

COMMUNITY CONNECTIONS



SERVING THE AREA FROM KANESATAKE TO ROSEMERE

Volume 14 Issue 5

2,500 COPIES

October/November 2013

Shamrocks 44th Labour Day Soccer Tournament, p. 16.



Kanesatake 4th Annual PowWow p. 17.

Municipal Elections November 3 : Get Out and Vote !

RESTAURANTS



CASA GRECQUE

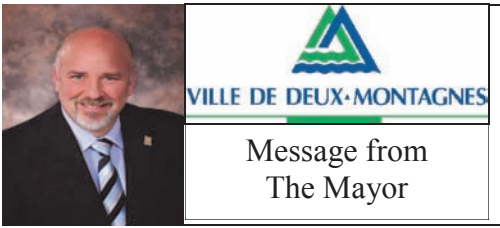
<< APPORTEZ VOTRE VIN >>

3 for \$22*



CHICKEN BROCHETTE

*Sunday to Thursday after 4:00pm



Dear citizens,
 Fall is quickly approaching, and with the new school year comes a new batch of pedestrians and cyclists on the roads. We must stay alert to ensure everyone's safety.

SPP Implementation

In August, the city council unanimously approved the Oka Road Special Planning Program (SPP); the West Entrance SPP was also approved with a majority vote. These two documents provide a framework for redevelopment, preserve our small-town character and ensure the long-term growth of the community. Both SPPs optimize land usage by encouraging variety in residential housing. The diversification of housing is a reflection of the current market and al-

lows for greater use of active and public transportation. In addition, the diversification of land use (both residential and commercial) is intended to stimulate the local economy, particularly on Oka Road.

Deux-Montagnes Flowering Contest – 2013 Edition

On September 17, the city hosted the 26 awards ceremony for the winners of the *Deux-Montagnes Flowering Contest*. The evening featured the designs of several residential properties, selected by a panel of horticultural enthusiasts. Congratulations to the winners who, by way of their talent and care, have helped to beautify our city.

Agapé Brunch

The first Agapé Brunch took place September 21 in the Veterans Room of the Canadian Legion. The brunch was friendly, accessible and an overwhelming success, brimming with generosity and good cheer. All profits were donated to AGAPÉ Deux-Montagnes, a

charitable organization who provides food aid to local disadvantaged families. Special thanks to our generous sponsors and to the organizers who made this first event a success!

Thank you and farewell!

On November 3, the citizens of Deux-Montagnes will select a new city council, including a new mayor. This is, therefore, my last chronicle as mayor of Deux-Montagnes. I wish to say that during my two terms I have had the privilege of working with outstanding councillors, employees and citizens, people who by their professionalism, integrity and joie de vivre contribute in large part to the smooth running of our city.

I salute you, thank you and, above all, wish our beautiful city a prosperous and happy future.

The mayor,
 Marc Lauzon.



DM/SMSLL Fire Department collects for Lac Megantic

On Saturday, August 3, the Deux-Montagnes Ste-Marthe-sur-le-Lac municipal Fire Department had a collection for Lac Megantic. They collected money at the intersection of 28th Avenue and Boulevard des Promenades.



The citizens were very generous that day. The firemen collected about \$11,000.

The President of the Shamrock Soccer Club presented a check to Director Ron Hunt to assist in the cause. On September 24, Mr. Hunt presented a check for \$11,000 to the Lac Megantic Fire Department to help replace the equipment that they lost during the train derailment and fire.



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Pedal for the Cure Raises Record Amount for Juvenile Diabetes

By Gordon Wetmore

“WOW!!! What a great year we had,” Carla Hoger wrote in an email announcing that Pedal for the Cure had raised more than \$3200 for research into a cure for Juvenile Diabetes by cycling from Ottawa to Deux-Montagnes, her home town.

This was the sixth annual ride for Carla, herself a diabetic. Over the six years, Peddle for the Cure has raised more than \$13000. This year’s amount was the most ever.

A teacher at Rawdon Elementary School, she developed the disease as a young adult. Unlike the Type 2 variety, Juvenile Diabetes is not a result of a person’s life style and at present does not have a cure.

Determined to contribute to finding better treatments and an eventual cure, she came up with the idea of the sponsored ride from Ottawa.



Accompanying her on all six rides has been her father, retired teacher Rick Hoger. Her mother, Nora, drove the support car, this year with Anne, Jared and Zack, “to make sure we had what we needed in order to keep on going towards the finish line.”

On a hot and humid July 5, Carla, Rick and six other riders set out from the nation’s capital early in the morning and arrived at the destination, rider Andrew Green’s home on 14th Avenue, about 5:30 pm. A small and enthusiastic crowd of family and supporters greeted them with cheers, a banner, cool



beverages, and a barbecue.

The other riders included brothers Andrew and Alex Green, Danny Gagnon, Dominique Lacasse, Mike Parr and Alex Millar.

“You guys were the heart of the fundraising campaign for this event. You were our proud supporters and an encouraging team all the way, and just overall great friends to be around in order to do such a challenge as this one. Thank you from the bottom of my heart,” Carla said.

TV participation brings big win.

