

Community Connections

SERVING THE AREA FROM KANEHSATÀ:KE TO ROSEMÈRE

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Message from Mayor Denis Martin

Dear citizens,

As Mayor of Deux-Montagnes, I am truly honoured by the renewed confidence residents have shown by re-electing me by acclamation for a fourth term. This renewed trust is both humbling and motivating as we continue to work together for the well-being of our community.

Alongside me, five city councillors were also elected without opposition: Erik Johnson (District du Lac), Micheline Groulx Stabile (District de l'Olympia), Eric Langlois (District de la Gare), Marc-André Sauvageau (District du Coteau), and Margaret Lavallée (District du Golf).

Mr. Sauvageau joins our team following the well-deserved retirement of outgoing councillor Michel Mendes, whom I sincerely thank for his years of dedicated service to the citizens of Deux-Montagnes.

An election will be held in District 1 – Grand-Moulin, where more than one candidate has come forward. Residents of this district will be called to the polls on Sunday, November 2, 2025. To learn more about the municipal election process, citizens are invited to visit the dedicated elections page on the City's website, where further information will be available.

Over the past weeks, my fellow councillors and I have had the pleasure of visiting many homes across our city. A warm welcome we received, and the thoughtful comments shared by residents will guide our actions throughout this new mandate, always with a commitment to serving the population while respecting everyone's ability to pay.

As autumn continues to grace us with remarkably mild temperatures, I invite you to enjoy our city's natural beauty. Take in

the season's vibrant colours from the lookout at Parc du Centenaire or the newly renovated belvedere at Parc Bélair, across from the library. It's also the perfect time of year for a stroll through the Boisé Roger-Lemoine. Why not try one of the new BIXI bikes now available in Deux-Montagnes? The network of stations allows easy travel between the Deux-Montagnes station near the Boisé and Parc du Centenaire. A map of the stations is available on our website and on bixi.com.

Moreover, as in previous years, a beautiful autumn display awaits everyone at the gazebo in front of City Hall — a perfect spot to pause and relax between your local stops.

Denis Martin,
Mayor of Deux-Montagnes



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The Community Connections Team www.communityconnectionsdm.ca

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

Editor-in-Chief: Dave Byers (cceditor2017@gmail.com)
Treasurer and Advertising Manager: Lynda Davis (communityconnection01@gmail.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, Gordon Wetmore and Pam Petton.
Website Manager: Willy Speeckaert (wspeeckaert@gmail.com)
Regular Contributors: Cheryl Dore, Kathy Nolan, Hazel Wylie, Armando Aguillon, Jacques Roch, Andrew Brown, Salinda Hess
Student Correspondents (2025-2026): Isabella Hébert (LTMHS) Zoe Auger (RHS)
Board of Directors: Heather M. Brown, Martin Hensen, Tish Abman, Eric Painter, Bobby Fordham, Gordon Wetmore, Margaret Fung-a-Ling, Lynda 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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Honouring Heroes: A Moving Tribute in Ottawa

On September 7, 2025, the Honour Guard from the Service de sécurité incendie Deux-Montagnes / Sainte-Marthe-sur-le-Lac proudly participated in the Canadian Fallen Firefighters Foundation (CFFF) Memorial Ceremony held in Ottawa, Ontario.



From Left to right- Fire Fighters Yan Patrie, Philippe Arés, and Eric Clark

This annual event, established in 2003, pays tribute to firefighters across Canada who have made the ultimate sacrifice in the line of duty. 550 firefighters, honour guards, and pipe and drum bands from coast to coast gather to

commemorate their fallen comrades in a deeply moving display of solidarity and respect.

Marching into the parade square, led by the stirring sounds of the pipes and drums, is a moment that leaves you breathless. The sight of families gathered to honour their loved ones is both humbling and profoundly emotional.

This year, the names of 140 fallen firefighters were solemnly read aloud as each family received a memorial helmet and medallion from the CFFF—a gesture of remembrance and gratitude. At the heart of the square stands a statue of a firefighter, eternally pointing toward the wall inscribed with the names of those who gave everything. It was a true honour to attend this ceremony, which will now become an annual tradition for our service. To experience the full scope of this powerful event, please visit the Canadian Fallen Firefighters Foundation website WWW.CFFF.CA



Norbert Vendette, Director Deputy Coordinator for Civil Security, T (450)-473-2796 p 7222 / C 438 -821-5465

Intermunicipal Fire Safety Service Deux-Montagnes / Saint-Marthe-sur-le-Lac - 206 8th Avenue Deux-Montagnes (Qc)

A Deux-Montagnes resident honoured during National Firefighter Recognition Day

PRESS RELEASE

The City of Deux-Montagnes is proud to acknowledge the honour bestowed upon Mr. Robert Slovick, a Deux-Montagnes resident, who received a 2025 Recognition Citation from Québec's Ministry of Public Security during the National Firefighters Recognition Day ceremony held on Sunday, October 5, 2025, at Palais Montcalm in Québec City.



On October 19, 2024, Mr. Slovick demonstrated remarkable initiative and composure during a major fire that broke out in his condominium building in Deux-Montagnes. His quick action ensured the evacuation of all residents and greatly assisted the Fire Safety Department's response, preventing the situation from turning tragic.

It is worth noting that Mr. Slovick retired five years ago from the Deux-Montagnes / Sainte-Marthe-sur-le-Lac Fire Safety Department, after serving 40 years as a firefighter and later as a lieutenant.

This distinction pays tribute to his courage, vigilance, and exceptional contribution to the safety of his community.



A Provincial Honour presented by the Minister of Public Security During the ceremony, the Minister of Public Security, Mr. Ian Lafrenière, praised Mr. Slovick's bravery, along with that of the other recipients:

"I would like to congratulate Mr. Robert Slovick, who demonstrated remarkable courage and dedication in a situation that required great insight and swift action, ensuring the safe evacuation of all building's occupants and their care by arriving emergency crews. [...] A huge thank you and congratulations to all these brave honourees for your meritorious acts!"



Chien chic Toilettage grand Opening

Lynda Davis

Chien chic Toilettage held it's Grand Opening on August 31, 2025. Amanda Simpson and her staff were there to greet and show everyone around the facilities



Rashel, Amanda and Sophie

We're so excited to announce the opening of the new Chien Chic Toilettage location in Deux-Montagnes!

A huge thank you to the Mayor for coming to support us with his loyal dog, Baloo.

At our salon, dogs of all sizes are welcome to

enjoy a no-cage, one-on-one grooming experience designed to keep every pup calm, happy,

and looking their best.



Mayor Denis Martin and Amanda Simpson



Amanda Simpson, Mayor Denis Martin and Baloo



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Communities Gather for the 6th Annual Deux-Montagnes Inter-cultural Picnic

By Andrew Brown

Originally set to take place at Central Park, the forecast for intermittent rain showers on August 24 forced a last-minute change in venue for the 6th annual Deux-Montagnes Intercultural Picnic. The event was moved indoors to the local Royal Canadian Legion Hall, Branch 185. Despite the change of location, the indoor setting did nothing to diminish the “picnic” atmosphere.

Even before the event officially began, the hall was lively. Families, friends, and volunteers filled the space, drawn by the promise of food, culture, music, and community.



Tables along two walls featured “arts and crafts” by local artisans for sale. Nearby, volunteers from 4 corners

ran a round table full of activities that kept children—and their parents—entertained. Along another wall, volunteers readied tables for food service. At the center of the hall stood a large rectangular arrangement of tables, reserved for one of the day’s highlights: free samples of food and drink from different regions of the world.



Frank Toutou, the Master of Ceremonies, welcomed attendees from a stage at one end of the hall. With warmth

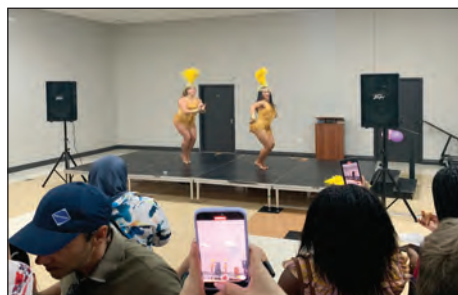
and energy, Frank set the tone, highlighting the event’s themes of diversity and inclusion, and kept the scheduled activities on track from start to finish.

The program opened with a yoga session. Participants, whether experienced or new, joined in stretching and breathing exercises. For others, the first round of free tastings began, featuring Alouda (a sweet Mauritian drink), Holubtsi (Ukrainian cabbage rolls), and Mafé (a Senegalese rice dish).

For those eager for more, local establishments Épicerie Latine Esquina (Latin America), Serenade Ambiance Lakay (Haiti) and Souk El Bey (Tunisia) were finally

ready to serve up a delicious selection of foods that can be found at their respective places of business.

After yoga, mats were cleared to make room for the growing crowd—just in time for round two of samplings: Bourek (Algerian pastry) and Guava with syrup and cheese (a Cuban treat).



Next came movement—literally—with an introduction to Modern Afro-Dance. What began with a few brave dancers quickly turned

into a packed dance floor with people of all ages. As was the case last year, a local police officer was seen joining in, though efforts by him to coax other uniformed colleagues onto the floor were unsuccessful.

While they didn’t dance, members of the Deux-Montagnes municipal council, including the mayor, attended the event to show their support. Before speaking to the crowd, Mr. Denis Martin shared some heartfelt thoughts: “This event is wonderful. It’s an opportunity for citizens from all communities of the Deux-Montagnes Regional County Municipality, not just this city, to socialize. Deux-Montagnes is a diverse city because of the train. It has experienced different waves of growth and, because of this, it’s ideal for such an event.”

Following the mayor’s remarks, council members and members of the organizing committee gathered for a group photo. There were big smiles all around.

Then came the final food tasting: Empanadas (Argentina), Pastries (Lebanon), and “Waffle cones with maple syrup and maple sugar” (Québec, eh?).

As the event neared its end, the sound of samba filled the hall. Two dancers in Carnival-style costumes wove through the crowd, drawing everyone to the stage for the last activity—a chance to dance off the delicious calories they had so willingly ingested. The dancers’ energy was contagious, and soon a conga line snaked around the hall. The crowd then gave limbo dancing their best shot, with enthusiastic, if sometimes clumsy, results. It was a joyful, music-filled finale.

Behind the scenes, a committed team of volunteers made the event possible. As things wound down, two organizers reflected on their efforts. Aminata Ba shared, “The committee is made up of people from different

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Journalism Matters

By Gordon Wetmore

gordonwetmore5@gmail.com

This is a one-time column to express my respect for my second “profession,” journalism, especially print journalism, and the job that *Community Connections* does.

Print journalism presents us with the stuff of life - the stories it tells, the ideas it exposes, the people to whom it introduces us, the reasons it gives to celebrate/worry/support/oppose what is going on in the great world, or next door.

There are two extremes in journalism, two ends of the bell curve of human experience. One end spotlights the best and brightest bits of our lives; the other illuminates the dark and dreadful - parts we would rather not see but need to. Radio, television, and now the ubiquitous patchwork that is the internet (where information, disinformation and sensationalism are stewed/skewed/brewed/ballyhooed) have blitzed print journalism to near extinction. Print is only visual, after all; readers have to translate black squiggles on white paper into words to “hear” voices and “see” pictures.

