

Community Connections

SERVING THE AREA FROM KANEHSTÀ:KE TO ROSEMÈRE

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May/June 2024

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Message from Mayor Denis Martin

Dear citizens

Spring is finally back! What could be better to enjoy this season than a sunny outing, an outdoor workout, and activities with family or friends? The months of May and June are also ideal for a little spring cleaning. If you have any energy left after cleaning your property, why not help our community clean up the environment? The *Boisé de Deux-Montagnes* cleaning activity on Saturday, May 4, is the perfect opportunity to do so. For more details on this community initiative, follow the Les Amis du Boisé de Deux-Montagnes page on Facebook. A fine gesture, especially to mark Earth Day, celebrated on April 22.

After cleaning comes gardening! Our traditional Horticulture Day will take place on Saturday, May 25, at the municipal garage. Upon presentation of proof of residence, Deux-Montagnes residents may choose two plants of various herbs and a box of annual flowers free of charge. Tree seedlings will also be distributed. Remember that this initiative is part of the City's beautification program and is organized to encourage residents to maintain the flowerbeds and gardens on their properties. We look forward to welcoming you for this beautiful day, which heralds the approach of the summer season!

Lots of fun ahead in the coming months with several

events on the schedule, including Neighbours' Day on June 1st, the Family Run on July 6, *Deux-Montagnes en fête*, later in August, as well as a multitude of free cultural activities and events for Deux-Montagnes residents. For info about our summer programming, keep an eye on our Facebook page and our magazine *CULTIVEZ Deux-Montagnes* available on the City of Deux-Montagnes website.

To conclude, I wanted to share with you a great initiative to which the Deux-Montagnes/Sainte-Marthe-sur-le-Lac firefighters contributed. On April 11 at the Olympia Arena, residents were able to attend the very first edition of the North Shore firefighters' hockey tournament. During this friendly tournament, over \$1000 was raised for the S.O.S. Jeunesse organization. We thank everyone who participated in this beautiful gesture.

Enjoy the nicer weather and take advantage of our sports facilities. Moreover, the repair of our tennis courts will be completed just in time for the summer!

Denis Martin, Mayor of Deux-Montagnes

The Community Connections Team
www.communityconnectiondm.ca

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

Editor-in-Chief: Dave Byers (cceditor2017@gmail.com)
 Treasurer and Advertising Manager: Martin Hensen (Makimbe@outlook.com)
 Copy Editor, Senior Writer, Columnist: Gordon Wetmore (gordonwetmore@yahoo.ca)
 Sports Editor: Robert Fordham (bobbyfordham@icloud.com)
 Church Pages Editor: Eric Painter (epainter@gmail.com)
 Proofreaders: Heather M. Brown, Pam Petten, Gordon Wetmore, Margaret Fung-A-Ling.
 Website Manager: Willy Speeckaert (wspeeckaert@gmail.com)
 Regular Contributors: Cheryl Dore, Kathy Nolan, Patricia Klotz, Margaret Fung-A-Ling, Armando Aguilon, Jacques Roch, Ellen Holdaway
 Student Correspondents (2023-2024): Olivia Kiley, Rebecca Stracuzzi, Tanner Anentawaks Etienne
 Board of Directors: Heather M. Brown, Martin Hensen, Tish Abman, Eric Painter, Bobby Fordham, Gordon Wetmore, Margaret Fung-A-Ling, Linda Davis
 Printer: Hebdo-Litho (Contact Nicole Gagliardi NGagliardi@hebdo-litho.com)
 Computer Assistance Jerome Fourre and Paul Audet
 How to reach us
 E-mail: cceditor2017@gmail.com
 View our magazine at: www.communityconnectionsdm.ca
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Signature of the new collective agreement for the Deux-Montagnes/Sainte-Marthe-sur-le-Lac intermunicipal fire safety service Deux-Montagnes

February 27, 2024 - After a little over three months of negotiations, the City of Deux-Montagnes is pleased to announce the signing of a new collective agreement for the Deux-Montagnes Intermunicipal Fire Safety Service /Sainte-Marthe-sur-le-Lac. Lasting five years, it is retroactive to January 1 and will end on December 31, 2028. The administration and the union reached an agreement following a short negotiation process carried out with respect and openness.

“I would like to thank the stakeholders involved at the negotiating table for their commitment and valuable collaboration throughout this process, which made it possible to reach an agreement quickly and pursue our common objectives,” declared the mayor of Deux-Montagnes, Denis Martin. The president of the Quebec firefighters’ union (CUPE 7191), Deux-Montagnes local section, Mr. Jean-François Chartrand-Daoust, also said he was happy with this new collective agreement. “The Deux-Montagnes firefighters union is very proud of the agreement reached, accepted by the large majority of members. On their behalf, I thank the general management of the City as well as the union executive for the work carried out and the smooth running of the process. » This is the second collective



agreement since the entry into force of a full-time firefighter structure three years ago. This applies to the 16 permanent firefighters and 8 temporary firefighters. Remember that the City of Deux-Montagnes provides its fire safety services to the City of Sainte-Marthe-sur-le-Lac under an agreement.



From left to right: The mayor of Deux-Montagnes, Denis Martin, Mr. Steve Charron, vice-president of the union, Mr. Jean-François Chartrand-Daoust, president of the union and Mr. Benoit Ferland, general director of the City.

Deux-Montagnes to have presentation to the Family of JED’S Restaurant at Council meeting on May 9 2024

By: Granddaughter Laurie Symonds

On May 9 the family is invited right before the council meeting starts, to receive the visual of the historic panel printed on a coroplast while waiting for the real panel

A History of the founding of “ JED’S snack bar and gift shop



Lorna 'Norm' Fredricks

How do you capture in black and white the essence of a soul? Not easily, but it’s a task worth attempting when it’s a soul as beautiful as that of Lorna Kerland-Fredricks. She was unlike any other! Before her years living in Two Mountains, Lorna Ferland-Fredricks was a model at Simpson’s, Her future husband, Jeff, was also employed there as a store detective.

They met, married, had two little girls and made a decision to open up a “snack bar and gift shop” on 9th Ave and Blvd du lac in the summer resort town at the end of the Montreal train line (then known as St-Eustache-sur-le-lac).

Jeff and his two brothers, Eric and Dennis, had the store built in 1945, and aptly named it JED’s after the three brothers. A short time later, Lorna and Jeff bought out the other two brothers and became the proud young owners of the place people came to fondly remember and lovingly reminisce about (still to this day). It was because of the hard work, dedication and kindness of one woman...lovingly known as Lorna... “Norm”.

In 1955, Lorna and Jeff had a residence added above Jed’s and moved their little family from the corner of 10th to their new home.

365 days a year, Jed’s doors were open for business for 44 years. And, except for two days every year, one being Lorna’s favourite (Christmas Day) and the other being New Year’s Day, you could find Lorna behind the counter...smiling and loving her time giving back to her little town. A town with evolving specific needs and an interesting crowd of people she truly grew to love!

Every inch of JED’s was designed and redesigned with Lorna’s intuitive foresight over the many years. Times

Continued on p. 4

Continued from p. 3

were hard during the first years of ownership, so sections of the store were rented out to make ends meet. They included a barber shop, a taxi stand, a dress shop and a tv repair shop.

She always knew how to meet the specific needs of Jed's patrons. At first, they mainly catered to the city folks and their children escaping to the "country" for a day at Brunet's Beach (later renamed El Rancho Beach) or for a cottage vacation. There were lunch to-go boxes for the beach crowd, toys and towels, a soda bar, ice cream cones, a candy case, a snack bar with booths where you could grab a meal and listen to the juke box play... and so much more.

Over the years, the little town's cottages were upgraded into four-season dwellings and the town-at-the-end-of-the-train-tracks took on a life of its own. With it...so did JED's. It then became about the needs of ITS PEOPLE.

The booths were replaced with a counter and stools where the locals could pull up a seat, have a great cup of coffee, some lunch or dinner (maybe some of Jed's famous fries and a burger) or just a Mae West & Pepsi and "shoot the shit".

The store encompassed so much good because of Norn's caring ways. When the men of the CNR were first doing work on the train tracks on the Two Mountains side of the bridge, she decided to add hot dinners to the menu as they depended on Jed's to eat all their meals.

When the fire department had a missing person they were trying to locate, she would stay open and provide free coffee, food and shelter to the search team.

From book donations from the town's people, she created a used book section to recycle books, kept the cost very low for those who loved to read and donated the proceeds.

Raffles were done to raise money for children's causes.

Every year, all proceeds from the sales of the used books and raffles tickets went to different events being held for children. Two of those included buying Easter baskets and Christmas presents for every child at the orphanage in Rosemere (skates, tents, toboggans and many, many toys). As well, she would donate to the Wish Fund on the Jerry Lewis Telethon every fall.

She allowed her true-blue customers who were short on cash to run a tab in the "little black book" and they could pay it back whenever possible.

But Jed's was really a family affair with Lorna at the heart of it all. Several very close friends were part of the mix too. Over the years we all chipped in...some full-time, some part-time. A few of the other well-know faces behind the counter were Tillie & Harold (Lorna's parents), Judy & Karen (Jeff & Lorna's daughters), Laurie, Tanya & Craig (grandkids) and Tommy, Susie & Dave (very close friends of the family).

In summer, Jeff was the king of the bottle room. In winter, the caretaker of the skating rink. With the initial help of our local fire department, a skating rink was made on the two lots beside Jed's for all the neighbourhood kids to enjoy. On duty every winter was Jeff with shovel in hand. He alone kept up the rink day and night. Wonderful, fond memories were created on and off that rink for many...skating for hours, tag, races, followed by a warm up and hot chocolate inside the store.

Lorna literally devoted her life to Jed's, her customers and to giving back to her community. It was a life-long sacrifice she gladly, and with no hesitation, made every day...until her dying day...the 11th of October, 1989. On that day, the world lost an earth-angel and a shining light of pure devotion to mankind.

And with it, Jed's, a Two Mountains landmark for over four decades, was forced to close its doors...as the heart of the old store watched down from above with a tear.

The 'Bird Man' is Back!

By Geoffrey Bliss

With bird watching, or birding, as popular as ever, the Community Connections team thought it was time I resurrected my bird column of previous years.



Even with economic inflation not sparing the price of bird food, there are more residents than ever in our area with bird feeders. Many people have several different kinds of feeders featuring different types of food to attract a variety of bird species.

