

Community Connections

SERVING THE AREA FROM KANEHSTÀ:KE TO ROSEMÈRE

Volume 25 Issue 1

COMMUNITY LIFE

Deux-Montagnes award grants to some community organizations, p. 3

Santa Claus Parade, p. 15

2500 copies

SPORTS

M-13 Pee Wee hockey Tournament, p. 16

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Message from Mayor Denis Martin

Fellow citizens,

I encourage anyone who can to demonstrate your generosity toward others. We have always been a tight-knit community and the holiday season is the perfect time to extend a hand and make someone's eyes sparkle.

The community organizations of the territory have been doing an exceptional job of meeting the needs of the most disadvantaged. In Deux-Montagnes, we believe it is essential to provide our local organizations with financial assistance that enables them to carry out their mission. On November 21, a total of \$64,300 in financial assistance cheques was distributed by the City to 30 community organizations and sports and cultural associations of the territory. This ceremony was also taken as an occasion to show them our gratitude for their massive contribution to the well-being of the Deux-Montagnes community.

Still in line with the mutual aid movement while nearing the holidays, our firefighters in Deux-Montagnes/Sainte-Marthe-sur-le-Lac held their annual roadblock on December 9 to raise funds for Christmas baskets. Over the day, the considerable sum of \$18,460 was raised and allocated to two organizations of our community, namely, Dépannage St-Agapit de Deux-Montagnes and Chevaliers de Colomb de Sainte-Marthe-sur-le-Lac. We would like to thank all of the donors and our fellow citizens for their immense generosity.

The Santa Claus parade on December 3 also allowed citizens to show solidarity with drop-off points for nonperishable foodstuffs and through the organization La Libellule which collected new and used toys to bring some happiness to less fortunate families. In addition, the spirit of the holidays was tangible for this great gathering event which has been crowned a success!

In closing, on behalf of the elected representatives of Deux-Montagnes and the municipal administration, I wish you a wonderful holiday season filled with moments of happiness and spent with the people who are most dear to you. Our best wishes for health, joy, and prosperity in the year 2024!

Denis Martin,
Mayor of Deux-Montagnes



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VILLE DE DEUX-MONTAGNES

Deux-Montagnes awards \$64,300 in grants to some thirty community organizations

Deux-Montagnes, November 22, 2023 – The annual ceremony for the presentation of financial assistance cheques to the City's accredited organizations was held on November 21, 2023, at the Royal Canadian Legion Hall. A total of \$64,300 was distributed in financial support to 30 community organizations and sports and cultural associations in the territory.

"We believe it is essential to provide our local organizations with financial assistance to enable them to achieve their mission. This award evening is also an opportunity to express our gratitude to them for their great contributions to the well-being of the Deux-Montagnes community," said Mayor Denis Martin.



Mayor Martin was accompanied by the municipal councillors of Deux-Montagnes, who also salute all the involvement shown by local community and sports associations. With one voice, they warmly thanked them for their commitment to the community and for the dynamism they bring to the City of Deux-Montagnes.

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Julie Delaney appointed for a four-year term as CEO of the CISSS des Laurentides



The Chairman of the Board of Directors of the Integrated Health and Ministry of Social Services (CISSS) des Laurentides, Mr. André Poirier, is pleased to announce the appointment of Ms. Julie Delaney as President and Chief Executive Officer of the institution. Ms. Delaney took office on December 7, 2023, and will serve a four-year term.

A lawyer by training, Ms. Delaney most recently served as General Counsel and Assistant to the Support, Administrative, Performance and Logistics Services Branch. She has been working in the Laurentian health and social services network for 13 years now and has previously worked at Hospital Maisonneuve-Rosemont, as well as legal offices.

"I know the CISSS des Laurentides well, having worked in the region for the past 13 years. I also live in the area. I am committed to providing the population with quality, accessible care and services close to home, as they would expect," said Delaney.

The Chairman of the Board of Directors of the CISSS des Laurentides, Mr. André Poirier, is delighted with this appointment. "Our region is experiencing phenomenal population growth, which multiplies the needs that must to be answered. In addition, there is an increase in the number of aging people out there to whom we wish to offer the best possible services. We need a strong management team to lead the troops of the CISSS des Laurentides and enable us to meet this great challenge," he said, wishing her the best of luck in her new mandate. Mr. Poirier also made a point to warmly thank Mr. Sylvain Pomerleau, who ensured continuity as interim CEO of the over the past few weeks. He will continue to serve as Deputy President.

Ms. Delaney plans to get to grips with her new role quickly and meet with staff, doctors, as well as partners in the region. "All of these people play a crucial role in making sure that we provide accessible, high-quality care and services to the public. I want to meet them, get to know their daily reality, and put in place the first steps of our work together," she declared.

Correction



In our previous issue's review of Le Cask Pub and Grill, we incorrectly identified principal owner Thava Suramanian as also the owner of Ye Olde Irish Pub and Grille in Pointe-Claire. He is no longer affiliated with that establishment. *Community Connections* regrets the error.



VILLE DE DEUX-MONTAGNES

Tabling of the 2024 budget: tax increases below inflation in Deux-Montagnes

Deux-Montagnes, December 21, 2023 – At a special meeting on December 20, the City of Deux-Montagnes Council adopted the 2024 budget, which amounts to \$33.4 million. In the challenging economic environment, tight spending controls and streamlined operations have kept the tax rate increase to 3.55%, well below inflation.

In addition to the tax rate, there is a \$20 increase in residual materials collection fees, while the other fees are frozen for the next year. For a home with an average value of \$313,500, this 4.2% increase (tax rate + rates) represents \$130

Again this year, City Council has had to deal with inflation and the very significant increase in the cost of goods and services required to continue the City's operations. For example, waste collection costs have jumped by 31% compared to last year, and waste water costs have increased by 25%. Despite this reality, the City's plan has been to minimize the financial impact for citizens, hard hit by the rise in consumer prices.

"This is a responsible budget in the current fiscal environment. Priority is always given to respecting citizens' ability to pay, while continuing to provide quality services. Our goal is also not to mortgage future generations and to maintain our financial capacity to face the unexpected. We feel that we have achieved these

objectives, which in the current situation is almost a feat," said Denis Martin, Mayor of Deux-Montagnes. "I would like to acknowledge the work of elected officials and the administrative team, who had to redouble their efforts to preserve this balance, limiting the tax increase as much as possible. Throughout the development of this laborious budget, they showed great rigour and used a certain dose of creativity," he added, proud of the budget presented.

The main investments of 2024

- Renovations and upgrading of municipal buildings – \$1.6M
- Flood Resilience Project – \$5M
- Sewer, storm, water and infrastructure - \$7.5M
- Noise Barrier - \$2.5M
- Miscellaneous vehicles and equipment - \$1.6M
- Investments in parks – \$1.5M

These major investments total \$20 million, of which \$12 million is covered by grants.

Source and information

Valerie Legault

Head of division - Communication and Relationship with the Citizens of Deux-Montagnes

LAC-DES-DEUX-MONTAGNES USERS' COMMITTEE

The Lac-des-Deux-Montagnes Users' Committee is an entity, created by the Act respecting health and social services, that is mandated to protect your given rights as a user of the health and social services system.

Twelve rights are recognized and listed in the Act, including your right to information and to receive services. You are also entitled to be assisted and represented in order to assert these rights.



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Bill 15 is aimed at making health and social services more efficient

The Act to Make the Health and Social Services System More Efficient in brief:

1. Improve access to care, health services and social services
2. Coordinate the services offered through Santé Québec
3. Offer an experience that lives up to what Quebecers deserve and listen to patients
4. Return to proximity management

This is a major step in the Health Plan with the adoption of Bill 15, a complete revision of the Act respecting health services and social services to make the necessary changes in the health network.

Benoit Charette

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Magical Thinking

By Paulina Garon, C.E.S.A.M.E.

Introduction - Imagination is part of a child's normal development. Until the age of about seven, children develop magical thinking, where they are able to create friends, make up stories, and enter a dream world. Those beliefs have reassuring benefits, especially during moments of solitude. It allows children to deal with situations and feelings that otherwise may be too difficult to manage, such as stress, sadness or abandonment.

Truth or lies? – In the past Christmas season, many parents wondered what to tell their children about Santa Claus, how they might avoid pain and disappointment, and how they felt torn between the idea of telling their child the truth or lying. Believing in Santa Claus is much more than a "soft lie." It encourages the child to believe in a myth and to participate in a social ritual.

I know Santa doesn't exist! - In terms of the issues surrounding this myth, children often first turn their questions into concrete facts: "How can Santa get into our home if we don't have a chimney? How can he go down the chimney with his big belly?" It can be a good idea to return the question to them to raise their imagination and fantasies around the subject: "I don't know. What do you think?"

The adult will then be entitled to nice responses from the child. If the child does not give an answer and the adult

doesn't know what to say, he can always rely on the aura of Christmas and say (before a child turns seven or eight years old): "It must be magic!"

Then the questions will multiply and can become insistent. The process will happen naturally because, little by little, the child will hear things that will shake his beliefs. If the questions become too insistent and the game of magic is no longer fun, for example: "Mom, Dad, tell me the truth! I know Santa Claus doesn't exist for real because ..." at this point, it is useless to continue to pretend, as the child no longer wants to play.

It's better to keep the child's trust and focus on the fact that the child is old enough to realize that the magic of Christmas is a great story that allows us to celebrate together and that Santa exists in our hearts. It is also possible that the child's reaction is strong, perhaps anger or tears. Then the parent can only accompany the child in their anger or sadness, much like a grieving process.

Conclusion - Finally, the child does not necessarily need an adult to get out of his dream world. This journey will happen naturally. Indeed, at around seven to eight years of age, children enter the stage of concrete thinking, which enables them, slowly, to let go of the "unrealistic" stories and develop logical thinking.



Rosemère High School Holiday Food Drive

By Rebecca Stracuzzi, RHS Correspondent

The Christmas-Hannukah-New Year's holiday season is a time for sharing and compassion, a perfect opportunity to give back to our communities and enjoy the company of those around us. Many families enjoy a major feast during festivities or just celebrate a break from classes. Sadly, for too many families in the Laurentians area, it has become more difficult to access food, gifts, and other essential holiday supplies, a problem escalated by the COVID-19 pandemic, major employee layoffs, and the rise of prices from inflation.

I am happy and proud to say that, despite ongoing public service strikes, the Rosemère High School students pitched in with gift baskets to help make a difference in the lives of some local families because the RHS annual food drive, despite ongoing strikes by public service workers, still took place this year!

RHS' holiday food drive was organized by Ms. Maria Warner, secretary for the secondary one and two students. In an interview, she explained that the tradition began approximately 20 years ago, before her time at RHS's, by a previous junior-level secretary. "Miss Maria" (as she is known by everyone) took it over when she began working at RHS.



Ms. Maria Warner, chief organizer for Rosemère High School's Christmas food drive.

She said that the drive is organized in partnership with Moisson Laurentides, an organization that supplies food and essentials to needy families in the greater Laurentians region. It also provides RHS with the boxes that the donated items were placed in.