Yet there is a power to printed words, and combined with a photo or two, print can capture an idea, a personality, an experience, a story in a way that other media do not. Perhaps it is that the reader can reread the parts that please, puzzle or perplex; that the writer cannot escape the responsibility for what he/she puts down in black-on-white; or that the writer creates a connection between one moment in time and one person, and that reader can revisit that connection as often as desired - or can wrap garbage in it and toss it into a compost bin. Try that with a podcast.

I am eternally grateful to my first editor, Frank Turnan, at the *Halifax Chronicle Herald*, for teaching me the basics of writing for readers who wanted something that was quickly consumable but also readable, informative, and accurate. That skill set has proved more useful than all the composition/writing courses I have taken in high school, university and “creative” writing workshops. It also proved very useful in my primary career as a high school English and history teacher.

News writing is geared to transmitting information in digestible bites that are clear, accurate, and as complete as space allows. In news writing, the facts of a story are

more important than the opinion of the reporter. The thoughts of a person being reported on may be important - they may be the story, in fact - but the point of view of the reporter is secondary. That is why “news” reporting is essential. It allows readers to make up their own minds.

News on radio, television and podcasts is always slanted by the presenters’ tones of voice, no matter how neutral the presenters may try to sound. When you read a story, though, you create your own sound, your own emphasis in your head.

There are several types of news stories, the most common: Straight news (who/what/when/where/why&how); investigative (what’s the scandal?crime?problem?longstory?/mystery?, etc.); politics (less said the better); reviews (performances, books, plays, etc.); public service statements; and feature stories about people, events, sports, places, and so forth often lumped together as “human interest.”

Publishing every two months, *Community Connections* highlights local events, local people, and information useful to different groups within our local anglophone and allophone communities from Kaneshatà:ke to Rosemere, with Deux-Montagnes smack in the middle. We hope all our stories are of interest to the people we live among. It can be found in our local businesses and restaurants, in our municipal libraries, and in our English primary and secondary schools.

Everyone who works on our little magazine is a volunteer - no salaries or expense accounts. Our sole income is from advertising, and that goes to pay the printers. With the shaky economy, meeting publishing costs have become increasingly challenging. The francophone majority is well served by the weekly *L’éveil* newspaper. *Community Connections* is the voice for the rest of us.

If you are part of a local business, please consider advertising with us so that we can continue giving your enterprise, your community and your people the coverage, credit, and attention they deserve. For how to do this, please contact us at: communityconnections001@gmail.com.



Continued from p. 5

backgrounds, and each person brings something valuable. This event helps break isolation, brings people together



and creates real connections. It reminds us that we share common values.” Fellow organizer Ismaïl Ouezani agreed and

added, “Our goal is to have people from all over gather and meet. This small event is an opportunity to exchange and share in a festive spirit. You could see that people want to dance together, no matter their background. It’s magnificent! The effort is worth it.”

As people began to leave the hall, many remained on site to enjoy the recently inaugurated Centennial Park. Despite the forecast, the skies remained clear. But even if the rain had come, it was evident nothing could have dampened the warmth, joy, and connection that defined this year’s Intercultural Picnic.



Linda Lapointe

Member of Parliament
Rivière-des-Mille-Îles
For further information :
linda.lapointe@parl.gc.ca
450-623-7714

Women in Entrepreneurship

Members of Parliament Linda Lapointe (Rivière-des-Mille-Îles), Chair of the Liberal Women's Caucus in Parliament, and Madeleine Chenette (Thérèse-De Blainville) welcomed a group of women entrepreneurs to La Mouvance in Saint-Eustache for a meaningful discussion in the presence of the Honourable Rechie Valdez, Minister for Women and Gender Equality.

The meeting aimed to hear directly from women in leadership positions about their experiences and the challenges they face in the current economic context. Participants shared their successes and discussed key issues affecting their businesses, including access to financing, labor shortages, the use of temporary immigration to address these gaps, and the need to strengthen support structures for women entrepreneurs, all while enjoying a valuable networking opportunity.

Minister Valdez highlighted various federal programs and initiatives designed to support small businesses and encourage female entrepreneurship. She listened attentively to the realities experienced by the participants and reaffirmed the importance of maintaining an open dialogue to ensure policies are adapted to the concrete needs of women in business.



Local Coffee Shop – La Récré

Ronica Plouffe, owner of La Récré, a woman-owned neighborhood café in Deux-Montagnes, welcomes visitors to her unique space, which combines a children's playroom, a co-working area, a boutique, a terrace, and a backyard picnic area.

The café offers a variety of pastries, sandwiches, salads, and seasonal beverages, alongside a selection of snacks, cider, wine, beer, and cocktails. La Récré also hosts musical evenings, comedy nights, and diverse workshops, creating a vibrant community hub for local residents.

Recently, Mme. Linda Lapointe, visited La Récré and enjoyed one of their signature cappuccinos, highlighting the importance of supporting local, women-owned businesses.



Youth Council

Young people aged 14–25 are invited to join this new initiative to share ideas, plan activities, and raise awareness on issues that matter to youth. This is your chance to help shape the future of your community, invite your friends and get involved!

Contact: tanya.jargaille.216@parl.gc.ca
Facebook Group: Conseil jeunesse de Rivière-des-Mille-Îles / Youth Council.



Registration for child care services

In order to offer transparency and fairness to families in the allocation of places in subsidized child care services, the Child Care Registration Portal is officially underway. To ensure an agile, prudent and orderly deployment, the commissioning of this new platform will take place gradually in three phases that will run until December 2025.

Benoit Charette

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



A holiday season without pressure

By Paulina Garon, psychological interventionist with C.E.S.A.M.E.



Paulina Garon

A Season Without Pressure: It's Okay to Slow Down -

For many parents, the holiday season brings a mix of joy and stress. There's so much to think about: buying gifts, organizing family dinners, visiting relatives, and keeping up with traditions. It can feel like we're supposed to make everything perfect for our kids.

But here's the truth: you don't need to do it all.

It's easy to feel pressure—especially when we scroll through social media and see beautiful photos of decorated homes, fancy meals, and smiling families in matching pajamas. But most of the time, those pictures don't show the full story. Every family has its own challenges.

What kids really remember isn't how many gifts they got or how busy the month was. They remember how they felt. Did they laugh with you? Did you take time to play or read together? Did they feel loved?

Simple moments matter most: Studies show that many parents feel more stressed during the holidays than at any other time of year. One reason is the pressure to make everything special. But children don't need "perfect." They need connection, comfort and calm.

Instead of trying to do everything, choose a few traditions or activities that your family truly enjoys. That could mean baking cookies, watching a holiday movie, going for a winter walk, or reading a bedtime story by the tree. These small, cozy moments are often the ones kids remember most.

Gifts don't have to be expensive: You don't need to spend a lot of money to make your child happy. Many parents find that simple gifts—like a book, a game, or something homemade—are just as meaningful as the

latest toy. Some families like to follow the "four gift rule":

- Something they want
- Something they need
- Something to wear
- Something to read

This helps keep things simple and more affordable.

You Matter Too: When you're tired and overwhelmed, it's harder to enjoy the season—and your kids feel it also. Take care of yourself. Say no to things that feel like "too much." Give yourself time to rest. Even a short walk, a warm drink, or a quiet moment at night can make a big difference.

You're doing your best. That's more than enough.

This holiday season, focus on what really matters: love, laughter, and time together. That's what your children will carry with them—not the number of gifts or how clean the house was.

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- Simple Families (2022). The Four-Gift Rule for Kids.

Simple Moments Matter Most

Studies show that many parents feel more stressed during the holidays than at any other time of year. One reason is the pressure to make everything special. But children don't need "perfect." They need connection, comfort, and calm.

Program producing more first language speakers

By Kevin Nelson, language development officer

Shé:kon. My name is Kevin Nelson. I work at the Cultural Center in Kanehsatà:ke as a language development officer. My job is to develop language and cultural resources for my community. Today I would like to talk about the success of our adult language immersion program, Ratiwennahá:wi (They carry the words).

In 2016, Ratiwennahá:wi was created with the goal to produce more speakers of Kanien'kéha. The Mohawk language has been an endangered language for a long time, with only 47 first-language speakers remaining in Kanehsatà:ke. So in 2016 the first group emerged, graduating in 2020. Four of the seven graduated, with one being so successful that he became one of the teachers in the language program. Since 2016 we have graduated 16 students.

In 2022, the Mohawk Language Custodian Association created a partnership with McGill University in the teaching program. For the first time ever, students who attended the language program would receive credits toward their teaching certificate. In 2026, Kanehsatà:ke will have students who will both graduate from the Ratiwennahá:wi language program and get a teaching certificate from McGill.

Some of the language based programs we offer are a weekly elder's group every Friday, where first language speakers gather with students and second language speakers to discuss different topics in Kanien'kéha. We also offer weekly Kanien'kéha classes in the evening. Within my job, I run weekly cultural workshops in the evening. In 2023, I created a Kanien'kéha podcast called Tsi Niiá:wens, which means "What Happens," with Mina Beauvais and Warisose Gabriel. Recently we have hired one of our students, Hank Shatekaronhí:io Tolley, to record different elders in Kanehsatà:ke in Kanien'kéha. The project is called Tsi Nitiohtónhne – "the way it was." On behalf of Tsi Ronterihwanónhnhá and Kontinónhstats we want to take the time to acknowledge the services in the community collaborating to reclaim our language -



Ketsc, Education, KHC, Social Assistance, and RKR. The level of interest in learning our language has never been higher.

We are encouraged by the increased level of interest, and we hope that the community continues to take an interest in learning Kanien'kéha. If anyone has any questions or concerns, would like a tour of our exhibits, or wishes to purchase any resources, please feel free to contact me.

Kevin Nelson
Language Development Officer
Tsi Ronterihwanónhnhá
450 479 8373 ext 703

Here is a link of resources:

Youtube

https://youtube.com/@kontinonhstatsnekanienkeha?si=wBjdYimfwlGfAie_www.kanehsatakevoices.com

Brief addendum to Kevin Nelson's article: For years I have attempted to find out how most of us non-indigenous folk refer to the people of Kanehsatà:ke and Kahnawake as Mohawk. That is not their name for themselves or for their entire nation. The proper name is Kanien'kehá:ka. Mohawk is definitely a given name. There is no M in their alphabet. Gordon Wetmore

Thank you to Martin Hensen



In our previous issue, *Community Connections* announced that its longtime treasurer and financial manager, Martin Hensen, had resigned his post. The magazine's Board of Directors thanks Mr. Hensen for his many years of

service. In 2003, Mr. Hensen was one of the founders of *Community Connections'* latest incarnation that serves the anglophone communities from Rosemere to Kanehsatà:ke from its base in Deux-Montagnes.

A consummate volunteer, Mr. Hensen remains a member of the magazine's Board of Directors – he was not present when the vote of thanks occurred – and is active in the Forever Young theatre group and the Deux-Montagnes Lions Club, especially the Lions' used book sale that he and his wife Betty were instrumental in initiating.

