

Community Connections

SERVING THE AREA FROM KANEHSTÀ:KE TO ROSEMÈRE

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COMMUNITY LIFE

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Message from Mayor Denis Martin

Dear citizens,

Have you been enjoying winter's joys so far? As last year, the weather conditions have not often been optimal for winter sports and outdoor enthusiasts. For our teams, the rain and thawing have made it difficult to maintain our facilities, such as outdoor skating rinks. We hope that Mother Nature will allow us to restore them to good condition for spring break.

However, we did have some luck with the weather for L'HIVERNALE, our winter celebration. Held on February 3, many families looking for activities to get moving outdoors attended the event. Ice skating, music, snow fort and obstacle course, entertainment and an illuminated site were all on the menu. Fun fact: The Maison des jeunes served up 270 litres of hot chocolate!

In other news, residents of the De la Gare District have had a new city councillor since February 2. Eric Langlois was elected unopposed following Frédéric Berthiaume's resignation, received on December 14, 2023. Mr. Langlois, who has lived in Deux-Montagnes for nearly 40 years, was warmly welcomed into my Deux-Montagnes Autrement team. He has been heavily involved in the community and a regular attendee at council meetings. Thus, his profile was the right fit in terms of citizen involvement for the good of the Deux-Montagnes community.

To cultivate your sense of belonging in our beautiful community, I invite you to read the seasonal booklet

highlighting the recreation, culture, and library offerings, as well as activities of local organizations and associations. Information for spring's CULTIVEZ Deux-Montagnes can be found on the home page of the city's website. Registration for courses and workshops begins on March 12. You will see that there is no shortage of ideas to get us out of our winter hibernation!

Denis Martin,
Mayor of Deux-Montagnes



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Perfect Weather for Deux-Montagnes' Hivernale

Story and Photos By Tom Whitton

Deux-Montagnes has a long-standing tradition of outdoor winter celebrations. For the past three winters, Deux-Montagnes has introduced us to l'Hivernale, an opportunity for the community to come out of their cocoons, gather with family & friends, and enjoy the outdoors. And by all accounts, the 2024 edition this past February 3, did not disappoint. Memories of the arctic chill from the 2023 edition were completely erased, along with concerns with the sloppy, above freezing temperatures from earlier in the week. The conditions were perfect for citizens of all ages to enjoy the festivities.



With seasonal temperatures and a partly cloudy sky, many families descended upon Deux-Montagnes' Olympia Park in the mid afternoon.



Some took to their skates to follow around the frozen path at the east end of the park. Some skaters also brought their sticks and pucks to play a little shinny on the two boarded rinks at the west end. Some brought their toboggans, though the organizers needed to shut the bigger hill down after icy conditions formed.

Two campfires were kept lit through the day and into the evening, with haybales for people to sit on. Surrounding the fires were several kiosks and activities to keep people occupied. An obstacle course was set up for the little ninjas who wanted to give this a try. Two ice forts were built, that kids were continuously weaving in and



out of. Révolution FC, our regional soccer club, kept a game of mini-soccer going on through the afternoon, while a DJ was spinning tunes to keep people moving.



Continued on p. 4

Continued from p. 3



Deux-Montagnes' Maison des Jeunes was serving hot chocolate (thanks to IGA – Les marches Lamoureux), while the city's Library offered a story-time reading for the younger participants. Tabletop games and a small cornhole board were also available for the kids.



Our local police force handed out little activity cards for the kids, while our local firemen directed people to visit one of their firetrucks parked on the site.

At 4:00 pm, the Lac Deux-Montagnes Panthères sent out two M13 B teams to face each other in a friendly hockey game. For the young parents out there cheering on their sons and daughters, this was a novel idea of recreating their own, local outdoor Heritage Classic. But for others, this conjured up memories of the 60s and 70s, where regularly scheduled games were being played outdoors at Olympia Park, sometimes in conditions way less favorable than this. Renardo, the City's mascot, and Garnotte, the Panthères' mascot, were both in attendance, and rumour had it, they made a friendly wager on the game.

With the onset of dusk, the cool lighting around the skate path, and a sparkly disco ball overhead, the evening

brought a different vibe to the Hivernale. With the campfires still ablaze, the comfortable winter weather continued into the night as hundreds stuck around or came back after supper for the evening fare.



Monsieur André aka André Thériault, along with Tim S. Savard on the violin, offered up songs from their traditional francophone repertoire. Whether it was Monsieur André or the DJ, the energy was up at Olympia Park.

City officials, both elected and employed, were very pleased with the turnout and with the enthusiasm for the event. Many city workers were all around the site to serve and support those on hand, as well as to keep them safe – the ice is hard, and so are flying pucks! Congratulations to the City of Deux-Montagnes for a fun day and for keeping our winter celebration tradition alive.

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Deux-Montagnes

Leisure, library and culture : WHAT TO KNOW THIS SPRING

New Citizens Card

Did you know that Deux-Montagnes has a new citizen card (la carte citoyen)?

In fact, the leisure card and the library subscription card merge to become one card: the citizen card!

To know

- Leisure cards as well as library subscription cards that are still valid can continue to be used until they expire. Citizens will need to obtain the new Citizen Card when one of these two cards expires. Please note: the library card will only be accepted for borrowing documents, and not for registrations for library activities (see the following point).
- Registrations for library activities will now take place on the Sportplus platform, as is the case for leisure activities. Important: library users who wish to register for activities must obtain their Citizen Card now if they do not have a Leisure Card or a Sportplus account with the city, even if their city card subscription is not expired.
- Citizens who have their still valid Leisure Card, but who are not a library subscriber, will now be able to borrow books with their Leisure Card. When it expires, it will be replaced by the Citizen Card.
- Citizens can now obtain the Citizen Card at the library, during opening hours, as well as at the leisure department.
- To obtain the Citizen Card, residents must present two proofs of identity with address. Example: driver's license and tax account or account from a service provider (Bell, Videotron, etc.). For those under 18: health insurance card and driving license or school report or birth certificate. Proof of the parent's address is also required.

Sports, cultural and well-being activities: registrations for the spring session

- The registration period will be held from March 12 to 22, 2024.
- The Citizen Card or Leisure Card is required to register, for each member of the family
- To register on site at the Leisure Dept (200, Henri-Dunant) : from March 12 at 9 a.m. to March 21 5 p.m. / Closed Saturday and Sunday. NON-RESIDENT: AS OF MARCH 18.

The offices will also be open on March 12 and 19 in the evening until 7:30 p.m.

- To register online : ww.bit.ly/vdm-loisirs

Free skating activity at the arena

A special "school break" schedule is in effect from March 4 to 8.

Visit www.ville.deux-montagnes.qc.ca/arena/ to view the schedule.

INTERMUNICIPAL AGREEMENTS

Residents of the cities listed below have free access to free activities at the arena. Proof of residence will be required from residents.

- Sainte-Marthe-sur-le-Lac: Valid CITIZEN CARD required
- Saint-Joseph-du-Lac: presentation of proof of address with photo (driving license)
- Oka: presentation of proof of address with photo (driving license)
- Pointe-Calumet: presentation of proof of address with photo (driving license)

Children (under 18 years old): the accompanying parent must provide the required proof of residence, unless the young person can provide it themselves (example: teenagers with a driving license).

PREPAID CARD FOR NON-RESIDENTS

Citizens of towns without an agreement can access free skating activities, but by presenting their prepaid card. No purchase or payment on site. Online purchase: <https://bit.ly/3QXpVch>

Summer day camp : registration on April 3

Registration for the summer day camp will begin on April 3 on the AIR EN FÊTE website : www.airenfete.com/camps-de-jour/deux-montagnes/



Agape a.g.m.

March 13 10:00 am Maison du citoyen Everyone is welcome



Deux-Montagnes Lions' Club

Senior's Day

April 20, 12:00 to 16:00

Tickets on sale now see or call Michline Castonguay (514)291-7633

Tickets \$3.00



Colorectal cancer screening now offered

The Minister of Health announced that colorectal cancer screening's now offered at select local service points in all regions of Quebec. This is in order to facilitate access to this service for the population. From now on, people aged 50 to 74 will be able to have more rapid access to colorectal cancer screening, whether they are referred by a doctor or not. These people represent the age group most likely to be affected by this type of cancer. As with vaccination, Quebecers can make an appointment directly on the Clic Santé website or by telephone

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Benoît Charette
Député de Deux-Montagnes



Ideas for fathers to spend time with their kids

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



Paulina Garon

SPORTY DAD

- A little exercise session, like jumping jacks, push-ups, sit-ups, etc.
- Play BASEBALL to practice the child's focus and hand-eye coordination.
- INDOOR ROCK-CLIMBING allows the child to work on their arm and leg strength.

NATURE-LOVER DAD

Detach your children from their video games and take them out on a HIKE, go BIRD-WATCHING or take them FISHING. Even simply listening to all of nature's sounds in a forest by taking them on a WALK.

HANDYMAN DAD

You can let your child, under your supervision of course, to use small tools and help you build a BIRDHOUSE. There are also simple, easy-to-use GLUE MODELS for kids. You can teach them how to read these building plans and work their dexterity.

ARTIST DAD

Take out your pencils and pens, scissors and glue, and do an ARTS-AND-CRAFTS session

- PAINT-BY-NUMBERS can help your child recognize different numbers, while working on paintings with you.
- When Mommy's out, take advantage by making her a PEARL NECKLACE out of small marbles.

MUSICIAN DAD

Do you play GUITAR, piano, flute or drums? Do you sing? Take advantage of your knowledge by teaching them MUSIC BASICS. Practicing their sense of rhythm or lyrics to songs can greatly improve their memory.

INTELLECTUAL DAD

- Take a trip to the municipal LIBRARY to find new stories or interesting facts.
- Find games like WHERE'S WALDO? or find the difference between two images.
- Play BOARD GAMES like Trouble, Operation, Snakes & Ladders.