The period when students could donate is usually from the middle of November to the middle of December. Items were placed in designated boxes located at the school's lower foyer, all clearly marked and surrounded by brightly lit Christmas trees. The trees and various other decorations around the school were placed by Ms. Jennifer Walker ("Miss Jen"), a student technician at RHS. The decorations were quite a marvel to see. This project does not affect any student extra-curriculars and is possible due to time volunteered by teachers and other staff such as Miss Jen.

Items in the boxes included non-perishable foods such as canned meats like poultry and tuna, soups, chili, stews, gravy, pastas and sauces, plus dried goods (powdered soup mixes, pancake mixes, tea bags, etc.). Other non-perishable items were bottled water, syrup, honey, granulated sugar, and potato chips, etc. There were also toiletries such as toothbrushes, toothpaste and sanitary items.

When baskets were complete, they were delivered by Moisson Laurentides to families in need. Some baskets were specifically reserved for families of RHS students who are not as well off as our innocent minds would like to imagine. As well as food, RHS gift baskets could include money to help families out financially and gift cards, so they can treat themselves to well-deserved shopping trips. All extra baskets were given to families in the local community.

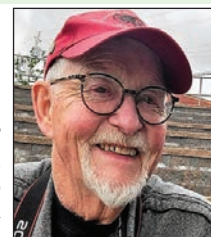
RHS's holiday food drive is incredibly popular among the students. Baskets often are filled to the brim before the deadline. Every day the morning announcements included a reminder to students to donate. For the 2023 edition of the food drive, there were slightly fewer days than usual to donate due to the ongoing strike. An email was also sent to parents to inform them that they could also donate to the food drive. I made a point of reminding my friends to donate, and I'm sure many others did as well! My friends and I believe that donating to the community is the right thing to do. Obviously, students could choose not to donate to the food drive, as it is completely optional. Despite the approaching pressure of mid-terms, most students still found a way.

The holiday food drive is living proof that RHS is a giving community. Although a donation by a student may seem small, it can make the world of a difference for an entire family! The students of this community institution understand that the meaning of the holidays is not to simply give to and receive from people you are close to; it's to give to others in need and bring them happiness through simple gestures. This entire event really brings the whole RHS community together.



School Matters

By Gordon Wetmore
(gordonwetmore5@gmail.com)



Happy New Year! When last I prepared a column, Hallowe'en was just in front of us and Remembrance Day, Christmas Day and New Year's Day were yet to happen. And there was some other ritual looming, something that occurs every four years ... Ah, I remember - a Common Front strike began! A ritual dance that nobody likes, that injures everybody in some way, that never knits our social segments together but sows division instead, that harms the vulnerable on the sidelines (such as those whose serious medical issues grow significantly worse), and makes harder the work of everybody involved, leaving lasting resentments/distrust in the participants on both sides.

I do hope it's over by the time you read this. Make no mistake, I am firmly on the side of the strikers. The "offer" from the Quebec government is inflexibly inadequate. With the volatility of inflation rates, there is more likelihood than not that our educators, medical care workers and others who look after us will end up poorer by the end of the contract, unlike our provincial legislators and police. Meanwhile, our youth and our sick and injured pay a painful price and our strikers lose income.

Since moving to Quebec as a teacher in 1972, I have been through too many of these reels. I particularly recall one time when our salaries were actually cut - on Teacher Appreciation Day! Message received. It has not mattered which political party was in power. The dance was always the same, ending in a boxing match that left everybody's nose bloodied.

Particularly frustrating, to me at least, is that both the steps and the music can be changed to everyone's benefit. Keys are co-operation and mutual planning instead of oppositional offers and demands.

With rapidly changing technologies (think AI), local and global environmental developments (climate, viruses, oceans, wildfires, water issues), economic and political upheavals (inflation, housing crises, arable land, refugees, wars, competing mega-economies, population growth, etc.), contracts affecting large groups of government workers will have to change with changing

conditions. A readjustment every four years is sensible. BUT confrontations and divisive us/them winner/loser methodologies are not. Everybody loses - willingness to co-operate, faith in each other's goodwill, desire to do a good job, creative energy ... all are diminished at best and for some, extinguished.

What if, as soon as a public service contract is settled, a committee is struck to plan the next contract? Members would come from the public service unions and relevant government departments. Salaries and benefits could be tied to inflation rates so that nobody will be poorer by the end of a contract's term, unlike the initial offers that resulted in this particular strike. Medical tests, surgeries and other services would not have to be delayed beyond their already unreasonable wait times; schools and daycares would have remained open, and working parents would not have to lose days because of their children's disrupted schedules.

Good news - Hydro Quebec rectified the situation of Ms. Martine Deslongchamps, the Deux-Montagnes resident whose power had been cut off because Ms. Deslongchamps refused to permit the installation of a so-called "smart" meter, claiming it aggravated her electromagnetic hypersensitivity (EHS). As a result, Hydro had cut off her power, even though she always paid her electricity bill (and continued to do so after.) In November, Hydro reinstalled the old type of meter and turned her power back on. Evidently, Hydro has done this with the dozens of other EHS sufferers across the province. Congratulations to her, the other customers, and to Hydro Quebec for recognizing that these people were sincere in their belief that electrical emanations caused them harm and found a way to deliver their electricity, an essential service.

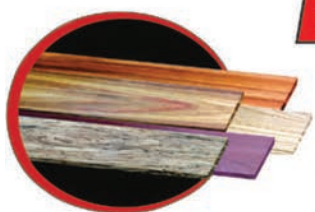
Congratulations to the Montreal Alouettes for their come-from-behind season to get to the Grey Cup and for their come-from-behind victory in the championship game. A special congratulations to Kristian Matte, offensive lineman, who joined the Als in 2010 and laboured through all the lean years and upheavals to this cup victory, rarely calling attention to himself while doing the grunt work of opening holes for the runners and protecting a generation of quarterbacks. Good on you, Number 51!

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The many personas of Joseph Fitzmorris

By Gordon Wetmore; photos from a private collection

A 1960s *Life Magazine* story about boys and risk-taking featured a black-and-white photo of an early teen holding a skateboard. From the crest of a steep hill, he gazed down a curved path that ended at a primitive dock jutting into the ocean. You could feel his temptation and feared what he might decide.



In the photo here, two large men are poised on a crude platform on the top ropes of a wrestling ring. One man, the one with the mask, has the other slung over his shoulders. Both are eyeing a wooden folding table close to the far side ropes. There is no doubt about the decision here. While fans scream encouragement, they will jump, somersaulting as they go, and smash through the table.

What in the world is a high school teacher, a department head no less, doing on that platform?

The Green Phantom, the masked grappler, is 47-year-old Joseph Fitzmorris, head of physical education at a major metropolitan high school where he also coaches the football and hockey teams. These are four of his active identities – teacher, administrator, coach, professional wrestler.

There are others, but before we get to those, a little background: Joseph (aka Joe to many friends, Joey to his immediate family) grew up in Saint-Eustache and Deux-Montagnes. He comes from a remarkable family. His father, Ron, a former science teacher, still plays hockey at age 80 and gives English as a second language lessons to business people. His mother, Joan, worked as a surgical nurse at the Jewish General Hospital into her upper 70s until a bad hip and a bout with Lyme disease forced her to stop. Older brother Michael parlayed his love of aviation



into a career with Air Canada, where he is a highly placed executive.

Theirs was always a boldly energetic, creative, musical family. St. Patrick's Day celebrations at their home were legendary – hoards of visitors, a neighbourhood parade, mounds of food, beer, and performances by family and guests every half hour. Irish dancing, folk songs, music of all sorts. You were as likely to converse with people of Czech, German, Italian, and Spanish backgrounds as Quebecois, Scottish, English and – especially – Irish roots. The Fitzmorris boys began performing young. Little Joey's special song was "All God's children have a place in the choir."

That was the Fitzmorris view of people; all people have a place. That is how the adult Joseph still operates – open to, curious and caring about anybody while remaining a person of strong opinion, bold actions and loud voice. He maintains a conventional position like teaching and does it well. Just don't expect of him to do only one job at a time or that all his occupations would fit into predictable categories.

I have known Joseph since he was born, and toward the end of my career, we worked as fellow teachers at the old Laval Catholic High School. He was great with kids, and when I had a class full of guys who loved wrestling on TV, I brought him in as a guest. I have a favourite memory of him casually strolling about the classroom, a 210 pound student slung across his shoulders while explaining some of the economics of staging wrestling shows.

Did I mention that he was also a promoter?

While still students at Lake of Two Mountains High School, he and fellow wrestling buff Derek Arsenault, who had a black belt in karate, used to slam each other on the mats in the gym, developing their own special moves. Both became pro wrestlers. As soon as he accumulated a little bit of experience and cash, Joseph talked a friendly bank manager into lending him the money to buy a wrestling ring. Then in the year 2000 came the first big show, in the friendly confines of the Legion Hall in Deux-Montagnes. It very nearly ended his wrestling career.

Joseph and Derek did not schedule themselves as the main event but put on a spectacular battle against each other in the second-to-last match. They grappled, kicked, body slammed each other in the ring, on the floor beside the ring, in the audience, who cleared out of the way, and back in the ring, where Joseph prevailed with an original slam they'd worked out. But in the main event, a spectacular throw went horribly wrong.

The burly villain of the piece was supposed to throw his opponent, SeXXXy Eddy, over the ropes, past the ring

Continued on p. 13

Strikes and sticks

By Tanner Anentawaks Etienne, Ratihen:te high school correspondent

Welcome, welcome, I hope that everyone is having a stupendous day or night. I don't have as many things to talk about as last time, but I hope you will find this issue's article fine and dandy. Now let's get into it.

The teachers strike: thousands of teachers across Quebec went on strike from the 21st-23rd of November. But not at Ratihen:te, because we are under the federal government's jurisdiction. We had a full school week that week and it was pretty much like any other school week. The only real difference for me was that, since I do advanced math online, I had a three-day math "vacation," and that was pretty much it. I do know some people who go to other schools where the staffs were on strike, so they got those days off to sleep in or whatnot. Even though they had those days off, they are going to have to make them up at the end of the year, so a win is a win.



Ratihen:te High correspondent Tanner Etienne starting to carve a traditional lacrosse stick from a hickory bough.

We did some indigenously Indigenous things here by making lacrosse sticks the traditional way. We started off by going up a mountain and cutting and splitting wood from a hickory tree. Hickory is a type of hardwood that is great for lacrosse sticks. If we used softwood it would break. We originally started the making of the lacrosse stick for a science and material properties project, and it was also for the cultural aspect. Lacrosse has been played for hundreds of years by Iroquoian people as a way to settle disputes, and once the game was over you didn't bring up the issue again.



What the finished stick should look like.

The way we made the stick is by bending the wood. How this works is that you put the rough cut sticks in a small area with steam so the pressure builds and increases the malleability of the wood, allowing the sticks to be bent. These lacrosse sticks are made in the style of ones from the 1890s, which were a bit bigger than today's. By the time this article comes out, they will probably be finished, but not at the time of writing this. With that, I bid you farewell.