As a result, we have many resident Cardinals, reminding us with their cheerful song that good weather and good times are on the way! Of course, we also have Blue Jays, Juncos, Goldfinches and Mourning Doves that are very willing to eat at our feeders.

Bird feeders also attract predatory birds. One local resident has had recent visits from three different kinds of hawks, two of them being Coopers and Sharp-Shinned hawks, which catch and eat birds, and a Red Shouldered hawk attracted by our abundant squirrel population.

If you have been birding for years you will notice how climate change has impacted many bird species that we see today in our area. Birds like Red-Bellied Woodpeckers, Tufted Titmouse and White Egrets are increasing in number, while cold weather birds like Snow Buntings, Redpolls and Pine Grosbeaks have mostly moved north of us. You may have also noticed the now common Turkey Vultures, although their range is expanding as a result of climate change and the availability of roadkill, sadly.

A few exceptional recent bird sightings include the American Bittern, the Short Eared Owl and a Marsh Wren.

Please be mindful that our local Chickadees, Nuthatches, Downy, Hairy, Flicker and Pileated Woodpeckers are all cavity nesters, making their holes in mature and often dead trees and branches. Unless a dead tree is dangerous, if you can leave it, or a portion of it, you will be providing vital nesting opportunities for these species.

Until next time, happy birding everyone!
Feel free to send your sightings to my email: gbliss82@gmail.com

Geoff 'Bird Man' Bliss

LTMHS Secondary 4 students have done it again!

By Rhonda Gibson, YPI Coordinator

For the past 15 years, Secondary 4 students have involved themselves in social issues that have led to their involvement in local charities. They have shown spirit and caring for their community by participating in the Youth and Philanthropy Initiative (YPI), a youth empowerment project with a long legacy at Lake of Two Mountains High School.

This year, the project began in September. Students explored their passions, discovered a local charity associated with that passion and researched, volunteered, and created a 10-minute audiovisual presentation to champion their cause.

Presentations were first done in class, then the top groups competed for a \$5000 grant to be presented to their charity. This grant is given by the Toscan Casale Foundation in Toronto. Their mission is to engage youth in active citizenship.

This year, issues ranged from food insecurity to elder care to child care to young mothers and more.

This year's three competing teams included –

Trevor Kiley and Brandon Dixon who presented an earnest plea for The Liam Foundation. This foundation is based in Rosemere and focuses on children suffering from mitochondrial disease. While they were too young to volunteer, they met with the founder and were able to spread awareness of this debilitating disease and the need for a cure.

Kayla Rossa, Souha Kouzayha, Emmanuella Damianakis, Rachel Garcia Leon chose 4Korners in Two Mountains. Their in-depth focus included multiple volunteer times to gather the information needed to show how 4Korners

provides important services for young children.

Sarah Abigail Blackburn, Gabriella Bordeleau, Lucas Ayotte, Shaun Malette presented a comprehensive look at Centre Marie-Eve, a place where young mothers with children under two years old can seek assistance through counseling, classes, and goods. These students volunteered multiple times in the second-hand shop in St. Eustache and at the Centre on Fere St.

All presentations were excellent and made compassionate pleas for their charity but only one could win.



This year's grant \$5000 went to Centre Marie Eve to continue to provide much needed services.

To date, over the past 15 years, Lake of Two Mountains High School's Secondary 4 classes have been granted \$75 000 for charities in our community.

Congratulations to all the students who participated past and present.





An enhanced pension for 77 000 seniors with disabilities

Benoit Charette
 Member for Deux-Montagnes
 477, 25th Avenue, Suite 230
 Saint-Eustache, QC J7P 4Y1
 Telephone: 450 623-4963
 Facebook: Charette.DeMo

In the Budget of 2024-2025, the government is taking a significant step by eliminating, as of January 1, 2025, the retirement pension reduction for seniors with disabilities aged 65 and over. The elimination of the reduction will represent an increase of up to \$3 930 per year in the retirement pensions of approximately 77 000 seniors aged 65 and older. As a result of this decision and the enhancement already announced in Budget 2021-2022, the maximum annual retirement pension for a person aged 65 or older who received a disability pension from age 60 to 64 will rise from \$10 480 to \$16 375, an increase of \$5 895.

Hôtel du Parlement
 1045, rue des Parlementaires, bureau 3.49
 Québec (Québec) G1A 1A4
 Tél. : 418 528-0765 | Téléc. : 418 643-0237

Bureau de circonscription
 477, 25^e Avenue, bureau 230
 Saint-Eustache (Québec) J7P 4Y1
 Tél. : 450 623-4963 | Téléc. : 450 623-7178
 benoit.charette.demo@assnat.qc.ca

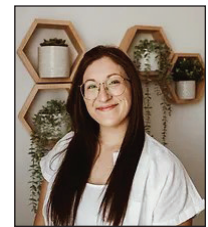
@CharetteB

Benoit Charette
 Député de Deux-Montagnes



Fighting during mealtime

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



Paulina Garon

A lot of you might have gone through the phase where your child pushes away his plate or refuses to eat certain foods, without even tasting them first. Have you ever noticed that sometimes children say “no” without much thought? If a new food is offered, does your child turn up his nose and purse his lips? Is he hesitant to try new things? Between the ages of 3 to 5 years old, most children eat a little less and become more selective in the foods they like. Their appetite varies from one day to another, sometimes even making them want to eat the same dish over and over. Here are some tips to help your and your child through that phase:

certain times of the day. If a child chooses not to eat anything at all, simply offer food again at the next meal or snack time.

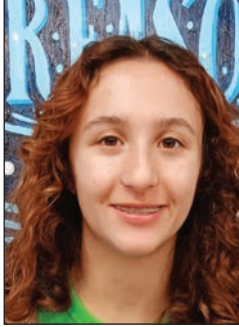
- ✓ Let your child eat alone (even if you might have a little more cleaning up to do once lunch is over!)
- ✓ Try not to force your child to eat. Parents tend to be preoccupied about the quantity of food their child is eating, saying such things as “Finish your plate, you didn’t have enough.” Don’t you worry! If your child is hungry, he or she will naturally want to eat.
- ✓ Make the plate appealing! Try using bright colors, or making faces out of the food.
- ✓ Your child doesn’t like certain foods the first time around? Don’t stop serving them. Kids are naturally slow to accept new tastes and textures, so keep reintroducing them. Serve a small portion and encourage your child to try a bite without nagging or forcing.
- ✓ Kids can manage their hunger when they come to expect that food will be available during

- ✓ Try not to negotiate. It’s fine to encourage kids to “try one bite” but don’t fall into the negotiating trap. Prepare and serve healthy meals and let them decide what to eat.
- ✓ Have family meals together! Set your child’s place at the family table. It’s good for kids of this age to see their parents and siblings eating together and eating healthy foods. You can even change the atmosphere from time to time. For example, why not have a little picnic with a nice cloth on the table, or put out some candles?

I hope these tips will help you and your little one enjoy your meals a little more. Bon appetite!

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Sweet Sixteen

By Rebecca Stracuzzi, RHS Correspondent

Turning 16 is a pivotal moment in someone's life. Since I was young, I was conditioned to think that your 16th birthday was supposed to be this epic party where there are loads of people and your parents bought you a new car!

That is not the case for a lot of people, including myself.

That simply wasn't the kind of celebration I wanted. In some parts of the United States and Canada especially, television, movies, music and other such media have made society believe that this coming of age should be a glamorous event. Why is it so important? Why does the media make a big spectacle out of turning 16 when 18 is objectively the superior year?

The media have found a way to capitalize on this turning point age. For example, the 1984 film *Sixteen Candles* follows main character Samantha "Sam" Baker on the day of her 16th birthday, but with a twist! Her family completely forgot about the celebration of the day of her birth because the family was too preoccupied with her older sister's disastrous wedding. The film projects the idea that the 16th birthday is the most important event in a child's life and it would be a complete nightmare if someone forgot. Granted, it is a movie from 40 years ago and had to be exaggerated for a plot to be possible, but still! The main character, played by the talented Molly Ringwald, is supposed to be a stand-in for the audience because of her age and personality. This is just one example that 16 is trumpeted as a year no one will forget, and it would be a living nightmare if people did because the day is supposed to be about you!

Another example includes *My Super Sweet 16*, a reality television show that aired on MTV from the mid-2000s until the 2010s. It follows teenage girls planning lavish parties for their 16ths and shows meltdowns, drama, fighting and lots of tears. It sends the message that girls are picky and put pressure on others that their party must be as extravagant as the ones seen on television. A lot of people don't want that kind of party or simply can't afford it.

Although turning 16 has plenty to celebrate, I think 18 is an age more worth acknowledging. In the province of Quebec, 18 is the legal drinking age and no one under that age can be served alcohol in public spaces. This brings new freedom and of course, new responsibilities. Usually, most people turn 18 after they have graduated from high school, but everyone's situation is different. Also, depending on when a person starts their lessons, they may have already received their driver's license. In my opinion, that age would be a perfect time to give a car as a birthday gift, instead of 16. In Quebec, teenagers

are allowed to begin driving courses three months before they turn 16 but are only eligible to start actual driving lessons after their birthday, which would make a car a very extravagant and unnecessary gift to the average Quebec teen. Turning 18 is essentially a vital step into adulthood and all the freedoms and responsibilities that come with that pivotal age, and is more worthy of a giant celebration.

I've been to Sweet 16 birthday bashes at restaurants and I must admit that they are fun! Parties can be a bit extreme sometimes, as they could have color themes, dress codes, massive venues, etc. They really do show the love parents have for their child. (who isn't really a child anymore, but I'm sure you understand what I mean). As someone who just turned the golden age a couple of months ago, I was shocked at the amount of effort my family put in for my birthday. Instead of a car, my parents bought me a brand-new electric guitar, which was much more realistic. We went to a fancy restaurant with the entire family. For my friends, my mother suggested that I should plan an outing. My friends and I came up with the idea to go bowling after school. At the last minute, we also incorporated axe throwing, as it was right next to the bowling lanes. Despite realizing that I would not have a promising career as an axe thrower, I had a great time. I am truly grateful for all the lengths that my friends and family went to make an experience that was genuine to me, one that I will never forget.