The members of Habitat for Humanity Province of Quebec Region of Deux Montagnes (HHPQRDM) are happy to announce that Mme Valerie Sauvé, a volunteer for the organization, has generously given a sum of \$2375 following

her participation in a Radio-Canada TV show, Paquet Voleur Express.



Valerie, who is responsible for the public relations for the organization, looked for an original way to raise funds and to make people aware of the organization.

Last April, Valerie applied to participate on Paquet Voleur Express by filling out an on-line application form. Some time after her application was made she was called to have an audition in the Radio-Canada offices. Vocal and playful, Valerie’s performance was appreciated and she was chosen from more than 250 candidates to become one of the televised game show players.

The five shows of 30 minutes each were televised from July 15 through 19 at 4:30. From the first show, Valerie was to give half of what she would win to HHPQRDM. Happily, she was a good player and came back three times in the finals and won the sum of \$4,750.

Valerie gave half of her winnings, the sum of \$2,375 and was glad to have contributed to making the organization known on national television. This is the type of initiative we cannot help but encourage.

meals for \$6.00. On a special occasion there will be advanced tickets sold. Doors open at 11:30 am, meals are served at 12:00 noon.

On a special note, long-time members Georgia and Howie Pool celebrated 67 years of marriage in September, also Bob and Barbara Wilkinson 67 years in November. We wish them both many more. Congratulations to all.

Remember the third Wednesday of the month is Bingo at 1:00 pm. Come to enjoy a relaxing afternoon with friends or meet new ones.

The club is proud to advertise the newly renovated hall. The main hall has been upgraded with larger windows plus many other changes. Should you wish to rent the hall for weddings or any private parties, we would be happy to meet you. You can find us on the Webpage or Google, yellow pages, for further information.

Upcoming in November is the Grey Cup Party with refreshments

Until the next time.

Norma Lariviere



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

The club is now underway with the fall/winter activities and programs at the club, darts, bingo, creative senior programs and many other events. Drop into the hall to see the list of programs offered by the Creative Seniors Programs staff. One of the special items from the programs is the Wednesday lunches, all home cooked



Denis Martin and his Deux-Montagnes Autrement team would like to thank all the community organizations that offered them a warm welcome during their events this past summer. Deux-Montagnes has a great community base and we are proud to say that we will commit to support all community events in the future. All members of our team have been involved in community action at some time in their lives

and understand the spirit that evolves from such behaviour.

We will distribute our program in mid-October that will reflect your concerns about municipal affairs. We wish to thank all citizens for their comments during our door-to-door visits and we will continue to meet you until election day. These comments were a great help in producing our electoral platform.

You may have noticed, we are not politicians; we are citizens like yourselves that have had enough of increasing taxes, debt and wasteful spending.

We will make sure that our tax dollars are spent for the benefit of

our citizens. Again many thanks and we seek your support on November 3..

SIGNS for the Real World

By Gordon Wetmore

Whether in the big city of Montreal or the quiet streets and byways of our North Shore, roads are blocked and traffic diverted because of construction. Thank God we have signs to tell us where to go.



In fact, thank God for signs in general. They warn us of dangers and tell us where to get what we want. But there are signs, and then there are *signs*.



I can't help worrying that the workers who placed these signs in Deux-Montagnes are the same people who follow the plans to repair the city's water system.



What a pity that once having thought of something, there is no way to unthink it. At least the wise planners of St. Andre made sure that no one would carelessly try to drive across the Ottawa River.



This postie had the sense to obey the sign telling him to take a little rest. Luckily there was a mail collector box

price for just half a leg. But half a leg of what? Just what are they selling here, and can a doctor cure it?

I shudder to think that some



swimmers may actually need this sign, although probably not at this time of the year. Still, if they need the sign ...



handy. Consumers on the lookout for bargains would be fairly warned by this sign. That's a pretty high



The Mediterranean Comes to Sainte-Marthe-sur-le-lac

By Chris Cockburn

It's not often that I'm asked to do a restaurant review; in fact it has never happened before. I was therefore very happy when the *Community Connections* asked me to go to the opening of a new restaurant and report back. So with three others I went off to the newly opened Greek Grilladerie Limani at 2936 Oka Road in Sainte-Marthe-sur-le-lac, at the site of the former La Belle Provence and La Capitale restaurants.

The new owners have completely gutted the interior and redecorated it in lovely muted colours and just a few wall decor items that, with appropriate music in the background, truly reflect its Greek nature, very comfortable and not at all busy.

The staff were extremely attentive and friendly. In fact we were served by one of the partners, and the chef took the time to go to every table.

Of course you really want to know about the food. While my wife and I are

both lovers of Greek food, one of our group was on the fence and the other a sceptic. By the end of the meal we were all Greek food lovers.