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Frownton Abbey- solutely Fun

By Gordon Wetmore

It was a love-in that began even before the first character of the murder mystery/dinner theatre presentation *Murder at Frownton*

Abbey stepped onto the stage at the Heritage Social Club in Deux-Montagnes Saturday evening, November 4.

The cast, in costumes and full makeup, mingled with the audience at the bar and tables before the dinner theatre production began, creating a buzz of anticipation.

Players and support crew all were members of the Forever Young Theatre Company for seniors, whose bold and uninhibited members (ages 60+ to 90+) were well suited to the zany concept of the theatrical farce by Steve Gilliam which reimagined the *Downton Abbey* series as populated by the cast of the *Addams Family* – a marriage made in mayhem.

Further connecting the performers and audience was the show's premise. Audience members were all "guests" at a dinner hosted by Lord Gruesome (the Earl of Gruesome Roquefort Creepy-Crawley), played by handsomely bewhiskered Bill Dore, and Lady Gruesome (Countess of Gruesome Creepy-Crawley Corvus Creepy-Crawley), sinister Sandi Scott, to celebrate the 100th birthday of his mother, Old Lady Gruesome-Violent Creepy-Crawley, menacingly portrayed by Pat Baldwin.

Thus Act 1 came with soup, Act 2 with salad, Act 3 with the main course (chicken Alfredo), and Act 4, the denouement, with the villain getting her/his just desserts while the audience ate cake. The food and amazingly quick service were provided by Kate's Kitchen, the catering service of Kate Baldwin, real-life daughter of Old Lady Gruesome-Violent Creepy-Crawley.

The Plot: An impossibly tangled web that involved inheritances, simmering jealousies, venom, assumed names, revenge, greed, class divisions, long lost heirs, sibling rivalries, mistaken identities, bad investments, true love (I think), plus singing and dancing. Of course, there were stock characters: the aristocrats, the imposing butler, the imperious cook, the venomous sisters (Scary, Simple, and the third called Too).

The Murders: There were several, so the title is inaccurate and the only bit that is understated. Two took place off stage but highly noticeably. The first: near the conclusion of Act 1 when we, the audience and "guests", had sipped our soups, one person sitting next to me hadn't been served. He stood up and complained loudly, drawing everyone's attention from the stage. As our bowls were cleared, he was served at last and ate during the intermission. When Act 2 began, he rose gasping and clutching at his throat – and collapsed onto the table to be cleared away with the dirty dishes. That was the first killing, poison served in error to a guest. The last murder involved an assistant cook staggering and moaning from the bar area to the stage with a foil-covered cardboard cleaver protruding from her back. Such horror!

The Closing: An Agatha Christie gathering of everyone conducted by a confused Head Inspector Morose with highly intricate questions getting astoundingly bizarre responses to expose the surprise dastardly villain and identify the surprised innocent heir to the estate. Perfectly nonsensical. The entire evening was a "soup to nuts" experience, with real soup at the tables and nuts on stage.



Inspector Morose, hat and tie, sorting out who killed the latest victim, slumped at right.

There were so many sparkling performances by the 22 performers that to single out some for particular praise would not be fair. The set decorations, backdrop, costumes, hall decorations, sound and lighting were fabulous. The make-up, especially for the cadaverous Lady Scary Creepy-Crawley, was superb.



The cast and crew of Frownton Abbey

Forever Young was created in large part for seniors to combat some of the cognitive deteriorations that come with aging. Hence the need for prompting. For "Frownton," the performers and prompter turned what is usually an interruption into part of the show producing its own laughs and creating bonds with the audience. Congratulations to directors Valerie Glover-Drolet and Heather Tremblay, who prompted.

One last note: The evening's fun was further increased by smoothly conducted quizzes between the acts on trivia about *Downton Abbey* and *The Addams Family* TV series and a contest to guess the identity of the play's villain. The winner was a lady who connected *Downton's* most despicable character to Frownton's crazed killer.

Waking the Charleston Flame

Novel by J.T. Payotte
Reviewed by Gordon Wetmore



Waking the Charleston Flame is local writer J.T. Payotte's first novel.

sexual tension in *Waking*, yet it is neither salacious nor exploitative but grows out of the main characters' ages and social milieu.



Waking the Charleston Flame book cover.

Waking the Charleston Flame is the first novel by J. T. Payotte of Sainte-Marthe-sur-le-lac but she declares that it will not be her last. Good, because *Waking* shakes the dust off an old formula and promises more fresh storytelling to come.

First, *Waking* is a romance. Rest assured it is not like the stereotypical Harlequin Romance tales. Nor is it like that special branch of Harlequin written for "people who move their hips when they read," as one comic quipped. There is plenty of

Both are in their early 20s and enrolled in university in Charleston, South Carolina. They came from the same city up north and went to the same high school. The female protagonist is Ali, short for Alaska, which nobody seems to remember. She is short, clumsy, accident prone, pretty but fiery tempered. Her nickname is Wreck-it. Within the first two pages you will understand why. Trevor is the male counterpart – tall, a little arrogant, neat and sure of himself. At least, so it seems at first.

He remembers her from high school as a disheveled, often stained, surly, stumbling disaster of a misfit who earned her nickname. She remembers him as a tall, composed high achiever with a lofty view of himself. She believes that he gave her the nickname. He didn't but thought it fit her, and a slip of his tongue brought it to their university. Both intend to become high school English teachers, which flings them into conflict – though not quite in the way one would expect.

J. T. Payotte develops the story in an unusually difficult way and makes it work. The 15 chapters are told alternatively from the point of view of one of the protagonists and

then the other. How Trevor and Ali see the same things, how they feel, how they fight, how they develop and nurture their relationship – all have to be processed by two different sets of eyes, brains, and emotional set points – and physical reactions. Sexual tensions build, recede, and build again – think of Ravel's "Bolero" played out in prose. We also find out that each has serious emotional baggage from their families – and support, too.

In the way they speak and their attitudes toward sex, Ali, Trevor and the other characters definitely belong to the 20-something age group. The f-word and s-word are present in their conversations but not for shock value – they are just naturally there. None of them make a big deal about having "hooked up" with another girl or guy for weeks or even months and then moved on. Relationships are temporary- until they're not. One wealthy newly wedded couple live apart in gender-specific residences for most of the week to experience college "naturally." None of the other characters see that as natural, but it does help the plot to move along.

While the values/behaviors of this group may seem overly casual to some readers, the ways that Ali and Trevor care for each other, how they think about possible consequences their actions could have on the other, reveal depths of feeling and sensitivity to each other's vulnerabilities. There is a moral foundation here that comes from character rather than exterior code.

I would be remiss if I did not point out a weakness in the writing, an ironic one at that. Both Ali and Trevor want to become English teachers. There are far too many fundamental errors in quoting/paragraphing and the lie/lay types of vocabulary for this old English teacher's comfort. A conflict with an editor led to Ms. Payotte's going the self-publishing route. But her creative instincts and story development are fine. I hope she can "hook up" with a technical editor to avoid those problems in book two. Or even to republish this one eventually.

Ms. Payotte, a young mother of two teens, is a former Lake of Two Mountains High School student, where she was known as Jennifer Trainor and was encouraged by the school's then librarian, Melanie Morest. *Waking the Charleston Flame* is available at Amazon.ca.

SOINS DES PIEDS FOOT CARE

Mary Lessard
Inf aux / Nursing assistant

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Deux-Montagnes, J7R 3J8
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Reminders for winter driving

By Armando Aguillón, mechanical engineer

Driving in winter can be challenging due to snow, ice, and cold weather conditions. Here are some tips to stay safe on the road during the winter season:

Prepare Your Vehicle: Ensure your car is winter-ready by checking the battery, brakes, and tires. It is mandatory to use winter tires. Also check your wipers, fluids (especially antifreeze), and lights. Keep your gas tank at least half full to prevent the fuel line from freezing.

Drive Cautiously: Reduce your speed and increase your following distance to allow for longer braking distances on icy or snowy roads. Accelerate and decelerate slowly to avoid skidding.

Be Mindful of Black Ice: Black ice, a thin layer of transparent ice on the road, can be extremely hazardous. Be especially cautious on bridges, overpasses, and shaded areas where black ice tends to form.

Clear Snow and Ice: Before driving, completely clear your vehicle of snow and ice, including all windows, mirrors, headlights, and the roof. Snow left on the roof can slide onto the windshield or rear window while driving or slide toward other cars on the road.

Use Proper Lighting: Ensure your headlights are on, especially during reduced visibility caused by snowfall or fog. This increases your visibility to other drivers.

Avoid Cruise Control: In slippery conditions, avoid using cruise control. You'll have more control over acceleration and deceleration without it. Whenever it is possible, use coast-down anticipatory braking.

Stay Informed: Check weather and road condition reports before heading out. Consider delaying your trip if conditions are severe. If you must travel, inform someone of your route and expected arrival time.

Brake and Steer Smoothly: If you start to skid, remain calm. Steer in the direction you want the front of your car to go and avoid slamming on the brakes, as this can worsen the skid.

Keep Emergency Supplies: Carry a winter survival kit in your car, including items like a flashlight, blankets, extra clothing, food, water, a shovel, ice scraper, sand or kitty litter for traction, and a charged phone.

Know When to Avoid Driving: If conditions are too severe or if you're uncomfortable driving in winter weather, it's better to stay off the roads until conditions improve.

Driving in winter demands extra caution and preparedness. Being attentive, adjusting your driving to the conditions, and ensuring that your vehicle is ready for winter can significantly

reduce the risks associated with winter driving.

Recently I've noted an increase in reckless driving. Safety on the road is our responsibility. The roads and streets do not belong to us. We share this infrastructure with all the users, pedestrians, bikes, motorbikes, etc. Trying to gain a place in the lane in front of others, or suddenly turning, does not make us smarter than other drivers, but the opposite. It's everyone's responsibility to be safe on the road. Remember, drive safely and enjoy the ride.



An advertisement for Naud & Gignac Denturologistes. It features a photograph of two people, a man and a woman, both smiling. The man is wearing glasses and a white shirt, and the woman has long dark hair and is also wearing a white shirt. Above them is the logo for 'Naud & Gignac DENTUROLOGISTES' with the phone number '450-472-7066'. Below the photo, the text reads 'Plus vrai que nature!' followed by the address '1605, Chemin d'Oka, Deux Montagnes, Québec'. At the bottom, the names 'Denis Naud, d.d.' and 'Josianne Gignac, d.d.' are listed.

Continued from p.8

apron and onto a pile of folding chairs to “break” his fall. Unfortunately, Eddy also sailed over the chairs, his head smacking the floor with a sickening crack. He woke up three days later in the Saint Eustache hospital, lucky to be alive.

Today Eddy still wrestles. He and The Green Phantom remain close friends. The weekend before the interview for this story, he and the Phantom drove to Quebec City together, battled tooth and nail against each other, and then drove back together. Joseph was teaching on Monday.