IMAGINATIVE DAD

Produce a SHORT-FILM in which your child is the principal actor. Write or illustrate a COMIC BOOK with your child, using his imaginary friends as characters. This can immensely help work their imagination by putting their ideas on paper.

Simple MAGIC TRICKS are also suggested in this same vein.

CHEF DAD

With their Chef's hat on, watch your child transform into the culinary connoisseur they are! They will have so much fun following your RECIPES by putting their food where your mouth is!



The RHS Annual Merry Fest

Story and photos by
**Rebecca Stracuzzi, RHS
Correspondent**

Every year, Rosemère High School celebrates the Christmas/New Year break with a major celebration. The name of it is Merry Fest, and it's an honored RHS tradition.

On the last day before winter break, classes are canceled and there are multiple activities organized throughout the school. Most of them are free of charge, but some others require buying a ticket. Students can buy these tickets on the days leading up to the event and the money collected goes towards the Make a Wish Foundation.

This year, there was the threat of the celebration getting postponed and/or canceled due to the Quebec public service strike. Luckily, this was not the case, and the celebration took place December 22. This was a breath of fresh air, seeing as in 2020 and 2021, Merry Fest celebrations were canceled due to the COVID-19 pandemic, and in 2022, due to a major snowstorm, it was postponed to this past February.

I am proud that most of 2023's Merry Fest was a major success for students and members of the Rosemère community alike. I had the chance to speak with members of the Sir Wilfrid Laurier School Board who came to witness the event for themselves. Among the many popular RHS Merry Fest activities they saw were the famous Community Breakfast and the amazing variety show.



Teacher Suzanne Charbonneau and her guests enjoy Rosemère High School's sumptuous Merry Fest community breakfast.

In the morning, students and visitors had the chance to get a hearty breakfast freshly cooked at the cafeteria by the Rosemère High School teaching personnel. A ticket cost ten dollars and all proceeds were donated to the Make a Wish Foundation.

The meal included pancakes, sausages, eggs, coffee, hot chocolate and more. Staff, with the help of the RHS boys' football team, walked around the cafeteria handing out refills and helping anyone who asked.

Students had been able to buy tickets for such non-students as family and friends from other schools to enjoy the festivities, as this was a community event not solely reserved for RHS students. Grade 6 students from neighboring McCaig Elementary School were also invited to enjoy the sumptuous breakfast.

During the breakfast, the annual raffle took place, where students could buy tickets to win a multitude of

different prizes including a Sony PlayStation 5, tickets to see the Montreal Canadiens, and more. They could buy more than one ticket to have multiple chances of winning. Given the festive atmosphere, there was still much to enjoy even for someone who did not win a prize.

Another popular event was the Variety Show, which included singing, dancing, music, comedy and more, all performed by our very own RHS megastars. Admission was five dollars and exclusively reserved for RHS students. Spectators had the opportunity to see special holiday themed dance numbers by the RHS dance classes, listen to music performed by groups of students, and even incredible muscle flexing demonstrated by our very animated secondary five students! Between numbers, presenters would make jokes before introducing the next performers. They were very funny and kept the audience intrigued. All money from ticket sales would go once again to the Make a Wish Foundation. I personally would like to congratulate all the performers of the Merry Fest Variety Show. The performances were spectacular!

Throughout the day, students could participate in other Merry Fest activities in various corners of the school. There was the Snack Shack, run by the student council and included treats such as popcorn, cotton candy, and sodas. In the gym, students had the opportunity to compete against their teachers for prizes and, of course, for their own glory. At various times, they could watch popular films in classrooms, choosing between Sonic the Hedgehog 2, Aquaman, and Godzilla vs Kong. To add to the fun, six teams of four students had the chance to recreate the events of The Amazing Race TV show by completing challenges around RHS venues to win prizes. Other equally amusing activities included Ping Pong, Bingo, a chess tournament, VR, and more.

The cafeteria was closed at lunchtime but students could buy pizza lunch packages for five dollars. They were handed out by teachers and staff in the lower foyer.



Sir Wilfrid Laurier School Board commissioner Barbara Barrasso with RHS correspondent Rebecca Stracuzzi at the Merry Fest breakfast.

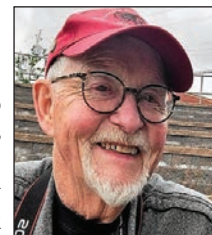
All these fantastic events could not have taken place without the dedicated involvement of the teachers and staff who helped organize and plan Merry Fest 2023. This celebration was an unforgettable day for all Rosemère High School students. It will be remembered for the smiles and laughter amongst the members of the entire RHS community. Lastly, I would like to send a heartfelt thanks to all the staff members and teachers because, without them, none of this would have been possible. Merry Fest is a great example of how vital teachers are to the

well-being of students and how important they are to our entire community.



School Matters

By Gordon Wetmore



Part 1 - So, another public service strike has been settled, and hospital/medical workers and public education staffs are back at work. Was the settlement fair? Probably mostly – the devil is in the myriad details that ensuing months will make clear.

Was the strike necessary? Of course it was. Consider that the doltish initial wage offer, when compared to the government's own economic predictions, virtually guaranteed that our public sector workers would end up poorer in five years. Our hospitals are understaffed and overcrowded now. Neighbouring provinces are searching for qualified healthcare workers also, and they pay better. Had the Quebec government's wage offer prevailed, what do you think would be the situation of our public health system in five years?

Could a settlement ever be reached without a strike? It has happened. In the 1990s, following a series of bitter, acrimonious strikes, the tactic teachers settled on was to withdraw from all extra- and co-curricular activities, really all activities for which they were not paid and not specifically required to do by contract, including helping set up supervision schedules and other administrative aids that amounted to donated time. Teacher union representatives and officials said we were crazy. We stuck to our guns, though, and after a bit more than two years, we got everything the union folk thought they would achieve by striking.

We hated it, and decided never to do that again. It was two years plus of no sports teams, no recreational activities, no drama (plays, musicals, etc.), no bands, no school dances, no debates. Pizza lunches, Hallowe'en or Christmas decorating, yearbooks, campus newspapers – all the things that give schools life and spirit, gone. The short-term pain of strikes proved preferable to the emotional deadliness of work-to-rule.

Could strikes be avoided? Yes, but not if the provincial governments keep lowballing their offers.

For a sense of how support staff, teachers, administrators and students pulled together after this strike ended, see Rebecca Stracuzzi's article about Rosemere High School's Merry Fest, a super-sized school-and-community celebration just before the Christmas/New Year's break that also aided a children's charity in a major way.

Part 2 – Some school boards in Toronto have banned from classroom use and libraries all books containing the N-word that were written by non-Black authors. According to an article by Kristin Rushoway in the January 11 *Toronto Star* newspaper, the ban's purpose is to ensure students are not exposed to offensive slurs while studying, which can bring harm to many Black students.

Three banned books are mentioned that frequently are studied in classrooms and found in school libraries. They are Mark Twain's *The Adventures of Huckleberry Finn*, John Steinbeck's *Of Mice and Men*, and Harper Lee's *To Kill a Mockingbird*.

I very strongly believe two things about this. First, the N-word is despicable when used by non-Blacks, for the context is always derogatory and demeaning. Second, book banning is immoral and runs counter to anything educational. Using the N-word and banning books are both shameful.

Book banning has a horrible history. Think of Nazi book burnings, proscribed writings, and cultural/religious/political/sexual censorship. It stops the examining of ideas and developing perspective. Good writing often gets to uncomfortable and upsetting places.

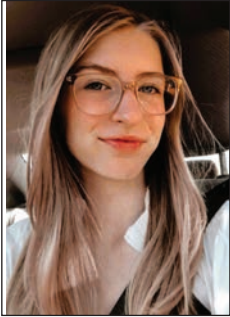
All three of the mentioned books were written about places and times when the N-word was used casually by white people of all classes. To ignore that would have been false. To ignore the issue in the classroom is to turn our backs on an opportunity to grow understanding. Understanding does NOT mean acceptance.

The Adventures of Huckleberry Finn was set during the years when slavery existed in the southern United States and was written shortly after slavery was abolished. Huckleberry, an early teen escaping from his violent father, floats on a raft down the Mississippi River with an escaped slave named Jim, whose mistress had died. Jim is hoping to get to Memphis, where a Black person could live free. The two have adventures with con artists, local despots, dueling families, etc. Jim proves to be an honest, kindly, constant friend to Huck. Jim cannot read or write, is often frightened, but time and again he takes risks for Huck, guides him, reassures him. Huck grows to see him as a person. By contrast, the dominant society shows itself to be violent, selfish, foolish, and greedy. Twain makes us question the nature of American society, and, through humour and adventure, shows that how we behave is what makes us worthwhile, not our colour.

The slim novel *Of Mice and Men* also has been an oft-performed play and produced as a feature film at least three times. Set on a California ranch in the early 20th century, it is a tragedy about two buddies, ranch hands, one intellectually damaged, who dream of buying a little farm "someday." They live in a bunkhouse with other workers. The lone Black worker lives in the barn, isolated from the others, and looks after the tackle for the draft and saddle horses. The other workers hardly think about him – except when they hold their horseshoe pitching contests. Then everyone wants him as a partner because he is very good. In him, Steinbeck creates a character of ability and integrity but segregated and alone – until the others want to exploit his skill.

Harper Lee's *To Kill a Mockingbird* was banned for having the "trope" of the white saviour plus the presence of the N-word. However, Atticus, father of the young girl narrator, did not save anyone, the forces of prejudice being too strong. In any story of cultural clashes, there are always people who bridge the divide because it is right to do so. The child's observations invite us readers to discuss why things had to turn out like this. How can we prevent such events?

Here's an idea: Do not ban books!



Olivia Kiley, LTMHS correspondent

Strike's impact on potential grads

By Olivia Kiley, LTMHS correspondent

Secondary four and five are arguably the most important years of high school for anyone who wishes to attend cégep or trade school. Hard work is required all year, and failure really isn't an option. This means that students must stay focused throughout the year and complete their work to be prepared for

the ministry end-of-year exams that essentially decide whether they will - or will not - graduate.