We started with the Pikilia plate for four at \$18.95, which is a really a good deal. For a light meal, it feeds four on its own. It has dolmadakia (stuffed vine leaves), which were among the best I've tasted (even in Greece); spanakotiropita (spinach and feta in filo pastry); baked lima beans in a wonderful sauce; tsatziki, spiced feta cheese and peppers on the side. We then sampled the lamb chops, charcoal grilled chicken and the pork and chicken souvlaki along with Greek roasted potatoes. We asked Chef Fotios, who has been head chef in some of Montreal's best hotels, for the recipe for the potatoes - and believe it or not he gave it to us! The Limani (Greek for "port") is a bring-your-own-wine restaurant, and we had brought a nice Languedoc, which nicely complemented the meat dishes. The accompanying simple salad with house dressing was delicious.

We finished up with a chocolate mousse cake, Greek yoghurt and honey, and karadopita (walnut). The desserts were superb by any standard and, like everything else in the restaurant, made from scratch. Everything was subtly spiced so the underlying flavours came through, the mark of a great chef.

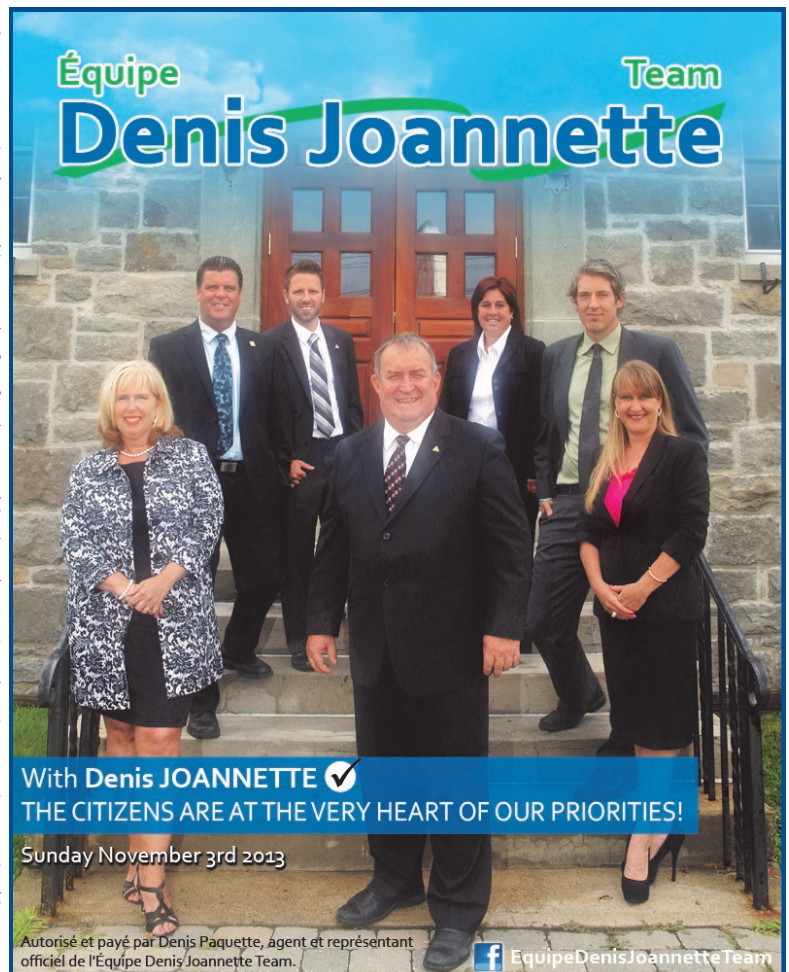
The menu is not extensive but it does not need

to be. I don't remember all the prices but they were very reasonable and the food was of exceptional quality with generous portions. We are all going to Limiani again soon, and we urge you to try it.

Many thanks to my wife Raj, Stella and Bonnie, who helped in this not so arduous task!

A few words from Limani's owners:

- The Limani is the only authentic Greek restaurant in the area.
- All the food is prepared on site from fresh ingredients and is healthy.
- A person can eat well at Limani for \$10 and be full.
- If a person desires more expensive fare, Limani can provide that too.
- Master chef Fotios Bakalis, a Greek native, has been head chef at top flight restaurants and hotels in the Montreal area and is a professional food consultant.





SCHOOL MATTERS

By Gordon Wetmore
gordonwetmore@yahoo.com

Innovation in public education tends to be conservative and limited to skill sets or a particular course, so when an entire staff, its parent committees and the governing school board combine to set an entire school in a new direction, that is very exciting. St. Jude Elementary in Deux-Montagnes, with the blessings of its parents, its teachers and the Sir Wilfrid Laurier School Board, has decided to exploit fully the power and accessibility of information technology. It has become a BYOD (Bring Your Own Device) school.

Computers, especially desktops and laptops, have been available to students through computer labs, and Smart Boards and similar devices have been finding more and more places in classrooms. However, students' personal devices – smart phones, iPods, iPad tablets, etc. – are usually banned from classes. (The bans are largely ineffective, by the way, something in the nature of King Canute's forbidding the tide to come in.) The idea is to exploit kids' already considerable abilities to access relevant information and teach them how to use it to learn English, mathematics, French, history, geography, science, etc., in ways that will engage and excite them – and the

devices are portable, thereby connecting school and home, recreation and education. I think it is a great idea, if tricky to develop.