In the nearly quarter century since, Joseph has promoted many shows, often for the Internet Wrestling Syndicate (IWS), of which he held the position of Chairman, a la Vince McMahon of WWE. At least, that’s how it appeared to us in the stands. So, we can add executive to his many hats. While continuing to wrestle as the masked Green Phantom, his secret identity known only to him, everybody he wrestled with and against, and several thousand friends and fans.

Simultaneously, he earned a degree in environmental sciences and certification as a classroom teacher, beginning as a junior high science teacher. That led to a film documentary about his double life. The film became part of a Quebec provincial English examination about people with hidden identities. Add role model to the list.

Performers in other edgy arts have gleefully involved the Phantom. On YouTube there is a rap video “Get with the

Green” featuring the Phantom with rappers and other wrestlers (it has an environmental message too). With comedian Mike Patterson, he has appeared many times at Just for Laughs festivals – and most Monday nights he is the quizmaster for trivia contests at the Brutopia Pub in Montreal.

His family had given him a sense of history, of valuing people who paved the way for others. Hence many of the shows he promoted featured aging stars like Jake the Snake and Brutus the Barber Beefcake from the old World Wrestling Federation, precursor of the WWE. He could appreciate what they had gone through. Major injuries at critical times – a shattered elbow, a destroyed knee, and others that took months of rehabilitation – may have cost him a chance to join the WWE, where the big money is.

Still he has held world and Canadian championship titles with the IWS, CRW hardcore wrestling and others. Last summer he wrestled in Mexico, where his masked persona was a big hit. By the time you are reading this, he will have just returned from Japan. (His biggest worry – the 14-hour flights. He is very grateful to big brother Mike, who got him a seat in business class.)

So, teacher, wrestler, administrator, promoter, executive, actor, rapper, role model, coach, environmentalist, international traveler, quizmaster – and one more. The Green Phantom has been a frequent bombastic guest of Mitch Melnik, the genial host of Melnik in the Afternoon on TSN 690, Montreal’s English sports radio station. Radio personality makes 13 personas for Joseph Fitzmorris, 21st Century Renaissance man.



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Bob McLean's miniature Christmas village - 2023

A celebration of winter and life

By Margaret Fung-A-Ling



The timing was impeccable. It was early in December, the day after our region was plummeted with our first 30 cm snowstorm – the Winter challenge had started. Sigh. But that feeling would soon dissipate that evening after experiencing the visual feast and joy of Bob McLean's Christmas village.

At first glance, the snow-covered village was simply extraordinary: spanning from wall to wall in Bob's living room were under-lit miniature houses of all shapes and sizes. The streets were lined with tree structures made from found branches. "Frozen" ponds with tiny streams and rinks made with mirror-like material were carefully placed throughout the village and a dramatic mountain rose up in the corner, with ski trails and a toboggan run. But wait! – then you take a closer look. The village was literally alive with activity: tiny snow people in every corner - skating, skiing, tobogganing, playing hockey and many just hanging out and chatting. One couple kissing rink-side. Another couple relaxing in lounge chairs on the mountain top . . . tiny water bottles in hand, under a palm tree (a dedication to life-long friends, Garry and Cathy).



You're given the impression, there's a multitude of celebrations going on here. And the joy of these snow people is literally contagious; a "grinch" wouldn't have a chance. But it's the detail (right down to the tiny tuques and hockey sticks) that is so very captivating; it would take hours if not days to absorb it all.



This guy says it all – contently speeding down the mountain side on a tube – "happy hour on ice".



Bob McLean in his St-Joseph-du-Lac home

With unbridled enthusiasm, Bob explained his 30+ year tradition of creating a new Christmas village each December. Key rules: First, each village is different! And second, every single figure (and there are many) is a unique snow person except for two; one, a 50+ year old antique Santa (which returns every year) and the other is a mystery figure (this year, a wooden Russian doll). Visitors are challenged each year to find the mystery figure; a gentle draw to take that second closer look. Building/assembling starts in mid-November, after months of exploring different ideas and considering materials for new structures. But until the last tree is planted in early December, Bob admits, he really doesn't have a clear idea of what the completed village will look like.

One impression seems clear; this is a celebration of the joy of winter, the joy of life (with its multitude of unique stories), and the joy of family and friends. Stay tuned; the snow people will be back next year.

Santa in the snow

Santa Claus Parade 2023

By Gordon Wetmore

Winter weather and the annual Deux-Montagnes Santa Claus Parade arrived together Sunday, December 3. A wicked wind and scudding flurries did not deter the marchers nor the float and vehicle drivers - and it certainly did not faze the tiny tots and their bigger relatives who still love to see Santa/Père Noël and hear his booming Christmas greetings.



Kudos to the marchers, such as those from the Legion in their blazers and berets and the little ones from sports teams and service groups who had to endure frequent pauses while holding formation. Kudos also to the costumed marchers – Pokémon and Disney characters, local sport team mascots, and all sorts of creatures from fantasy worlds marched, ran, high-fived, hugged little kids and were hugged in return.

There were marching drummers with glowing eyes, acrobatic cheerleaders, the Lions' Club, music themed floats, floats from schools, marching "trees" – even a pony that nearly got into a corner dépanneur. The Grinch was seen on at least three floats – how did he do that?



When the float carrying Santa/Père Noël passed at the end of the parade, the kids jumped and cheered and sang along with the Christmas songs serenading from the float's speakers. And not just the kids – moms, dads and the grandfolks too. Merry Christmas!

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25th Anniversary Deux-Montagnes M-13 Hockey Tournament

By: Bobby Fordham
Photos by Bobby Fordham, Mario Stabile
and Yves Martin

The Lac des Deux-Montagnes Hockey Association organized their 25th annual Relax M-13 Pee Wee Boys Hockey Tournament from December 7-17 2023 at the Olympia Arena in Deux-Montagnes. Forty teams participated in five pools: A, B, C, BB, and AA. We were represented by seven Panteres des Deux-Montagnes teams.

Each team played at least three games consisting of three periods. The first and second periods were ten minutes in duration, while the third period was twelve minutes. Three main sponsors supplied tremendous support: Sports aux Puces, Les Marches Lamoureux, and Sortimage Communications. Bravo to them and thank-you.

On Saturday, December 16 before a match, two minutes of silence honoured the memory of the St. Eustache Patriotes player who lost his life after a neck injury at a practice in St.Eustache. May he rest in peace.

Some of the action that took place on Saturday was a game in the M13-AA group where Boisbriand defeated St-Jean-sur-Richelieu 4-0. The Centurions Goalie was outstanding as he stopped numerous scoring chances to preserve the shutout. In another M-13 AA match, the Bisons of Gatineau outscored the Patriotes of St.Eu Lions'stache 4-1.

My choice for best match of the day M-13AA was very entertaining as the St. Jerome Lions took on the Voltigeurs of Drummondville. It was action-packed as the teams competed at both ends of the rink. Solid goaltending was displayed by both goalies. St. Jerome scored late to earn a very hard fought 2-1 victory. Bravo to both teams.



The National Anthem was sung at the opening ceremony and before each final game by
Laurianne Germain-Deschenes



Photographie Sports-Action

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After each final game the Deux-Montagnes Lions' Club presented a trophy to the player for the Best Sportsmanship,

Here are the winners



M13 A #12 Cameron Drosmond-Giroux from Centurion 1 - Boisbriand



M13B #10 William Juteau from Centurions 2 Boisbriand



M13C #24 Mickael Chagnon from Centurions Boisbriand



MM13AA #28 Charles Leblanc from Voltigeurs Drummondville



M13BB #26 Vincent Barbosa from Gouverneurs - Terrebonne

I would like to compliment the referees. They were fair with their calls, and they used their great skating skills to position themselves to make the necessary calls. Well done. The fans and parents were loud and supportive, acknowledging the great plays by the players. Great ambience.

Your 2024 M-13 Champions



A magnificent thank-you to this year's organizing committee led by chairperson Josee Hamel, who is also Vice-President of the Lac des Deux-Montagnes Hockey Association. Thank you to all of the players, coaches, referees, and of course, the parents. Great support! Congratulations from *Community Connections*. Well Done...Stay Safe.

A Look at Rosemere

By Kathy Nolan

Is it already 2024? This quote by author Gretchen Rubin from her book "The Happiness Project" rings so true: "The days are long, but the years are short." We hope your holidays were happy and we wish you a year filled with adventures, joy, and happiness. Now let's take a look at a few events that took place in November and December.

Rosemere Artists Gathering (RAG) - The Fall Exhibit was held at Hamilton House during the weekend of November 10, 11 & 12. Rivière-des-Mille-Îles Federal Deputy, Mr. Luc Desilets was present during the finissage on Sunday. He drew the names for the RAG's prizes for the participants. Five artists were each presented with 100.00\$.



PHOTO FROM DEPUTY
LUC DESILETS

Directors, Anne-Marie Boisvert, Lise Boilard, Caroline Foley and Claude Bellware.

Mr. Desilets mentioned on his Facebook page that many works of art had caught his attention. "I love discovering the artists of the region and I am always happy to encourage the dynamic artistic community of the Town of Rosemere."

The artists participating this Fall were Maureen Bliedung, Lise Boilard, Anne-Marie Boisvert, Diane Brassard-



Munger, Lise Bujold, Jocelyne Clermont, Louise Cormier, Jean Cousineau, Diane Cyr, Josée Deslauriers, Jocelyne Fillion, Marie-Hélène Gamache, Jacqueline Gosselin, Sylvie Groh, Caroline Guernon, Isabel Guzman, Louise Henri, Carole Lalonde, Edwige Lapeyrie Kloeckner, Diane Larose, Carole Laurence, Josée Lupien, Christine McGregor, Réal Moisan, Jean Morin, Elyse Munger, Nicole

(Gamache) Painchaud, Bernard Papineau, Véronique Pierre, and Karine St-Hilaire.

Another artwork to catch my attention was Jocelyne Clermont's "Parc Charbonneau." It struck me since most of her work is done on a smaller scale, which she says

she prefers. This beautiful painting measures 40 inches x 39 inches.

I met Jocelyne back in 2008 when I was a volunteer member of the Art Committee during the 50th Anniversary



Photo: Kathy Nolan

celebrations. She was one of the artists who participated in the art exhibition and the art auction held that year. Several of her paintings were included in the book "50 Years of Art".

When the book launched in 2009, a final exhibit of featured artworks and newly done paintings was held. At the time Jocelyne had completed a painting of a small house on Glendale Street, without knowing that it was my family home. It is now proudly part of my collection.

Her participation in the 2023 Fall Exhibit was her first since before the pandemic. Her artist's resume informs us that she "... likes to paint landscapes from a first draft with a brush loaded with vibrant colors, with thick impasto allowing no time for repentance. Her quick and impulsive gestures allow her to seize the present moment. Her passion led her to study painting according to the great masters at the Académie Wathier, UQAM as well as several workshops with renowned painters such as Jacques Clément, Georges Dédoyard, Deirdre McKay and Maurice Domingue. She taught painting and drawing for several years at her local community center. She has participated in several symposia and group exhibitions and her paintings are found in private and public collections.