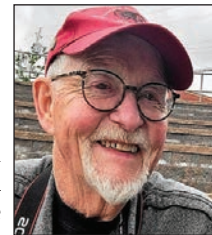
While planning my party with my mom, a turning point in my understanding happened when I asked her if she would plan such an elaborate event for when I turn 18, in my eyes, a much more important birthday. She said that when I turn 18, I would probably be going out with my friends and planning my own freestyle birthday celebration without input from my parents. That's when the answers to my endless questions hit me: your 16th (or your 17th) birthday is the last chance your parents have to celebrate your birthday before you make your way into the world. It is just as much a celebration for them as it is for you, maybe even more so. That's when I finally understood the reason behind it all, that no matter what kind of birthday you are celebrating, it is important to be thankful for the people in your inner circle who are there to celebrate it with you.





School Matters

By Gordon Wetmore



Old-time 'singing cowboy' film star Gene Autry's signature song was "Back in the Saddle Again." Old-time New Orleans jazz singer, Fats Waller, had this great tagline, "One never knows, do one." To my surprise, last March I found myself back in the classroom in a regular teaching role, and I did not see it coming.

I took on two grade seven (secondary level one) classes whose English teacher had to take an extended leave. One very brave, very capable young woman tried adding these two groups to her already full load of five classes, but that eventually proved beyond the limits of her extraordinary energy. Like medical personnel, qualified teachers are in very short supply.

It was a shock to the system. I had been retired for a long time. Although I have been doing substitute teaching, the physical, intellectual, social and emotional demands of everyday teaching were far beyond what I anticipated. My already high regard for everyday teachers has gone up enormously. Plus I had to learn to manage the school board-issued computer that contained the programs for taking attendance, recording lates/grades/comments, lessons that students (and parents) could access on their laptops, emails to and from the school board/the school's administration/parents/and students. As I write this in early April, the multi-layered, multi-useful mosaic of computer accessible tools has yet to be mastered.

Three cogent (I hope) observations: First, regarding the often-heard judgment that many students who spent most of their learning time online and at home during the Covid years have significant deficits in learning and socializing skills. Based on my limited experience of five weeks, it feels like a truth. Secondary level one students, being at the beginning of adolescence, always have been a handful, but the comprehension, focused attention, listening and retention skills of those in my English classes and in other classes that I have observed are lower than what I saw before COVID-19 forced us indoors and online. These are essential skills of absorbing and evaluating information and concepts, and that's worrisome.

These boys and girls lost years of classroom experience to COVID. Please do not think that I am saying these are not worthwhile kids. They are as likable as any batch of puppies I have had in the past. It is just that skills of group cooperation, focus, and working to achieve non-personal goals have been eroded.

As much as skills of absorbing information and instruction have weakened, skills of communication have declined. Constructing sentences, coherent paragraphs, and developing chains of thought also are fragile. Handwriting is the weakest I have ever seen. I have found it difficult to make out the words on many students'

papers, letters being faintly inscribed and poorly formed. Good ideas can be hidden by lousy handwriting. The kids do seem willing to speak up, so that's good. I have not attempted oral presentations with them yet, so I cannot comment there.

My second observation deals with teachers and support staff. They are tired, more worn down than usual at this normally weary time of year. The challenge of teaching the post-pandemic students drained energy and imagination, but the job actions of the past year – and the resulting contract – were deflating. The monetary settlement means only that they probably will not be poorer financially during this contract. They had to fight to stay in the same place. The changes in working conditions that they fought for to serve students better look good in summary. However, as one union leader growled to me, they are so hinged on multiple conditions that they may never actually become functional.

My third observation: The secondary level one (Grade 7) teachers are the second-most important teachers in our public school system. Elementary teachers who infuse the youngest students with the most essential basic skills are of primary importance, of course. Secondary level one teachers have to manage the transition from elementary to secondary with people going through the early stages of puberty. Yoiks!

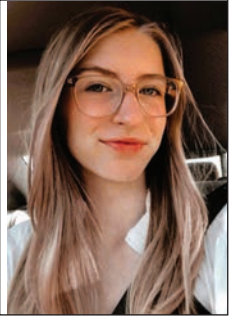
And to those secondary level one students: you are going to be all right. Your teachers and the support staff may get a little grumpy upon occasion (as if you don't get a little obnoxious), but they really do lie awake nights trying to figure out how to help you grow up, live long and prosper.

Maintenance **Totale**

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Spain! France! Italy! ... then home

By Olivia Kiley, LTMHS correspondent

One of the most life-changing events anyone can go through is traveling to a new place, far from home. For young people, making this journey without their parents is even more difficult yet exciting.

Being able to see what goes on beyond the small bubble we live in is nothing but magnificent. This is why Lake of Two Mountains High School (LTMHS) offers a ten-day long trip to Europe during spring break for students in secondary 4 and 5. This year I was lucky enough to be able to go on this trip and see parts of the world for myself



For the 2024 spring break, these secondary level four and five students from LTMHS experienced a memorable European tour of principal areas and cities in France, Italy and Spain, as these images from Nice, Florence and Barcelona attest.

We first made our way to Barcelona, Spain, on a grueling eight-hour flight. Once we landed, we met our tour guide for the week and headed out to tour one of the most famous tourist attractions; a street full of markets and shops called Las Ramblas and a nearly 200-foot monument dedicated to Christopher Columbus that seemed to eclipse all that surrounded it. The next day we visited places designed and created by famous architect Antoni Gaudi, like the Park Guell, Casa Batllo and the Sagrada Familia: an extraordinary cathedral depicting all the stages of Jesus' life. We also got to experience using public transportation and eating local Barcelona cuisine.

Next came a five hour bus ride that brought us to Nimes, France, where we visited an amphitheater, roamed the streets, and saw le Pont du Guard, an original Roman aqueduct. The following day we went to Les Baux-de-Provence and explored a town built over an ancient settlement that was more than 7000 years old! We also saw the fields of lavender and walked along La promenade des Anglais in Nice. The atmosphere in the south of France was calm; it felt like we were surrounded by locals, not

tourists. A lot of students, myself included, were glad to be able to understand and hold proper conversations with people who actually lived in France.

Finally, we made our way to Italy, where we visited Florence and climbed a bell tower so that we could see the



panoramic view of the city. The last city we stayed in was Rome. That day we saw the Colosseum, the Spanish Steps and the Trevi Fountain. Unfortunately, while waiting to enter the Vatican City, it began pouring rain. Luckily, the sun came out later that day and we were able to dry off our wet clothing. While inside the Vatican we saw the Sistine Chapel; the paintings inside were absolutely breathtaking and seemed as though they were coming out of the walls. The visit to the Vatican was my favorite part of the trip as I loved seeing all the statues and artwork housed in the Vatican museums.

Being able to go on this trip with friends from school was a once-in-a-lifetime opportunity that I am so thankful for. I enjoyed the entire trip and loved seeing what the world is like outside Quebec.



The mural progresses, the tacos sell well

By Tanner Anentawaks Etienne, Ratihen:te high school correspondent



Welcome ladies and gentlemen, I'm here today with another spectacular article to pass some time until you get to do whatever it was you were going to do. I don't have too much to talk about this month so I'm going to go into more detail on certain things. Regardless, let's get into it.

The first thing I'm going to talk about is a call back to my last article about the mural in Ratihen:te High School. The mural is about 75% done and I'm going to shed some light on the meaning of it. On the right side of the mural is a map of the Iroquois Confederacy and has kastowas (usually pronounced Gus-d'oh-wa) around it. For those of you who don't know what that is, it's the traditional ceremonial headdress of the Iroquois. In the middle is a quote about the Great Law of Peace and how it works. On the left is a white pine with an eagle on its top and weapons beneath to signify peace.

The second thing is the Ratihen:te Indian taco fundraiser for the secondary level students' graduation. The

fundraiser, which involved taking phone orders for Indian tacos and cooking and delivering them, ran from 11:00 am to 5:00 pm Thursday, April 18. It made about 3000\$ profit. Even though it was a Sec-5 fundraiser, some of the Sec-4s, including myself, helped with the process. There were a few bumps in the road but I'd say the whole thing went swimmingly.

I know this article isn't as long as it usually is but we haven't done too much recently. I still hope you enjoyed reading this and can get back to whatever important thing you were supposed to do after this. With this, I'd like to bid adieu, adios, auf wiedersehen, and o:nen.



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Samantha Stabile



Welcome to The Lions Den

Service Pins Awarded to Deux-Montagnes Lions Club Members

By: Cookie Smith

Lions Governor, Antoine Menassa, presented 10 service pins to long standing, dedicated Lions members during the dinner meeting of March 26, at the Lion's Den. The celebrated members were also given a congratulatory letter signed by the International President, Dr. Patti Hill. To commemorate and recognize their years of service, the 10 members were presented with the 'Milestone Chevron Award' indicating rank or length of service.

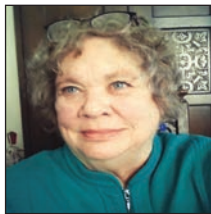
- Flo Stabile 10 years
- Albert Allen 10 years
- Lynne Ward 10 years
- Mathieu Belair 15 years
- Lucie Belair 20 years
- Adelard Belair 20 years
- Betty Hensen 20 years
- Martin Hensen 25 years
- Douglas Craig 30 years (in memoriam)
- Dave Dubeau 40 years!



Flo Stabile



Albert Allen



Lynne Ward



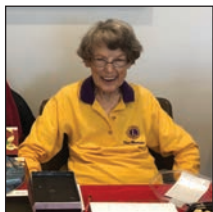
Mathieu Belair



Lucie Belair



Adelard Belair



Betty Hensen



Martin Hensen



Douglas Craig
in memoriam



Dave Dubeau

Their commitment to service as members of the Deux Montagnes Lions Club is both honorable and worthy of recognition as they have touched the lives of so many needy people in our community. We are all very grateful for the kindness and service of this association over the years.

Congratulations to all on your anniversary milestones!

LIONS CLUB SENIOR'S DAY - HUGE SUCCESS

By Cookie Smith

A huge crowd of seniors of all ages from our Deux-Montagnes community filled the Legion Hall on Saturday, April 20 for the much-anticipated Senior's Day.



The DM Lions Club has been organizing this special event for many years. A hearty stew with fresh buns, dessert, tea and coffee was served at noon. Of course, bingo was the order of the day with caller Richard Couture at the helm.