For a few glorious years, I was part of a major project. The old Laval Catholic High School did away with grade levels for its entire English program. Instead, students were grouped by reading/writing ability levels and got to choose themed courses such as The Great Detectives, Science Fiction, Character-Conflict-Courage, Journalism, and so forth. The courses were created out of the teachers' interests and selected out of the students' preferences. The engagement by both teachers and students generated creativity and productivity, until the dropping English school populations ended the flexibility to run such a program. If the St. Jude BYOD project can tap into half the energy that excited LCHS, then the students will benefit for their entire lives. For more information, see the article elsewhere in this issue.

The St. Jude project is huge, but there are many, many smaller but socially beneficial projects that go on in all our schools. For a look at a very unusual one that has run for years at Rosemere High, see the article by our new student correspondent there, Chelsea Chisholm. Most of us could easily contribute to it at no cost to us, yet improve lives of people we may never meet in a way we would never imagine.

If you know of a project in a school that deserves recognition, please let me

know through my email address beneath the headline.

COMING to the SCHOOL MATTERS pages in DECEMBER:

A profile of a new private English language learning center in Deux-Montagnes. Aimed at business people, adults and children who wish to improve their command of English as a second language, **Centre de langues Horizons**, located at 612 chemin d'Oka, is the creation of its Managing Director, Dana Vlahova. She is a passionate educator with two university degrees in the field and over 20 years of experience. You can find more information about Horizons at www.horizons-DM.com, or by calling 514-448-4208.

A review of *Dear Bully of Mine*, an anti-bullying book for children, written by teacher Vicki Fraser of Rosemere's McCaig Elementary; also an interview with the author. The book is available from Dominzelle Publishing, 45 Cure-Labelle, Suite 300, Laval, Q C H 7 N 2 Y 2 (www.dominzelle.com). Illustrations are by Sean and Cody McGrath.

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A Government on the Run

Disgusted: That is how I felt when I heard in August that Stephen Harper was padlocking the doors of Parliament once again, this time until October.

It seems that he will stop at nothing to avoid the Senate scandal and being forced to answer uncomfortable questions about Pamela Wallin's expenses and the personal cheque issued by his chief of staff to Mike Duffy. It's clear that Stephen Harper is doing everything that he can to avoid facing Thomas Mulcair in question period for as long as possible.

This is the fourth time that Stephen Harper has paralyzed Parliament in a similar way. This pattern shows that shutting down debate is his modus operandi every time a difficult situation comes up.

Where is the accountability?

Every time Stephen Harper is backed into a corner, he runs away. In 2013, the spring session of Parliament ended five weeks after Easter. In 23 days of sittings, Stephen Harper showed up five times: an attendance rate of 22%.

Similarly, in 2012, in the last weeks of sittings, Mr. Harper showed up seven times out of 18, an attendance rate of 39%: a shameful record.

Urgent issues are piling up

Canadians deserve more than a Prime Minister who runs away when the heat gets turned up, especially when there are so many urgent issues facing Canadians.

Canadians need to know exactly what role the Prime Minister's Office played in the Senate scandal. Canadians deserve answers. The NDP is in favour of abolishing the Senate: an unelected Senate filled with Conservative and Liberal friends and fundraisers no longer has a place in our modern democracy. In the spring, the NDP introduced a motion in the House of Commons in consultation with the provinces seeking to abolish the Senate, but both the Conservatives and the Liberals opposed the initiative.

Furthermore, in the wake of the Lac-Mégantic rail disaster, it is urgent that Parliament look at ways to improve the safety of railways and communities. The Conservatives' policy of deregulation is not working. This summer, we asked the transport committee to address the issue. Unfortunately, our request was denied by the Conservative and Liberal members of the transport committee. Stephen Harper's decision to prorogue Parliament prevents us from coming back to the issue and proposing new measures to protect Canadians.

Moreover, Parliament should have been recalled in August to debate the best role Canada can play in helping resolve the crisis in Syria. While Parliamentary sittings were called back early in Britain and in France in order to debate the

urgent situation, Stephen Harper opted to keep our Parliament closed. When NDP leader Tom Mulcair demanded that the House of Commons be immediately recalled, he stated, "Canadians, and people around the world, are watching events in Syria with great concern and condemning these brutal attacks on civilians. Engaging in military action is one of the most serious decisions one can be faced with. Prime Minister Harper should be bringing this debate to parliament, not discussing it with himself at a press conference." I couldn't agree more.

A busy fall

I'll be using the prorogation of Parliament as an opportunity to meet with more people in my constituency. In addition to participating in various activities that enrich our community life, I have set out, with the help of volunteers, to knock on more doors in order to understand the priorities of my constituents.

What do you think of Stephen Harper's move to prorogue Parliament? Write to me at Laurin Liu, MP, House of Commons, Ottawa, ON (postage paid) or e-mail me at laurin.liu@parl.gc.ca.

Please contact me at:
Ottawa: Rm 784, Confederation Building, Ottawa, Ontario, K1A 0A6,
Tel.: 613-992-7330

Constituency: 172 St. Louis Street, St. Eustache, Quebec J7R 1Y7
Tel.: 450-473-4864 Fax: 450-473-9043 Email: Laurin.Liu@parl.gc.ca



Meet Michael Fitch

Lake of Two Mountains High School's new music teacher.