Jocelyne is represented by the Viva Vida Art Gallery and Art Center, in Pointe-Claire, where she currently has two works of art on display. She is considering a solo exhibition in the spring; details to come. If you are interested in her work and would like to see more check out her Facebook page.

Volunteer Evening – On November 11, the Town of Rosemere hosted its annual evening of thanks for the volunteers from its many organisations. This year's theme was a *Bridgerton*-style masquerade ball. As the Town's Facebook post said it was time to



celebrate "...the involvement of Rosemere volunteers. An impressive community that often works in the shadows and, for once, was in the spotlight for one evening!"

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As every year, the décor was simply fantastical, the food was delicious and the entertainment, top notch. The photo montage includes a photo, top right, of the Town Counsellors (RoseAnna Cirino, René Villeneuve, Marie-Élaine Pitre, Stéphanie Nantel, Carla Brown and Philip Panet-Raymond), and a photo, middle, of the members of the Board of Directors of the Horizon Association (Carole Gingras, Cheryl-Ann Cabana, Annie Couture, Carole MacPhee and Manon Pomerleau).

Valora Association – The 15th Annual Holiday Open House took place on November 26. Benefiting 11 Women's Shelters of domestic violence, Valora raised an incredible \$200,000 with 1700 gifts and toys donated!

Valora's president, Maria Larosa Napolitano, addressed the crowd, beginning with a saying that she feels resonates deeply with the spirit of the organisation: "In the darkest moments a single spark of kindness can ignite a revolution of hope." She expressed her heartfelt thanks not only for this year's turnout but to all who have participated over the past fifteen years "...in this revolution of hope as we stand united against domestic violence."

This event, always held the last Sunday in November, coincides with International Day for the Elimination of Violence against Women (November 25). The first seven years Maria held the event in her home but as it became more popular, she knew she needed to find a more appropriate venue. It was then that she contacted the Town of Rosemere, who has since generously offered the use of a hall at the Community Center for the past eight years.

Mayor Eric Westram said a few unscripted words. After being present for the past six years, he feels that the only way to talk about the subject and Valora's incredible contribution is to speak from the heart. He greeted the dignitaries present, Andrée Godin, representing Député de Groulx, Eric Girard; Simon Fargo, representing Députée de Thérèse-De Blainville, Louise Chabot, as well as Town Counsellors René Villeneuve and RoseAnna Cirino, who was also one of the volunteers on site. He went on to say that one of his biggest hopes is that one day the Valora Association will no longer be needed, signalling the end of domestic violence.

Mayor Westram's words, during this 15th edition, echoed the zero-tolerance policy towards violence against women adopted by the Town Council in November 2018.

Congratulations and an immense thank you goes out to Maria Larosa Napolitano, Founder and President and the Committee Members Martina Agozzino, Rina Buffone, Debora Costantino, Carmela Cucuzzella, Anna De Castris, Anna Di Biase, Giovanna Di Biase, Modestina Di Biase, Connie Larosa, Rosa Larosa, Francesca Muia, Sandi Morello, Nathalie Murdocco, Rose Napolitano, Enza Petrella, Franca Riso, and Paulina Sokoluk for all the

hard work that goes into organizing the event.



Valora Association's president, committee members and the municipal and federal dignitaries.

A huge thank you also goes out to Louise Stockwell, who put together 114 gift bags. She donates items herself and so do her friends from Zumba class. She collects items year-round from various sources, such as the Friperie Rosemère (Sainte-Francoise-Cabrini Church) where she is a volunteer. Each bag contains three to four items including jewelry, Christmas treats, a larger gift such as toiletries, purses, scarves, or wallets. She also includes gifts for children and teenagers. Giving to women and children, victims of domestic violence, is a cause that she takes to heart. Louise has been contributing in diverse ways since 2017. She feels that what she does is only a small drop in the ocean of kindness that is Valora. She goes on to say, "As they say drops fill up the ocean!" She hopes her drop in the ocean will inspire more people to give "... sometimes, all it takes is a little nudge!"

Drop-In – Since our last edition, among the regular lunches there have been two special lunches, one for Halloween on October 24 and one for Christmas on December 13.

An amazing Christmas buffet was served to an almost record-breaking forty-two guests. As every year, guests were invited to wear a Christmas sweater.

As you can see everyone has a great time at the Drop-In. The Wednesday lunches will begin again on January 17.



And finally, the volunteers from the Northern Lights Pathfinders / Rangers of Girl Guides of Canada who were on site wrapping the gifts, Sarah, Maya and Sara (in the order they appear in this photo).

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reins over to Lynn in 2017. The November/December 2019 edition includes a brief history of the Drop-In written by Winston to mark its 10th Anniversary.

Misprint –

Unfortunately, there was a misprint in the last edition. In the section describing primary and secondary archives sources, a list was provided; however, the sentence describing the list was missing. Hence, it is:



Photo: Kathy Bedard

As for the primary sources available at the Société d'histoire et de généalogie de Mille-Îles, following is a list of the private archives regarding Rosemere:

Fonds Philippe Labelle (P001)
 Fonds Famille Garth (P027)
 Fonds Familles Lacroix et Pelletier (P042)
 Fonds Familles Mathieu et Nolan (P098)
 Fonds Rosemere Volunteer Services (P104)
 Fonds Familles Clement et Turner (P113)
 Fonds Family Hardy (P115)
 Fonds Winston C. Fraser (P110)
 Fonds Société d'horticulture et écologie de Rosemere (P123)
 Fonds Donna Frazer and Ross Adrian (P124)
 Fonds Association Horizon Rosemere (P135)

Wondering what a private archives fund is? An internet search leads us to a Wikipedia page which states that an archive fund "...is an accumulation of historical records or materials – in any medium..." "Archives contain primary source documents that have accumulated over the course of an individual or organization's lifetime and are kept to show the function of that person or organization."

Pictured here is Winston Fraser and Lynn Walker. As some of you know, Winston and his wife Becky ran the Drop-In for many years. After Becky's death, he handed the

Donating your family archives to your local historical society is an excellent way to guarantee that future generations will be able to enjoy your family history. If you would like to learn more, consult the existing archives, or to donate, please contact the Société d'histoire et de généalogie de Mille-Îles at 450-434-9090 extension 2.

Did you know... Finally, to answer to those questions posed in our last issue.

1. What is the first name of the barber whose shop was at the corner of Grande Cote and Hector Street, Mr. J.P.St-Pierre?

The August 11, 1955 edition of the *Northern Beacon* newspaper had this ad on page 5. It does not completely answer our question but it's a start. As it often happens the answer will most probably show up while I research other events or subjects. If it does, I will be sure to share it with you.

2. What is the name of the fellow who owned

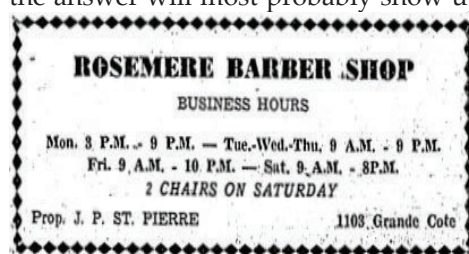
Rosemere Hardware situated in the strip mall across from what is today the municipal library?

This ad was also found in the August 11, 1955 edition. Unfortunately, it does not provide the owner's name. Nor do any of the other ads in later editions.

A few Rosemererites told me that the owner during the 1950s was Harold Kunzli. Other Rosemere residents mentioned that Bob Rourke was the owner in the 1980s. When I spoke to Eileen McGrory at the Drop-In lunch, she said that much later when a broken item needed a hardware fit, the phrase

often heard was "If Bob was still here, he'd know what we need." Lynn Walker said her husband Robert "Slim", used to always say "Bob has everything."

Again, nothing is confirmed, but if something comes up,



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I will let you know.

Samedi de causer - The Société d'histoire et de généalogie des Mille-Îles' event took place at the Thérèse-De Blainville regional museum on Saturday, November 25. Close to fifty residents and non-residents were in attendance. Along with the artifacts and the photos on display, there was a screening of additional photos. Information regarding the photos was provided by the speaker and those present.

If you missed the event and would like to see the exhibit, an appointment can be arranged by calling 450-434-9090 ext. 1. The museum is located at 6, rue Blainville Est in Sainte-Thérèse.



Town Councillor René Villeneuve and myself, President of the Société d'histoire et de généalogie des Mille-Îles.

Dates to remember:

January 5 Meals on Wheels deliveries begin again

January 8 - Horizon Association, activities recommence.

January 17 - Drop-In lunches resume.

January 16 - Rosemere Volunteer Services shop reopens.

February 10 - Winter Carnival

February 24 - Mayor's Breakfast

For any information regarding this article, to announce an event, to make suggestions, please do not hesitate to contact me via email at katnolan@hotmail.com or by phone at 450-512-2864. Take care and be safe.



Welcome to The Lions Den

By Lion Lucie McGrandel Belair
The Santa Claus Parade

On a snowy Dec. 3, 2023 in Two Mountains, Mr. Matt had made a beautiful Lions' float to go in the parade.



All the Two Mountains people were very happy to see the parade. Lion Adelard Belair drove the truck for the Lions' float with Lion Lucie.



Lion Dave Dubeau did all the walking and Lion Marie and Mr. Matt rode the float.



The beautiful Lion King was Josyane Grenier-Desrosiers. Bravo again for a great parade!

Christmas Market at the Résidence Alphée



Lions Albert Allen and Martin Hensen selling Lions' fruit cakes



ABOUT 4KORNERS

4Korners is a registered Canadian charitable organization founded in 2005. We connect individuals of the Laurentians with programs and services to meet their identified needs in a secure and inclusive environment. We work collectively to serve and enrich the lives of communities in the Laurentian region.

MISSION

To strengthen community vitality in the Laurentians by using collective impact and direct programming with a focus on access to health and social services for the English-speaking population.

VISION

That all citizens of the Laurentians can thrive in an inclusive society.

DID YOU KNOW?

4Korners sits on tables and committees with over 200 organizations in the Laurentians! These valuable partnerships...

- open discussions into establishing sustainable ways to deliver services to our Laurentian English-speaking communities.
- enable us to connect community members with crucial health and social services.
- allow us to vocalize the identified needs of the English-speaking community at various decision-making tables.
- encourage opportunities for us to support partner organizations by providing human or fiscal resources to assist in making their services accessible to the English-speaking community, in turn broadening both parties' impact!

COMMUNITY SERVICES

- All services provided in English. All are welcome!
- Resources, referrals and support accessing health and social services.
- Activities & workshops for all-ages (offered in-person and/or online) geared towards improving mental/physical health, learning new skills, and stimulating social interaction. Check out our fall programming:

Baby Sensory
Play-to-Learn
Parenting Circle
Tiny Tots
Kids online drawing
Social Emotional Learning

Community Kitchen
Dads Activities
Prenatal Classes
Living Without Violence
Monthly Support Group
Life Path

Seniors Wellness Centers
Online classes: Drawing, Painting
Online classes: Yoga, Tai Chi
4K Speaker Series
French Conversation Classes

Are you part of the English-speaking community? Join us!