Many prizes and gift cards were won including two lovely Baskets of local products donated by ReMax Forbes Group as well as 2 big food baskets for door prizes at the end of the day. MC Tom Whitton did a fantastic job as always. Marc-André Aubin, a local talented singer, musician and impersonator, entertained everyone with country and rock tunes. He wowed the crowd with a good rendition of Elvis in full costume. The lively music even got seniors up and dancing including a group line dance. Special prizes were given to the oldest man and oldest lady present: Eric Painter, 95 years young and to Betty Bobula, 92 years young! Also the longest married couple in

the hall, Lorraine and Frank Hutchison of 62 years, were recognized with a lovely prize.



Many thanks to the Lions Club, the City and so many volunteers who make this annual event possible "for the seniors of our community."



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Stay safe!**



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

Regenerative braking and the carbon footprint

By Armando Aguillón, mechanical engineer

With an electric motor, electric vehicles (EVs) have huge torque in the drive train with very high efficiency. Almost all the incoming energy effectively becomes outcome power, with some losses on the way, mostly because of friction and heat; and an EV that is equipped with regenerative braking will use this inertia to recharge the battery bench. This component is a big help and worth talking about.

Regenerative braking is a technology used in EVs and hybrid vehicles to recover energy during braking and deceleration, most of it during the coast down. Instead of dissipating the kinetic energy of the vehicle as heat through traditional friction brakes, regenerative braking converts kinetic energy into electrical energy, which is then stored in the vehicle's battery or used immediately to power the electric motor. Of course, electric vehicles have also traditional brakes with braking assistance, but they are equipped with this regenerative braking to retrieve some of the spent electric energy. By capturing some of the energy that would otherwise be lost as heat, regenerative braking improves the overall energy efficiency of the vehicle. This can result in longer driving ranges (which is a weakness in EVs) and reduced energy consumption, particularly in stop-and-go traffic or during downhill driving.

How does regenerative braking typically work?

During braking: When the driver applies the brakes, the electric motor in the vehicle operates in reverse, acting as a generator. Instead of using energy to propel or impulse the vehicle forward, the motor generates electricity through electromagnetic induction as the wheels slow down.

Electricity Generation: The electric motor generates electricity, where this energy is converted from kinetic energy (motion) into electrical energy. This electricity is then fed back into the vehicle's battery pack for storage.

Stored Energy: The electricity generated during regenerative braking is stored in the vehicle's battery bench, where it can be used later to power the electric motor or motors and propel the vehicle forward.

Regenerative braking is especially effective in city driving conditions' where frequent braking occurs. However, its effectiveness may vary depending on factors such as driving habits, terrain, and the specific design of the vehicle's regenerative braking system. It can provide smoother and more controlled deceleration compared to traditional friction brakes, especially in stop-and-go traffic or on downhill slopes. This can contribute to a more comfortable and enjoyable driving experience for EV owners.

Since regenerative braking relies primarily on the electric motor to slow down the vehicle, there is less reliance on mechanical friction brakes. As a result, regenerative

braking can reduce wear and tear on brake pads and rotors, leading to lower maintenance costs and longer brake life.

An EV driver needs to drive while consistently keeping the whole purpose of the electric car in mind: to decrease the car's carbon footprint. An electric motor almost instantly gives torque to the drive shaft, making for a very good vehicle take-off. Nonetheless, this consumes more electric power from the battery bench and accelerates the wearing of other parts like tires and brake pads, and then its environmental contamination is the same as a gasoline car's.

So, don't forget to be a good driver on the road. If you own an electric car, your battery bench might last longer just because of your driving habits.

Remember, drive safely and enjoy the ride.



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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!

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- All services provided in English. All are welcome!
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Parenting Circle
Tiny Tots
Kids online drawing
Social Emotional Learning

Community Kitchen
Dads Activities
Prenatal Classes
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Monthly Support Group
Life Path

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Mountainview Elementary Wearing blue for autism

BY Gordon Wetmore



In April, Mountainview Elementary School in Deux-Montagnes wore blue for Autism Awareness Month. One in 50 children and youth are diagnosed with autism in Canada. These diagnosis levels, combined with pervasive misconceptions about autism and the spread of disinformation, have made it more critical than ever that people with autism are supported, championed, and celebrated. Students and staff were encouraged to wear blue throughout the month.

In the photos, both the teaching staff (Photo 1) and the support staff (Photo 2) proudly wear their blue t-shirts.

We also had the pleasure of listening to Samuel Beldie. Samuel is a graduate of the Sir Wilfrid Laurier School Board who spoke to our students about his journey after being diagnosed with autism as a child. Several students had meaningful questions for Sam. His talk seemed to give hope to our students. It was a powerful event, and several connections were made. Mountainview will continue to raise awareness about autism because Mountainview Cares.

For more information about autism, please go to the <https://www.autismcanada.org/> and <https://www.autismspeaks.ca/world-autism-month/> websites.

LAC-DES-DEUX-MONTAGNES USERS' COMMITTEE

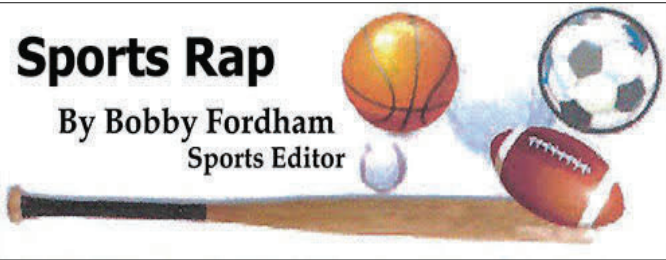
The Lac-des-Deux-Montagnes Users' Committee is an entity, created by the Act respecting health and social services, that is mandated to protect your given rights as a user of the health and social services system.

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Deux-Montagnes Firemen host a Fund raiser for SOS Jeunesse

On Thursday, April 11 at our Olympia Arena the Deux-Montagnes...Ste. Marthe sur-le-lac Fire Department hosted a charity hockey tournament raising valuable dollars for SOS Jeunesse. This is an organisation to help under 18-year-olds with potential family problems. Five teams participated representing Fire Departments from Bois-des Filion, Blainville, Boisbriand,.St. Eustache and Deux-Montagnes.



They played three periods of 10 minutes running time. The competition was entertaining and exciting. One of the games involved Boisbriand vs Deux-Montagnes. It was a great game as Boisbriand prevailed over our Deux-Montagnes skaters 2-1.



The Firemen played by virtue of dedication within a competitive atmosphere representing their respected community Fire Departments with great Passion.



At the end of the day SOS jeunesse was presented with a cheque for \$1000.00

Congrats to the organizers and all of the players...Bravo... Stay Safe.

4 On 4 Hockey Tournament to raise fund for Sercan

By: Bobby Fordham

On Saturday...April 13 at our Olympia Arena...The Rocky Holt Committee hosted their 6th annual Four on Four Charity Hockey Tournament, The proceeds will go to Sercan, a palliative home care facility in St. Eustache. Eight teams participated. They were: Doug Parr, Sean Parr, Alfie Weippert, Chris Brown, Brandon Lamb , Pat Giacomelli, Nick Boileau and Troy Salberg.



Chris Brown



Chouch Pat



Nick Botleau



Brandon Lamb



Sean Parr



Troy Salberg



Doug Parr



Alfie Weippert

They played one period of 22 minutes running time. The action was fast and exciting, physical at times but remembering the tournament was for charity they left their previous playing times behind and concentrated on good clean competitive hockey with a fun type atmosphere. A total of \$4100.00 was raised. Well done to the tournament committee co-ordinated by Margie Lavallee...and to all of the participating players...Bravo... Stay Safe.

A Look at Rosemere

By Kathy Nolan

As we enter the month of May, we're all probably hoping for warmer temperatures. Although February had some unseasonably warm days and our ground hog friends gave us hope, March and April gave us a few surprises with some cold weather and an April snow storm. There are predictions for a very hot summer but first let us enjoy spring and all its wonders!

In our January issue, we spoke of Rosemere artist Jocelyne Clermont who was considering a solo exhibition in the spring. Well, the exhibit took place a little earlier than expected running from February 15 to 28 at the Viva Vida Art Gallery and Art Center in Pointe-Claire. The vernissage took place on Sunday the 18th. Jocelyne was very pleased with the event, especially with the number of visitors who attended the vernissage.



This exhibit allowed us to admire a multitude of her famous landscape's paintings along with a series of floral paintings. Far from being an art critic, I admit I love Jocelyne's large brush stroke paintings which bring her subjects to life. Her landscapes specifically create a dramatic mood, drawing us into them.



Jocelyne has since kept busy, taking part in the Rosemere Artists Gathering Spring Exhibit in April during which she won one of the 100\$ participation prizes. Following the exhibit, Jocelyne had the pleasure of welcoming Federal Deputy Luc Desilets to her home studio. Mr. Desilets later shared his purchase on his Facebook page, "Recently, I had the privilege of meeting Rosemere artist, Jocelyne Clermont. We shared a fascinating moment discussing art and political issues. I am delighted to present this beautiful oil painting that she created. She captured a unique and captivating essence that immediately drew me in. Encouraging local talent is a value that is close to my heart, which is why I am happy to support local art and artists."

The Rosemere Artists Gathering held their Spring Exhibit at the Hamilton House during the weekend of April 12 to 14. Presenting their latest works in visual art, sculpture, expressionist photography and artisanal craft products were Pierre Beaudoin, Maureen Bliedung, Lise Boilard, Jocelyne Clermont, Jean Cousineau, Diane Cyr, Jocelyne Filion, Caroline Foley, Jacqueline Gosselin, Sylvie Groh, Geneviève Grondin, Isabel Guzman, Louise Henri, Carole Lalonde, Carole Laurence, Josée Lupin, Réal Moisan, Bernard Papineau, Véronique Pierre, Madone Simard, Louise St-Cyr, Jean-Guy Vermette and Qian Wenping.



As always, one of the highlights of the vernissage is the drawing of the participation prizes. Congratulations go out to Diane Cyr, Réal Moisan, Caroline Foley, Qian Wenping, Jocelyne Clermont and Lise Boilard pictured here left to right with Town Counsellor candidat Alexandre Raymond (2nd on the left), Town Counsellor René Villeneuve in the center and Mayor Eric Western (on the right). Congratulations to all participants!