While he is seen here with a guitar, a beloved instrument, his first musical training was in classical piano, both theory and practice, through a Royal Conservatory of Music program. He studied guitar privately, has played in bands for 10 years, and for two years taught the instrument to students of a private company. He composes, mostly indie rock, a term he says "can mean just about anything," and he has an expert's certificate for Pro Tools, "the industry standard in recording software." As school opened, he planned to start the students working with acoustic and electric guitars and introducing them to writing music to promote a creative platform. "The main thing is creativity," he said. He has created a website for the music program: www.ltmrocks.com. Mr. Fitch has a Bachelor of Education from McGill University – in the teaching of science. The chance to teach music, however, "was the perfect match and I could not pass it up."

Our New Student Correspondent from Rosemere High School

Chelsea Chisholm is a secondary four student at RHS. Our readers might remember that last year her winning design for an anti-



bullying campaign resulted in a day when everyone in the school wore pink t-shirts bearing the message STAND UP. "Involved in my school's newspaper, *The PaperCut*, since secondary one, I enjoy giving insight through writing. I am honoured to write for this paper and aspire to give a unique point of view of events happening

in Rosemere this year." Thank you, Chelsea. We at the *Community Connections* are happy that you joined us.

Daniel Goyer
Député de Deux-Montagnes

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dgoyer-demo@assnat.qc.ca
www.danielgoyer.com

ASSEMBLÉE NATIONALE QUÉBEC

BOOK FAIR

Deux-Montagnes Lions club

The Deux Montagnes Lions' Club invites you to come to our 10th Annual Book Fair October 19-20. in the Veterans' Hall at The Canadian Legion, 141 Grand Moulin, D.M. 9:00 a.m. to 4:00 p.m. All the proceeds will be used to serve our region.

For information:
Please call Betty or Martin Hensen at 450-473-1932 or Dave Byers at 514-602-7054.

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**BOLD NEW
DIRECTION FOR
ST. JUDE
ELEMENTARY**

By Gordon Wetmore

St. Jude Elementary may look the same as in past years but the Deux-Montagnes school has undergone a radical change to become the first “Bring Your Own Device” (BYOD) school in the Sir Wilfrid Laurier School Board.

“We have become a technology-based school where every class uses new approaches to teaching and integrates technology into day-to-day classroom practices in innovative and exciting ways,” Principal Christyne Legault told the *Community Connections* in an interview.

The aim is “to improve student engagement with new teaching techniques,” she said.

Part and parcel of that engagement is that students are encouraged to bring their own smartphones, tablets, e-readers, MP3 players, or laptops to the school to work with the new information technology (IT) that is in every classroom and student work area in the building.


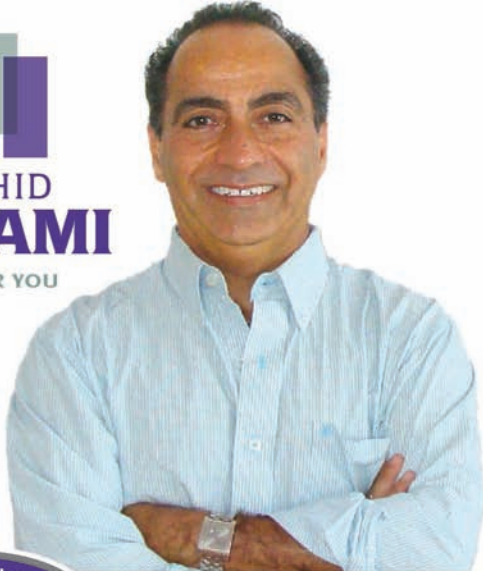
Through the infinite resources of the Internet, school and student can remain connected and interactive from home or elsewhere and outside regular school hours. Using their own devices, already customized to their liking, makes it easier for students to incorporate learning into everyday activities.

Ms. Legault said that any student who does not have a device will be supplied by the school. No child will suffer because he or she does not own one.

During the summer, all the school’s wiring and information technology were updated and eight new WIFI antennae were installed. Every teacher has been issued a new laptop and an iPad tablet. By the end of the year, every classroom will be equipped with a Smartboard. Kindergarten students have each been issued with an iPad tablet that is compatible with the large screen Apple television in their room. That means, under the direction of their teacher, what is called up on little Mary’s tablet can be displayed on the TV, allowing interactive learning to start with the youngest students.

Guaranteeing that the school’s IT will not grow obsolete is the SWLSB’s intention to test the new IT pieces it plans to acquire at St. Jude.

“We don’t want to be limited to being a Smartboard school but to be a school of all types of technology,” *Cont’d on p.10*

Follow the Ghavami campaign on facebook.

jamshid.ghavami@gmail.com
www.jamshidghavami.ca
www.facebook.com/jghavami

INDEPENDENT CANDIDATE


for the mayoralty of Deux Montagnes.

I BELIEVE IN EFFECTIVE TEAMWORK.

Read my platform at www.jamshidghavami.ca

GOT QUESTIONS?