The first two terms of secondary five are vital since they are the terms that cégeps look at to determine if you have high enough marks to be accepted. So, when the teachers began to go on strike, it struck panic in many potentially graduating students.

Although Lake of Two Mountains High School (LTMHS) did not miss as much school time as the French schools, the effects of the strikes are still being felt. Many teachers were unable to give midterm exams, which some students were happy about. But, the way I see it, these midterms are useful so that students can gauge whether the end-of-year exams will be difficult for them. The loss of time also forced many teachers to rush through certain topics to finish their courses by the end of the year. Two weeks may not seem like a lot, but it makes a huge difference in certain teachers' plans.

The biggest thing affecting many students was the week before winter break when many teachers gave exams. The strikes had caused a backlog of evaluations and assignments, all due around the same time. Usually these evaluations would have been spread out throughout the month of December, but the strike forced many teachers to move their tests to the last week of school before the

winter break. We had at least a test every day; sometimes more than one. This caused a lot of stress because so many students had to study multiple subjects every night.

I believe that, although the strikes caused a disruption in learning, they were necessary for educators to get better teaching conditions. Some students also welcomed the breaks, as secondary five demands a lot more work than any other grade. The breaks allowed many people to catch up on work, or even on sleep. Graduating student, Nethmi Sigirige, said that, "I enjoy having strikes as we are able to get breaks from school and I'm able to do schoolwork and have lots of time for myself. However, it does worry me, as I feel that it will be difficult to learn everything and graduate on time when we're missing so many classes." The majority of students agree that the strikes were actually beneficial for them because they needed a break from school. I think that the amount of strikes we in the English sector had was just enough, as it didn't create as much of a setback as the French schools now face.

Another thing that the strikes interrupted was team sports. Many games had to be rescheduled, as extracurricular activities were not permitted during the strike period. Practices were canceled, which caused setbacks for many teams, as there were long periods of time that the athletes went without being able to play or practice.

In all, the strikes were beneficial to some students who had the motivation to complete work and study but simultaneously harmful to struggling students who had to study and learn on their own. Over winter break, the government and the unions came to an agreement, which ended the strikes and sent all students back to school.

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A ceremony, a mystery mural and a finished project

By Tanner Anentawaks Etienne, Ratihen:te high school correspondent



Bang bang, I hope you're having a good day. For this month's issue, I have two or three interestingish things to relay to you. Two of them are pretty short and the other one is mildly long so I doubt I'll write too much, but I'll do my best. The things we did are as follows: Finished a lacrosse stick, worked on a mural, and had a Midwinter Day ceremony. Now let's get into these super "tradish" events. (Btw, "Bang, bang" is my tribute to the San Francisco 49ers team that almost won the Super Bowl.)

Firstly, one of the lacrosse sticks that I mentioned last time is finally finished and will be kept as a reminder of better times. We received the finished stick on the 31st of January and it was very interesting. I tried it out, and it is nearly impossible to catch a ball with it because it is meant more to swat the ball away than catch it. Secondly, we are working on a new mural in the gym at our school. There is a running thing on Facebook of people wondering what it is. To be honest, I'm not fully sure because it changes as we do it.

Finally, I'm going to tell you about Midwinter this year. As some background, Midwinter ceremonies celebrate the middle of winter (surprise, surprise!), and it is determined by the position of the Seven Dancers (the stars of the Big Dipper). I believe someone made a DVD mini-movie at some point. While the community of Kanehsatà:ke held a several days long ceremony later in the month, we students from Ratihen:te joined with the elementary kids at their Rotiennakehte building.

First, we stood outside and did the thanksgiving address. After that we stirred the ashes to officially start the mini ceremony. The elders then took us into the round room to tell us how you find out how to determine when Midwinter is and whose job it is to find out. After it was done, they brought us to the gym/cafeteria to eat traditional foods such as meat pie and cornbread. When we finished, we cleaned up the tables and floor to make way for some dancing and singing, the Indigenous way, for about an hour.

We older students then went back to the high school and played dodgeball for the last period. It was pretty fun because we played the type of dodgeball where there is no team and you can go anywhere (I know the name but I'm not gonna say it) and we threw the dodgeball at our teacher, even after she was down. (We all laughed, including her.) Stay frosty.



Working on the mystery mural in the Ratihen:te High School gymnasium

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Mountainview Elementary School comedy night

By: Gord Wetmore



The beaming members of Mountainview's Home and School Association, joined by supporting visiting principals and members of the Sir Wilfrid Laurier School Board (SWLSB), raised \$4100 toward upgrading the elementary school's playground when they staged an uproarious comedy night January 28. From left to right: Effie Panayotopoulos, Home and School Association; Kim Allen, Home and School Association; Desiree Ramacieri, SWLSB Commissioner; Tara Anderson, SWLSB Commissioner; Paolo Galati, SWLSB Chairperson; Mary Lazaris, former SWLSB principal; Ian Cavanagh, St. Jude Elementary School Principal; and James Di Sano, SWLSB Commissioner



Seriously funny long-time radio personality and comic Ted Bird, master of ceremonies McNeil Janna, hilarious headliner Gino Durante, and Lawrence Corber (absent from photo) had the sold-out audience howling with laughter at Mountainview Elementary's comedy night January 28.

Mountainview Elementary School Principal for a Day



Say hello to Mr. Damian, Mountainview Elementary School's new chief administrator, whose family won the position for him at the school's Comedy Night fundraiser on Saturday, January 27. He was a busy, busy person making announcements, taking phone calls for the regular principal Ms. Jennifer Butler, and visiting all the classes. He even had students bringing him drawings!



Ms. Kimberly Allen, president of the school's Home and School Association, consulted him about the flavors of yogurt for Valentine's Day treats. Congratulations, sir!

Little Explorers Daycamp outings

By Kim Clatke



Visit to Fire station



Educazoo visit with animals
(snake around boys' neck)



Carnival day (face painting)



Pirate day at Armitage Park



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Good practices of a good driver

By Armando Aguillón, mechanical engineer

While technology brings numerous benefits to our daily lives, it also raises concerns related to privacy, security, and the potential for over-dependence. Striking a balance and using technology responsibly is essential for maximizing its positive impact on our lives. Trending technology improves and develops daily life products, making its use easier, more proactive, and more convenient for ongoing busy days. This is the case, for example, with the hands-free features in almost all cars nowadays.

As technology becomes more and more affordable, manufacturers have started to provide it for very reliable and friendly use in automobiles. However, the need for this connectivity represents a constant distraction for a driver. Making or receiving a phone call requires an extra action by the driver beyond paying attention to the road. Beyond the potential risk of being disturbed by the content of the call, the phone call itself reduces the driver's reaction capacity.

Drivers must always pay attention to the road. But if it is needed to take a call or make one, it is well known that vehicles are fitted with the system to do it. Besides making or receiving calls, there are other features like data exchange and web browser functions.

Here are some common hands-free features in cars:

Bluetooth Connectivity: Cars equipped with Bluetooth technology allow drivers to connect their Smartphones wirelessly to a car's infotainment system. This enables hands-free calling and audio streaming.

Voice Recognition: Voice-activated systems allow drivers to control various functions using voice commands. This includes making phone calls, sending text messages, setting navigation routes, and adjusting climate control settings.

Smartphone Integration: Car manufacturers often provide integration with popular Smartphone platforms such as Apple CarPlay and Android Auto. These systems mirror certain apps on the car's display, allowing drivers to interact with them using voice commands or the car's controls.

Hands-Free Calling: Most top-trim cars are equipped with hands-free calling features, allowing drivers to make and receive calls without taking their hands off the steering wheel.

Cruise Control and Advanced Driver Assistance Systems (ADAS): Adaptive cruise control and other ADAS features help maintain a set speed and distance from other vehicles, reducing the need for constant hands-on control in certain driving conditions. These amazing features need a more extensive article to explore.

It's important to remember that while these features are designed to enhance safety by minimizing distractions, drivers should always remain attentive and be prepared to take control of the vehicle if necessary. Laws and regulations regarding the use of hands-free technology can vary by location, so drivers must be also aware of and comply with local law.



Here are some of the features of a good driver:

Safe Driving Practices: Safe drivers operate their vehicles responsibly by adhering to speed limits, traffic signals, and road signs. Avoiding aggressive driving behaviours such as tailgating and road rage contribute to overall road safety.

Avoiding Distractions: Texting, using a mobile phone, eating, or adjusting the radio can significantly impair a driver's attention and reaction time.

Driving Sober: Responsible drivers never drive while impaired, as it poses a serious risk to themselves and others on the road.

Seatbelt Usage: Drivers make sure all passengers wear seatbelts properly. Seatbelts are a crucial safety feature that can significantly reduce the risk of injury in the event of a crash.

Following Right-of-Way Rules: Understanding and respecting right-of-way rules is essential. Good drivers yield appropriately to pedestrians, other vehicles, and emergency vehicles when required.

Vehicle Maintenance: Well-maintained vehicles are less likely to experience mechanical failures that can lead to accidents.

Adapting to Weather Conditions: Drivers adjust their driving behaviours based on weather conditions. This includes slowing down in adverse weather, using headlights when necessary, and maintaining a safe following distance.

Being Courteous: Courteous driving, such as using turn signals, allowing others to merge, and respecting the space of other road users, contributes to a positive and safer driving environment.

Avoiding Fatigue: Good drivers recognize the signs of fatigue and avoid driving when excessively tired or stressed. Fatigue can impair cognitive abilities and reaction times, increasing the risk of accidents.

As always, drive safe and enjoy the ride.



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's the time ...

By Ellen Holdaway

Did you make New Year's resolutions for 2024? Or have you just given up?

Making resolutions that are not just random thoughts requires identifying the areas of your life that need changing and putting the changes into effect. The only problem is we inevitably end up doing the exact opposite of what we swore we would do or we backtrack and not do the things we intended. Then we give up hope and revert to our comfort zone!