When it comes to representation, numbers matter. Become a member and help grow our ability to have a positive impact on our community. An annual membership is only \$10.

Visit us or call for more information.

www.4korners.org • (450) 974-3940



Now is the Time To Shake Those Winter Blues

by Ellen Holdaway

Leaves are gone and winter is in full swing. January through April is the time of year when most of us feel the winter blues. What do we do? How do we cope?

Some of us hibernate and stay in all winter. We essentially give ourselves a voluntary lockdown. Some may join online classes, watch YouTube and television. If that is how you are comfortable, go for it. However, if you start to feel depressed or lonely, you had better change your habits in order to get happier!

Let's explore some ways to beat those winter blues.

1. Eat healthy meals and start a new exercise program. Some examples are yoga, Tai Chi, judo, ballroom or line dancing - or try dancing to your favorite music while no one is watching. Just move every day in a way that gets you sweaty.

2) Take vitamin D3, which is both a vitamin and a hormone. The effect of the hormone in vitamin D is thought to improve your sense of well-being. Vitamin D levels can be checked by a blood test - talk to your doctor.

3) Feeling tired? Don't fight it – rest, hibernate (go to bed early, binge-watch movies, say NO to too many activities that make other people happy instead of you, take days off.

4) Eat warm foods such as soup and crock pot recipes.

5) Go outside to soak up the sun. Do things with the family like skating, walking, skiing, sledding and throwing snowballs.

6) Watch comedy shows like stand-up and improv. Humor and laughter do so much good: they strengthen your immune system, boost your energy and help relieve stress.

7) Lots of sex.

9). Wear vibrant colors - great looking winter clothes that fit well.

10) Take a sunny vacation.

These are just some suggestions. I know you can come up with more. The point is to do things that make you happy and stick to them even when you don't feel like it.

As the old saying goes: Try it, you'll like it.

You can get in touch with me at ellenhc02@gmail.com

Joe Debuc at 90

By Suzy Campbell



Cousin Sylvia Corrizza, Frank Dubuc, Suzy (Dubuc) Campbell, Shawn Dubuc and Joe Debuc in front

Many people of a certain age in our area will remember Joe Debuc, an active community member and entrepreneur. He just turned 90 and daughter Suzy Campbell sent this birthday tribute to be shared with the people of the area he lived in and loved. It has been slightly amended for clarity.

Joe studied at TEC engineering. He was a proud veteran of the Air Force Reserve's Education Branch of the Royal Canadian Air Corps, where he achieved the rank of Major. He was also the Regional Director of the Quebec Provincial Committee of the Air Cadet League of Canada.

Dad's career spanned various industries, where he made a significant impact. He worked as an aircraft mechanic at Canadair and Air Canada, a draftsman at Canadair, and was the President/CEO of WINDORWAL, a successful company he founded.

Dad has always been a talented craftsman, and his love for building parade floats and characters made him a renowned personality in Montreal and the Lake of Two Mountains area. On Canada Day July 1, 2021, he was given the honour of being the Deux-Montagnes Parade Marshal for his dedication to the community. He was also the First Vice President of the Deux-Montagnes Lion's Club.

He has also served as First Vice-Commander, Sergeant-at-Arms and Historian at the Royal Canadian Legion Branch, Pinellas, Florida, Post 144. Dad was awarded the first-ever Legion Exceptional Service Award, another testament to his dedication to serving his community.

Over the last few decades, Dad enjoyed writing poetry for all his family and friends for every life event. He has two published books sold on Amazon, *Poems to my Family* and *In Memoriam*. In closing, I would like to reiterate just how creative and talented my Dad is and how very generous he's been with his time to so many organizations in his life. His incredible sense of humour - I'm sure has entertained every single one of us over the years. Raise your glass and CHEER the birthday boy!



The Church Mouse,

Welcome to the year of our Lord 2024.

Riverside United Church recently welcomed Adedeji Sunday Akintayo to their pastoral staff. He was born in Lagos, Nigeria, and came to Canada in October 2017 because he wanted his children to be bilingual. He was educated in three different countries in Europe where he received his Bachelor's and Master's degrees. He is currently a final year student of Bachelor of Theology at McGill University and Master of Divinity at Dio-UTC Theological College to achieve his spiritual pastoral calling and work to advance Christian faith, hope, love and peace in the world.

Before the invention of A.D. ("anno domini," which means "in the year of our Lord") and B.C. ("before Christ"), years were often tracked by the reigns of pharaohs, kings, and emperors. In a way, B.C. and A.D. still reflect this system but focus on just one moment — the birth of Jesus. It's difficult to trace the exact origins of this system, but one of the earliest recorded uses of "anno domini" occurred in 525 with the work of Dionysius Exiguus, a monk who was trying to determine what days Easter would fall in future years. Crucially, he started his tables with the year 532, stating that this year was "from the incarnation of our Lord Jesus Christ."

The conception of "B.C." is slightly murkier. Some believe the Venerable Bede, the famous medieval English historian, was the first to use it, or at least greatly popularized it in his 731 work, Ecclesiastical History of the English People. Others point to a 1627 work by a French Jesuit who used "ante Christum" to describe the pre-Jesus years. The terminology became more widespread during the reign of the Holy Roman Emperor Charlemagne, who used it as a standard form of dating across Europe in the ninth century.

Within the last few decades, more publications and organizations have opted to strip the years of their

The Church Mouse

By Eric Painter

religious connotation, preferring BCE (Before the Common Era) and CE (Common Era) over the traditional B.C./A.D. system, although the move is not without some controversy. But this subtle change in phrasing doesn't alter the fact that the world still counts the years in accordance with the birth of Jesus.

Things to ponder:

"Keep reaching. Keep seeking. Keep using your abilities to bring out the best in those around you, and let them bring out the best in you." - Bill Nye

Knowledge wants to talk. Wisdom wants to listen." - Haemin Sunim

Generosity is innate to human behaviour and binds us all together as a global community. November 14 was World Kindness Day. Seventy-two percent of the world's population, or 4.2 billion people, supported others last year. The most generous country was Indonesia for the sixth year in a row, followed by Ukraine.

Did you know that the atoms that make up the human body are already billions of years old? For example, hydrogen — one of the key components of our bodies — was formed in the Big Bang 13.7 billion years ago. Likewise, carbon, the primary component of all known life, was formed in the fiery cauldron of stars at least 7 billion years ago. So when someone says we're all made of "star stuff," they're very much telling the truth. (We're also made from various supernovae).

May you have good health and happiness throughout the year of our Lord 2024!

Facts from: interestingFacts.com

The Church Mice, Eric and Nancy.

Church of God

815, Rockland St Deux-Montagnes
(450) 491-6873

Pastor John Thévenot

Sundays 10:00 am

There shall be showers of blessing." (Ezekiel 34:26) This is our prayer and our wish for Christmas and New Years - an abundance of the blessings and presence of God in our churches,



our homes, in our own personal lives. Whatever else may happen, we need God, his presence, protection and peace, now and in the days to come. Communion is celebrated the first Sunday of each month, and there is a short meditation each Wednesday on our Facebook page :- Church of God, Deux-Montagnes. Best wishes and showers of blessings to each of you.

Saint James Anglican

328 Pine St. Rosemere, J7A 1T8
: 450-621-6466

Priest: Reverend Dr. Victor-David
MYUBI Bipungu

Eglise de la Nativité St James, Rosemere invites you to Holy Communion Services at 11:00 am, in French. English congregants may participate in the French service or attend English services at either of the following churches

St. Simon and St. Bartholomew
3455 Chemin du Souvenir Chomedey, Laval, Qc
H7V1X2:450-681-9696, :
stsimonchurch@yahoo.ca Or All Saints
Deux Montagnes,

For further information please contact
egliselanativitiemontreal@gmail.com.
Jan 10. The drop-in centre continues outreach every Wednesday at 10:30am starting Jan 10 with a choice of soup and dessert at noon administered by Lynn Walker.

All Saints Church

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

Priest: Reverend David Hart

Sunday 10:00 am and is streamed live here
<https://www.facebook.com/groups/allsaintsdeuxmontagnes>
Jan.6 and Feb. 3 Monthly breakfast "Food for Body and Soul" The first Saturday of the month at 10:00 am
Jan 25 and Feb.29 Holy communion service at Les Cascades 10:30 am
Feb 13 Shrove Tuesday Pancake Dinner 5:30 pm
Adults \$8 /Children under 12 \$5

Feb 14 Ash Wednesday service
7:00pm

March 1 World Day of Prayer
service hosted by Holy Family
Church. This year's Theme is: "I
Beg You...Bear With
One Another in Love"
Ephesians 4:1-7, written by
Christian Women of Palestine.
Donations can be made here:
<https://www.canadahelps.org/en/charities/118783422RR0002-all-saints-church/>

Pastoral requests: Rev.
David Hart dhart@
montrealanglican.ca 450-472-3065
Prayer Requests: Jeff.
alexander@sympatico.ca
Hall Rentals: Jerry East
louiseeast1244@gmail.com 450-623-4929

Holy Cross Community of Paroisse St-Luc

210 rue de l'Église, Rosemère QC
(450)-621-5521 EXT 216
smarion@paroissestluc.org
WWW.paroissestluc.org

Priest: Father Sylvain Lauzon
450-621-5521 ext. 232

Sunday mass 11:00am
slauzon@paroissestluc.org

Receptionist ext 231

Office hours: Monday to Thursday 9-12
& 1-4:30

Pastoral Animator: Suzanne
Marion ext 216

email: smarion@paroissestluc.org

Tuesdays and Thursdays by
appointment only

The lost of a love one could be a
passage towards the Light

Starting Saturday March 23 a group
meeting from 10:00 am to 12:00 pm
will be offered for groups of 5 to 6
persons in order to help people going
through grief following the death of
a loved one. To join this group, the
passing away must have happened
more than a year ago in order to give
one a chance to face their initial grief.

Meetings are held at the Parish Center
555 Lefrançois, Rosemère.

ext 216 or email smarion@paroissestluc.org

Cost: Gift from the parish

Riverside United

200 Chemin de la Grande-Côte
Rosemère J7A 1H4
riversideunited.org

Sunday 11:00 am also on Zoom.

Office Hours: Thursday 8:00 am-
1:00 pm

We invite your questions, thoughts,
hopes, and dreams. Take some time
to join in exploring the Holy mystery
of the universe.

Our Youth Group gathers ages 3-17.
Our programs include book clubs,
workshops, group walks and
weekly fellowship.

For more information, please phone
or email.

"Out to Lunch" at the Oasis Church

214-14th Ave
Deux Montagnes

Everyone is welcome to a free lunch
each Tuesday at noon and enjoy our
delicious cuisine which includes
soup and sandwiches or a hot entrée
also a choice of salads and a variety
of different desserts.