I’ll be holding a public Q/A session on Monday, October 7th at 7:30 PM, Annette Savoie Hall (200 Henri Dunant – light refreshments served). I hope you will join me!



Paid by official agent: J. Ghavami



WELCOME TO THE LIONS' DEN

By Nancy Ryder

WE hope that you all had a great summer. It is time to begin our new Lions' year.

Thank you to all of those who came out and purchased items at our tent during the soccer tournament held on Labour Day weekend

We would like to express our appreciation to everyone who came out to our semi-annual garage sale held on September 14. The weather was great for our event.

We would like to remind you to attend our annual book fair on October 19-20.

We will be holding our bowling for scholarships on November 16. If you are interested in participating in this event, please contact Lion Lorraine McKenna at 450-472-0070.

Keep your eyes peeled for future Lions' events and we hope to see you there.



Royal Canadian Legion Branch -185

By Melanie Hutchison

A good time was had by all at the Legion Golf Tournament that was held last August 24. All profits will be going to the Vets' Day Visit that Branch 185 hosts every year.

Upcoming Events:

October 25.... Poppy Campaign opens

October 26.... Branch 185 Halloween Party 8pm (all are welcome)

November 9..... Armistice Weekend Ceremonies – Dinner (all are welcome, tickets available at Legion bar)

November 10..... Armistice Weekend Ceremonies – Cemetery, Parade and Cenotaph (all are welcome)

Early bird Membership Campaign begins soon. Have you considered joining us?

St. Jude *Cont'd from p.9*

Ms. Legault said. "The student will be at the centre of the learning." A change of this significance cannot take place without the support of the school's stakeholders, and Ms. Legault said that they have given it. The SWLSB and its Director General, Stephanie Vucko, parent commissioners Nancy Rupnik and Guy Gagnon, the school's governing board and its staff are all solidly behind it, she said.

St. Jude also has experienced supporting partners. One is Randolph McLean, principal of the Alexander Galt Regional High School and former principal of learning and technology of the Eastern Townships School Board, a pioneer among Quebec's English boards in developing IT programs that motivated students to improve performances and greatly reduce dropout rates. A SWLSB elementary school, Grenville Elementary of Grenville, QC, offers its experience with world-wide video communication and other IT resources.

To pay for the renovations and equipment, St. Jude and the SWLSB will rent out the 35 parking spaces in front of the school to commuters who use the ATM train service. The nearest



These spaces for Rent

station is less than a five-minute walk from the school.

The SWLSB will build a 22-space lot elsewhere on the school grounds, not large enough to accommodate all the staff. However, the St. Jude's non-teaching and teaching staff enthusiastically told Ms. Legault to go ahead with the rental plan. They said they would car pool or use municipal parking, she said.

Revenue from the parking may take two or three years to pay for everything, she said, but income from the 35 spaces will continue for years to come.

Principal Legault acknowledged that St. Jude's becoming a BYOD school meant big changes. "Yes, there are a lot of questions. And, yes, I don't have all the answers." However, she added, to progress it is sometimes necessary to take risks.

The Eastern Townships School Board has a web site that shows videos of elementary and secondary students using IT devices in classrooms. The videos are short and contain largely favourable comments by the teachers. To view the videos, go to <http://etsb.crifpe.ca>.

Other changes and continuing projects at St. Jude:

- New: A fully functioning cafeteria with freshly cooked foods in the morning, hot meals, snacks, sandwiches and soups
- New: Yoga for students as soon as a qualified instructor is found
- Continuing: Community film night – Begun last June as a way of connecting to the Deux-Montagnes community, St. Jude held its second film night under the stars in September with the animated feature *Les Croods*, shown in French. The first, which drew 200 people, was the English version of *Escape from Planet Earth*. The school plans to continue its June-September showings. Cost is \$5.00 a ticket.
- Continuing: February will be career month
- New: Rental of parking spaces for the Grand Moulin train station commuters. Cost is \$115 a month. Call the school at 450-621-7805 for information. The school's address is 122 St-Jude Street.

2013 YEAR OF THE KOREAN WAR VETERANS

By Emily Barber, Rosemère

On Saturday, June 22, veterans participated in the Veterans Affairs Canada weekend to honour them and were given the opportunity to tour "The Canadian War Museum" in the morning.



The Veterans Affairs Canada had arranged for the **KOREAN WAR BOOK OF REMEMBRANCE** to be placed there for viewing. Many veterans found nearness to the ornate book to be moving, even with sorrow and melancholia in some of their cases.

In the afternoon, some of the vets accompanied South Korea's Vice Minister of Patriots and Veterans Affairs Choi Wankeum and Canadian Senator Yonah Martin to pay their respects to those in the long term care residence at The Perley & Rideau Health Centre in Ottawa.

Korea's Vice Minister Choi presented four of our Canadian veterans the Ko-



rean Ambassador for Peace Medal.

To top off their day, the veterans were guests of His Excellency David Johnston, Governor General Of Canada, at Rideau Hall, which is the seat of Canada's Chancery of Honours as well as the Governor General's official residence.



The vets gathered to chat with each other, have refreshments, and receive accolades from Veterans Affairs Minister Steven Blaney.