In more Rosemere Artists Gathering news, four members took part in a special project requested by Centre d'hébergement Hubert-Maisonneuve to beautify the walls of their living environment and allow residents an artistic experience. The project ran from May to November 2023 during which a total of 10 paintings were produced. The official presentation was done this past February 22. Congratulations to (pictured here left to right) Elyse Munger, Lise Boilard, Edwige Kloeckner-Lapeyrie, and Caroline Foley.

Continued on page 19

Continued from page 18

If you were unable to attend the Rosemere Artists Gathering's Spring Exhibit and still wish to take in some beautiful art, do not hesitate to view their member Linda Bélanger's first solo exhibition which is on at the Rosemere Municipal Library from April 3 to May 30.



If you haven't had a chance to stop in at the Drop-In for lunch on Wednesdays, you're definitely missing out on all the fun. Like the Valentine's Day lunch for which everyone was invited to wear red and then green for Saint-Patrick's Day. And what about the Easter Bonnet contest won by Jean Koshelowsky and Carol Almond. During the Valentine's Day lunch, it was the perfect time to show our love to Lynn Walker who keeps the Drop-In going along with her group of volunteers.



Photos : Kathy Nolan

And of course everyone's special day is celebrated such as Aline Belliveau Johnson's 92nd, Carol Almond's 80th and Hal Horwood's 77th birthdays.



Photos : Kathy Nolan

These hot-soup and dessert lunches are a great way to socialize with friends and to make new acquaintances. You have until May 29th to drop in (pun intended) which will be

the last lunch before the summer break. Lunches will begin again the last week of September.

Rosemere High School will be hosting an event on May 24 to celebrate its 60th Anniversary. As a RHS alumni, if you haven't bought your ticket yet, don't wait until the last minute, it's bound to be a great evening.

The 60th Anniversary Pub Night is being organised by the Parent Participant Organisation (PPO). The ten board members led by Vicky Fraser and Victoria Stamper along with Principal Karen Lorenz have all been working hard preparing the event. There will be food trucks, a cash bar and music from the past 60 years. Guests will be able to check out the art room, a few classrooms such as the science room and the library which has under gone major changes. You'll be able to roam the halls, eat in the cafeteria one more time; meet up with old friends, remember the good times and share your memories.

When Karen Lorenz became principal of Rosemere High School 10 years ago, she was unaware of the high school's anniversary date. Once she realized it was that same year, there just wasn't enough time to plan a celebration. As 2024 approached, she felt it was important to mark this 60th Anniversary.

The Parent Participant Organisation and Principal Karen Lorenz are hoping for a high attendance. Close to 100 tickets had already been sold as of April 3 when RHS alumni were invited to drop by the school to purchase their tickets. If you couldn't make it to the school to purchase your ticket you can do so using a credit card (tickets will be held for pick-up at the event), by calling Cindy at 450-621-5900 extension 8715. You can also stop by the school Monday to Friday from 8:30 am to 1:30 pm. ---- Looking forward to seeing you

Continued on page 20

Continued from page 19

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there The Rosemere Volunteer Services Shop is hosting its end of season sale. so, if you're looking for jewellery, women's fashion accessories or handcrafted items this is where is a great time to visit the shop. Prices are tax free and all proceeds go back to the community. It's always best to confirm shop hours 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 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.



Now's the Time

By Ellen Holdaway

I have a question to ask you. Have you ever felt like school or life has been made difficult because you are considered different from the norm (whatever that is)?

Perhaps you have faced these challenges in the past. Whether you are currently facing these challenges or have gone through them in the past, I'd love to hear from you.

I am reaching out to individuals, teachers and parents who have stories to tell. Your experiences matter and your insights can make a real impact on others. Would you join me in embracing diversity and building a supportive community.

I will be writing a book in which I will explore diversity and help society embrace it.

I need help from the above groups to put together all your stories and perhaps make society more forgiving!

Of course, fictional names and like experiences will be used, no person's name would be mentioned and like experiences would be grouped together and each person's story will be revealed to them before publishing.

Your help in writing this book will be rewarded with one month of FREE coaching on any challenges you are having or any life changes or aspirations you wish to explore.

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

Simply Woodworking
By jacques@bois-exotique.com

I often have to explain to clients the importance of understanding the seasonal movement of wood and its importance before selecting the type of wood for a project, as well as the calculations required to allow for wood movement while making the plans.

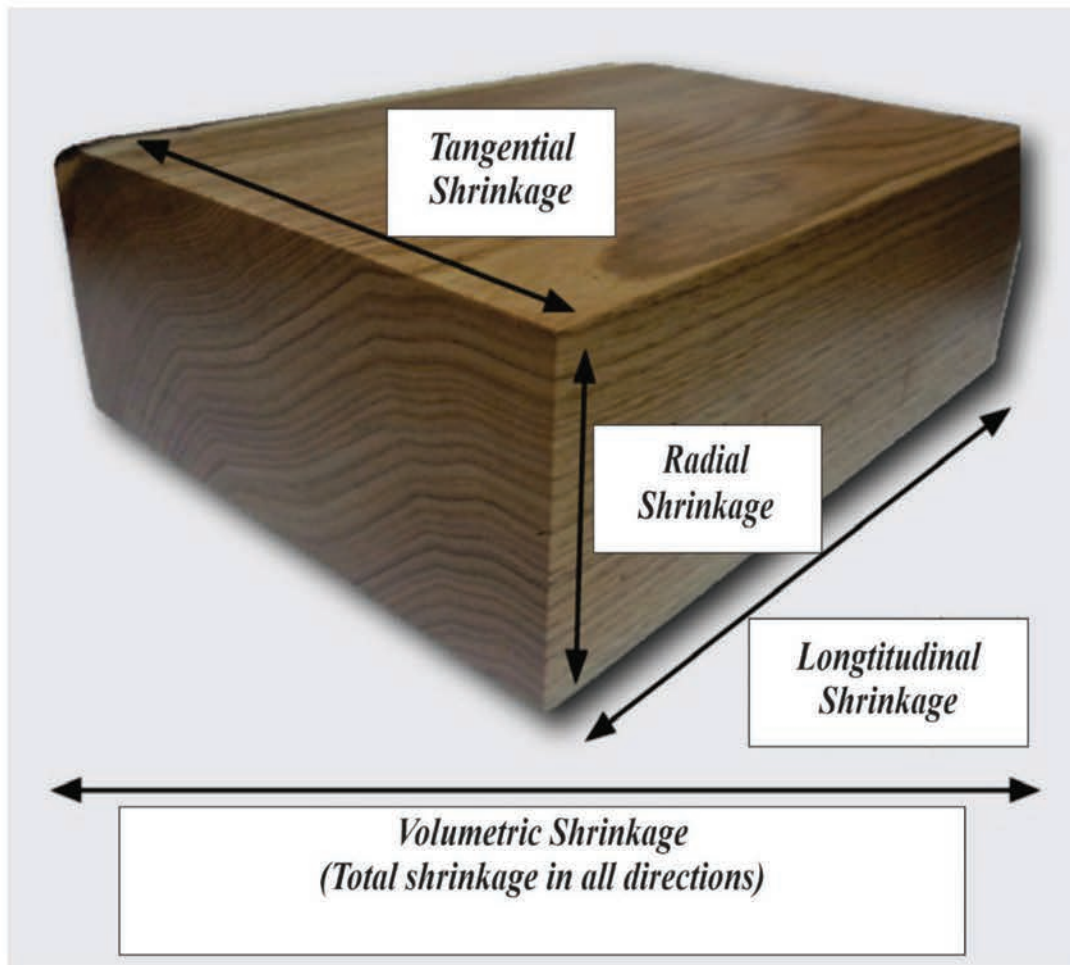
Hope this article helps you understand.

Wood shrinkage:

Wood has a "**hygroscopic**" property (it expands or contracts depending on the ambient humidity). Wood is also "**anisotropic**" (hygroscopic movement determined by the direction of the grain). This property is most clearly demonstrated in "**dimensional shrinkage**" (length, width and thickness lost due to drying).

Unlike "**isotropic**" materials (where shrinkage is equal in all directions, such as a sponge) anisotropic wood does not shrink uniformly; understanding this will avoid many problems related to the shrinkage of wood that can occur months (or even years) after finishing the project.

The basic measure of shrinkage (expressed as a percentage) is the extent to which wood shrinks from its "**green**" state (freshly cut) to the "**anhydrous**" state (completely dry). In other words, since green wood is at its largest size and the complete drying of wood represents its smallest volume, the measure of green to anhydrous wood is the measure of the maximum possible percentage of shrinkage (the volume of dry wood ÷ volume of green wood). This is the "**volumetric shrinkage**" of wood.



Volumetric shrinkage:

Volumetric shrinkage indicates *how* much a piece of a species of wood will shrink in total, but it does not indicate the *directions* of shrinkage. The radial (thickness) and tangential (width) surfaces are the two primary axes (wood surfaces) where shrinkage takes place and therefore correspond to the "radial shrinkage" and "tangential shrinkage" of the piece of wood. The total of these two values should roughly correspond to the volumetric shrinkage (expressed as a percentage). Volumetric shrinkage is generally between 9% and 15% for most wood species.

Longitudinal shrinkage:

The extent of shrinkage of a piece of wood lengthwise, called "**longitudinal shrinkage**", is usually so small, (by about 0.1% to 0.2%) that it is generally inconsequential for volumetric shrinkage.

It should be noted that plywood benefits greatly from the low longitudinal shrinkage of the wood because the layers of veneer are glued so that the direction of the wood grain of each layer is oriented perpendicular to the adjacent layer, which has the effect of minimizing radial or tangential shrinkage in the veneer layers. The shrinkage rates for the width and length of a plywood board are generally less than 1% (although the changes in thickness remain the same as those of the solid wood species used in its manufacture).

Radial shrinkage:

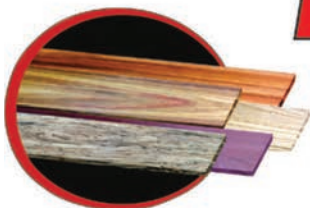
The radial shrinkage of solid wood can vary from less than 2% for some of the most stable wood species, to about 8% for the least stable species; most woods are in the range of about 3% to 5% radial shrinkage.

Tangential shrinkage:

Tangential shrinkage can range from about 3% to about 12%; most woods are in the range of about 6% to 10% tangential shrinkage.