Honouring Lori Leonard for a Lifetime of Service: Leading With Heart



By: Gaëlle Giraudeau

In Canada, October 1 is National Seniors Day, a time to honour the knowledge, tenacity, and continuous contributions of senior citizens in our society. This year, 4Korners has nominated Lori Leonard, a longtime volunteer, advocate, and connector in the community, for the Prix Hommage Aînés, a provincial honour given by the Table de Concertation Régionale des Aînées des Laurentides (TCRAL).

It is a well-earned tribute to a person whose life's work best represents the spirit of community service.

In Montreal, Lori began her community service journey more than 40 years ago, and it has continued for decades with sincere dedication. Her accomplishments are numerous and include helping elders keep their independence and assisting vulnerable youth, all while making sure English-speaking individuals have access to necessary services in their mother tongue. Numerous people in the Laurentians have benefited from her work.

Lori, one of the original members of the Laurentian Business Women's Networking Group, encourages women to create networks of professional support. She offers vital home services through her company, Lori's Links, which helps a lot of elderly people stay secure and comfortable in their own homes. Her kind assistance helps close important service gaps for people who frequently face the challenges of aging alone.

She has also been a key player in projects like One Square at a Time, a community program that encourages elderly people to knit shawls to be auctioned, benefiting local women's shelters. Lori continues to promote connection, purpose, and inclusivity by transforming art into social

change.

Her love of sharing stories is just as potent. Lori has featured more than 150 Laurentian personalities, many of whom are elderly, as a writer and columnist for *Main Street*. Her work draws attention to the diversity of life experiences in our area and elevates the voices of individuals whose tales need to be heard.

The shared goal of creating a thriving and welcoming English-speaking community in the Laurentians is reflected in Lori's close ties to 4Korners, where she formerly served on the Board of Directors. Lori is one of the few people at 4Korners who truly exemplifies our objective of connecting people to the health and social services they require in everything she does.

The Prix Hommage Aînés honours annually the collective spirit of care, resilience, and leadership that seniors provide to our lives, in addition to the achievements of an individual. Lori's nomination serves as a reminder of the tremendous influence one individual can have when they lead from the heart. Let's pause on this National Seniors Day to honour and express gratitude to the individuals who have made a lasting impact on our communities. And to Lori Leonard, one heartfelt gesture at a time, thank you for reminding us what it is to be present, speak up, and stand up for one another.

Please use this official day to recognize the importance of a senior's role in your life. It's a small but heartwarming gesture that will bring them joy.

To learn more about how 4Korners supports seniors and the English-speaking community, visit 4korners.org

Caring for the Caregivers: Developing Connections to Build Strength

By Gaëlle Giraudeau

Usually, it begins gently. A spouse starts to lose stuff. The mobility of a parent varies. The demands of a youngster become increasingly complex. You come to the realization that taking care of other people is the main focus of your everyday activities. Even though you may not have identified as a caregiver, you have become one.

We take time to honour the essential role that caregivers play in the Laurentians and throughout Quebec this November during National Caregivers Week. In the province, over one in four people provides support to a loved one who is ill, disabled, or losing their independence. Many, however, carry out their caring duties silently, without realizing that they are balancing appointments, advocating for services, and providing

unwavering emotional support.

For the Laurentians' English-speaking community, this role might present significant complications. Dealing with social and medical services in French often necessitates overcoming misunderstandings and added stress. Caregivers are vital in the health and social services sectors, especially for language minorities. Having access to English-speaking assistance allows them to care for their loved ones while maintaining their own health.

At 4Korners, providing care is viewed as a shared duty that calls for compassion, community, and connection. The organization provided one-on-one consultations,

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NOVEMBER & DECEMBER 2025 Activities



DEUX-MONTAGNES

EARLY CHILDHOOD & FAMILIES PROGRAM

Parenting Circle (0-5 years) parent and child activity | Tuesdays, 10:00 a.m. – 12:00 p.m.
Prenatal Classes (expecting parents) | Contact us to know more

NEURODIVERSITY PROGRAM

Support group for parents of Neurodivergent children (All ages) | Tuesdays, November 18 & December 16, 7-8:30 p.m.
Creative Connections (12+) | Thursdays, November 13 & December 11, 7-8:30 p.m.

YOUTH & MENTAL HEALTH PROGRAM

Girl Talk Secondary 1 (12-13) | Contact us to know more

Girl Talk Secondary 2 (13-14) Lake of Two Mountains High School | Wednesdays, 12-1 p.m.

Afterschool Art & Wellness Club (12-17) Lake of Two Mountains | Wednesdays, 2:30-4 p.m.

Youth Open Mic Night (12-18) | Friday, November 28, 6-8 p.m.

Film Club (12-18) | Lake of Two Mountains High School | Wednesdays, 2:30-4 p.m.

SENIORS & CAREGIVERS PROGRAM

Walk & Talk for Seniors (50+) | Meet at Oasis Evangelical Baptist Church | Tuesdays, 2-3 p.m.
Caregivers Support Group | Mondays, November 10 & December 8, 2 p.m.-3:30 p.m.

NETWORKING & PARTNERSHIP INITIATIVE PROGRAM

LESAN Regional Exchange | Thursday, November 20, 2025, 9 a.m.-3:30 p.m. | Maison du Citoyen, 184, rue Saint-Eustache, Saint-Eustache



REGISTRATION
info@4korners.org
450-974-3940

Québec

Canada

STRENGTHENING COMMUNITY VITALITY in the Laurentians

ONLINE & ON DEMAND

EARLY CHILDHOOD & FAMILIES PROGRAM

Prenatal Classes (expecting parents) | Contact us to know more

Post Natal Support (parents of children under 1) | At home on demand

Social and Emotional Learning (parents) | Wednesdays, November 12, 2025, 7:00 – 8:30 p.m.

NEURODIVERSITY PROGRAM

Support group for parents of Neurodivergent children (All ages) | Tuesdays, November 18 & December 16, 7-8:30 p.m.

SENIORS & CAREGIVERS PROGRAM

Online Chair Yoga for Balance (50+) | Mondays, 10-11 a.m.

Online Drawing (50+) | Tuesdays, 10-11 a.m.

Online Painting (50+) | Wednesdays, 1:30-3:30 p.m.

Individual Support & Caregiver Support | On demand

THÉRÈSE-DE BLAINVILLE

EARLY CHILDHOOD & FAMILIES PROGRAM

Play to Learn (0-5 years) parent and child activity | Fridays, 9:30-11:30 a.m.

NEURODIVERSITY PROGRAM

Creative Connections (12+) Rosemere High School | Monday, November 24, 2:30-4 p.m.

YOUTH & MENTAL HEALTH PROGRAM

Afterschool Vibe Check (12-17) Rosemere High School | Mondays, 2:30-4 p.m.



4korners

Health & Wellness
Santé & bien-être

Youth
Jeunesse

Kids & Families
Enfants & familles

Seniors Wellness
Bien-être des aînés.es

Arts & Culture
Arts & culture

Continued from p. 10

workshops, and group talks to over 160 caregivers of neurodivergent children and adults during the past year. Although every story is different, they are all united by the intense love and tenacity that characterize caregiving.

One participant captured it best: "Caregiving has been a huge part of my life for many years. Grief is not linear."

4Korners makes sure that caregivers, particularly English speakers, may get the appropriate resources and emotional support in their own tongue through collaborations with L'Appui pour les proches aidants, CISSS des Laurentides, and neighborhood groups like Ami-Québec and L'Antr'Aidant. This includes two key support groups:

- Caregivers Support Group (All Ages) : This monthly event in Deux-Montagnes provides self-care, sharing, and understanding for those taking care of a loved one.

- Parent Support Group for Neurodivergent Children : This online and in-person group offers a place to meet people who share the joys and challenges of parenting a neurodivergent child.



According to one caregiver, "I know I don't have to explain everything when I walk into a 4Korners group." People simply understand it.

Caregiving is not an individual journey, it's a community effort. Those who devote their lives to helping others deserve attention, empathy, and time to rest. This November, 4Korners invites everyone in the Laurentians to take a moment to recognize the caregivers in their lives and, if you are one, to reach out for support.

To learn more about 4Korners' caregiver programs, visit 4korners.org or email info@4korners.org. Because when we care for caregivers, we strengthen our entire community.



Circle November 28 and 29 on your calendar for when **The Forever Young Theatre Troupe** will bring their version of *Cinderella* as you have never seen it before to the Heritage Social Club, 503 Rue Cedar in Deux-Montagnes. It's a love-in with the audience. You will be able – encouraged, actually – to express your love for the beleaguered heroine and your (socially acceptable but sincere) disgust for the heartless villains. There's music, intrigue, and magic – and bar beverages. Don't believe it? **Just watch!** (Doors open at 6:15 pm. Performances start at 7:00 pm. (Tickets \$15.00 for adults, \$10.00 for children)

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 Fax: 450-598-2727
ecrn@videotron.ca
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Musings

By Salinda Hess

They say ---“it’s all in your genes” – and we have been told you are exactly what you inherit from the genes of your parents. This is your nature and all that you are. Naturally, there is an opposing idea stating that genes are not all that you are; instead, how you are raised is more important. In other words, it is not your nature, it is your nurture. This nature-nurture debate has circulated for many years and is still brought up in discussions.

Now however, we are beginning to recognize that a great deal more is going on with our genes. Generally, DNA or deoxyribonucleic acid coiled in the chromosomes of our cell’s nuclei provides the recipe for making proteins. However, DNA alone would not DO anything, it has to be in a cell! Furthermore, all the cells in your body have more or less the same copy of DNA, but different parts are turned off or on depending upon the type of cell, and in some interesting situations genes “jump” around, but that is another discussion!

As a result of scientific work since Waddington coined the term epigenotype in 1942, it has been clear that cells experience effects from different environments and we call these environmental effects epigenetic, literally meaning above or on the genome (i.e., all the genetic material in an organism). Epigenetics involves heritable changes in gene function without a change in the DNA sequence itself. The environment (which can include toxins in the air, water, food, or lifestyle stresses and behaviours) produces chemical markers, such as a methyl group that attaches to DNA or possibly modifies the histone proteins around which the DNA coils (see image). These and other chemical markers can change the activities of the DNA such that a gene (a section of DNA that expresses a protein) will be expressed and active, or not expressed (inactive). If the marker loosens the DNA coil, transcription (reading the DNA blueprint and telling the cell what to do) will occur, and the multistep process will produce a protein; if it tightens, the gene will not produce a protein. This epigenetic activity has transformed the whole idea of our genetic inheritance because sometimes these markers can be transferred into the second and third generation.

We now have a story that gives us scientific explanations for differences between twins, for example, or for long-term effects of experiences that have occurred in individuals and in societies. One example of long-term environmental effects was an event called the Dutch Hunger Winter, which has been carefully studied since World War II. During the

war, the Nazis cut food supplies to the Netherlands leading to famine and the death of at least twenty thousand people and harm to 4.5 million. The worst period was the winter of 1944 to spring 1945, where people were eating grass and tulip bulbs to stay alive.