It is human nature to make promises to ourselves thinking we can change our whole life in one big chunk. The secret is to find attainable goals that we can achieve in a reasonable time. Making lofty goals that we figure we can achieve in a short amount of time will guarantee failure. I have learned a lot from my coaching practice that we can achieve many things as long as we persist and make them a habit.

I always wanted to help people to achieve their goals but never knew how. After taking a coaching course and now being coached myself I am learning how to be better organized and how to approach and help people deal with their problems and their dreams.

Now, for this second column of the year, I want to ask

you to join me in a 5-day challenge. This challenge will help you pick out a goal and I will be there to hold you accountable in a most gentle way.

Because I am still in practice mode, I will not charge anything for this challenge. What's in it for me, you may ask. Well, what's in it for me is that I will get more practice before I launch my business as a life coach and I will have the satisfaction of knowing that I can help one person at a time to make and keep a resolution. Although I am in practice mode I am confident that I can help you because I have had a lot of experience even if I have not started a full business yet.

What's in it for you? You will get a full week of coaching for free and you will see that to change a habit is to change your life.

I am hoping that you will join me either on a voice chat or, if you prefer, by email. You will receive an email every day for 5 days giving you some insight on what you can do to achieve your dreams. I truly hope you will join me one-on-one in this adventure that we will go on together.

If you are interested or just want to know a little more, please email me at ellenhc02@gmail.com.

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.

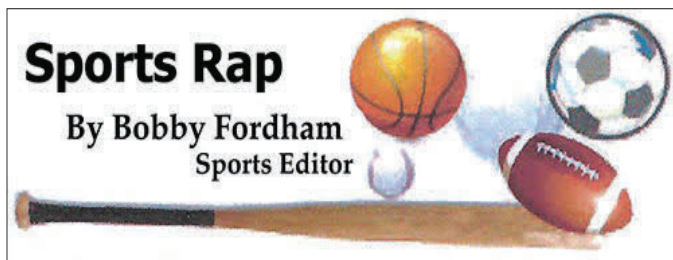
Twelve rights are recognized and listed in the Act, including your right to information and to receive services. You are also entitled to be assisted and represented in order to assert these rights.

The Users' Committee is there as your first line of defense.

Please reach out to us! 450-472-0013 ext. 46351
comite.usagers.lddm@ssss.gouv.qc.ca

Centre intégré
de santé
et de services sociaux
des Laurentides

Québec



15th edition of Score for the Cure

On Saturday, February 3, 2024, the 15th edition of Score for the Cure was held at the Klimas Center in 2MO. six teams participated, including a team from the Beurling Academy in Verdun. The other five teams consisted of our finest ball hockey athletes from 2MO.

The weather was ideal for the outdoor activity and the ice well-maintained as the players competed back and forth, rifling shots at the opposing goalies. They played two twelve-minute running time halves, with a five-minute half time rest. The format was four-on-four.



Many thanks to all of the players, kitchen staff (BBQ), and administrative staff, Patty and Kaitlin. A special thanks to the volunteers and Klimas Brothers, Danny-the Co-Ordinator, Richie-Player and Builder and host of the event, Jimmy-Goaltender and Assistant, and Barry from Toronto-Promoter and ex-Player.

The tournament raised \$5850. These proceeds will be submitted to the (MUHC) Glen Hospital Cancer Group. This ball hockey tourney is a warm up for the early summer golf tournament to be held in Blainville. proceeds will be also be raised for the Glen (Cancer Research Department). Well done to everybody involved for their contributions! Very proud. Stay safe.

Deux-Montagnes Ringuette Association Celebration Tournament

On Saturday and Sunday, February 3rd and 4th, the Deux-Montagnes Ringuette Association hosted the sixth edition of their Celebration Tournament held at the Olympia Arena in 2Mo. 24 teams participated in four age bracket divisions: Novice, Atom, Pee Wee and Bantam.

On Sunday, February 4th, action was intense in the Atom B group. Our Deux-Montagnes Coyotes played against the Vortex Panthers. The Vortex team was outmatched and fell to our home team Coyotes 7-0. In the Novice C group, however, the Vortex got some revenge as they defeated our home team Coyotes 6-0. The next match was the Coyotes of Deux-Montagnes taking on a very good Cavaliers team from Blainville. Great action from end to end from both teams as they played to a 1-1 draw. The goalies were outstanding. Very entertaining play. Bravo to both teams. The ambience at the tournament was evident as parents were cheering on there beloved favourite players and acknowledging every play with a chant that could be heard even in the parking lot.



Thanks to the tournament organizing committee and to all of the players, coaches, referees, and the parents and fans. Well done. Bravo! Stay safe.

Activities resumed at schools

By: Gord Wetmore

Following the recent strikes, extra- and co-curricular activities resumed at our public schools. Activities often involve the greater community, as with this Lake of Two Mountains High School's Titans futsal team, whose volunteer coaches are not LTMHS staff members. After the strike, the team struggled in the early going and then started February with two decisive wins.



The Lake of Two Mountains Futsal team: Coach Michael Thorburn

Cristiano Pereira, Liam Gudofsky, Lucas Thomas, Tristan Continelli, Luca Thorburn, David Alvarado, Christopher Yannis, Maverick Beaulne, Timothée Tansery, Christos Ziogas Martins, Gabriel Gudofsky (Absent – Assistant coach Tony Rozza)

Congratulations to the DM Pantheres M-15 A-2

The M15 "A" final for the Provincial M15 Tecnic Hockey Tournament in Saint Eustache took place on Sunday February 11th. The final was played by Belisle sports team from Rouyn-Noranda against our M15 Pantheres A2 from Deux-Montagnes.

The team led by head coach, Todd Mullarkey won the big honors in a game ending with a score of 7 to 2. The assistant coaches, Sébastien Labelle, Denis Beauchesne and Sylvain Binette were all very proud of their young players who finished 1st in their category out of 24 teams.

The Deux-Montagnes representatives deserved this success having had a perfect run, going undefeated winning all 6 of their games.



From left to right Coaches, Todd Mullarkey, Sébastien Labelle, Denis Beauchesne, Sylvain Binette
Players; Austyn Sauvé, Benjamin Fréchette, Guillaume Labelle, Adam Charron, Olivier Beauchesne, Simon Binette, Cole Mullarkey, Brandon Renaud-Boulet, Éloïk Gagnon, Julien Therriault, Zack Moreau, Captain Alexandre Forest, Assistant Enzo Martorana, Assistant Olivier Veilleux, Goaltender Maxence Harel.



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The Heritage Social Club is a place to get together to chat and laugh.

We are open at 3:00 pm from Thursday to Sunday

For more information please phone: 450-473-5429

Please leave a message and we will be happy to return your call. Or email us at heritagesocialclub503@gmail.com

Stay safe!



**We do lunch !
We play Bingo and Crib !
and on every 2nd Friday
evening we do
Karaoke !**

A Look at Rosemere

By Kathy Nolan

March already?!! Except for a few weeks of cold weather in January and February the winter of 2023-2024 was quite mild and uneventful. Most of us look forward to spring and hope it comes earlier than not. And according to the ground hogs to name a few, Punxsutawney Phil (Pennsylvania, USA), Wiarton Willie (Ontario), Shubenacadie Sam (Nova Scotia) and Fred (Quebec) an early spring is on the way. Can we really believe in such tales? Time will tell.

The first two months of the year are usually quiet ones when it comes to events in Rosemere, but the year really kicks off with the Winter Carnival.



PHOTOS : TOWN OF ROSEMERE

This year it took place on February 10th from 11:00 am to 3:00 pm. Families were out in great numbers and residents echoed in their comments on the Town's Facebook post that the day was a great success. Like last year the weather was mild, with rain falling the day before. Even with a few big puddles on site, the gorgeous sunny day kept everyone happy, enjoying the different activities such as sliding, skating, inflatable play structures, games of skill and axe throwing and the mobile curling rink, and an introduction to snow skating and fat bikes. The infamous sleigh ride throughout the surrounding streets made a comeback. Snacks and refreshments at modest prices were provided by the 49th Lorraine-Rosemère Scout group, and finally, the traditional taffy on snow was served free of charge for the sweet-toothed crowd.

A DJ was also on site to keep everyone hopping and dancing. As always Mayor Westram was on site along with many of your Town Councillors. We hope you were able to get out and enjoy the festivities.



PHOTOS : TOWN OF ROSEMERE

Pictured left to right are Town Councillors René Villeneuve, RoseAnna Cirino, Mayor Eric Westram, Marie-Elaine Pitre, Philip Panet-Raymond and Stéphanie Nantel. Photos : Town of Rosemere

One event not covered in our last issue took place on December 2. Ann Gillard's annual fundraising dinner was attended by more than 80 guests. As Ann says "The dinner was a success adding jokingly, "No one died from my cooking, so that's always a good thing." She went on to say that she doesn't do any of this alone. "I'm just the pretty face" for this venture. There are lots of people behind me that make it possible.



PHOTO BY ANN GILLARD

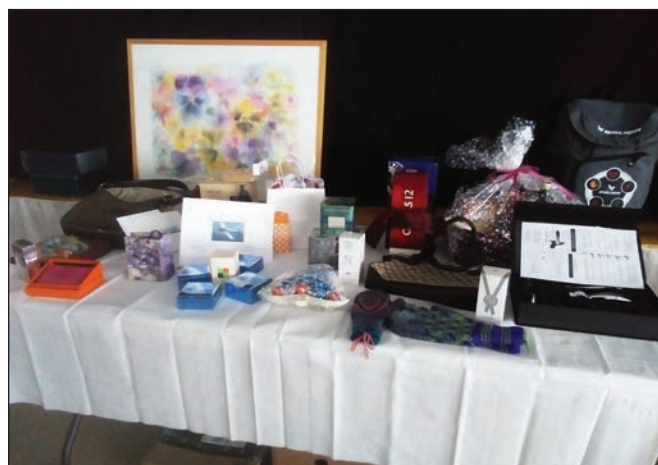


PHOTO BY ANN GILLARD

Continued on page 19

Continued from page 18

Some of those involved in the fundraising dinner were Alet Bosse, who did an amazing job with table decorations and the Christmas game; Olivia, Sophia and Laurence who helped serve guests, her son Simon who is always right behind her, her husband Jim who is always multi-tasking and Katja Desprez who sold the raffle tickets during the evening. A total of 1005.00\$ was raised, 475.00\$ during the evening and 530.00\$ sold ahead of time. Tickets sales totalled 1600.00\$ and a cash donation of 300.00\$ was also received from Pat and Bob McNamara. There were also "out of province" donations, two from Ontario and 1 from British Columbia in the amount of 450.00\$. Ann also mentioned and thanked everyone who donated items for the door prizes and raffle. All in all, the food was great and everyone had a great time. Funds raised were used to purchase food for Mile End Mission in Montreal, Le Book Humanitaire in St Jerome, Centraide in Sainte Therese and a few other places. A huge thank you goes out to Ann and all those who made this event such a success.