I am proud to say that my brother Andrew Barber is on the Executive Committee. He, along with other serving members, brought to light the sacrifices and efforts of many forgotten young men and women who fought during this war in Asia so many years ago.

Future generations of Canadians will now be more aware of this important chapter in Canadian Military History.

In Flanders Field

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

By John McCrae



Lest We Forget

SLAVERY TODAY

by Emily Barber, Rosemère

One Sunday evening I watched a bit of the Oscar presentations on TV when Daniel Day Lewis received so many accolades for his role as Abraham Lincoln.

Although I have not yet seen the movie, I remember being quite impressed as a teenager when I studied Lincoln's role as the president who worked to abolish slavery in the USA.

That is why I find it so ironic that in this modern day world the amount of SEX SLAVES is at its highest ever this according the UN.

There are all kinds of slavery - some young people are plucked from the streets, forced

to work for nothing in sometimes inhuman conditions and sweat-shops.

There are the young teenagers who leave home and are picked-up by pimps, beaten into submitting themselves for prostitution - barely fed and given no medical assistance if they become ill.

When I first studied this file on slavery and human trafficking, I was scared and horrified because it is happening HERE in our own country, Canada, on the streets of Vancouver, Montreal, and Toronto and everywhere in between. I felt so powerless when I was confronted with the statistics.

So, in our society today what can be done to tackle the problem? I wish I had all the answers. I personally contribute to an

organization that helps rescue kids get off the streets, Covenant House. I also speak from time to time with my MP and my MNA for this area, asking them to keep an eye out for assistance programs that may help our youth and keep them safe. Nearly all of us have nieces, nephews, grandchildren, neighbours who may need a responsible adult to listen and counsel them in the right direction. This does not cost a dime and could help someone in more ways than we imagined.

On International Womens' Day, each year for some time now, there's been a lot of mention about freedom. Perhaps this year we could encourage AWARENESS of the social problems confronting today's youth by helping to seek creative solutions.

Three Days of Our North Shore Summer

By Gordon Wetmore

Three days in July presented a glorious sampling of the summer charms of our North Shore communities.

Saturday and Sunday, July 13 and 14, the Association Culturelle de Deux-Montagnes held the second annual Cite des arts at Central Park. With 50 painters and sculptors plus musicians, dancers, dramatists and other performing artists, it was a rich experience to stroll from pavilion to pavilion and meet and talk with the artists. There were jewellery makers, gourd carvers and artists with fresh techniques and visions.



Here Pierre Lalonde of St. Adele (pierlalonde@gmail.com) has recycled old tools and machine parts into whimsical creations. Who knew you could turn a hammer and a shovel blade into a pterodactyl? And Marjolaine Lachance (marjo.lachance@hotmail.com) of Deux-

Montagnes has her eyes open to all that is cute and charming – and her subjects have their eyes on her.



Gilles Corneau, also from Deux-Montagnes (450-602-2664), has developed a technique to create paintings in 3-D, more impressive in reality than in a photograph. The weather was very hot but the artistry was very cool.

Also on Sunday, in the beautiful park behind the historic church in St. Eustache, there was opera.



Le Festival Opera de St. Eustache presented excerpts from Wagner's

works, sung with passion and power to about 200 aficionados, marvellous music in a beautiful setting. The program was part of the Sunday afternoon free presentations that ran throughout the summer at Promenade Paul-Sauve.



Tuesday, still in the midst of the heat wave, 16 paddlers in coureurs des bois costumes docked their two large canoes near the ferry wharf in Oka. Carrying furs and traditional foods and tools, they were retracing the old fur traders' route from Carillon to Trois Rivieres.



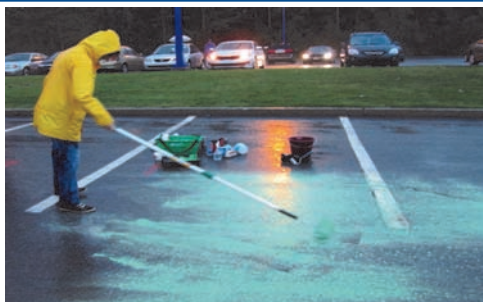
They gave a presentation on the preparation of furs for trading before heading off to Park Paul Sauve to camp for the night. They planned to reach Trois Rivieres by July 20 for the festival honouring the coureurs des bois.

La Nuit de la Peinture: Astounding Experience

Photos and story by Gordon Wetmore

Rain may have washed out the scheduled night, but August 4 saw the 40 plus artists of Deux-Montagnes' La Nuit de la Peinture rebound with energy, determination and astounding visuals.

Planned for 8:00 pm until midnight Saturday, August 3, the event was only a half hour old, artists just starting to apply colour to their designs, when a cloudburst swamped their efforts. Some optimistically covered their work with umbrellas and one brave soul in a



yellow slicker even worked on with a paint roller, but that night the magenta sunset on the flooded asphalt was the only visual. Ironically, the theme was "The Encounter," not a happy one for the artists, organizers and Raffy, the musical group that was to accompany

the artists working. Sunday the artists had the parking lot behind the Olympia arena from 5:00 to 9:00 pm. A spattering of rain caused some early suspense, but that only intensified their focus and energy.