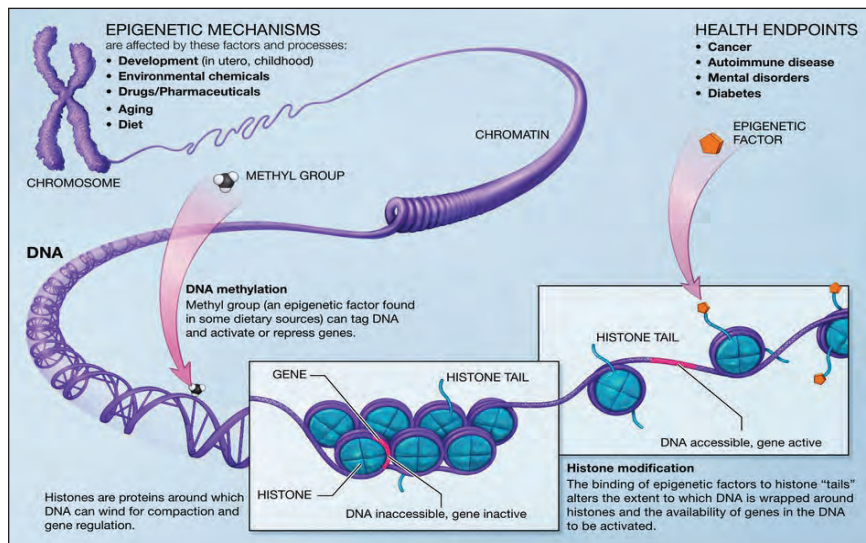
It has long been known that malnutrition in children is highly destructive for brain functioning, and extreme physical stress situations in pregnant mothers will have effects on the foetus. Further health problems will occur throughout the mother’s lives and the lives of their children. Such long-term health outcomes were particularly observed in children whose mothers were pregnant during the Dutch famine. Because of precise record-keeping and the many years of generational comparisons, these permanent health effects were verified. These children had negative health outcomes, including higher cardiovascular mortality, cancer mortality, kidney disease and poorer cognitive function in their 50s. In males, such exposure also led to a higher risk of neurodegenerative disease and mental disorders.

When we think of the situations around the world where mothers and children are experiencing starvation and famine, it is clear that if they survive starvation, negative mental and physical health effects will continue for generations.

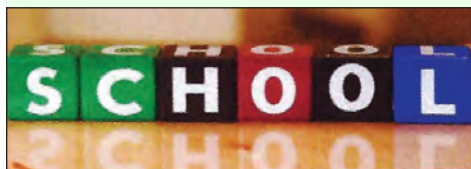
As a McGill Professor, Margaret Lock elaborated:

We are “social bodies” at risk for disease in terms of “history, environmental exposures, individual development and life experiences, and political and economic vicissitudes, in addition to... genetic constitution (Lock, 2012:129).

We now recognize that, in fact, a combination of Nature and Nurture creates the persons we are in all realms of our physical, mental, and emotional life.



Wikimedia Commons: https://commons.wikimedia.org/wiki/File:Epigenetic_mechanisms.png



School Matters

By Gordon Wetmore
(gordonwetmore5@gmail.com)



Instead of my telling you about what schools are doing, here are four stories written by students themselves, two from teams of writers from Mountainview and St. Jude elementary schools and two from our correspondents in Lake of Two Mountains and Rosemere High Schools.



Mountainview Is Here To Move

By Blanche Perron, Tiffany
Eloise Linares Blanco,
Allison Boudrias and Smiley
Beauséjour
Grade 6, Mountainview

Elementary School, Deux-Montagnes

Mountainview Elementary had a great start to the year filled with wonderful activities. To be more specific, we had our annual Corn Roast, The Terry Fox Run, and The Truth and Reconciliation Walk.



Here are Mountainview Elementary's proud writers: Smiley Beausejour, Allison Boudrias, Blanche Perron and Tiffany Linares Blanco

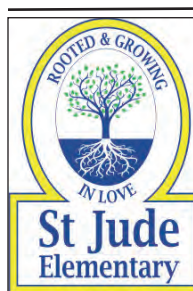
Our school dedicates a day where our school community gets together to celebrate the beginning of a new school year with a delicious corn lunch. On Thursday, September 18, all of the Mountainview students got the fun of shucking the corn and getting a reward because of working hard, which was a full day of fun activities in bouncy castles! (Plus little treats that satisfied our hunger.)

But that's not all. There was our Terry Fox Run event on Monday, September 29. In the Terry Fox Run, many kind souls donated more than \$5000 to cancer research. Staff, students and volunteers ran for their loved ones. Even a kind-hearted student decided to push a young girl in a wheelchair throughout the entire run.

The Truth and Reconciliation Walk took place on Tuesday, September 30. It started in Oka and ended in Kanehsatà:ke. The grades 5 and 6 students were invited

to join with students from a lot of other schools in order to show their sympathy for the kids who sadly lost their lives in residential schools. We can't fix the scar we left but we can try and make it better.

Mountainview is thrilled to have had the opportunity to celebrate these amazing events organized by our principal and staff. Fantastic! Mountainview is here to move!



Do you ever have trouble in math? I like Saint Jude, a school that shines

By Sarah Raynauld, Daphne
Louisseize, Arielle Bertrand,
Aariyah Hoskins, Leila Marcotte-
Giroux and Ivy Mastroluca,
Grade 6, St. Jude Elementary
School, Deux-Montagnes

7x8, how hard is that? Well, here is a special trick that I learned at St. Jude. You know that, in dance/cheerleading, you go 5-6-7-8. Well, $56 = 7 \times 8$. How cool is that? These are all types of things we learn at St. Jude. Did you know that deserts aren't always hot and dry places? In daytime, it could be about 38°C , while at night, it can go down to -4°C . Wow! Isn't it incredible? Deserts can also be really cold because a desert is a big area of land, so Antarctica is a desert even though it's freezing. All these things are so interesting, I love learning at St. Jude!

At St. Jude, we also have amazing fundraisers. Here are



The writers from Deux-Montagnes' Saint Jude Elementary School in their outdoor classroom.

some examples of the fundraising that we do. We do Frozen Yogourt, Bake Sale, Freezie and Popcorn days to name a few. The money we collect with these fundraisers either goes to the school or towards our graduation and our end-of-year trip. We also have the Terry Fox Run. This year we raised about \$6500 for cancer research. Did you know that before Terry Fox started the run, the

Continued on page 15

Continued from p. 14

chance of survival from cancer was only 5%, and now it has increased to 80%. Cool, isn't it?

At St. Jude, we have a program called Star Power. The Star Power program is a program where every month there's a theme, and if you follow the theme, you get a star with your name on it. At the end of the month, there is a draw that takes place in the gym during an assembly with the whole school. If you have multiple stars, you have more chances of winning, of course. All of the stars are put into a bag, and the homeroom teacher pulls out two stars from the bag. If the star has your name on it, you get a treat. These are some of the treats we've had in the past; sundaes, bubbles, a colorful drink, cake, cookies, etc. This year, we've just started, so our theme for this month is Teamwork and Communication. Good Luck to all!

I would also like to talk to you about our really big school yard and all of what we have in it. In our yard, we have an outdoor classroom, a module, punch ball and tetherball posts, etc. If you're wondering what an outdoor classroom is, it's a classroom that is outside, but it doesn't have walls. It's made up of benches all in a row like a classroom, and it is super useful if you just want to sit and talk with your friends. We also have a soccer field in our yard, and to get organized, we have a schedule for each grade level to follow. It is just so fun!

St. Jude isn't just a school - it's a community of friendship, learning, and fun. Every activity, fundraiser and smile makes our school shine brighter.



Running for marks

By Zoe Auger, RHS Correspondent

On a sunny Tuesday morning October 8, Town of Rosemere residents living near Rosemere High School (RHS) may have wondered why their quiet streets were filled with running, panting teenagers.

The reason? It was the school's annual running exam to grade students for physical education.

All students in Secondary 1 and 2 ran a 2.5 km track, with the boys and girls each running three minutes apart from one another. The time for each student was tracked through the use of numbers assigned to them to identify grade levels and last names. Students in Secondary 3 ran a 3.5 km track at the same time as the Secondary 4 and 5 students, who were running 5 kms.

Teachers supervised each corner and turn, making sure the students never got lost and knew where to go, while helping out students who struggled with the run to get to school without hurting themselves.

The top times from the 2.5 km run were 12 minutes and 21 seconds for the Secondary 1 girls, 10 minutes 30 seconds for the Secondary 1 boys, 12 minutes 53 seconds for the Secondary 2 girls, and 10 minutes 27 seconds for the Secondary 2 boys. For the 3.5 km run, the top times

were 19 minutes and 11 seconds for the girls, and 16 minutes 15 seconds for the boys. Lastly, for the 5 km run, the top times for Secondary 4 students were 26 minutes 51 seconds for the girls, and 23 minutes 42 seconds for the boys, while the Secondary 5 students top times were 25 minutes for the girls, and 20 minutes 21 seconds for the boys.

It was an event that the students and teachers took seriously, many students having worked on their cardio to beat their previous scores. All in all, the RHS School Run went incredibly well.



High schools beyond the screens

By Isabella Hébert, LTMHS

Correspondent



The start of a new school year means a new beginning for everything! New students, new experiences, and new rules. This year at Lake of Two Mountain High School (LTMHS), we have experienced change for the better, from letting students feel more free with our dress code, to phones now being out of sight!

This fall, by government regulation, cell phones in all high schools in Quebec are nowhere to be found! LTMHS is taking this new regulation very seriously. Around the halls, students adjust to this change by learning to rely less on their devices during the school day, often turning instead to conversations with friends or joining school activities to pass the time.

High school students tend to use their phones for extended amounts of time, causing them to never be able to live in the moment or embrace the present. With this new rule in Quebec, not only will students pay closer attention during school hours, but this will also reduce the amount of distractions around them. In most high schools, cell phones aren't recommended in classrooms and can cause distractions during class time, so this new rule can have many advantages for student health!

This break from phones can do much good for students at LTMHS and elsewhere. Many teenagers might see phones as a necessity, but once you detach yourself from it, you start to realize just how much you've missed. Suddenly, moments you love last longer, people you've known for years have freckles, and time goes slower but in the best way possible. With no devices used for texting, students at LTMHS will learn to step out of their comfort zones and gain new social skills. The best thing to have in life is each other, which is why this new rule is important to LTMHS.

While walking through the halls of LTMHS, you can see that school spirit seems more alive, vigorous, and stronger than ever! Students seem to have new connections, with laughter echoing between classes, more participation in clubs, and a greater sense of community

Continued on page 23



FC Revolution 5th Annual Soccer Tournament

On Friday, Saturday, Sunday and Monday, August 29, to September 1, 2025, the Tournoi Revolution FC Desjardins, hosted their 5th Annual Soccer Tournament. 350 Teams were registered a tournament record.

Games were played in Deux-Montagnes, Saint-Eustache, Boisbriand and Mirabel.

The registration, price for entry was \$465 per team. The age brackets for girls and boys were from U-09D1 to U16D1-2. The head office for FC Revolution is in Saint Eustache. many Ggmes were played throughout four communities.



One game in particular that caught my camera was a match of DDO vs Mirabel...U13MD1...at Central Park in Deux-Montagnes. The weather held up under cloudy sky conditions. DDO better known as Dollard-des Ormeaux, from the West Island, controlled much of the play as they continually attacked the Mirabel defence. Their positional formation was excellent. Mirabel did not make the necessary changes to take away DDO's offensive onslaught resulting in a DDO 3-1 victory.