Our group of volunteers will be
happy to welcome you each week,
You can access the menu each week
on facebook @free.lunch123

If you would like more information,
or would like a lift please call

Judy at (450) 491-6052 or Stella at
(450)623-5192. All donations are
welcome. A box is provided for your
contributions.

This program is sponsored by the
Riverside United Church in Rosemère
and a Grant from the Good Samaritan
Fund of the United Church.

Holy Family

St-Jean Paul II Parish
1001 Oka Road, Deux Montagnes
J7R 1L9
450-473-2163


Parish Priest: Father Michel Jasmin
Weekend Masses: Sunday 10:00
am Saturday 5:00 pm.

Weekday Masses: Wednesday;
Thursday & Friday at 9:00 am.


Office hours Monday, Wednesday
and Friday 9:30 a.m. to 12:30 p.m.

CWL meet 3rd Tue of Month
17:30. Wendy 450 473 2680

www.holy-family-dm.ca
holyfamilydl@hotmail.com



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podiatrivenord@gmail.com

**260 Grande Cote
Rosemère
near the train station**

Dr. Martin Scutt, podiatrist

The Christmas market – hectic, rewarding

By Cornelia Mars, artisan; photo by Katherine Giacalone

November and December are the busiest time of year for artisans. In the eight years that I have been a soap maker, I have had the chance to participate in many kinds of markets: from bustling, three-day affairs to four-hour fundraisers. There are craft fairs, fundraising bazaars, Christmas markets, and everyone is looking for stocking-stuffers and teachers' gifts. For a working artisan, market season can be tiring but also a lot of fun.

Most recently I was at the Mountainview Elementary Bazaar in Deux-Montagnes on November 12. The day before a market is always hectic. After weeks of steady production – in my case, making and labeling soaps and salves – my to-do list suddenly swells with small tasks: get change, charge the Square, wash tablecloths, box products, print price tags and menus, prepare props, and - of course - make sure I have something comfortable to wear.

In the past, I would stay up late the night before a market to prepare, but I have learned that what you need most at a market besides your products is energy. Being a vendor at a market can mean hours of standing in one place, sometimes outside in the sun or rain, or sometimes in stuffy basements with one playlist on repeat. Also, if the event is well attended, you will be seeing and chatting with hundreds of people.

So, the night before the market at Mountainview I was in bed at a reasonable time. My display risers were already packed in the car, and my soaps and salves tucked into containers stacked by the door, ready for a swift exit in the morning. By the time I said goodbye to my kids, I had packed my lunch and a bag of necessities (Advil, a book, and a thermos of coffee). Usually, I give myself an hour to set up, and so I showed up at Mountainview Elementary School at 9 :00 AM, where I filed in line behind the other cars up front.



Cornelia Mars and Vivian Godin at Mountainview Market

Once inside, I was happy to see many familiar faces, some of the fellow artisans that I have gotten to know over the years. This reminded me again of why I continue to do this, even when sales are down and my family's schedule gets busier. There is an undeniable social element to participating in markets, one that I miss when I've been cooped up too long in my home office. Markets provide us loners with a chance to get out and talk shop, and artisans tend to have a lot of things in common, even ones that practice widely different crafts. In any case, I always enjoy these exchanges.

When the doors opened an hour later, I had set up my table and was sipping a cup of the complimentary Tim Horton's coffee the school graciously had provided. Someone put on a playlist of Christmas music, the mood was high, and people started filing in. I didn't make a sale until an hour or so into the market, and that's fairly typical. Very few vendors sell things right off the bat, but you are lucky if you do, because one sale often leads to another. The busiest time usually starts two hours in, and the steady-paced action lasts for a few hours before things taper off. When the last hour rolls around, everyone is ready to go home.

At 4:00 PM I left the Mountainview Bazaar, tired and happy, a few soaps lighter and with a couple of gifts crossed off my list. At the end of the day, I had made enough to cover my costs, but not much more. And that's okay. After years of applying to and participating in larger three-day events, I had become exhausted with the hustle of trying to be an entrepreneur. There is always more work but never a guaranteed sale. You never know if a market will be well attended, and there's a common misconception that getting into a fair or a market is simply a question of applying. In fact, most large Christmas markets are extremely competitive and their calls for applications start as early as February.

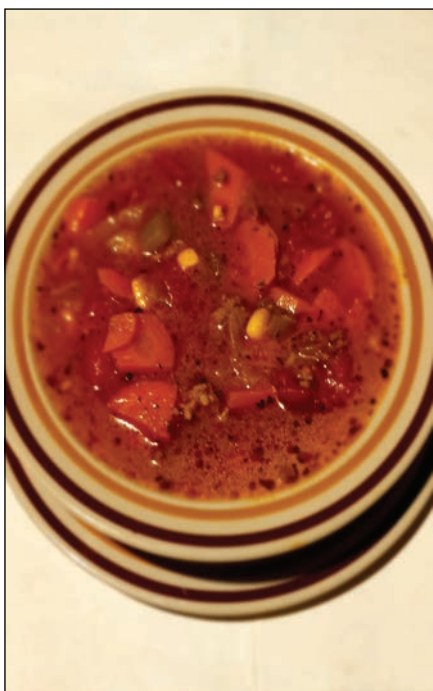
This year, I wasn't even sure if I would ever participate in a market again. But at the urging of my eight-year-old daughter, who has come to anticipate the ebb and flow of market bustle, I signed up for a few single-day markets, and I am glad I did. Even if I didn't sell as much as I had hoped, the market on November 12 was a success. The money raised from our participation will help fund activities in the Little Explorers Club. I rediscovered the joy of soapmaking as a hobby, and I got to spend time with some of my favourite people! Even as I get ready to move on to my next endeavor, I don't think I will stop making soap or participating in events. Simply put, I have found a good middle ground as a market season artisan.



My Favorite Recipes By Patricia Klotz

The perfect cool weather food is a hearty soup which is satisfying, simple and loaded with vegetables and healthy ingredients. I would like to share my recipe for "Hamburger Soup". For dessert I would like to share one of my husband's favourite muffins: "Chocolate Chip Banana Muffins". I hope you will like both these recipes.

Hamburger Soup



1 ½ lbs ground beef lean
1 medium onion chopped
2 cloves garlic, finely chopped
1 28 oz can diced tomatoes
3 cups water
2 cans consume (small) or 1 box of beef broth or vegetable broth
1 10 oz can tomato soup
4 carrots chopped or sliced
2 potatoes cubed
½ cup corn or peas (opt.)
1 Bay Leaf
3 Sticks celery chopped
Parsley, Thyme, Italian Seasoning
Pepper and salt to taste

Brown meat and remove fat. Saute onions and garlic. Combine all other ingredients in a large pan. Cover and simmer for two hours.

*Tip: Instead of fresh vegetables, you can use two cups mixed frozen vegetables

Toppings: diced avocados, shredded cheddar cheese, sour cream, chopped green onions.



Chocolate Chip Banana Muffins

1 ¾ cups all-purpose flour (or 1 2/4 cup flour & ¼ cup cocoa)

¾ cup sugar

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

1 egg

½ cup vegetable oil or (use ¼ cup applesauce and ¼ cup oil)

½ cup plain yogurt (or sour cream)

1 teaspoon vanilla extract

1 cup mashed ripe bananas

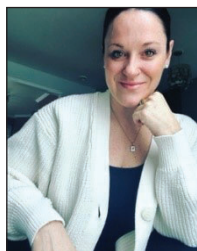
¾ cup semi-sweet chocolate chips

In a large bowl, combine the flour, sugar, baking powder, baking soda and salt. In another bowl, combine the egg, oil, yogurt and vanilla.

Stir into dry ingredients just until moistened. Fold in bananas and chocolate chips.

Fill greased or paper-lined muffin pan. Sprinkle a few chocolate chips on top.

Bake at 350 degrees F for 22-25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.



Cheryl Dore

Your Health and Happiness

By Cheryl Dore, Activity Coordinator at Alphonse Deux-Montagnes, certified Zumba instructor and single mother of 3 amazing teenagers

New Years Resolutions

It's that time of the year "New Year, New me." The time of year people start thinking of where they want their life to go for the upcoming year. Too often their resolutions only last a brief period before falling back into their regular old habits. Part of the issue is people set unrealistic expectations and get discouraged quickly when they aren't seeing instant changes.

One of the most common resolutions is losing weight.



Gym memberships skyrocket in January, the gyms are packed with new faces and by March most people have abandoned ship. Why? Usually it is because all the effort they are putting in isn't showing the results they hoped for fast enough. A few reasons people aren't getting the results they want is because they are not consistent, or their diet hasn't changed. You can workout seven days a week but if you aren't eating a well-balanced diet chances are you won't see physical changes like weight loss or your favourite pair of jeans fitting a little nicer.

Let's talk consistency. Consistency is by far one of the most important factors to reach your goals. Yes, we all get tired, we all lack motivation, we all would rather sip on that glass of wine and watch a Netflix series on the couch. The reality is you won't reach your goals that way. Don't get me wrong, every so often it's important to take the time to relax. To reach your goals it cannot be what you choose most of the time. Humans are creatures of habit. The more we do something the more natural it becomes and the more our body craves it and needs it. Create habit. One objective at a time. I wouldn't suggest committing to too many resolutions at the same time. By doing that you

have way more chance of giving them all up. Try one at a time, do it consistently for two months until it becomes a habit then add something else. For example, let's not say "my New Years resolution is working out six days a week, quit smoking, never eating carbs (bad idea no matter what) and stopping alcohol. That's way too much change for us at the same time. We tend to convince our minds "it's all of nothing". So, what happens? The day you miss a workout you have that little voice in your head saying, "well I didn't workout so I might as well have that glass of wine!" Unrealistic expectations. Small progress is better than no progress.

In the end, what's the rush? Sure, some people may have reasons to rush the process (a vacation, wedding, etc.) but most of us do not. So why add stress, it's only going to slow down the process. Enjoy and appreciate what your body can do.