The tangential / radial contribution:

The relationship between these two shrinkage values is expressed as a tangential/radial shrinkage ratio, or simply **T/R ratio**. In addition to volumetric shrinkage (which measures the extent of the shrinkage), the T/R ratio is used to measure the uniformity of shrinkage and is another good indicator of a wood's stability. Ideally, a wood species with good stability would have both low volumetric shrinkage and a low T/R ratio (these values should be as close as possible to "1").



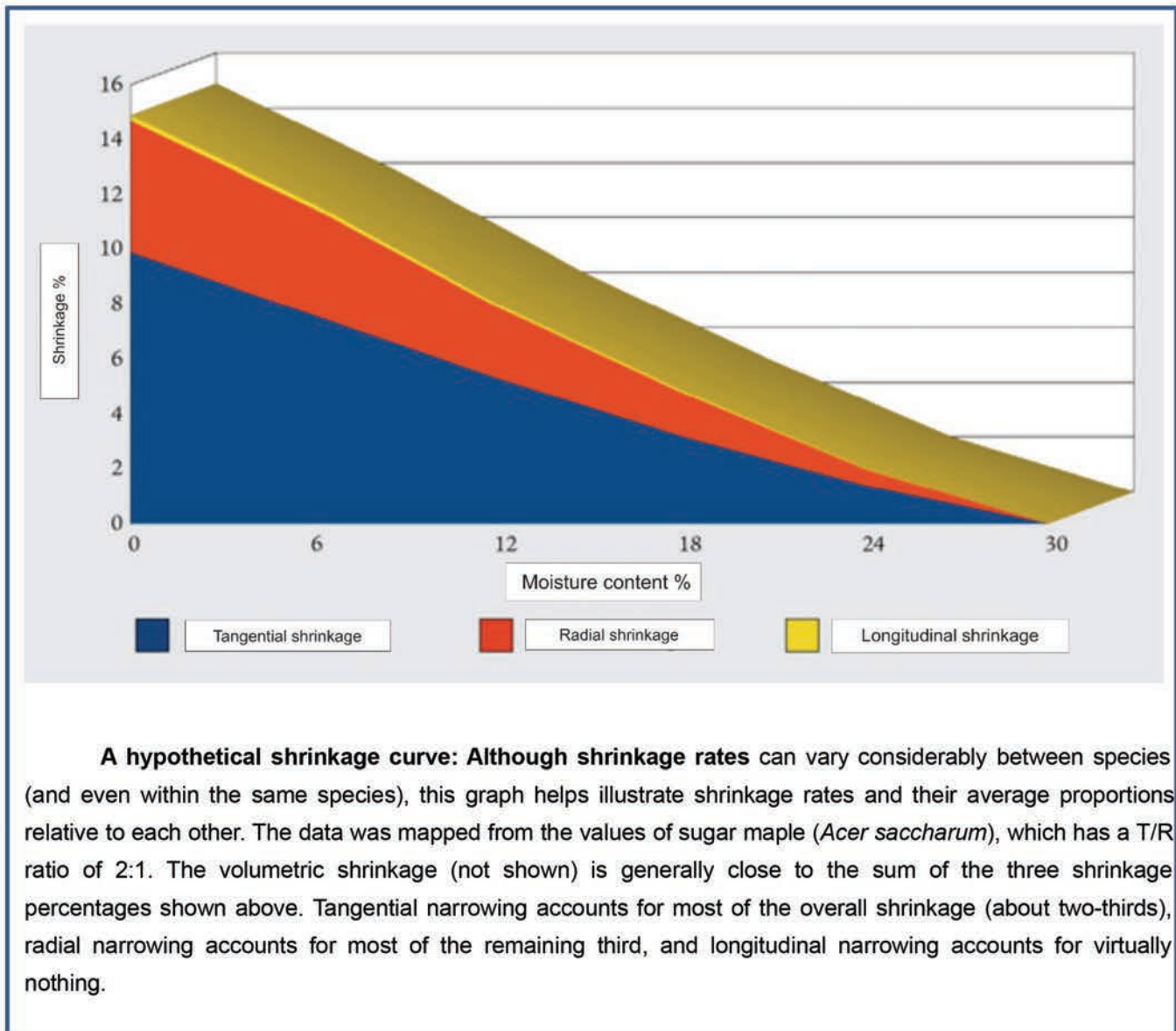
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A hypothetical shrinkage curve:

A hypothetical shrinkage curve: Although shrinkage rates can vary considerably between species (and even within the same species), this graph helps illustrate shrinkage rates and their average proportions relative to each other. The data was mapped from the values of sugar maple (*Acer saccharum*), which has a T/R ratio of 2:1. The volumetric shrinkage (not shown) is generally close to the sum of the three shrinkage percentages shown above. Tangential narrowing accounts for most of the overall shrinkage (about two-thirds), radial narrowing accounts for most of the remaining third, and longitudinal narrowing accounts for virtually nothing.

It should be noted that just because a particular species of wood experiences a high initial shrinkage during drying does not mean that this has always correlated with equal swelling after drying. For example, Basswood has fairly high initial shrinkage percentages, tangential: 9.3%, radial: 6.6% and volumetric: 15.8%, but its overall movement is relatively small.

Using shrinkage and T/R ratio data simply offers carpenters and craftsmen the best way to make an "educated guess".

In various wood species, the T/R ratio can vary from just over 1 to nearly 3. At a T/R ratio of "1", shrinkage would occur in a perfectly uniform manner over the entire width and thickness of the board. At a T/R ratio of "3", the flat sawn (tangential) area would shrink or inflate three times faster than the quartersawn (radial) area.

For most wood species, tangential shrinkage is about double that of radial shrinkage, resulting in an average T/R ratio of about 2. This explains why quartersawn boards (where a quarter log is cut perpendicular to the growth rings) are considered more stable than flatsawn boards (tangential surface); when the wood is quarter sawn, the majority of shrinkage or swelling occurs on the thickness of the board, and, as a result, the face, (or width) of the board has a minimal change, an important feature when looking for boards for floor coverings or workbench tops.



The Church Mouse,

Faith is being sure of what we hope for and certain of what we do not see. Hebrews 11:1

Water, is in fact, a sort of miracle elixir and is by far the most important resource in the world, yet it garners the respect of so few. Water should always be the beverage of choice. The human body can go about three weeks without food, but it cannot survive for more than three days without water. Water is essential to every bodily function and it needs a certain amount of water to function well. About 80% of the human brain is water, blood contains 83% water, the lungs 79% and muscles 76%. The human body is comprised of about 75% water. Every function in the body is dependent on a steady supply and flow of water. Water transports such things as hormones, chemicals and nutrients which are vital to efficient organ function. Without water, we would not be able to digest or absorb minerals or nutrients and our kidneys would fail from toxic overload. Here are just a few of the amazing things that water can do for your health: keep skin vibrant and supple, escort toxins from the body, support healthy metabolism, improve energy, remove body heat, lubricate joints, improve mental and physical performance, and support digestion. It not only sustains life but holds within it the capacity to heal. Here are sixteen illnesses that water can help prevent and reverse. Arthritis, Gout, Osteoporosis, Heart Disease, Constipation, Hypertension, Fever, Skin Issues, Sleep Disturbances, Yeast Infections, Colds, Blood Sugar changes and Bladder Infection. We hope that after reading this article you will be convinced that water should ALWAYS be your first beverage of choice.. Alternative Daily

You might also say that we are all wet. "One of the best ways to make yourself happy is to make other people happy, and one of the best ways to make other people happy is to be happy yourself." Gretchen Rubin "I have concluded that it's better to look forward: to gather the things we've learned and to use our patience and perseverance and courage and empathy to care for each other and to work toward a better future for all people." - Sophie Blackall

FYI:- There are 330 Species of hummingbirds. When migrating they can fly without stopping for 20 hours

The Church Mouse

By Eric Painter

and they flap their wings 720-5,400 times per minute, depending on the species. They can fly backwards and can see more colours than humans. Most people can see 1 million colours. Interesting Facts

Earth is but a miniscule dot in God's universe. Astronomers unveiled the largest-ever map of the universe's active supermassive black holes, containing nearly 1.3 million quasars.

One Quasar swallows the equivalent of one of our suns every day. Two years ago, astronomers shared the first image of the black hole residing in our home galaxy, called Sagittarius A*. Located around 27,000 light-years from Earth, Sagittarius A* has a mass of 4.3 million suns. But it pales in comparison to M87*, Messier 87's black hole, which has a mass 6.5 billion times that of our sun. light-year, = 9460730472580800 metres (exactly). ≈ 9.461 petametres. ≈ 9.461 trillion Kilometers (5.879 trillion miles). ≈ 63241.077 astronomical units.

Light-year is the distance light travels in one year. Light zips through interstellar space at 186,000 miles (300,000 kilometres) per second

Smithsonian news & Wikipedia <https://en.wikipedia.org/wiki/Light-year>

The Church Mice, Eric and Nancy

Church of God

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

Pastor John Thévenot

10:00 a.m. Sundays

"I'm sorry. Forgive me. Let's be friends again." Perhaps you have heard those words, or even better, you may have said them yourself. Making up with people (reconciliation) is always a good thing. God has offered a special invitation to be reconciled with him. He invites us to the table to talk. In Isaiah 1:18, God says "Come now, and let us reason together," says the LORD, "Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, they shall be as wool." In the New Testament, Paul writes, "God was in Christ reconciling the world to Himself, not imputing their trespasses



to them, and has committed to us the word of reconciliation." (II Corinthians 5:19) Perhaps today is the day we need to say sorry to God and become his friend again. The offer is always on the table, and He waits for you to come. Why not come to Christ today and make a brand new start? He is waiting for you with open arms. Come today, while you still can. You will never regret it. Amen

Saint James Anglican

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

Priest: Reverend Dr. Victor-David
MYUBI Bipunga

Sunday 09:30 am

or 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.c

For further information please contact egliselanativitemontreal@gmail.com.

The Drop-In Centre, administered By Lynn Walker continues every Wednesday. Doors open at 10:30 am. 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

Sunday 10 am and is also streamed live on

<https://www.facebook.com/groups/allsaintsdeuxmontagnes>

May 4/ June 1 10:00 am "Food for Body and Soul" breakfast Good Will offering

May 5 /June 2 6: pm Youth Service for teens and young adults. A meal follows the service.