Sports Rap

By Bobby Fordham
Sports Editor



Thanks to the FC Revolution Tournament Committee and related sponsors. A special thanks to the fans and parents who play a big part in the success of their kids just by showing up for the games. It means so much to the players and coaches to witness parental support.

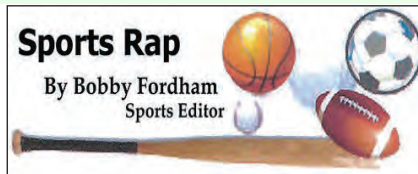


The annual Bats on the Fence Slo-Pitch softball tournament, took place on Saturday, September 27, at Central Park in Two Mountains.

The weather was ideal for ball considering the cool nights and mornings that been forecast. Beverages, grilled cheeses sandwiches,, hot dogs and burgers were on the menu. They hit the spot. Thanks to the cooks.



Eight teams participated, Group 1: Team Flamingos, Jay, Aztecas and Selenia,



Group 2: Team Jennifer, Chaud Bateau, Amanda and Shannon.

The pitching format was 6-12. A pitched ball must not be under 6' and or over 12'. If the ball touches the home plate mat without a swing from the batter it's a strike. There were seven men in the field and three women.



The organizing committee

Many hit balls found a hole for singles. Base running became a necessity, and an important part of the game. The defence kept them on their toes and alert.

Many thanks go again to the volunteers, umpires and organizing committee. Proceeds will be submitted to La Fondation Sercan vous Souhaite, in Saint-Eustache, at a later date.

Well done to all and a special thanks to the players for sacrificing their Saturday for a great cause.



OPINION # 1

The 2025-26 NHL season will be very interesting. The Florida Panthers will be trying to threepeat, but the young and talented Montreal Canadiens could very easily be a bump in the road for the Panthers. In the 2024-25 season the Canadiens beat the Panthers four times.

Therefore, with a better lineup this year, good additions, and the core of players now five years together, the Canadiens are ready to challenge for the Atlantic Division Championship. They are not only talented with speed and skill, much improved PP, much tougher, very tenacious, with more size, great puck carrying defencemen, led by Lane Hutson, great leadership from captain Nick Suzuki, great goaltending, starter Sam Montembeault and backup Jakub Dobes, a great motivating head coach in Martin St. Louis. It's there for the taking. If they stay healthy Montreal will be the talk of the league. The Bell Centre will be the place to be,



OPINION # 2

In Deux-Montagnes, our municipal government, led by Mayor Denis Martin, spent an important amount of tax dollars in a correct location by investing and rebuilding Olympia Park, with fencing surrounding the park's perimeter. What this does is to secure the softball diamonds and outfields so foul balls do not enter home owners' back yards. There are approximately 240 softball players participating at our Olympia facility, plus tournaments, more than 400 players boys and girls, men and women, totally. The City also built an outdoor arena with boards for ball hockey, pickleball and potentially lacrosse. The tennis courts have been resurfaced. These additions to the Olympia Park have opened up a brand new future for sporting activities enabling 600-700 sporting enthusiasts to enjoy and participate at Olympia Park for exercise, getting required fresh air, in a competitive fun atmosphere This is very important in today's world. My opinion.

A Look at Rosemere

By Kathy Nolan

And it's that time again. The end of 2025 is upon us and soon we will be celebrating a new year. May the next and last two months of the year be filled with good times and memorable moments.

Appreciation Tea, Canapes and Sweets – On August 17 Ann Gillard hosted an afternoon for her stalwart supporters. As the photo shows, quite a few of them attended, although not all were able to. During this event Ann, who drives many campaigns to provide food for the less fortunate, thanked all those behind the scenes who donate food and / or money.

If you would like to help Ann with her fund-raising efforts she can be found in the Facebook group Les Voisins de Rosemere where she uses her Facebook profile to post updates and specific requests regarding the donations for and made to local organisations as well as one in Montreal.

Ann Gillard will again be holding her annual **fundraising** dinner in December. The date has yet to be nailed down; it will either be Saturday, December 6, or Saturday, December 13. Unfortunately, it won't have been confirmed prior to this issue's deadline, so feel free to contact Ann directly at 514-778-6743 to find out the date and, of course, to purchase your tickets.



International Seniors Day – The Town of Rosemere celebrates this annual October 1, day with a delicious brunch offering senior Rosemerites an opportunity to connect with old friends and even make new ones. This successful event, made possible in collaboration with the Rosemere Horizon Association, also offered seniors an opportunity to learn more about certain available community services. On site were officers from the Régie intermunicipale de police Thérèse-De Blainville, representatives from Centre d'action bénévoles Solange Beauchamp, L'Antr'Aidant, Rosemere Volunteer Services Gift Shop, Meals on Wheels and the Rosemere Horizon Association. Personally, I was on site representing the Société d'histoire et de généalogie des Mille-Îles.

Drop-In Center - Lynn Walker and her generous volunteers began hosting their weekly Wednesday lunches again on October 1. Held in the Havill Hall of the St. James Anglican Church on Pine Street, the light lunch includes a choice of two homemade soups, fresh buns and homemade desserts. It is funded entirely with the donations of participants (whether it is financially or voluntarily with a huge batch of soup or a homemade dessert) this much-appreciated mid-week get-together is a must. The food is delicious, and everyone is so friendly. Drop-In sometime!



Holidays and special events are celebrated during these Wednesday lunches. The first birthday celebrated this season was Sylvia White's.

Rosemere Artists Gathering – Their Fall Exhibit will be held the weekend of November 28, to December 1, at Hamilton House. It's a great opportunity to pick up an original gift! For specific details please like their Facebook page "Regroupement des Artistes de Rosemere."

If you're looking for other gift ideas, be sure to check out the Rosemere Volunteer Services gift shop. Whether it is jewelry, women's fashion accessories or handcrafted items, you'll surely find a treasure. Prices are tax free, and all proceeds go back into the community. This year it was high school graduates Alyssa Raposo and William Devy-Hamelin who each earned 250.00\$ RVS bursary. Gloria Khur, RVS president and Gayle Lemm, shop manager attended the September 20 graduation ceremony for the class of 2025 to present a bursary to each student. They are both continuing their education at Dawson College.

As a reminder, the shop hours are Tuesdays, Wednesdays and Thursdays from 10:00 am to 3:00 pm. It will also



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be open during the weekend of the Etsy Laurentides Holiday Market Friday, December 5 (6:00 am to 9:00 pm), Saturday, December 6 (10:00 am to 5:00 pm) and Sunday, December 7 (10:00 am to 4:00 pm).

Valora Association – This year their 17th Annual Holiday Open House benefitting women's shelters will be held on **November 9**, in a new location, **Rosemere High School** located at 530, Northcote Street. Gifts for women, girls and boys can be donated during the event. Please gift wrap and label your gift. Note that monetary donations can also be made. For more details about the event and the association follow their Facebook page www.facebook.com/ValoraAssociation

Did you know.... Municipal elections in Québec happen every four years on the first Sunday in November. Prince Edward Island's municipal elections are also held in November. Other provinces hold their municipal elections in October, New Brunswick holds theirs in May, Newfoundland and Labrador is in September and there is a different schedule for the Yukon and the Northwest Territories' communities and hamlets.

In 1959, Rosemere's municipal election was held in May. The May 7th edition of *The Gazette* announce on page 13: "Rosemere Council Gets Woman".



Times have changed. Many women have played important roles in the Town over the years, many as town representatives; however, in 1959 Carolyn Owens was one of only a few women in Quebec who were involved politically. Interested in learning more about Miss Owens? An article to be published in the December issue of the Société d'histoire et de généalogie des Mille-Îles' bi-annual magazine will be translated and republished in our next edition.

As often is heard after an election whether it be municipal, provincial or federal, "We hope you won your 2025 municipal election."

100 years! – The Willis house located on Philippe Street celebrates its 100th birthday in 2025. It was on October 1, 1925, when Alexander Parker Willis, Jr. purchased two lots of land (lot numbers 44-54-4 and 41-54-5) from Percy K. Brown. These lots had been previously owned by Paul Barnard Earle.

Construction of the house most probably began in

1925 and was completed prior to June 23, 1926, when Alexander Parker Willis Jr. married Irene Sarah Salmon. A marriage contract was drawn up, the day prior to the wedding, by Notary John Alexander Cameron, in which Alexander Parker Willis Jr. gifted the newly built house to his future wife. The Willis family lived in the house for 25 years and since 1950, only six other families have created a



lifetime of memories here.

Alexandre Parker Willis, Jr. was the manager of the Willis Piano factory in Sainte-Thérèse for well over 30 years. According to a newspaper article in the *Voix-des-Mille-Îles* after his death in 1970, Lionel Bertrand's tribute to him mentions Albert Parkers Willis, Jr.'s involvement in the community. He was a town counselor for the Parish of Sainte-Thérèse-De Blainville of which Rosemere was a part of at the time. He was also invested in the movement for the creation of Rosemere as a distinct town initiated by the Rosemere Citizens' Association for which he was Secretary-Treasurer. He was also the co-founder of the Sainte-Thérèse Chambre of Commerce, sitting on the board of directors for 18 years and becoming its President in 1944. He was also involved in many community organizations, in particular the Sainte-Thérèse branch of the Red Cross. He is described as an accomplished gentleman, who got along with everyone.

The two photos shown here, among others, were recently donated to the historical society by Mark Gallop, a descendant of Alexander Parker Willis, Sr. As a result a private archives fund has been created: Société d'histoire et de généalogie des Mille-Îles, Fonds Willis Family (P156).



In this photo, taken circa 1931, is Albert Parker, Jr. and Irene's daughter Marjorie with her grandparents, Laura and Albert Parker Willis, Sr. and her uncle Montague, standing behind them.

The next two months will most probably be quite busy so here's hoping you're taking a little "me" time. Sit down with a nice cup of tea or coffee while you read this issue. Take the time. We wish you a joyous time with family and friends. Happy New Year!

For any information regarding this article, to announce an event or 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.

Summer Roundup

Story and Photos by Gordon Wetmore

In the chill of November and the dark of December, it's good to remember those weeks in September when days were much warmer; then the leaves of October that blazed in the sun. Here is a quick roundup from the end of the summer.

The Kanehsatà:ke Traditional Powwow Saturday and Sunday, August 30 and 31, could not have ended the month better. Although Saturday saw light showers, Sunday's ceremonies were blessed with sunshine – and an eagle flying over. With the drum groups' percussive rhythms and chanting, the regalia clad dancers circling the central Arbor, the spectators ringing the grassy oval, and the vendors and food kiosks at the tree-lined outer limits, the experience was an eye-opening, mind-expanding visit to another time, one that is felt as much as seen and heard. Its low admission fee (free for elders and children) and a strict no alcohol, no drugs policy, made it a safe and welcoming experience where Indigenous and non-Indigenous visitors mixed freely.



The Kanehsatà:ke Traditional Powwow an inclusive, immersive experience



The Festival de la Galette was a window to life in Saint-Eustache's past.