Rosemere Volunteer Services Shop - If you're looking for a gift let it be jewellery, women's fashion accessories or handcrafted items, prices are tax free and all proceeds go back to the community. At this time of the year many items are on sale, so why not stop by?! Shop hours are Mondays 10:00 am to 1:00 pm and Tuesdays and Thursdays 11:45 am to 2:15 pm, but it's always best to confirm in advance by calling 450-621-4060. In addition to its regular hours, the Shop will also be open during the weekend of May 4 and 5 during the *Esty Laurentides Spring Market*. – Photos : Kathy Nolan



PHOTO BY KATHY NOLAN

A Blast from the Past – Here's a photo that our reader, Eileen McGrory, shared with me recently. With her permission and with the permission of most of those pictured, I am sharing this great moment with you.

In 1978, neighbors living on Westgate East and Westgate West streets hosted a bed race. Yes, you read that right, a bed race. It was East against West, all in hopes of winning the illustrious trophy, none other than a bedpan!



Pictured here, Barry Russell (on the left side of the bed in the first position), Wally Koshelowsky (in the bed), Wayne Pilon (on the right side), John Readon (on the left side of the bed in the second position) and Ain Rosin (on the right side of the bed in the second position). The young boy on the left watching his dad excitedly is Jason Koshelowsky and Wally's wife Jean (with the dark hair) is in the crowd on the left looking towards the camera.

While at the Drop-In one Wednesday, Eileen and Jean enthusiastically shared the story behind this photo all while laughing at the memories flooding back. We hope you get a kick out of it as well.

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.



Plus vrai que nature!

1605, Chemin d'Oka,
Deux-Montagnes, Québec

Denis Naud, d.d.
Josianne Gignac, d.d.

Computer's donated to local organizations

PRESS RELEASE



The list of them is as follows: 49th Lorraine-Rosemère scout group • Agapé Deux-Montagnes • AMIE LF • Association À.L.OH Rosemère • Association Arc-en-ciel Bois-des-Filion • Association of Fibromyalgia Saint-Eustache & Basses-Laurentides • Association of residents of the OMH of Boisbriand • Association Horizon Rosemère • Community Center of Basses-Laurentides • Center of training in New Technologies • Deux-Montagnes/North Shore Ski Club • The Cercle de Fermières Saint-Eustache • The St-Eustache Scout group • Les Timbrés de Boisbriand • Maison des Citoyens of Deux-Montagnes • Maison Sercan • Mouvement Personne First of Saint-Eustache • Movement Person First of Sainte-Thérèse • Skating Saint-Eustache

Generous donation of computer equipment by Christie Innomed! Rivière-des-Mille-Îles, February 20, 2024 — Yesterday, in a gesture of great generosity, the President and CEO of Christie Innomed, Martin Roy, partnered for a fourth consecutive year with the office of the MP from Rivière-des-Mille-Îles, Luc Desilets, to provide support to the organizations in the riding. The company has, once again, demonstrated its commitment to the community by offering completely refurbished computer equipment free of charge. Initiated in 2021, this collaboration between Christie Innomed and the constituency office has become a very popular moment for local organizations. This year, the company maintained its commitment to the local community for a fourth year by donating 34 laptops. "At Christie Innomed, we are fully committed to supporting our community and fulfilling our social and environmental responsibilities. We express our gratitude to Mr. Desilets for offering us the opportunity to contribute to the community by providing, year after year, computer equipment. We are proud to participate in this initiative," said the company's president and CEO, Martin Roy. This contribution will allow 19 organizations to use this equipment for their activities and provide access to quality equipment to their users. Several of them were present today at the head office of the company specializing in medical imaging and information technology in the health field, to collect the computers. Luc Desilets welcomed this act of generosity and expressed his gratitude to Christie Innomed. "I am delighted with the renewal of this agreement and would like to warmly thank them for their generosity. They are an example to follow in terms of reuse and recovery of end-of-life IT equipment. This united and eco-responsible

initiative is very inspiring and I hope that this good deed will lead to others," he declared. This concrete contribution to organizations in Rivière-des-Mille-Îles was welcomed with joy by the beneficiaries.

Les seigneurs des milles îles Bantam AAA of St. Eustache win the Granby international Tournament

By Johanne Harris



Bravo Les Boys - Great Job

Simply Woodworking

By jacques@bois-exotique.com

Springtime is around the corner and we are once again thinking of plants and gardens.

How to balance the time required for maintenance (think watering every day), space for the garden, and finally, protection against bugs and critters!

I came across this article (www.familyhandyman.com/project/build-your-own-self-watering-planter/) which cleverly addresses all of these problems. It is called a "sub irrigated planter" (SIP), and you can make your own.

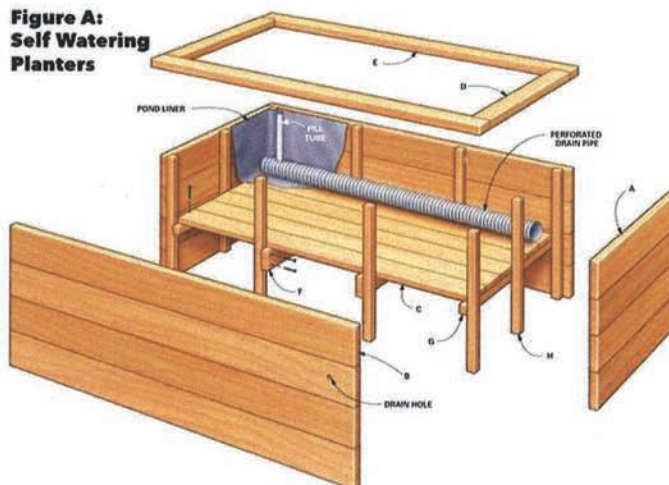


Here's how:

Materials list:

- (6) 12' cedar 2x6 (sides and ends)
- (3) 12' cedar deck boards (planter floor)
- (2) 10' 2x4 (top cap)
- (1) 8' 2x4 (joists)
- (4) 8' 2x4 (cleats)
- (24') 4" perforated drain pipe *with sleeve*
- (1) Pond liner (rubber or plastic)
- (12") vinyl tubing
- (12") 1" CPVC (fill tube)

**Figure A:
Self Watering
Planters**

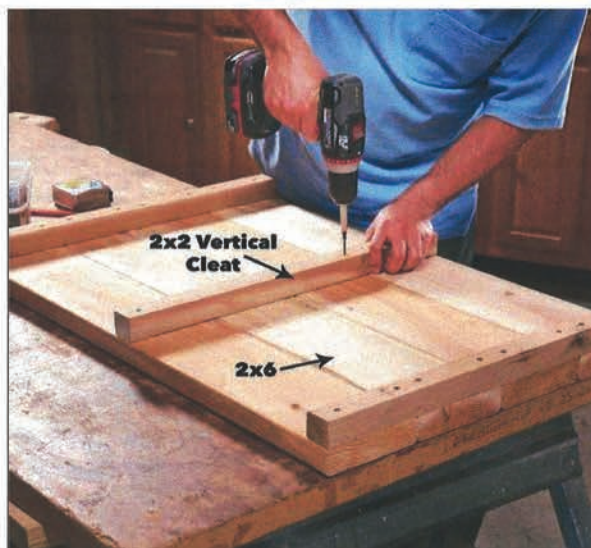


Screw the Box Ends Together

- Pick the straightest 2x2s for the corner cleats.
- Align the parts with the corner of your worktable to keep the assembly square.

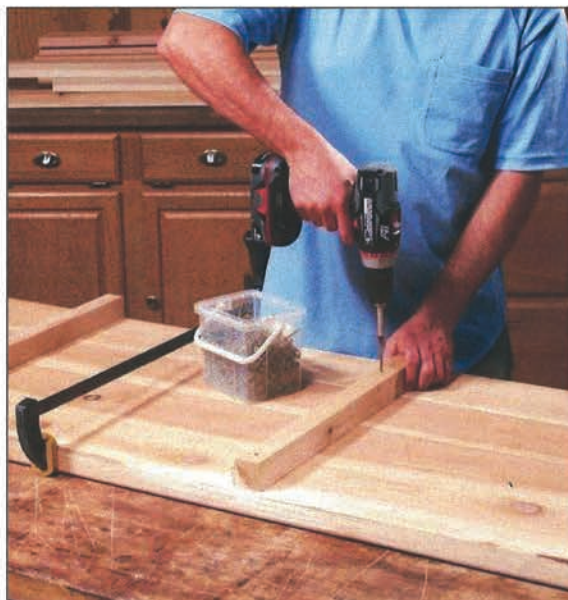
PRO TIP:

When assembling the box end and sides, leave gaps between the planks to allow for expansion and contraction. We used 1/16 washers as spacers.