May 11 Spaghetti dinner and Movie Night in the

Hall with a kid's movie downstairs \$15/ \$8 for 10 and under

May 30/ June 27 Holy communion Les Cascades 10:30 am

June 8 Garage Sale church parking lot 9:00 am.

The church depends on contributions to continue its ministry in Deux-Montagnes and in the wider community.

Donation can be made at: <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

Sunday mass 11:00 am
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.

J0N 1P0

450 472 4105

Sunday service and Sunday school 10:30 am

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

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 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. Wendy 450 473 2680
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holyfamilydl@hotmail.com

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Christine Neumayer off to New Brunswick

Canada day committee

By Tom Whitton

2Mo is losing one of its important community builders in Christine Neumayer, as she is moving out east later this month. Her contribution to Deux-Montagnes and to our community has been tremendous, and her presence here will be missed.

Speaking on behalf of the Canada Day Committee, it would not be unfair to say that without Christine, our celebrations would have likely ended many, many years ago. She was the glue that kept us organized at the field.



She wore a fanny-pack in the front; a Bluetooth receiver in her ear, You could always find Christine buzzing around Central Park on July 1st keeping us all in line.

She was all the while replacing other volunteers at the information tent, the cash, the kitchen or the bar. More importantly, the organizing work she did, coordinating with the city and with



our suppliers while gathering as many volunteers as possible, was essential to the successful Canada Days that we have enjoyed for many, many years.

Though 2022 was supposed to be Christine's last year as one of the organizers of our festivities, she stuck around for one more year to transfer her knowledge and her experience to our new committee members, this is one more example of her thoughtfulness and dedication.

Christine's youthful spirit is captured in this video shot Friday night – her last Karaoke night at the Heritage Social Club. This night was a celebration of Christine's contribution to our lives, with a large gathering of friends. It is appropriate that committee member Brian Snell is singing while Christine is dancing the night away.

We certainly wish Christine all the best in her new adventures in New Brunswick. We will all miss her and we hope that she will come back and visit us at a future Canada Day or at any other time of the year. 🇨🇦🙌

Heritage Social Club

By Norma Lariviere

Prior to the being the Heritage Social Club, this club was under the Senior Men's Association, which Christine was very involved in. She organized the Haunted House for several years, followed by a Halloween party for the children, along with Christmas Parties for the children. At that time organized Many dances.

In 2008 – A new committee was formed with Christine as Treasurer. In 2009 the name was changed to the Heritage Social Club.

This was followed by renovations to the building which Christine was always involved with, her hammer in hand. And to make sure all volunteers were fed and kept in line. In 2009 – our first casino night was held to raise funds for the club, with approximately 80 people coming out that special night. Many volunteers took part in helping with the night, this was carried on for two years.pt

Later we had a Golf Tournament at the Oka Golf Course, and a full meal was served with Christine's help. This was carried out for several years.

Every Valentine's Day – Christine organized a steak dinner and of course a live band to make sure there was plenty of dancing.

New Year's Dance with a full meal. Again, Christine was on top of this, from on the ladder to decorating the hall to bring the New Year in.

Christine stepped down as a Board Member however she continued to volunteer with our Annual cleaning of the club and any event where she could fill in.

Karaoke every second Friday: Christine was on the laptop preparing songs for the singers. This was her passion Music and dancing.

The Heritage Club had a very successful farewell party to show our appreciate for all her hard & dedicated work with the Heritage club



and the community of Deux Montagnes

Christine was a jack of all trades as we say. Many times, she was called upon for some feedback on the history and advise for the Heritage Club as she was / is a big part of the Heritage Social Club.

We can only wish her good luck, and say New Brunswick is waiting for her with open arms.

Notes:

Christine also made costumes for the Santa Claus Parade and took part in the parade for many years.

Christine had her Tai Chi classes. which many people took part in.



My Favorite Recipes By Patricia Klotz

Here are some of my favourite and easy to make recipes. One of my family recipes made over the years is BBQ Pork Chops, so tender and delicious. One dessert my husband likes very much is called Lemon Bundt Cake. I hope you will try and like these recipes.

Baked BBQ Pork Chops



6 Pork chops with bone in
1 large onion thinly sliced
1 Tbsp butter or olive oil
1 Tbsp Worcestershire sauce
2 Tbsp vinegar
¾ cup ketchup
¼ tsp cayenne pepper or use spicy ketchup
1 Tbsp sugar
1 cup water
Lemon slices

Heat oven to 350 degrees. F

Cut the largest part of fat off the pork chops. Put into a frying pan and brown pork chops on both sides until well browned. Remove the pork chops to a casserole dish.

Add to the frying pan 1 tbsp butter or oil, cook onions until clear. Put the onions and 1 slice of lemon on top of each pork chop. Mix Worcestershire sauce, vinegar, ketchup, cayenne pepper, sugar and water together and pour on top of pork chops in the casserole dish. Cover with foil. Bake 1½ hrs. Remove foil the last ½ hr.

Slow cooker: Brown sliced onions, then mix pork chops cubes in flour and brown.

Put into the cooker, add the sauce, onions and a sliced lemon.

Cook on low for 6 hrs.

*Tip use spicy hot ketchup and omit cayenne pepper.

Lemon Bundt Cake Recipe



1 cup butter, softened to room temperature
2 cups granulated sugar
2 Tbsp lemon zest
4 eggs, large
¾ tsp salt
2 tsp baking powder
2 ¾ cup all-purpose flour
½ cup milk (whole or 2%)
¼ cup fresh lemon juice
¼ cup sour cream (Greek yogurt may be substituted) or use milk
1 tsp vanilla extract

Preheat oven to 350 degrees. F

With a standing mixer or a handheld mixer, cream the butter until light and fluffy, about 1-2 minutes.

Add granulated sugar and lemon zest to the butter and mix until it is well combined.

Add in the eggs, one at a time, beating well after each addition.

In a separate bowl, whisk salt, baking powder, all-purpose flour together. Set aside.

Mix lemon juice, milk and vanilla extract together.

Alternately, add the flour mixture and milk mixture to the butter mixture, beginning and ending with the flour.

Mix until everything is just combined.

Add in sour cream and mix until just combined.

Grease your bundt cake pan well and pour the batter evenly into the pan.

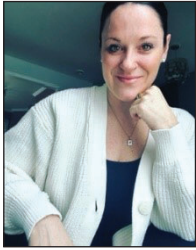
Bake for 45-55 minutes, or until a cake tester comes out clean.

Allow to cool for about 10-15 minutes, then remove the cake from the bundt pan and allow it to finish cooling on a wire rack or plate.

Lemon Icing

1 ½ cups powdered sugar
2-3 Tbsp lemon juice
1 tsp lemon zest

Whisk powdered sugar, lemon juice and lemon zest together. Once combined, drizzle over the cooled cake.



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

For the past six years I've had the pleasure of being the Activity Coordinator at Résidence Alphée, formerly known as Sélection Deux-Montagnes in Deux-Montagnes, a private senior's residence. My job is extremely fulfilling seeing I get to use my creative side daily and it challenges me to continuously bring new fun activities to the table. My job entails bringing joy, fun and happiness to my residents to keep them happy, active, and sociable. I believe this is so important for our seniors. We offer a huge variety of activities and truly "have something for everyone." Whether it be card games, painting, knitting, choir, crafting, iPad classes or physical activities... you name it, we have it!



Today I would like to focus on the importance of physical activity especially among seniors. Many of my residents over the years have had the mentality "if it is sore or hurts, I better not move it" when, in most cases it is the contrary. Movement is necessary! It will strengthen and slow down the aging process and keep us healthier and happier longer. Our bodies were designed to move whether we are 1 year old or 100 years old. All our activities are specifically for seniors and adjusted to seniors needs. We offer four main exercises that anyone at any level can participate in.



The first is walking. Walking is an easy fun activity we do as a group that encourages people to wake up early and start the day off on the right foot! Our group of walkers ranges from six to 14 people depending on the time of year. We have people at all different levels, yet we all encourage one another. We walk three

mornings a week for 45 minutes to an hour at our own pace. I strongly encourage everyone to get their steps in whether it be in a group or alone!

The second exercise we offer is Aquafit. This is a very popular exercise class with the residents and is often recommended by their doctors and physiotherapists. We offer four 30-minute classes per week. We work our hearts but also our muscle masses by using water weights and noodles in the pool. It's a weightless exercise great for people with hip, knee, or joint problems. Our Aquafit class can accommodate a maximum of eight people. For this reason and its popularity amongst our residents we have it four times a week.



The third group class we offer is Active living. A fantastic exercise that strengthens our bodies, works on our balance, muscle mass and stretching. A chair is used throughout the class, and we are often in a sitting position with certain exercises done standing up. The teacher also incorporates light weights.

Lastly Yoga! One of my favourite exercises. Chair yoga is a term used for practices that modify yoga poses so that they can be done while seated on a chair. These modifications make yoga accessible to people who have difficulty standing and who can't easily move from standing to sitting to lying down. That's why chair yoga is a great way for older adults and seniors to enjoy the wonderful benefits of yoga, relax and stretch sore muscles, reduce stress, and improve circulation. By remaining seated, you can perform the exercises in complete safety. Exercise is not only beneficial for our bodies but also our minds. For anyone interested trying our classes please feel free to send us an email to book your session. Cheryl Dore cdore@cogir.net 450-323-1919 ext. 6007 Résidence Alphée reception 450-323-1919 ext 0 or receptiondm@cogir.net



The Deux-Montagnes Lions Club is collecting books for our Bookfair on October 5 & 6.