Marking the transition from summer to fall, Saint-Eustache's annual Festival de la Galette took place under sunny skies and turning leaves, Friday, Saturday and Sunday, September 19, 20 and 21. While everyone (almost) lined up to indulge in the savoury buckwheat pancakes with molasses (or maple syrup) at the outlets at Moulin Légaré and Manoir Globensky, the festival was really another virtual trip to a former time – a celebration

of the history and culture of Vieux Saint-Eustache. There were art exhibitions, handicrafts, depictions of military and social life, farming and other aspects of life in centuries past. There were people in uniformed military units. Others in period dress made tools, cooked over fires, played games, exhibited agricultural products, and much more. Wandering minstrels, singers and musicians entertained, although those on stage used modern microphones and amplifiers.



Saturday, September 27, was also the last day for Saint-Eustache's Marché Public (farmers' market) on Rue Vieux Saint-Eustache. Every Saturday

since spring, people flocked there to buy fresh local corn, berries, vegetables, baked goods and a host of gourmet treats, local wines, coffees, hot paellas, and enjoy live entertainment.

Also on that Saturday, a lone green heron gazed forlornly from a tree branch at the pools on Rivière du Chêne just below the mill. At the beginning of summer, the pools were crowded with three types of heron, gulls, ducks and geese, but with the drought, fishing was bad and water was low. Next day, water no longer flowed over the old concrete barrier, the pools sat empty, and the heron was gone.

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Truth and Reconciliation Day

By **Xavier Tehoniehtáthe Meloche, Ratihén:te Secondary 5 Student**

September 30 is Truth and Reconciliation Day, which is all about honouring those who were taken away from their families and placed in residential schools. Not many escaped or survived, but those who did continue to bring our people towards wellness and prosperity. Phyllis Webstad was also related to this day, as she had worn an orange shirt to a residential school. This shirt was taken away, though. As a result, Truth and Reconciliation Day is themed around this very color. Reconciliation is also about the restoration of friendly relations between us, the Indigenous, and others.

To commemorate Truth and Reconciliation, about 400 students and staff from various schools came together on October 1, 2025, for our second annual walk. The schools involved were: École des Pins, École Secondaire Oka, Mountain View Elementary, St. Jude Elementary, Lake of Two Mountains High School, Ratihén:te High School, and Rotiwennakehte Elementary School.

Watsenniiósta Nelson (Kanehsatà:ke Director of Education) and the members of the reconciliation committee helped to organize the event. The committee is composed of the principals and student life animators from our two community schools, the principals from École des Pins and École Secondaire Oka, and Catherine Boyer, a school police educator from the Sûreté du Québec. Lastly, the Sûreté du Québec and the Kanehsatà:ke Perimeter Security team helped to secure all of the roads needed for the walk.



Photo by Christine Lefebvre, teacher

Kaliyah Wahianón:ron Nelson (leader for the social dances), Rose Karonhiathè:tha Bélisle-Diabo, Jayden Ratiwé:ras Cree (photographer), Jack Rarihwaíénhne Cree and Xavier Tehoniehtáthe Meloche (writer).

The event started at École des Pins, and progressed through Oka Village (Kaná:takon) up into the Kanehsatà:ke pines. The walk ended near Rotiwennakehte Elementary School, at the lacrosse box. The activities were started with the Ohèn:ton Karihwatéhkwén thanks-giving address, led

by the Ratihén:te High School students and Kanien`kéha teacher Katsi'tsí:io Gareau. That was preceded by the walk, and then by various Haudenosaunee traditional social dances at the lacrosse box, where it ended. The dances in order were: the Stomp Dance, the Duck Dance, the Alligator Dance, the Robin Dance, and finally the Friendship Dance. All of these required a collaborative effort from nearly everyone to perform in unison. Wahianón:ron Kailah Nelson, a secondary five student at Ratihén:te, led some of the social dances. She said, "It was very nerve-racking, but a good experience to get me out of my comfort zone and to help teach others about our traditional dances."



Photo by Jayden Ratiwé:ras Cree

Orange-shirted students from Deux-Montagnes, Oka and Kanehsatà:ke united in walking for Truth and Reconciliation

This day was meant to bring us all together as one and reflect on what has been done to our people from the past and the intergenerational trauma it caused. This day also brings a major issue to light, explaining how it has affected our people. In the end, seeing all these schools come together was a powerful moment to bring Truth and Reconciliation to life.

Nia:wén (thank-you) to all who participated, and to seeing this grow even bigger in the future.

(Additional input from Christine Lefebvre, teacher, and Kimberly Simon, principal)



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Nuthatch Nest Tricks, Window Perils and Recent Sightings

By Geoff "The Bird Man" Bliss
gbliss82@gamil.com

Common in our area are White-Breasted Nuthatches, preferring mature deciduous trees, and Red-Breasted Nuthatches, preferring conifers, or as they are more popularly known evergreens. These entertaining birds have an interesting habit of walking up and even down trees, in pursuit of their principal food of insects and their larvae. Both species nest in tree cavities, frequently holes left by woodpeckers, with each specie employing a particular method of fending off predators. If the hole entrance is larger than necessary, the White Breasted Nuthatch will decrease the size by adding a thick layer of mud around the hole which hardens to prevent unwanted guests. The Red Breasted Nuthatch employs a different technique, by adding a sizeable layer of sticky tree sap around the entrance, leaving just enough hole size for them to enter.

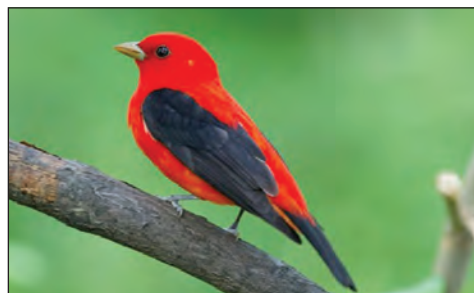
I was reminded recently when I discovered a dead Yellow-Bellied Sapsucker that had hit the window of a local business, that windows, and particularly clean windows, are a dangerous peril to birds. It is estimated that between 16 and 42 million birds die each year in Canada by flying into windows. There is an excellent website we can check out called **Flap.org** which concerns this issue, with tips on how to prevent these unwanted collisions. If you can keep your curtains or blinds closed, or partially closed, it can help. Plus if you can live with not perfectly clean windows it can help reduce the reflection. Sorry Mr. Windex.

Once again we have wonderful bird sightings in our

area. Thanks to co-contributor to this fine publication Andrew Brown for his report and picture of a family of Norther Flickers, and also thanks to Olga and Chris for their report and pictures of a Rose-Breasted Grosbeak that spent the day in their back yard. Several people have reported seeing Bald Eagles, including a juvenile which are mostly brown and lack the white head and tail. We also have sightings of a Winter Wren, Eastern Pheobe, Cardinals, Blue Jays, Veery and a Scarlet Tanager. You can check these different birds out in your bird book or google them.

It was a close encounter with a Scarlet Tanager circa 1975 that started my fascination with birds!

Scarlet Tanager:



Until next time, happy birding everyone!

Keep your bird sightings coming to my email: gbliss82@gmail.com

Geoff 'Bird Man' Bliss

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When the price is NOT right

By Angela Kawisokwas Gabriel

Call it being sheltered or just call me a plain ol' country girl but the first time I tried Chinese food I was 25 years old. Once I had tried it though, I simply couldn't get enough. To give you an example of how much I came to love it: I wanted to have a Chinese buffet at my wedding. Hubby being an Italian from Rome wouldn't have it. Anyway...a girl can dream. These days, I still don't have the opportunity to eat as much Chinese food as I'd like to as I still live in the country and because there just aren't any Chinese restaurants in the area.

To get to the point of this piece, I want to point something out that really irks me. Not too long ago on the way home from a work conference, I stopped to grab a quick lunch at a popular buffet restaurant in St-Jerome. It was my first time there. The restaurant served just about everything your heart could desire - including Chinese food. I found the price quite reasonable and the food was delicious. I made a point to say to my co-worker that I'd soon return with my husband. A few months later, I convinced my family to go on a Friday night. Once we arrived, sat down and looked at the menu, I realized that the price had changed. Instead of it being \$13.99 like it was when I had been there for lunch, the price for supper had gone up to \$38.99. IT WAS THE SAME FOOD!!! I was so confused. I had no words. I questioned how this could be? How can they get away with this? Why is the food more expensive at suppertime when it's the same food? Changing the price like this honestly should be ILLEGAL! Unfortunately I've come to realize that this happens all the time. I'd really like to know how this has been allowed to go on? I can't help but feel like we are being swindled.

If you buy beer, it's exactly the same. We can buy a case of 24 beers for about \$40. One bottle at a bar or restaurant is about \$7.50. If you do the calculation, drinking five beers at the bar is the same price as drinking 24 beers at home. Another example: a case of 24 bottles of water is \$4.99 at

the grocery store. At a restaurant, a single bottle of water or soft drink sells for \$3.00-\$4.00. FOR ONE! Why? How do they continuously get away with this? Speaking of water...I ran into a grocery store not long ago with two toonies in my pocket. I planned to buy a case of water, which was supposed to be "on special" for \$3.99. When I arrived at the cash the cashier told me the price was \$6.39. I said whoa! What's going on? The cashier explained that there was now a deposit on water bottles, since we could now return them for cash. What is this world coming to?



One more thing...for those of you who return empty bottles for quick cash, how do you like that new bottle recycling facility in Ste-Marthe-sur-le-lac? Since I work full time, I have found ways to cut down the time I spend doing errands. I used to drive two minutes from my house to my local grocery store and plop down my giant bag of empties to get a whopping \$24 back. Suddenly - and unfortunately - they are no longer accepting the big bags of empties at my local grocery. I'm forced to line up and contend with their new machine, where we insert one bottle at a time. Lucky for those who arrive and the machine actually works. Lucky for those who don't start their task and find the machine is full. I refuse to fight with a machine, so I drive 15 minutes away to return the big bag of bottles. Physically it's a bit of a trek to carry that big bag of bottles across the parking lot, and it is especially awkward if you have two bags full.

I am always very conscientious to fill the bag to the line. Unfortunately, up to now they've not given me back my \$24.00 yet. The payback is always less. I recycle because I want to do my part in protecting our Mother Earth but unfortunately I know many people who won't even bother now. So I ask this question: Who is really winning here? Maybe I think too much, but there are just some things in this life that aren't quite right.

Continued from page 15

building throughout the school.

Although this regulation does come with many advantages for students, phones, as we all know, are a means of communication. Phones are very important when it comes to medical situations or times of need. During medical emergencies or health issues, students wouldn't be able to easily contact their parents or guardians by the simple tap of a button. We can also turn this situation around. If parents have any issues, they can't contact their child directly during school hours, since phones need to be kept in lockers at all times. I myself have experienced a situation where my parents couldn't reach me, and I'm positive I'm not the only student this has happened to. However, for anything urgent, parents can call the school office and someone there will contact the student.

It is important to stay off our cell phones and enjoy

life itself. Many of us who stay glued to our phones forget that there is life beyond the screens. This is just as important for high schools and their students. Cell phones can be intoxicating to teenagers. We went from only being able to communicate with them, to seeing new social media apps being formed daily. Although there are some disadvantages for students, LTMHS will do its best to assist students in times of need. It is important to see both sides of a situation, especially one this big, and LTMHS notices this.

