin, Karen Burrell, Joyce Cousineau, Bernice Gallotti, Beth Komi, Jackie Lewis, Sylvia McDonald, Joyce McGovern, Anita Vandervan, Earl Flint, Meagan Lavoie (Honourary Senior), Sandra Tremblay, Lise Speeckaert, Sandi Scott, Marie-Gladys, Heinz Becker and Bill Dore for tremendously entertaining performances.

And for the back stage crew for their invaluable, often invisible contributions, equal congratulations:



The Ghost of Christmas Present (Lise Speeckaert, right) lets Scrooge (Bill Dore) see a vision of what Fred (Jackie Lewis), the Smithers (Heinz Becker) and Fred's wife Sandra (Sandra Tremblay) think of him.

Anita Vandervan, Trevor Barrette, Pat Baldwin, Sandra Tremblay, Earl J. Flint, Janice Clark, Steve Fiset, Mary Morgan, Sylvia McDonald, Hazel Wylie, Jean Claude Olivier, Paul and Myrna Goyetche, Cindy and Mac Potter, Darlene Gargul, Nancy Tibbins Glover, Jean Shelly, Maureen Durand, Liz Chapman, and Gilles Pratte, Valerie Glover Drolet and Heather Tremblay.

Announcements, Birthdays and Memorials

Birthdays.

Yvonne MacDonald, Feb. 4
 Emma Garnis, Feb. 5
 Paul Beatty, Feb. 7
 Jackie Lavigueur. Feb. 8
 Jasmine Durand. Feb. 10
 Bobby Fordham, Feb. 10
 Dennis Choquette - Feb. 13
 Garry Mason, Feb. 13
 Tatyana Fata, Feb. 14
 Costa Anagnostaras, Feb. 14
 Christian Shore, Feb. 14
 Eddie Green, Feb. 14
 Simon Frigault-Baoudreau, Feb. 19
 Shane Thivierge, Feb. 21
 Bunny Mason. Feb. 22
 Auric Cockburn Goulet, Feb. 23
 Nel McCristie, Feb. 25
 Yolande Smart, Mar. 1
 Jim Richards, Mar. 4
 Carolyn Plesz, Mar. 4,
 Sharon Byers, Mar. 7
 Maxximus Fata, Mar. 10
 Gil Docherty, Mar. 11
 Gigi O'Brien - Mar. 11
 Ivan Fata, Mar. 13
 Pat Glover, Mar. 16
 Lynda Draycott, Mar. 17
 Mike Lanthier, Mar. 18
 Martin Hensen, Mar. 19
 Kaeden Michlick Mar. 20
 Rebecca Dionne, Mar. 24
 Rene Heibl, Mar. 26
 Henry Turner, Mar. 27
 Jacqueline Cockburn Goulet, Mar. 31
 Frank Michlick. Mar. 31

Anniversaries:

Paul Beatty and Karen Burrell, Mar. 25

Memorial

George Clarkson,
 Elizabeth (McLarnon) Terry,
 Gladys Sundborg,
 Anita Tremblay Larocque,
 Jean-Paul St-Charles,
 Martin Demers,
 Sylvia Batley,
 Rita Kennedy
 Gordon Allan Main,
 Mr. Neumayer,
 Claude Trottier,

Heritage Social Club Events

February Events

Darts: Mon. Feb 1-8-15-22-29
 start @ 7:30 pm
 Karaoke: Fri. Feb 5 & 19
 starts @ 6:30 pm
 Crib Club Tournament: Sun. Feb 7
 cost: \$6.00 Registration @ 12:30 pm
 starts @ 1:00 pm
 Monthly Luncheon: Wed. Feb 10
 cost: \$10.00 Doors open @ 11:30 am
 Valentine's Supper & Dance: Sat. Feb. 13-
 Cost: \$25.00
 Doors open @ 6:00 pm
 Bingo: Wed Feb. 17- Cost: \$6.50
 Doors open @ 12:30 pm

March Events

Darts: Mon Mar. 7-14-21-28
 start @ 7:30 pm
 Karaoke: Fri. Mar. 4 Karaoke
 starts @ 8:00 pm
 Crib Tournament: Sun Mar. 6
 cost: \$6.00 starts @ 1:00 pm
 Monthly Luncheon: Wed. Mar. 9
 Cost: \$10.00 Lunch served @ 12:00 pm
 Bingo: Wed Mar 16 - Cost: \$6.50
 Bingo starts @ 1:00 pm
 Friday Mar. 18 St Patrick's Day 'Pot
 Luck'
 * Wearing green gets you a surprise!
 Supper starts @ 6:30 pm
 Karaoke starts @ 8:00 pm

Cocktails at 4:30 pm. Please call the branch at 450 472-6530 for more information.

March we will be holding our annual Vets Day Visit. Our guests will be arriving at 11:00 am. Come on down and say hello! All are welcome!

Deux-Montagnes Lions Club



Feb. 13, Seniors Day 11:00 am to 16:00 pm Veterans Hall
 Mar. 29, Blood Drive 1:00 pm to 7:00 pm Veterans Hall



Legion Branch 185

February events!

The Legion will be holding their Annual General Meeting on February 16 at 8:00 pm Saturday, February, 20 the branch will be holding their elections for office for 2016 at 1:30 pm sharp.

March events

On March 5 the branch will be hosting a Tex Mex dinner.





Know your WHY?

By Glenda Esguerra, Paravie, Personal Fitness Specialist

In my 10 years in the fitness business, I have served over 230 clients from this area. I am also part of a worldwide network of over 500 fitness specialists, each with their own client list. Why do I bring this up? Because fitness struggles are the same everywhere. The common denominator is how hard it is to change. Does this sound like you?

I've seen people who have completed their workouts even after upchucking their latest meal, who have endured the searing pain of a torn muscle, and who have worked the skin raw on their calloused hands, only to jump back on the bar to complete their routine. I've met bodybuilders who have put their bodies through dehydration just for that stage show. Some people take diet pills to boost their weight loss strategy. There are those who starve their bodies living on soup and grapefruit, drinking herbal laxatives and using other strategies to be thin.

You can get lost with all of the products and services sold out there in the health and fitness industry. My plea to you is to not abuse your body.

Here's my recurring message:
FEED your body with healthy food.
EXERCISE to work your body.
LISTEN to what it is telling you.
GET a coach who understands what you want and what you need.
SLEEP to rest your body sufficiently.

Change is not easy, it is absolutely hard work! Old habits are difficult to break! The battle for change is against a lifetime of ingrained behaviours that won't go away. We underestimate how difficult the process of change can be. But failure is not inevitable!

So what do you have to do? **WE REPLACE OLD HABITS FOR NEW ONES, ONE HABIT AT A TIME:**

Set your fitness goals. – **BE SPECIFIC.** (Lose some weight, or lose 5 pounds **THIS** month?)

Book and block off your fitness appointment. – **DO NOT CANCEL EVER** (pub or gym?)

Get some rest. – **SLEEP** more. (LOG off the computer by a certain time before bed.)

To attain sustainable, lifelong, health and fitness goals, you **HAVE** to get a bit uncomfortable. It is absolutely do-

able. You have to be clear on **WHY** this change is important to you. Go ahead, ask yourself why, who, or what are you doing it for? Visualize how would you feel when you achieve it? What do you see working for you with this change? What would you do then that you can't do now? I bet once you are clear on those questions, the strategies will become more do-able.

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

We can schedule a consultation: glendae65@gmail.com, Facebook, or 514-512-5600.

* **PARAVIE** has moved to a new location:

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