Construct the box sides

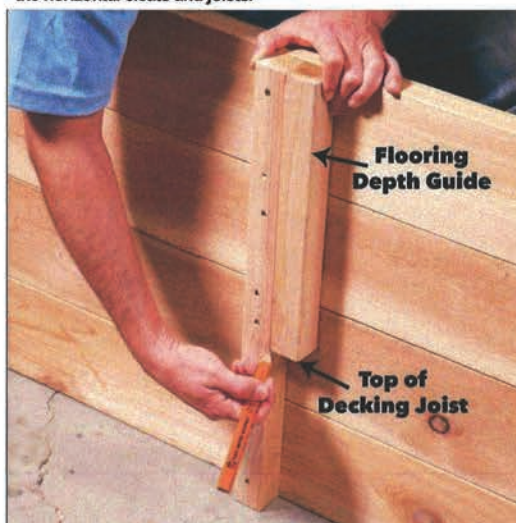
- Straighten bowed boards with a clamp. The top boards need to be straight so the cap will go on straight and tight.



Mark the Decking Joists

- To determine where to put your planter floor add together your soil depth, the flooring thickness and the height of the drain pipe, then add an inch to that so the soil level will sit an inch below the top of the box.

- Cut a block at that length to make it easy to mark the locations of the horizontal cleats and joists.



Screw the Box Together

- Clamp the edges together and press firmly with the other hand when screwing each plank so everything comes together tightly



Attach the Joists and lay the floor

- screw the horizontal end cleats and then the center joists. Notch your deck boards to fit around the vertical supports. For greater strength, use 2x2 horizontal cleats (33 inch long for the planter) for each end and 2x4s for the center 2 joists.



Screw the rubber membrane in place

- Fold the liner at the corners and staple it around the perimeter.
- Trim excess.

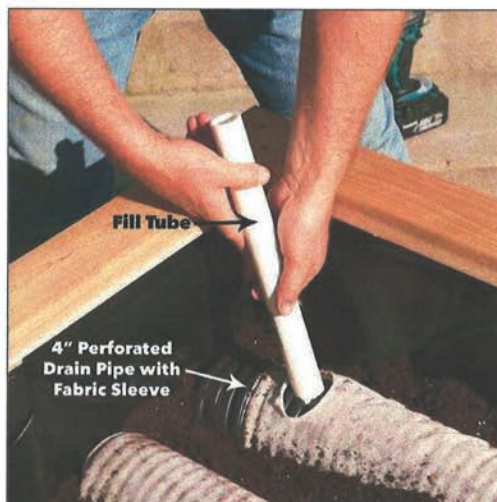
Pro Tip:

Don't miter the top cap—miter joints open with changes in humidity. Butt joints will look neater than miter joints over time.



Position the drain pipe and the fill tube.

- Cut the perforated drain pipe into 6 ft lengths.
- Space the drain pipes evenly along the deck floor wedging the ends tightly against the short sides of the planter to keep the soil out.
- Wedging the ends of the drain pipe against the planter will prevent the potting mix from getting into the pipes.
- Pack potting mix around the pipes to keep them straight.
- Stick a fill tube in the top end of one of the outside drain pipes. The water will flow from there into the other drain pipes through the perforations in the tubes.



Drill a drain hole and fit the tubing

- At the end of the planter opposite your fill tube, drill a drainage hole just above the height of the pipe.
- Run the vinyl tubing from the drain pipe to the drainage hole.
- Wedge the PVC fill tube tightly into the top of the drain pipe. It should be long enough to poke out of the top of your soil once your container is planted. You need only one—the water will flow into all the drain pipes when filling.



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The Church Mouse,

All the churches are friendly and looking forward to welcoming you. We wish you all a Happy Easter. Would you believe that we are all related? The Bible indicates that it all started with Adam and Eve. We are all dependent on one another. For instance, have you ever given a thought that when we are driving we depend on the other drivers doing the right thing? No man is an island unto himself.

The following articles have a direct bearing on God's creation and being and how He has given us the brains to improve our knowledge of this wonderful world.

When "Homo sapiens" began walking the Earth some 400,000 years ago, a day was basically 24 hours long — but that hasn't always been the case. Scientists from Kyoto University estimate that when the moon first formed a few billion years ago, it spun around the Earth at a much closer distance than it does today, which affected the Earth's own rotation. By their calculations, when life first appeared 3.6 billion years ago, an Earth day (one full rotation of the planet), was only 12 hours long.

As the moon slowly distanced itself from Earth, the days grew longer, going from 18-hour days to 23-hour days when multicellular life first took form. Research in 2021 discovered that the Earth is now spinning ever-so-slightly faster than it did 50 years ago, a major headache for physicists, astronomers, and computer programmers who had to recalculate GPS's.

Have you ever wondered how honeybees perceive the flower gardens they roam? Or what a bright blue sky looks like to a bird? Now, thanks to a new video camera system, in a new study, a team of scientists explained how they drew from spectrophotometry, the traditional method for determining how other organisms see the world, to create video technology that accurately replicates the colours in different animals' points of view.

The Church Mouse

By Eric Painter

For example, that blue sky might be a technicolour purple for a bird that can pick up on UV light, which humans can't perceive. Unlike spectrophotometry, the system can capture moving objects, and it's less time consuming. "As sensory ecologists, we are interested in how animals perceive colors in nature. Traditional techniques for measuring these colours often told only part of the story," co-author Daniel Hanley, told Popular Science. "The scientific community lacked adequate tools for studying colors in motion. We designed our camera system to provide a solution to this problem. Now, we can record colour signals as they would appear to wild animals in the wild."

"Acknowledging the good that is already in your life is the foundation for all abundance."

- Eckhart Tolle

There are approximately 19 million skin cells in 1 sq. in. of skin.

Sources: Interesting facts; www.discovermagazine.com

Donations can be made to all Churches to continue the ministry in Deux-Montagnes and in the wider community.

The Church Mice, Eric and Nancy

Church of God

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

Sunday 10 a.m

"From the rising of the sun, to the going down of the same, the name of the Lord is to be praised." (Psalms 113:3) As we look forward to the returning sunlight and lengthening of the days, let us remember that whatever the season, whatever the weather, Christ is Lord and as such is to be praised every day, all day long. He and he alone is worthy and I want to worship him every day that I live. Please join us for a time of rejoicing in the Lord, as we life up Christ through songs, prayer, Bible reading and testimony. Holy Communion is offered each first Sunday of the month. "Seven for Salvation" a short



biblical meditation, is offered on Facebook (Church of God, Deux-Montagnes) with a new release each Wednesday. God bless you and keep you through his holy name.

Saint James Anglican

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

Priest: Reverend Dr. Victor-David MYUBI Bipungu

English services are held at the following churches:-

All Saints in Deux Montagnes.or
St. Simon & St. Bartholomew

3455 Chemin du Souvenir,
Chomedey, Laval

H7V 1X2 Tel 450-681-9696

stsimonchurch@yahoo.ca

For further information please contact egliselanativitemontreal@gmail.com.

The Drop-In Centre, administered By Lynn Walker continues every Wednesday. Doors open at 10:30am. A light meal of soup & dessert is served at noon. Everyone is welcome

All Saints Church

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

Priest: Reverend David Hart

All Saints

248 18th Ave., Deux Montagnes
J7R 4B1
450 473 9541

Sunday 10 am. Streamed live at <https://www.facebook.com/groups/allsaintsdeuxmontagnes>
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.

March 2 & April 6 Monthly "Food for Body and Soul" breakfast

The first Saturday of the month at 10:00 am

Mar 2 Craft Supplies Sale 11:00 am downstairs.

Mar 3 & Apr 7 6PM Youth Service

for teens and young adults A meal follows the service.

Mar 9 Quiz and Pub Night 6:00 pm \$25

Mar 24 10:00 AM Palm Sunday

Mar 28 & Apr. 25 Holy communion service at Les Cascades 10:30 am

March 28 Maundy Thursday /supper and Service 6:00 pm

Mar 29 Good Friday Walk of Witness 12:00 pm

Mar 30 Easter Vigil 6:00 pm

Mar 31 Easter Sunday 10:00 am

Apr 13 Spring Tea Party. 2:00 pm

Tea is served in fine china along with finger sandwiches and a selection of pastries. \$18

Donations can be made to:- <https://www.canadahelps.org/en/charities/118783422RR0002-all-saints-church/> to continue the ministry in Deux-Montagnes and in the wider community.

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

Sunday mass 11:00am

Serving the English speaking Roman Catholic communities in the vicinity of Rosemère

Father Sylvain Lauzon 450-621-5521 ext. 232

slauzon@paroissestluc.org

Receptionist: ext 231

Office hours: Monday to Thursday 9:00 am to 12:00 1:00 pm to 4:30 pm

Contact for Baptisms Marriages and Funerals

ext 216 smarion@paroissestluc.org

Tuesdays and Thursdays by appointment only

<https://www.paroisse-st-luc.org/religiouseducation>

PEOPLE'S

370 5th Ave, Deux Montagnes.

JON 1P0

450 472 4105

Sunday service and Sunday school 10:30 am

Riverside United

200 Chemin de la Grande-Côte

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riversideunited.org

Sunday 11:00am 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

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Deux Montagnes

Everyone is welcome to a free lunch each Tuesday at noon 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 a.m.

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

CWL meet 3rd Tue of Month 17:30.

pm Wendy 450 473 2680

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Persistence, progression and real estate

By Gordon Wetmore



What if you are ambitious and intelligent but do not see formal education – college, university, etc. – as your path? Meet Rosemere resident Lauren Kennedy, 19, who has chosen real estate as her route to economic success.

Her principal reasons are two-fold. First, she could not see the sense in taking two to five years after high school to prepare to start a career. Second, even though she graduated with honours from Rosemere High School, her relationship with public schooling had been rocky at times.

During her years at elementary school, she was afflicted by anxiety, and her abilities to concentrate, listen, follow instructions, organize and remember, all were affected. Fortunately, her parents understood this and persisted in finding her the help and medications that she needed. “My parents paved the path for me. They really helped. I didn’t always understand that,” she said in an interview.

Once the right medication was found, “it helped me a lot. I felt I could concentrate better.” That and the support at home made a huge difference, but the change was not instant.