This new chapter at LTMHS is more than just about putting phones away; it's about opening the door to new opportunities, stronger friendships, and lasting memories. We can't wait to see how students continue to grow, connect, and embrace every moment this year.



The Church Mouse,

Nov 11. Don't forget Armistice Day and remember the sacrifice of many so that we can have our freedom and enjoy life.

Dec 25. All the articles in this organ are produced by volunteers and they wish you a Happy, healthy, and Merry Christmas.

Sun, Sun, Sun, that beautiful sun that we would not be alive without it. But, show it a lot of respect, or it will get you in the end. Isn't it nice to have a beautiful tan? If you are in the sun accidentally for a longer period of time than what you thought, for goodness sakes, cover your head and ears. I have just purchased a hat that covers my head and ears. That's like closing the barn door after the horse has left the barn. I'm bringing this subject to your attention because I have had cancer on my face and arm, and now there is cancer on both my ears and nose. OH, I'm just going to be in the sun for just a couple of minutes. Don't believe it. I'm not sure if the sun screens do a sufficient job of stopping the UVA & UVB rays as they so indicate. Do you always lather your face and ears with the sun screen? I'll bet you don't. You know the old saying; it can't happen to me! Dream on MacDuff! I never thought it would happen to me. But, now you know.

The REM is expected to start rolling to Two Mountains commencing Nov. 17.

Space—Voyager 1 has just hit a mile stone in space. It is one light year away from earth. That's 9'461 trillion kilometers (5.879 trillion miles). Yes, nearly 6 trillion miles from planet earth. Light travels at 186,000 miles (300,000 kilometers) per second.

I've just learned that there is a new kid on the block travelling at 245,000 Kilometers (152,235.94 miles per hour) and that it is twice the size of our earth, 24km by 26km. 31/ATLAS has the scientists puzzled because it is spewing water and aren't sure what it is. It is also emitting a plume containing 4 grams of nickel/second and a metal alloy called nickel tetracarbonyl

The Church Mouse

By Eric Painter



never seen in nature and only manufactured by humans so says Harvard astrophysicist Dr. Avi Loeb.

Honey, no, not you dear, the type that is produced by bees. Honey never spoils, is antibacterial, loaded with oxidants and contains numerous minerals including calcium, iron, copper, phosphate, sodium chloride, magnesium, and potassium with vitamins B6, niacin, riboflavin, thiamin, pantothenic acid and many amino acids.

God Bless everyone

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Why do we celebrate Christmas? Many people don't know.. In the beginning was the word, and the word was with God, and the word was God. The same was in the beginning with God. All things were made by Him: and without Him was not anything made. And the word was made flesh, and dwell among us, (and we behold His glory as of the only begotten of the Father,) full of grace and truth. God, the only true God, creator of the universe, has chosen to come down to earth as a baby at Bethlehem long ago, bringing hope to a dying world. Had he not come to us, we would still be lost and without hope and the world rejoices in His coming to us at Christmas. Why not believe in Him today and ask Him into your heart and life? It will be the best Christmas you will ever have.

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Sunday service and Sunday school
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All Saints Church

248-18th Ave. Deux Montagnes

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Priest: Reverend David Hart

Sunday Service 10:00 am. Streamed live at

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

Nov 1; Dec 6 Food for body & Soul breakfast 1000

Nov 8 Bake sale 10AM -2 PM assortment of baked goods, crochet items and a hot lunch.

Nov 27: Dec 18 Holy Communion Les Cascades 1030

Dec 7: Ecumenical service lessons & Carols 7 PM to benefit AGAPE.

Dec 24 Christmas Eve candlelight service

Donations can be made to <https://www.canadahelps.org/charities/118783422RR0002-allsaints-church>

Personal requests Rev. davidhartascgmaail.com 450 472 3065

Prayer requests jeffalexander@sympatico.ca

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smarion@paroissestluc.org

WWW.paroissestluc.org

Sunday mass 11:00 am

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 pm 1 to 4:30 pm

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The luncheon program is sponsored by a Grant from the Good Samaritan Fund and Riverside United Church in Rosemère

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Wednesday, Thursday & Friday 09:00 am

Office hours ; Monday, Wednesday and Friday 09:30 to 1230.

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

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

November Progressive Whist is cancelled. The Catholic Women's League....Christmas Bazaar and Team Room... Saturday, Nov, 29, 10:00 am- 3:00 pm....Holy Family Church Hall...1002 Oka Road
Tables of: Home Baking.. Crafts..Christmas Decorations.. Jewelry..Toys.. Hand Knit Items Nearly New Items..Refreshments and Tea Room..

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November Activities

November 8, - Cribbage 1:00 pm (Kitchen open 11:30 am)
November 12, - Monthly Lunch - 12:30 pm
November 14, - Karaoke fun night - 8:00 pm
November 16, - Annual General Meeting 2:00 pm
November 16, - Grey Cup Party (Kitchen will be open)
November 19, 2025 - Bingo afternoon - 1:00 pm
November 22nd, - Fall Craft Fair - 10:00 am to 3:00 pm
November 28/ 29, - Forever Young Theatre - Show (Cinderella)

December Activites

December 6, - Cribbage Afternoon 1:00 pm (Kitchen open 11:30 am)
December 7, - Forever Young Theatre (visit with Santa) morning
December 10, - Monthly Lunch (Forever Young Singing Christmas Carols) 12:30 pm
December 17, - Bingo Afternoon - 1:00 pm
December 31, - New Year's Eve (further information to follow)
December dates - Karaoke not sure of dates - call 450-473-5428.

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with Hazel

My Favorite Recipes

By Hazel Wylie

FISH BATTER



Ingredients:

¾ cup Flour
2 tblsp. cornstarch
½ tsp. baking soda
½ tsp. baking powder
¼ tsp. salt
¾ cup water

Directions:

Stir dry ingredients together.
Add water and mix well.
Add fish to batter.
Cover the fish completely.
Deep fry in oil until a nice golden brown.

YUMMY!!

Hope you enjoy!

APPLE FRITTERS



Ingredients

1 ½ cups all purpose flour
¼ cup granulated sugar
2 tsp. baking powder
½ tsp. salt
2 tsp. ground cinnamon
½ cup unsweetened applesauce
½ cup milk
2 large apples diced
Vegetable oil

Glaze Ingredients

3 cups powdered sugar
1/3 cup milk
½ tsp vanilla extract

Fritter Instructions

1. In a large bowl, stir the flour, sugar, baking powder, salt and cinnamon to combine them.
2. Add applesauce and milk to the dry ingredients and mix until just combined.
3. Fold in the diced apples.
4. Heat two inches of oil in a large skillet to about 375 degrees.
5. Scoop 1/3 cup of the apple fritter mixture and place in the hot oil, spreading it down to flatten.
6. Cook on one side for about 2-3 minutes until golden brown, then flip with tongs and cook another 1-2 minutes.
7. Place the cooked fritters on a cooling rack with a pan or parchment paper underneath to catch oil drippings.
8. Continue with all the apple fritter mixture.

Glaze Instructions

Whisk the glaze ingredients together in a medium sized bowl until smooth.
Dip each fritter into it.
Place back on rack to harden and drip.

Yummy!! Hope you enjoy!

The Importance of Courtesy While Driving

By Armando Aguillón, mechanical engineer

Driving is a daily activity for millions of people, yet it remains one of the most stressful and potentially dangerous situations individuals face. Roads are shared spaces, where coordination and mutual respect are essential for safety and efficiency. In this context, courtesy while driving is not simply a matter of politeness; it is a fundamental aspect of road safety, traffic flow, and public well-being. Despite this, many drivers disregard basic rules of courtesy. While laws provide a framework for acceptable behavior, courtesy allows drivers to anticipate and respond to the actions of others, reducing conflict and enhancing safety.

The Roles of Courtesy in Driving – Accident Prevention

- Many traffic accidents result not from mechanical failure or poor skill, but from aggressive or impatient behavior such as tailgating, sudden lane changes, and failure to yield. Drivers who maintain safe distances, signal intentions clearly, and allow others to merge appropriately reduce the likelihood of accidents.

Reduction of Stress and Aggression - Traffic environments can generate stress that escalates into aggressive driving. Courteous driving contributes to calmer traffic conditions and reduces the risk of road rage.

Respect Improves Traffic Efficiency - Roads are shared by diverse users, including motorists, cyclists, and pedestrians. Courtesy reflects recognition of the equal rights of all road users and reinforces a culture of mutual respect. Cooperative behaviors, such as orderly merging and appropriate signaling, enhance the overall flow of traffic. When drivers consider others, bottlenecks are minimized and the system operates more efficiently. Sadly, evidence suggests that courteous driving is diminishing. Modern lifestyles often involve tight schedules and long commutes. Under pressure, some drivers prioritize convenience over consideration, leading to impatience and aggression.

Traffic Congestion - Higher vehicle density can exacerbate competitive driving behaviors. In congested conditions, drivers may perceive space as limited, prompting actions that prioritize individual advantage over collective safety.

Anonymity of the Driving Environment - Operating a vehicle isolates individuals from direct social interaction, which can reduce empathy for other road users. This anonymity makes it easier to engage in inconsiderate or aggressive behavior.

Technological Distractions - The widespread use of mobile devices and in-vehicle infotainment systems reduces attention to the road and to other users. Distracted driving often results in missed signals and abrupt maneuvers, undermining the practice of courteous behavior.

Cultural Shifts Toward Impatience - Societal emphasis on speed and immediate results has influenced driver behavior. Patience and consideration, essential elements of courteous driving, are increasingly undervalued.

Insufficient Encouragement of Ethical Driving Practices - Driver education primarily focuses on compliance with laws, with less emphasis on ethical and courteous behavior. Limited reinforcement of these principles allows inconsistent or aggressive driving habits to develop.

Habits That Promote Courteous Driving - Courteous driving is achievable through consistent application of specific behaviors, including: (1) using turn signals to communicate clearly your intentions to other drivers reduces uncertainty; (2) allowing others to merge and change lanes improves traffic flow and reduces conflict; maintaining safe following distances collisions by providing drivers with time to react; (3) limiting unnecessary horn use to preserve calm and reduce noise pollution; (4) respecting pedestrians and cyclists and other vulnerable road users; (5) remain calm in the face of delays or minor conflicts; and (6) acknowledge courteous behavior by others with a wave or other simple gesture.

The presence of courteous drivers positively influences overall behavior in traffic. Courtesy while driving is essential for safety, efficiency, and the general well-being of all road users. By prioritizing courteous and ethical practices, drivers contribute not only to their own safety but also to the safety and efficiency of the entire road system.

Finally, winter is coming — don't forget to get your vehicle ready. As always, drive safe and enjoy the ride!



A Legacy of Dedicated Service: Robert Fordham

By Andrew Brown

If you've attended a local amateur sporting event over the past few decades, chances are you've seen—and even chatted with—Mr. Robert Fordham. Known affectionately as “Bob” or “Bobby” by those lucky enough to know him, Mr. Fordham has become a beloved and familiar face in the community, especially when it comes to amateur sports.