You can bring them to:

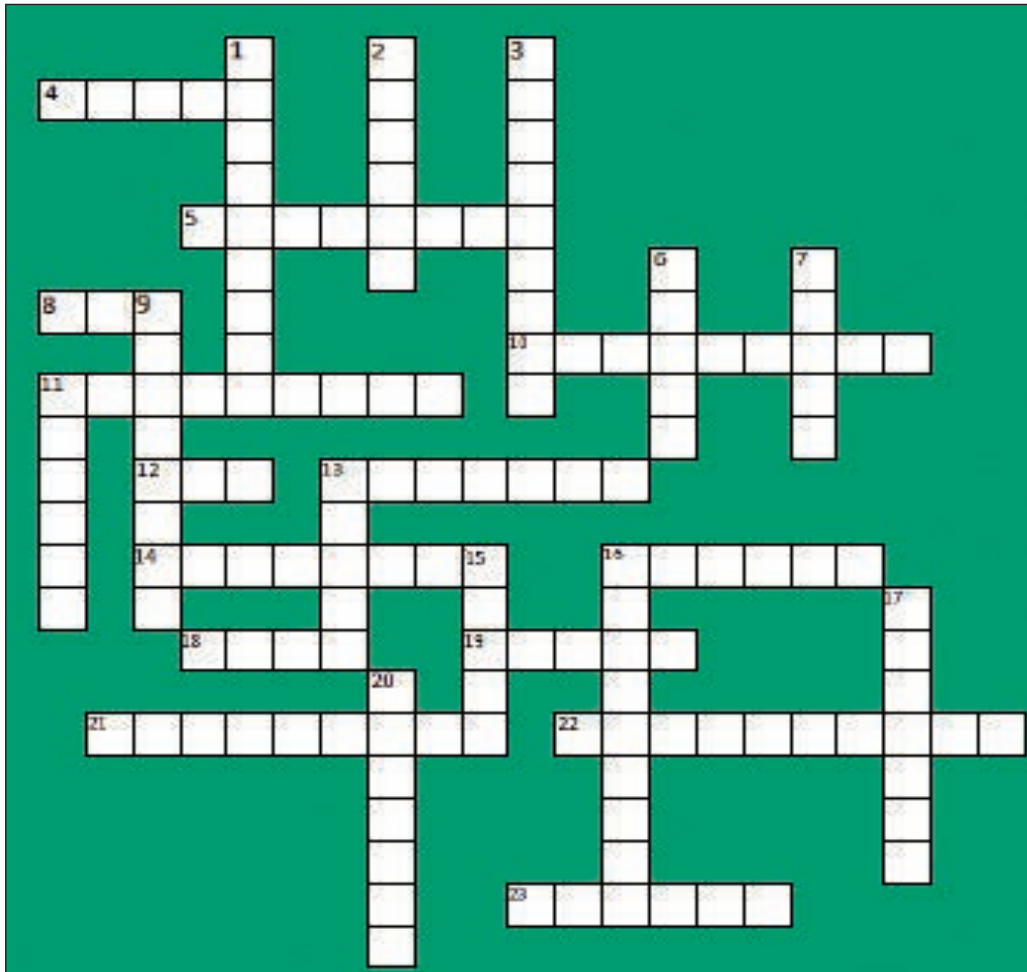
**The Maison des Citoyens
200 Henri Dunant**

from 9:30 am to 11:30 am

Monday, Wednesday and Friday

Crossword Flowers

Answers on page 31



Down:

1. The acidity of the soil determines the colour of this pompom like blossom.
2. This area of ancient Palestine is where roses grew, hence references to the Roses of _____.
3. Toasted and salted, the seeds of this flower are a favorite snack food.
6. A festival featuring this flower is held in Ottawa every May.
7. Donald Duck's girlfriend is named after this flower.
9. A recent book and movie, The Best Exotic _____ Hotel.
11. _____ Flower was a 1969 movie starring Goldie Hawn and Walter Matthau (whose character was almost as prickly as the plant!)
13. To be ridiculed by being labelled with this flower name, especially if you are male, means you are weak or wimpy.
15. In England in the 1400's, the War of the _____ took place between the Houses of York and Lancaster.
16. Make tea from this flower for rest and relaxation.
17. Associated with Scotland, this literally means flower, and Dave's wife is named this!
20. Roses are red but these are blue.

Across:

4. The symbol of Remembrance Day.
5. The national flower of Wales and the symbol of cancer charities.
8. The abbreviation for the hard to spell Chrysanthemum.
10. There is a song about this small, white, mountain flower in The Sound of Music.
11. A brand of evaporated milk is named after this flower.
12. The first name of the Canadian hockey legend who was nicknamed "The Flower".
13. Porky Pig's girlfriend is named after this flower.
14. This purple flower's scent has calming aromatherapy properties.
16. One of the first flowers of spring.
18. A white one of these is often chosen as a sympathy flower.
19. This flower is black-eyed or brown-eyed.
21. Steel _____ is a 1989 movie starring Shirley MacLaine, Sally Field and Julia Roberts.
22. This red potted flower is popular at Christmas.
23. Baby's _____ is a dainty white flower often used as a filler in bouquets.

Announcements, Birthdays Anniversaries

Birthdays

Dave Byers , May 6
 Tony Del Balso, May 14
 Ian Turner, May 17
 Diane O'Neill, May 18
 Bob Ilkiw, May 25
 Pat Klotz, May 31
 Don Houston, June 2
 Madeleine Huxsel, June 5
 Corey Horwood, June 6
 Nancy Doucet, June 7
 Heather Brown, June 7
 Raymonde Migas, June 12
 Evan Horwood, June 16
 Kendra Baldwin, June 15
 Fred Parker, June 15
 Rudy Neumayer, June 16
 Karim Dominique, June 17
 John Alexander Green, June 18
 Cookie Smith, June 23
 Nancy Allen-Ryder, June 25
 Aiden Benk, June 28
 Heidi Klotz, June 30

Anniverseries

Linda and Arthur Harris, June 17

Memorials

Bill Glover, Jun 4
 Rhoda Robertson, June 28

Sudoku

	4	3						
9			2	6				
2			8			4		
	5	1	4					
	7			8			1	
					2	7	3	
		5			7			8
				4	8			6
						3	5	

Sudoku Answer

7	5	3	9	2	6	4	8	1
6	2	1	8	4	5	9	3	7
8	4	9	7	1	3	5	2	6
4	3	7	2	5	1	6	9	8
5	1	6	3	8	9	2	7	4
9	8	2	6	7	4	1	5	3
1	6	4	5	3	8	7	9	2
3	7	3	4	5	6	2	1	8
2	6	8	1	9	7	3	4	5

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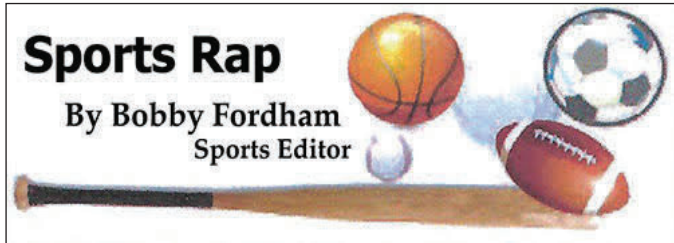
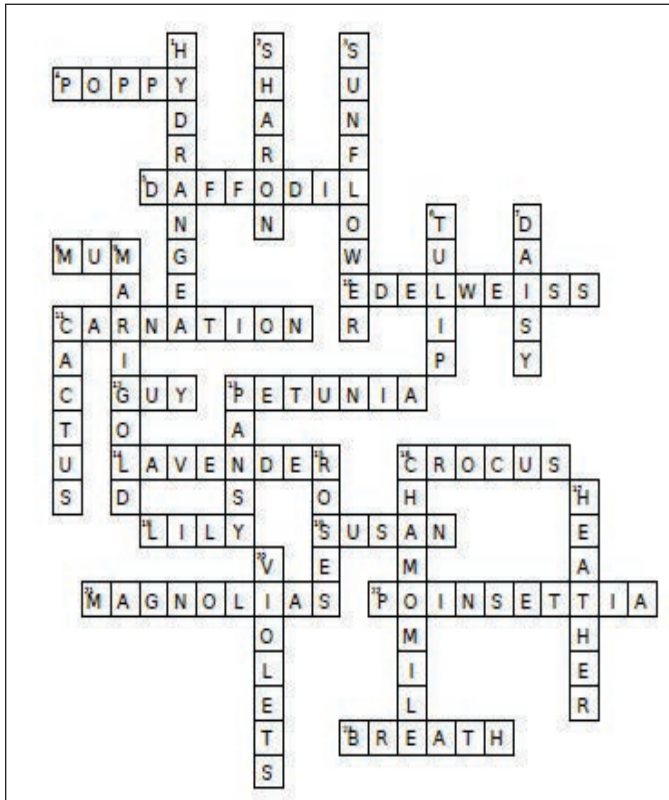
SAMEDI LE 11 MAI / SATURDAY MAY 11 2024

9h-12h 9am - 12 noon

MAISON DES CITOYENS

202 rue Henri Dunant
 Deux-Montagnes

Answer to Crossword



Sports Rap Opinion # 1

In the NHL, as of March 11, 2024, the Florida Panthers are first overall in the standings with 92 points, followed by Vancouver and Boston, tied with 91 pts. Dallas has 89, NY Rangers have 86, Winnipeg and Colorado are tied with 85, Carolina has 84, Toronto has 82 and Edmonton has 81. These are the top ten in the overall standings. BUT there will be upsets, therefore don't count out Las Vegas, Nashville, Los Angeles, Tampa Bay, Philadelphia and the NY Islanders.

Most experts are picking the Florida Panthers to win the 2024 Stanley Cup. I disagree. I pick the Winnipeg Jets to win. They are very well balanced, with youth, experience, size and speed, not to mention a very elite goalie.

Bring the Cup back to Canada where it belongs!

My opinion. Stay safe. Cheers.

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Sports Rap Opinion # 2

In Major League Baseball, they have four professional umpires and there are three challenges every game. The crew chief submits the field manager's request to the command center in New York for review. More often than not, the call on the field is overturned. Also, approximately ten to twelve times a game, the home plate umpire strikes out a batter on a controversial third-strike call, knowing very well that neither the batter nor the coaches can argue balls or strikes.

We, the fans, as well as the players, can see the pitches on the tv monitor, therefore it might be time for robotic or internet controlled umpiring assistance. This would eliminate delays and arguing, and potentially keep managers and players in the game. Fans pay to watch their favorite players play. We don't want umpires deciding the outcome of games.

My opinion. Stay safe. Cheers .

Community Connections is looking for volunteers to write articles, have your own column and/or become a member of our Board of Directors,

Please contact Dave Byers at: (514)-602-7054 cceditor2017@gmail.com

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850, chemin d'Oka, Deux-Montagnes // 450 473-6280

(coin 8^e avenue)

299, boul. Arthur-Sauvé, Saint-Eustache // 450 472-1558

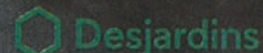
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