High school did not start well. Even in Secondary 3 (Grade 9) “I was failing. Didn’t care. I got ambitious in Secondary 4 and 5, and it paid off.” These also were COVID years with interrupted classes and online courses, but she persisted.

Becoming a realtor required courses also. Lauren registered at an online private institution, le Collège de l’immobilier du Québec, and over the next six months studied the mathematics of transactions, laws governing real estate, contracts, and the “architecture” of a home for estimations (even including soil stability).



To get her license, she had to pass exams, be registered with the Organisme d’autoréglementation du courtage immobilier du Québec (OACIQ), and join an agency. She also needed to be competent in both French and English.

She is now with Via Capitale Partenaires, a large agency based in Blainville and active throughout Quebec. She started the classes at 17, passed the exams at 18, and joined the agency at 19. “I work with a team. My agency is like a family, pushing me to continue. If I have questions, they are there for me,” she said.

She also has partnered with Nancy Soto, a young woman with whom she started. They check listings and expired contracts, create fliers and deliver them door-to-door, make cold calls, offer free home estimations, maintain and update their presence on Facebook and Instagram, offer buyer and seller guides, and are also creating their own website. They have not made their all-important first sale yet, but they know that takes time.

Meantime, to pay her bills, she works three nine-hour shifts a week as a communications technical assistant – the person you call when you have problems with your internet, telephone or other related services. She also had to take courses to qualify for that.

Persistence has been identified as the single most important attribute for success. Lauren Kennedy has proven she has that. She can be reached via the company’s email at lkennedy@viacapitale.com and by telephone at 514-602-8419.





My Favorite Recipes By Patricia Klotz

Sometimes I like to try making new recipes. I looked over several recipes that I saved even ones I haven't tried yet. Recently I found one that resembles a little bit Asian called "Sesame Chicken" good to serve with white rice and egg rolls. For dessert I decided to make my Brownies recipe as someone in my house is a "Chocoholic" hmmm so good. I hope you will like and try these recipes.



Sesame Chicken for Slow Cooker

1 1/2 pounds skinless, boneless chicken breast halves
 1/2 cup honey or 1/4 cup for less sugar
 1/4 cup soy sauce
 2 tablespoons ketchup
 2 tablespoons dried minced onion or chopped shallots
 1 tablespoon vegetable oil
 1/2 teaspoon garlic powder
 2 teaspoons cornstarch
 3 tablespoons water
 sesame seeds

Spread chicken into the crock of a slow cooker. Tip: brown chicken in fry pan with a little oil first.

Stir honey, soy sauce, ketchup, onion, vegetable oil, and garlic powder together in a bowl; pour over the chicken.

Cook on Low until the chicken is tender, about 2 1/2 – 3hrs or until cooked.

Remove chicken from the sauce in the slow cooker to a cutting board. Stir water and cornstarch together to dissolve cornstarch completely; pour into the sauce in the slow cooker until smooth.

Cook on High until slightly thickened, about 10 minutes.

Cut chicken into bite-size pieces and stir into the sauce. Sprinkle sesame seeds over the chicken and sauce mixture. *Tip Brown sesame seeds slightly in a frying pan on low heat stirring often.

Chocolate Brownies



1/2 cup butter
 1 cup white sugar
 2 eggs
 1 teaspoon vanilla extract
 1/3 cup unsweetened cocoa powder
 1/2 cup all-purpose flour
 1/4 teaspoon salt
 1/4 teaspoon baking powder
 1/2 cup walnuts and chocolate chips (optional)

Frosting:

3 tablespoons butter, softened
 3 tablespoons unsweetened cocoa powder
 1 tablespoon honey
 1 teaspoon vanilla extract
 1 cup confectioners' sugar
 2 tablespoons milk

Preheat oven to 350 degrees F. Grease and flour an 8-inch square pan.

Melt 1/2 cup butter. In a mixer stir in sugar, eggs, and 1 teaspoon vanilla.

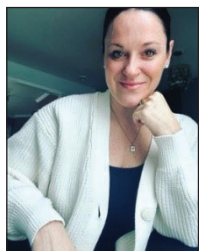
Beat in 1/3 cup cocoa, 1/2 cup flour, salt, and baking powder. Add walnuts and chocolate chips.

Spread batter into prepared pan.

Bake in preheated oven for 25 to 30 minutes. Do not overcook.

Frosting: Combine 3 tablespoons softened butter, 3 tablespoons cocoa, honey, 1 teaspoon vanilla extract, and 1 cup confectioners' sugar and milk. Stir until smooth. Frost brownies while they are still warm.

*Tip: Instead of frosting and before baking sprinkle the uncooked brownies with chocolate chips and then bake.



Cheryl Dore

Your Health and Happiness

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

Fitness over 40

Being a woman in my 40s, I've noticed just how much misinformation there is about losing weight and staying fit at our age! There are so many myths about how hard it is to get results and have enough energy to stay active that it can be discouraging! In this issue, I'd like to try to help clarify the major components for becoming or staying healthy.

I've had many conversations in the past few months with other women my age who are just beginning to want to start taking care of themselves in order to live a long, healthy life. There's no denying that our bodies change throughout the years, but that simply means we must adjust to our body's needs.



One of the major components is diet. For someone who would like to lose weight your body needs to be in a caloric deficit. This should never mean starving yourself! It simply means making healthier choices and being more aware of what you put in your body. A good tool to know how many calories approximately you should eat per day: it is by picking your goal weight and multiplying it by 12 (ex: $135 \times 12 = 1620$ calories per day). Once you know what your body needs you can plan and make better choices for better results!

The next component is moving your body! Weight training is top tier for results. Strength training is important for everyone especially women over 40. It enhances bone density, it improves posture and balance, it increases strength, and it builds muscle which boosts your metabolism (no ladies you will not become bulky, it isn't that easy!). Women are far more prone to osteoporosis than men and lifting weights can help fight it. By incorporating strength training earlier, you prevent more serious complications in your later years like fractures from falling etc. Prepare NOW for LATER ON!! The earlier the better but it's never too late! If you have a desk job, you owe it to your body to follow a well-balanced strength program to help with that posture. Poor posture can cause pain. And if you're strong, you're going to be steadier on your feet, which means a lower chance of falling. Finally, building muscle is the only way you can boost your metabolism. So, if you want to burn

more calories at rest - while doing literally NOTHING - pack on 3 to 5 lbs of muscle.

Another simple way to move is to walk. Aim for 7000 to 10,000 steps per day. It requires nothing more than appropriate footwear. Everyone can do it and it has many benefits. Find a walking buddy and schedule your walks... It's good for the body and the soul!

Cardio exercises are great for our cardiovascular heart



and stress management but don't bother overdoing it. When you are over 40 years old, intense cardio trainings are not necessary but if you enjoy them limit it to no more than 2 times per week. Our recuperation time is a little longer, therefore shorter, consistent workouts and walking will have a better outcome to achieve your goals.

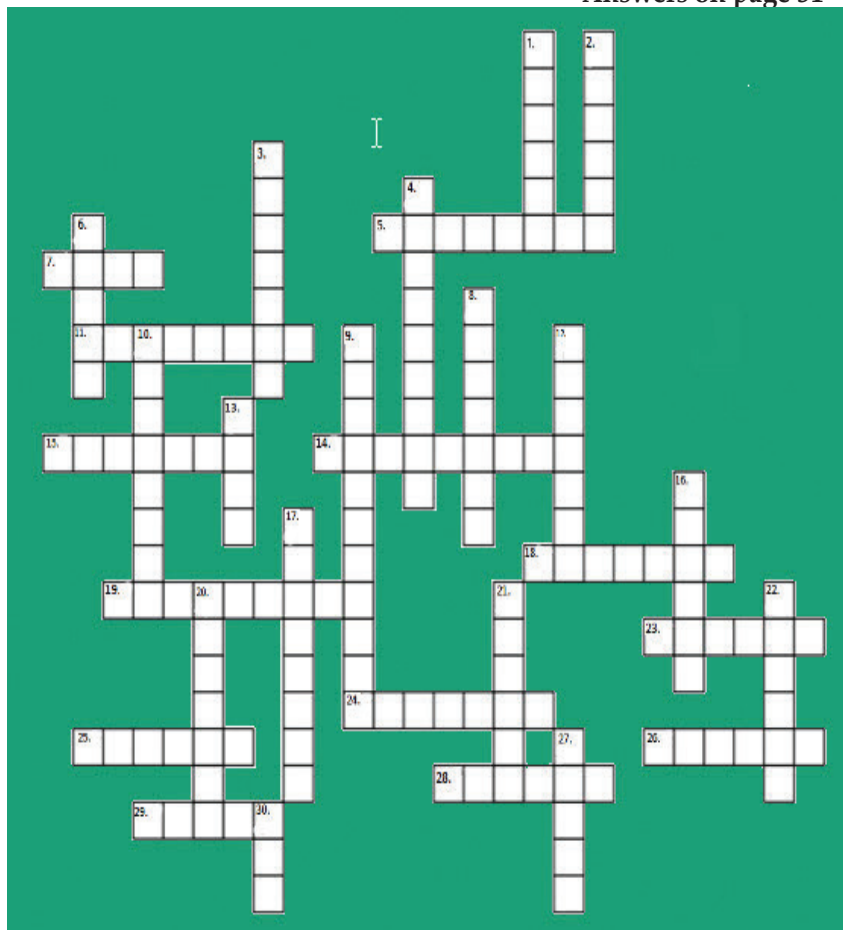


And lastly don't forget about water and sleep. Water consumption keeps you hydrated which benefits your organs, skin, and energy levels. Sometimes we feel hungry but, our body simply needs water. Try starting with a glass of water and observe how your body reacts. Sleep is crucial! Getting a solid 7 to 9 hours per night will improve your quality of life immensely and contribute to better results. As much as it is important to stay active and move, it's just as important to rest.