I'd like to share a great quote I read the other day by Marie-Forleo:



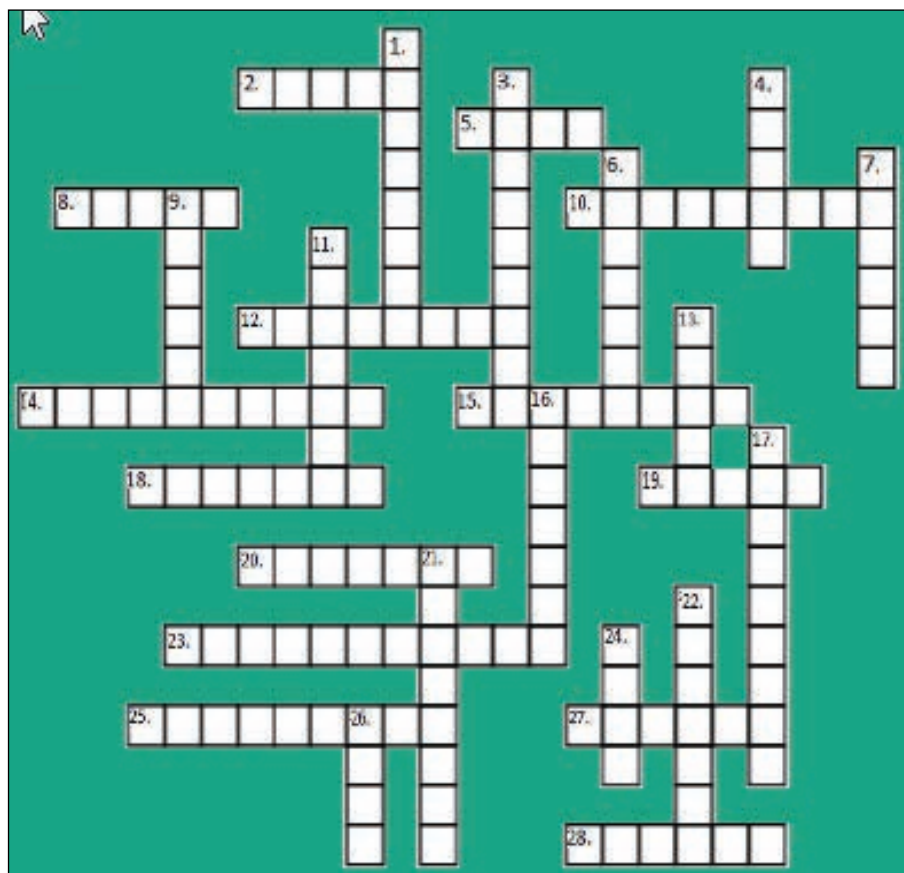
"Success doesn't come from what you do occasionally. It comes from what you do consistently."

Reminder Zumba classes are every Tuesday and Thursday at 10 8th Avenue, Deux-Montagnes at 6:45pm. The first time is free! For more information on my classes feel free to write to me at Kayla_0314@hotmail.com, on Facebook at Cheryl Dore or Instagram at Chertzumba

I wish you all a very happy 2024 filled with health, love and light

French in English!

Answers on page 31



Down:

1. tampering or vandalism
3. driver
4. first performance of an artist
6. fashion
7. creamy soup usually lobster
9. evening party
11. arrangement of flowers
13. line up
16. wardrobe closet
17. wine steward
21. flat egg dish
22. weird
24. stylish and elegant
26. please answer to an invitation

Across:

2. there you go
5. cook
8. unimpressed
10. dry scented flowers
12. woman with brown hair
14. meeting or appointment
15. piece of jewelry worn around the wrist
18. on the way
19. layout and decoration of a room or place
20. toasted bread cubes usually served with salad
23. salad dressing
25. receptionist at a fancy hotel
27. illusion
28. movie theatre

Two to be remembered

By Gordon Wetmore
Remembrance Day in Deux-Montagnes



Because of construction work near the Cenotaph, Remembrance ceremonies in Deux-Montagnes were moved to Hillcrest Cemetery. The day was overcast with a biting wind, which seemed appropriate for the occasion and made the solemn ceremony – the Piper's Lament, the recital of "In Flanders Fields", the playing of "The Last Post" and "Reveille," and the natural setting – made the placing of the memorial wreaths by family members all the more poignant, especially with all the small flags planted to commemorate the lost military personnel. The members of the Royal Canadian Legion, the disciplined air cadets, piper Matthew Curiale and participating civilians honoured our people lost in service.



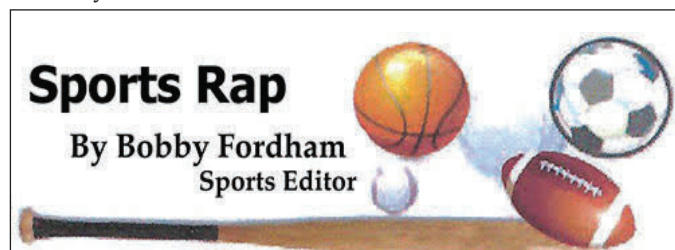
Health and education workers strike – We hope this will be over by the time you read this. All unionized health and education workers went on strike in the late fall to get working conditions that would allow them to serve the public without themselves breaking down and a wage settlement so that they would not lose economically after five years. The spirited start, as exemplified by these dancing teachers from St. Jude Elementary School, gave way to long weeks on the picket lines without pay.

Announcements, Birthdays Anniversaries and Memorials

Betty Hensen, Jan. 2
 Makayla Mason, Jan. 4
 Angelo Kennedy Marricco, Jan. 4
 Wayne Davis, Jan. 4
 Amory Benk, Jan. 5
 Jean-Guy Levesque, Jan. 10
 James Kennedy, Jan. 11
 Geoff Bliss, Jan. 11
 Claire Gravel, Jan. 16
 Nancy Tibbins, Jan. 22
 Samantha Stabile, Jan. 22
 Mathias Benk, Jan. 24
 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
 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

Anniversaries:

Dave Byers and Heather M, Brown, Jan 11



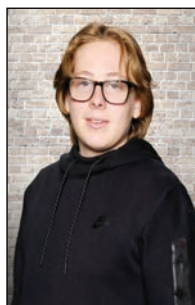
Opinion # 1

Rugby is a close-contact team sport with fifteen players on each team. They use an oval-shaped ball. The field is rectangular (a pitch), with H-shaped posts at both ends. There are 8.4 million registered rugby players worldwide, followed primarily by Great Britain, Ireland, France, Georgia, South Africa, Argentina, Italy, Uruguay, United States, Canada, and Japan. Some of the stars are Will Jordan (New Zealand), Thomas Ramos (France), Ardie Savea (New Zealand), Owen Farrell (England), Salesi Piutau (Tonga), Damian Pena (France) and Marcus Kremer (Argentina).

The 2023 World Rugby Champions are none other than the Springboks of South Africa. They defeated New Zealand 12-11 in the final, giving them their fourth Webb Ellis Trophy.

Rugby is a very demanding, physical, competitive, and entertaining sport and the players are the toughest athletes in the world. My Opinion. Stay safe.

Dustan Dion



Dustan Roderick Dion born October 31 2007 tragically passed away in a vehicular accident on October 11 2023 just days away from his 16 birthday. Dustan was the beloved son to Karen LeBlanc and Rod Dion, younger brother to Jakob (Charlie) and Ashton, older brother to Joshua, grandson to Yetta (Bill), nephew to Dan (Mari-Lou), Dave, Mike (Lisa), Mark (Megan) and cousin to Kelly, Tyler and Danielle Rose.

Dustan attended Mountainview Elementary, Laval Junior and Senior Academy and most recently Lake of Two Mountains High School. He played Soccer for St-Joseph du Lac Phoenix, Lacrosse for Kanesatake Warriors and St-Eustache Diablo, Hockey for Deux-Montagnes Panthers, LJA Vipers, LSA Blue & Gold and most recently for the L.T.M. Titans. This past summer he played softball in Deux-Montagnes for the Red Sox. He had a passion for sports and was a natural in whichever sport he played.

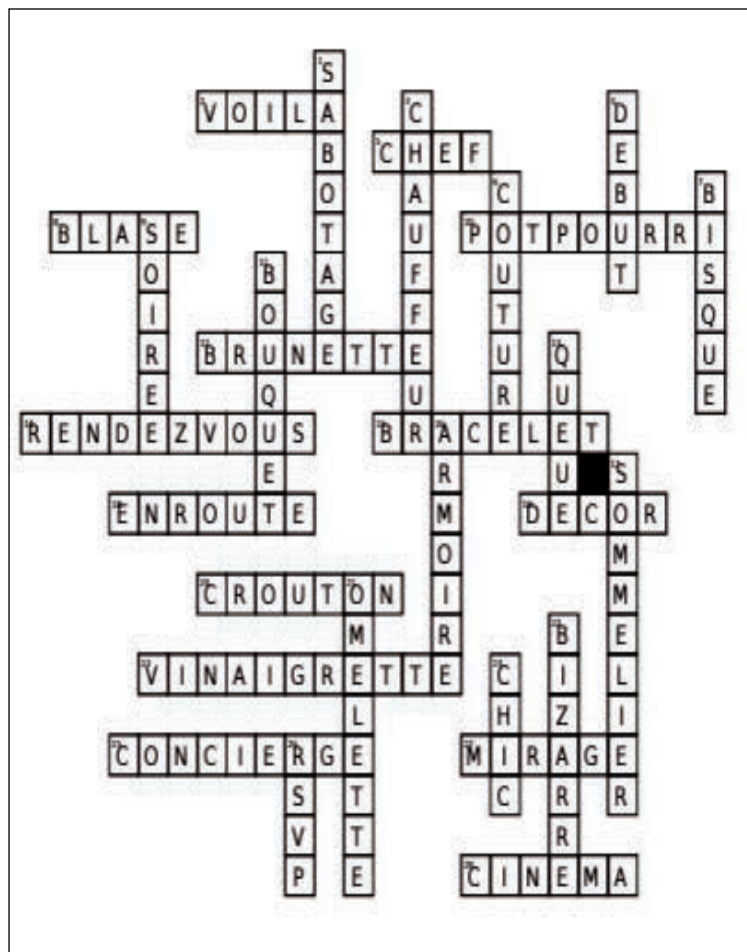
Dustan had a multitude of friends and was the kind of best friend everyone would want. He was headstrong, brave and a hardworking well liked co-worker. He was nice to everyone whether he knew them or not and would defend anyone he thought needed defending. He had an infectious giggle and always had a smile on his face. Dustan touched countless lives and was loved by many, he will never be forgotten and will be sadly missed by his family, friends' classmates and teammates. LLD.

Sports Rap Opinion # 2

Many of us Canadians don't realize how talented our Canadian athletes really are, both men and women. Yes, we are a great hockey country with many outstanding players, men and women, and very strong on the world stage in curling, but we have elite athletes in basketball, soccer, football, and tennis at the professional and international (Olympic) level. Swimming and track and field must be mentioned. The talent level in the NBA/WNBA is mounting to the point of all-star status throughout the leagues, with such stars as Jamaal Murray, Andrew Wiggins, S.A. Alexander, L. Dort and R. Barrett, and on the women's side Kia Nurse, Laeticia Amihere, and Natalie Achenwa. In soccer recently retired Canadian legend Christine Sinclair is the all-time leader for international goals for men or women with 190 goals, which is simply outstanding. Our Canadian National Tennis team has numerous stars led by Leylah Fernandez and Marina Stakusic on the women's side, and Felix-Auger Aliassime and Denis Shapovalov on the men's side. Recently they have won a Davis world championship and the Billie Jean King Cup.

Well done and congrats to ALL Canadian athletes. You have represented our country with pride, passion, and dignity, Thank you and stay safe.

Answer to Crossword



Kristina Davis

May 16, 1989 - October 29, 2023



Ms. Kristina Davis, age 34, passed away in Saint-Eustache on October 29, 2023.

She is survived by her mother Lynda Thibault, father Wayne Davis, sister Kourtney (Éric), brother Kyle (Stephanie), nephew Benjamin, godmother Annette (Patrick), A-J and many other relatives and friends.

The family would like to thank Jacques and Manon for their patience and devotion over the past five years.

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