A proud resident of Deux-Montagnes for nearly 75 years, Mr. Fordham's passion for community and sports took root early in life. As an adult—and the busy father of 5—his involvement only grew. Whether coaching, umpiring, refereeing, or enthusiastically spectating from the sidelines, Mr. Fordham has always shown up to support local athletes. And now, as a grandfather of four belonging to the next generation of the family, he's been no less involved.

Since 1980, Mr. Fordham has built an impressive resume of community involvement. He spent over 10 years coaching boys' and girls' intercity and school basketball teams and was a founding member of Basketball Deux-Montagnes and its President for 25 years.

But basketball wasn't the only game in town. Mr. Fordham also coached beloved Shamrocks intercity soccer teams for 10 years, again guiding both boys and girls with the same energy and encouragement.

Always one to lend a hand where it's needed most, Mr. Fordham has been a fixture at the annual RockyHolt Charity Softball Tournament. His place behind the mound for 30 years speaks of a genuine desire to give back and helped raise significant funds for the Sercan Palliative Care Home in Saint-Eustache, all while having fun in the process.

On the subject of fun, Mr. Fordham has never let age slow him down. With a glove on one hand and a smile on his face, he has taken to the field in slo-pitch charity events put on by the Royal Canadian Legion (Branch 185) and the Heritage Social Club. His efforts, along with those of the others involved, helped raise more than \$25,000 for the Ste-Anne-de-Bellevue Veterans Hospital over the years the event was held.

Beyond sports, Mr. Fordham has made his mark on several community initiatives. As a long-time member of the Deux-Montagnes Canada Day Committee, he played a key role in organizing children's races and security—helping make it the largest celebration of its kind on the North Shore. His time with the local chapter of the Lions Club allowed him to take part in impactful fundraising efforts and witness the power of the group's good work firsthand.

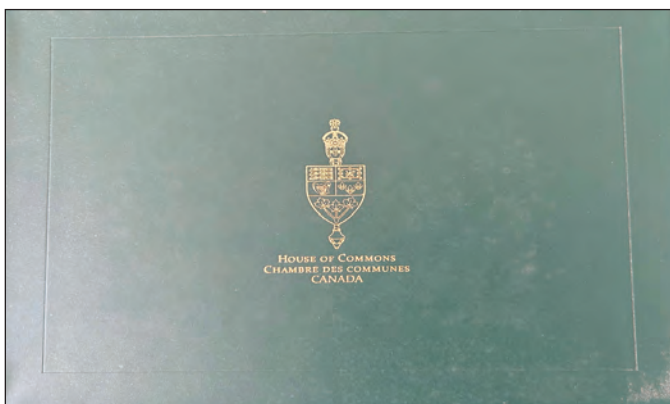
Though he's left the demands of coaching, umpiring and refereeing to the next generation, Mr. Fordham's passion for sports hasn't dimmed. Since 2004, he's been a regular contributor to the *Community Connections*, sharing stories and highlights related to local amateur sports in his article “Sports Rap”. In fact, there is an article to be found in this edition of the publication!

Among the many recognitions he has received for his service to the community, Mr. Fordham has been honoured

with awards for his participation in numerous annual Santa Claus parades, selected as Marshal of two Canada Day parades, and appointed honorary president of a Shamrocks Labour Day Soccer Tournament.



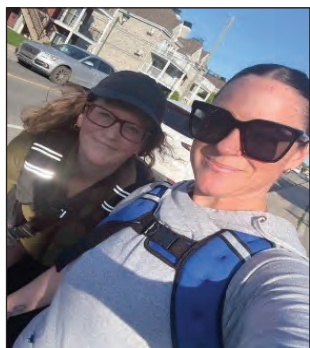
In recognition of his decades-long commitment to fostering not only the visibility of local sport but also community spirit, the Deux-Montagnes Municipal Council nominated Mr. Fordham in 2017 for formal recognition of his contributions, and the Federal Government agreed.



A ceremony was held on November 8 of that year, during which Mme Linda Lapointe, MP for the riding of Rivière-des-Milles-Isles, presented Mr. Fordham with the 150th Anniversary Pin Award in the category of Sports. Family, friends, and members of the Council were present to witness the occasion.

Well done, Bobby! Thank you for your dedication, and for being such a valued member of our community.

Fall Back into Fitness: Boost Your Mood, Health and Gratitude This Season



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

As the days grow shorter and cooler, many of us find it harder to stay active and motivated. But rather than waiting for January to restart your health goals, why not use November as your time to “fall back into fitness”? It’s the perfect season to reset your routine, lift your mood, and build healthy habits before the holiday rush begins.

After a busy summer and the chaos of early fall, it’s completely normal to feel like your fitness habits have slipped. That’s okay, what matters is getting back on track. Whether it’s walking outdoors, doing a quick home workout, or joining a fun group class, regular movement is one of the best ways to feel more energized and focused, especially as the

days get darker.

Speaking of darker days, Seasonal Affective Disorder (SAD) can creep in during this time of year, bringing on low mood, fatigue, and disrupted sleep. Fortunately, exercise is one of the most effective natural remedies. Movement boosts serotonin and dopamine which are two key brain chemicals that help regulate mood. Just a few sessions per week can make a noticeable difference in how you feel.

If you’re looking for a fun, energizing way to stay active this fall, come join me for Zumba and Zumba Toning! These music-filled, high-energy classes are a fantastic way to burn calories, tone muscles, and release stress—while dancing and having a blast.



- **Tuesday nights at 6:45 PM in Deux-Montagnes feature both Zumba and Zumba Toning (Residence Alphonse 10 8e avenue Deux-Montagnes J7R0L7)**
- **NEW: Thursday nights at the Fitforme gym in St-Eustache offer a full hour of Zumba Fitness (367 boulevard Arthur-Sauvé local 1210 J7K 3B7. 514-643-1888)**

Both classes are welcoming and suitable for all fitness levels, whether you’re new to group fitness or returning after a break. Contact me today to claim your free trial class and experience the energy, community, and fun for yourself!

And don’t forget to practice gratitude this season. November is the perfect time to reflect on what you’re thankful for. Gratitude has been shown to improve sleep, reduce stress, and even support better physical health. Try ending your workout with a moment of thanks for your body, your breath and your strength.

This November, choose movement, choose joy, and choose gratitude. Your mind and body will thank you for it.

Cheryl Dore

cheryl.dore81@gmail.com

Announcements,**Birthdays**

Thelma Hughes, Nov. 6
 Debbie & Wendy Glover, Nov. 7
 Bert Klotz, Nov. 18
 Monique Lauzé, Nov. 19
 Jenn Goulet, Nov. 27
 Lindsay Hughes, Nov. 28
 Norma Lariviere, Nov. 30
 Kennedy Family Birthdays
 Darren, Nov. 6
 Nathan, Nov. 15
 Ryan, Nov. 28
 Laura, Nov. 29
 Brandon Green, Dec. 1
 Janet Turner, Dec. 2
 Elizabeth Sacca, Dec. 6
 Margie Lavallée, Dec. 14
 David R.A. Brown, Dec. 16
 Orane Green, Dec. 22
 Zackary Green, Dec. 14
 Tess Moscato, Dec 29
 Rebecca Glover-Therrien, Dec. 31

Memorial

Ron Cappana, Nov. 7, 2010

Obituararies**Mathias Benk****Jan, 24, 1933 - Aug. 28, 2025**

Mathias was a wise, caring, witty and hardworking man who dedicated his life to taking care of his family. He will be greatly missed by his wife of 65 years Heidemarie Moos, his children and their spouses Michael, Monika, Tony, and Christopher, Yuki, and his grandchildren Spencer, Piper, Amory, Jamie, Sarah, Aiden, Simon, and Amisa. He was born in Hungary, then lived in Germany for a couple of years and then made the Montreal area his home. He raised his children in Deux-Montagnes and later lived in Pointe-Calumet, only to end up spending his last year back in Deux-Montagnes. The cremation took place at Cleo Cremations in Montreal. The funeral was held at Holy Family Church in Deux-Montagnes. Thank you to everyone who attended. We would like to thank all of the doctors and nurses at Hopital St. Eustache for their attentive care in his last few days. He will be greatly missed.

**Deborah Lynn Bliss****July 19, 1954 – Sept. 11, 2025**

Deborah (Debbie) passed away peacefully after a short illness on September 11, in her 71st year surrounded by family members.

Cherished mother of Jasmine (Mark), Natascha (Mitch) and Josh (Lauren) and many grandchildren, she will be missed dearly by her family and many friends.

Formerly of Two Mountains, living more recently in Montreal, Debbie was known for her love of family, swimming and walking.

For those who knew her, Debbie was never too busy to take the time to listen and share kind and encouraging words. Her last being "When I come to the end of the road, and the sun has set for me, I want no rites in a gloom filled room, why cry for a soul set free?"

**Donna Marie Holloway****June 29, 1942 - Oct. 11, 2025**

It is with great sadness that we announce the passing of Donna Holloway, she was predeceased by her beloved husband Robert Holloway, Donna is survived by her sons Jonn (Ladis), Douglas (Patricia), grand children, great-grand children, nieces and nephew, her sisters Diane (Patrick) and Suzanne (Winston).

Donna had a wonderful sense of humor and touched the lives of many. Thank you to the staff at 55 Chenier CHSLD of St Eustache for there loving care and compassion.

Continued on page 31

Continued from page 30



RICKERT, Cathy

1963-2025

Cathy Rickert, beloved wife, mother, sister, and friend of many, passed away peacefully on October 22, after a courageous battle with breast cancer.

She is survived by her husband Garry, children Curtis and Makayla, and her brother Jimmy (Angie).

Community Connection is looking for an Advertising Manager

We are currently looking for someone to work with us as a volunteer Advertising Manager to sell advertising to local businesses.

Should you be interested in working with us please contact our Editor

Dave Byers at (514)602-7054



D-M LIONS CLUB 21ST ANNUAL BOOK FAIR 2025

After nine months of collecting your generous donations, sorting into genres, and

storing in 488 boxes, the 2025 Book Fair took place at the Legion on a glorious fall

weekend. We are grateful to all our community readers for making this such a great success.

Our sincere thanks go out to Ville de Deux-Montagnes for our locations and transport, Lu & Relu St-Sauveur, Metro, the many volunteers who helped set up and throughout the sale, and especially our loyal team of sorters - Monique, Louise and Steve. All of you make this possible



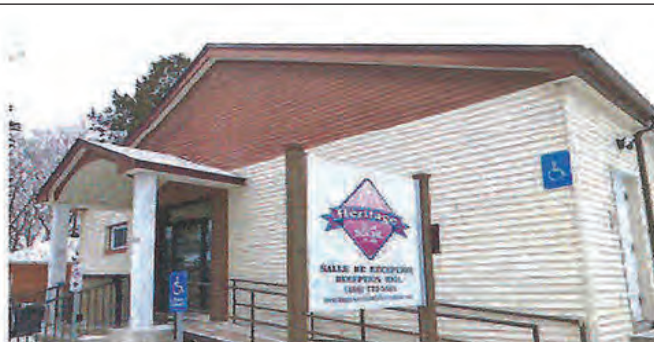
Our most sincere thank you
Nancy Rupnik & Martin Hensen

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