To sum it up... sleep more, drink your water, add in some strength trainings, add a bit of cardio, walk 7,000 to 10,000 steps a day and manage your stress. I hope this was helpful! Keep it simple and let's stop putting so much pressure on ourselves. We have this one life, this one body... let's make the most of it!

Crossword Food

Answers on page 31

**Across:**

5. Russian or Ukrainian dumplings often filled with cheese or potato
 7. Bread served in Indian restaurants
 11. Norwegian fish cured traditionally in lye
 14. Breaded veal cutlet from Vienna
 15. French fries with cheese curds and gravy
 18. Kentucky fried
 19. Fast food named after a city in Germany
 23. Balls often added to soup in Jewish households
 24. Donut holes at Tim Hortons
 25. Two all-beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame seed bun
 26. This is usually roasted at Thanksgiving
 28. Melted cheese mixture to dip bread in
 29. Traditional Sunday dinner in Britain

Announcements, Birthdays Anniversaries

Birthdays

- Carolyn Plesz, Mar. 4
 Sharon Byers, Mar. 7
 Maximus Fata, Mar. 10
 Gil Docherty, Mar. 11

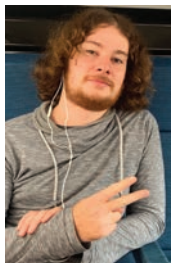
- Lynda Draycott, Mar. 17
 Mike Lanthier, Mar. 18
 Martin Hensen, Mar. 19
 Kaeden Michlick, Mar. 20
 Rebecca Dionne, Mar. 24
 Rene Heibl, Mar. 26
 Henry Turner, Mar. 27
 Nova Weippert, Mar. 29
 Jacqueline Cockburn Goulet, Mar. 31
 Frank Michlick, Mar. 31
 Mario Stabile, April 1
 Benoît Lauzé, April 7
 Pat O'Neill, April 17
 Adam Horwood, April 18
 Gerry Kennedy, April 18

Down:

1. Traditional Korean fermented food
 2. These donut shaped buns from Montreal are dipped in boiling water before being baked
 3. Polish or Ukrainian sausage
 4. The sausage often used on pizza
 6. The famous syrup from Quebec!
 8. The usual "surf" in Surf and Turf
 9. Chocolate cake from Germany that has layers of whipped cream and cherries
 10. Thin, circular, unleavened flatbread from Mexico
 12. Hungarian stew
 13. Cheese used in a Greek salad
 16. Salad named after a Roman emperor
 17. A long, skinny French loaf
 20. Greek layered pastry dessert made with nuts and honey
 21. This rhyming soup is a staple in Chinese restaurants
 22. Foods that are approved for Jewish people to eat
 27. Japanese food of vinegared rice and usually raw fish or veggies
 30. Late afternoon meal in the UK

Memorials

Lucas Troy Singer-Kraus Aug 21, 2000 - Feb 01, 2024



Lucas Troy Singer-Kraus was born August 21, 2000, at the Montreal Jewish General Hospital to Nathalie Singer & Sean Kraus. Lucas has passed in West Kelowna February 1, 2024.

Lucas is survived by his loving family. His brothers Jacob & Noah. His mother Nathalie Singer & his father Sean Kraus.

Lucas is survived by his Grandparents Françoise Singer, Dale & Judy Kraus, his aunts & uncles Michael & Stacey Kraus, Jason & Pam Kraus, Gaele Singer & Sergio Morales Rodrigo. Lucas is survived by his by cousins Darby Flahr (Ben), Abigail Kraus (Alex), Julian Kraus (Sam) Nya Kraus, David Morales Singer, Mason Kraus & Marcos Morales Singer. Lucas is also survived by his two best & life-long friends. Nils Lamouche & Mathieu Pineault.

Lucas is predeceased by his Papy Yves Singer in 2016.

A private family funeral service was held at Evenden Rust Funeral Chapel, 1910 Windsor Road in Kelowna on Sunday Feb 18. A celebration will happen with family and friends with Lucas fully in mind & spirit at a future date.

The family wishes to thank the wonderful people that expressed love and compassion in so many ways toward our family in this difficult time.

In lieu of flowers the family wishes you to send a donation to: Okanagan Forest Task Force

<https://okanaganforesttaskforce.com/donate/>

James Gordon Norris (Gord) Apr 20, 1931 – Jan 28, 2024



James Gordon Norris (92), Gord, died January 28th, 2024, at Southbridge Long Term Care Home, Cornwall, Ontario. Loving husband of 71 years, to the late Olive Jubin Norris, died March 4th, 2023. Caring father to 7 children: Glen (Ellie), Charleen (Noubar), Diane, Colleen (Michael), Patrick (Donna), Beverly (Rick), and Carol (Ron). Cherished grandfather to Jason, Tanya, Melissa, Laura, Shannon, Stephanie, Shanna, Patrick, Michael, Alexa, Lauren, and Justin. Proud great-grandfather of 14. Gordon was an exceptional English teacher for 31 years, mostly at Laval Catholic High School, where he

touched the lives of many. In his younger years, he was an avid hockey player, coach and referee. He was a big fan of the Montreal Canadiens and Alouettes. Another great passion was jazz music. He passed on his love of jazz to many. He was extremely proud of his family, and he considered his family his greatest achievement. He will be greatly missed. Special thanks to Southbridge Tree Haven Suites staff for their care and devotion to Dad. A celebration of life will be held at a later date for both Gordon and Olive.

William "Bill" Cameron Jan 29, 1941 - Jan 12, 2024



William "Bill" Cameron at the age of 82 passed away at the St Eustache Hospital

He leaves to mourn his spouse Mrs. Yetta Dion, daughter Jennifer (Karl), Yetta's sons: Rod (Karen), Dan (Mari-Lou) and David: brothers and sister: Marge (Larry), David, Jim, Steve and many other relatives and friends.

Gone but not forgotten

The family would like to thank St. Eustache Hospital personnel for their care and attention provided. .

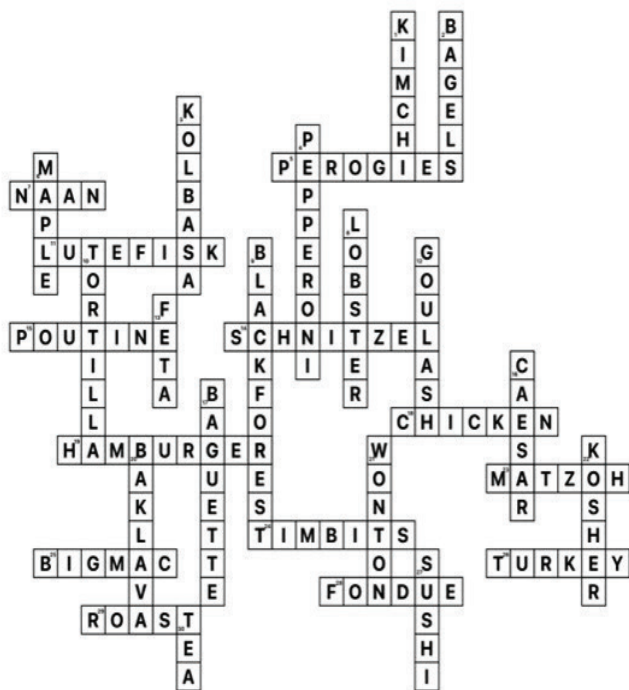
Yolande Martell (Née Charpentier) MAR. 8, 1927 – JAN 22, 2024



In Deux-Montagnes, on January 22, 2024, at the age of 96, passed away Mrs. Yolande Charpentier Martell, wife of the late Mr. Joseph Adélar Martell

She is survived by her children Sylvie (André), Philippe (Sherrie) and Céline (John), her grandchildren Isabelle, Stéphane, Kayla, Mélanie, Rachelle, Amanda and Ashley, her great-grandchildren Yoann, James, Jessy and Élizabéth, Jerry's families, Linda and Robert, nephews and nieces, as well as relatives and friends.

Answer to Crossword



**PHOTO
CBC LIVE**

Congratulations Mikaël Kingsbury of Deux-Montagnes

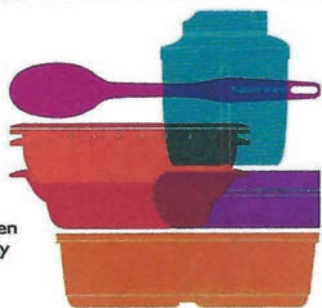
On becoming the most successful male skier of all time in Olympic-style skiing events. As reported by Canadian Press, he attained the supreme level with his 87th win at Deer Valley, Utah., surpassing Ingemar Stenmark, who retired three years before Mikaël was born.

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Sports Rap

By Bobby Fordham
Sports Editor



Opinion # 1

Why? do the NHL and NBA schedule games back to back? Specifically, road games? It's tough enough playing away games but back to back! Unacceptable! The players have to play in a city then travel to another city the next evening...absurd...Most if not all teams are fortunate enough to go 1-1 but most end up 0-2 due to the back to back schedule. Totally Scheduled without logic. Also, most coaches because of the back to back scheduling rest their best players...denying fans to see their favourite star players...after paying outlandish amounts of money for tickets. If the scheduling was changed to eliminate back to back games, the coaches could implement their starting lineups as they should, the players would get their required rest...the revised scheduling would produce better performances from all of the players and the fans will be satisfied customers...My opinion...Stay safe.

Sports Rap Opinion # 2

Last fall one of the best CFL playoffs in 20 years, the heavily favoured Toronto Argos with a league record of 16-2 met the 2nd place Montreal Alouettes in the Eastern conference Final. The ALS forced 4 turnovers and turned 3 of them into touchdowns. This resulted in the a very hard fought 38-17 victory. Fantastic! With the win the ALS entered to the 110 Grey Cup. They took on the Western Conference Champs the Winnipeg Blue Bombers. Again the ALS defence shone and QB Zach Collaros was outstanding as the Alouettes prevailed 28-24 to win the Grey Cup. We should never count out the underdogs in professional sports. They do the unexpected more often than not. My opinion...stay safe.

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