Cont'd on p.13

Nuit de Peinture Cont'd from p. 12

As daylight dimmed, the 12' x 12' squares grew brighter and stronger, and then the event lights came on and the images fairly jumped from the pavement.

Spectators wandered the spaces between the creations, stopping to comment to the artists or ask questions. The artists seemed to enjoy responding but always kept the best part of their minds on their work. As some finished,



they too explored what their confreres were doing, as delighted by what they saw as the rest of us.

Most of the artists were invited professionals but there were inspired amateurs, including family groups, also.

Drawing the most attention from spectators and artists alike was a huge 3D "optical illusion" created by Maxime Lacourse and Isabelle Hetu, in which a bird, a house of cards, a floating ball



and a youthful head seemed to rise from the pavement. The artists had drawn a place for two feet to indicate where a viewer could get the maximum effect. Dazzling!

Organizers Sylvie Nadon and Perry Mandanici and their crew supported the artists well. The Maison des Jeunes de Deux-Montagnes operated the snack bar, and beer and wine were also available to add to the ambience.



Royal Bank of Canada (RBC) Foundation gives \$5,000 to Habitat for Humanity Region of Deux-Montagnes (HfHRDM)



The members of Habitat for Humanity Region of Deux-Montagnes are happy to announce that the RBC Foundation has chosen their organization as the recipient of \$5,000.

The RBC Foundation is associated with HfHRDM because of their mission. This is a group that mobilizes volunteers and community partners with the goal of constructing affordable housing and promoting acquisition of property as a means of reducing the poverty cycle.

RBC follows a wide diversity of community initiatives with their giving, through sponsorships and volunteers. In 2012, RBC donated more than 95 million dollars to community initiatives throughout the world, more than 64 million dollars in gifts and 31 million dollars in the form of sponsoring community events.

FOR MAYOR 2013

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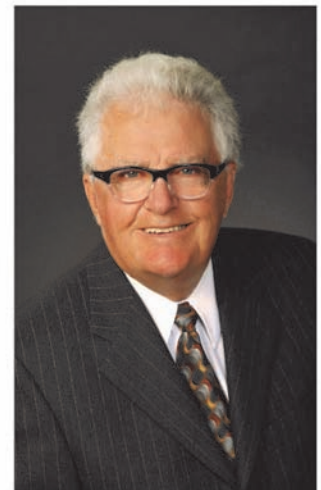
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Edward (Eddy) Johnson BBA

Paid political advertisement

The Church Mouse

By Eric Painter



Message from the Church Mouse's Husband

I was really glad when I received a phone call and was chastised for what I said in my last article. It proved to me that someone is reading my submissions. I wrote that people who don't believe in God "are really good Christians". I stand corrected. What I should have written "that they act like really good Christians." Thank you!

Today, I was told about a person who was in hospital, and the few things that were wrong with them. As it just so happens, I know the person, and what the real story is. How we embellish the truth and the information. I was an officer in the Boy's Brigade, the forerunner to the Boy Scouts, with 24 boys. It was decided to have them form a circle, and a message was given to the first boy, and to pass the message on. Believe it or not, the last boy related the information to me, and it was nothing like the original message. What harm can gossip do? You would be surprised, so write down the information, and then pass it on.

If you can't say something kind about a person, then don't say anything at all. Wherever there is a human being, there is an opportunity for kindness. God bless you, one and all, and may you have a blessed Thanksgiving.
Eric Painter.



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Confirmation (2014) – you must be in grade 6 or older (Wednesday classes)
Preparation for Confirmation (2015) will be a **mandatory 2-year preparation** – you must be in grade 5 (Wednesday classes)

CHECK OUR WEBSITE FOR FULL DETAILS

Where: Holy Family Parish Hall

Cost: \$50

You will need a clear photocopy of the certificate of Catholic Baptism if your child was not baptized at Holy Family.

-Saturday, October 26, 2013: (Re) Discover the clarity of Archbishop Fulton Sheen. Conference on Archbishop Fulton of the Fulton Sheen Mission Society of Canada. An event **NOT** to be missed!
Friday, November 15, 2013: CWL Christmas Bazaar & Turkey Supper in the Church Hall from 4:00 -7:30 p.m. Supper at 6:00 pm. Tickets must be purchased in advance for the Turkey supper.

Saturday, November 23, 2013: CWL Progressive Whist 11:45 a.m. \$6.00 each
November 30, 2013 (tentative).

Keep a lookout for our **Fr. Lowe Memorial spaghetti/Hockey Night**

All Saints Church



248-18th Ave., Deux Montagnes

Priest: Reverend David Hart

Sunday services with Sunday school and nursery at 11:00 am 1st

Sunday – Morning Prayer 2nd / 4th Sunday – Holy Communion 3rd Sunday – Family service (Morning Prayer) 10:30 – 11:00 am: Time to connect (coffee, tea, juice, snacks and friends)

Youth Group: Friday nights, for all high school-aged youth. Another year

of fun and fellowship for all high-school aged teens in the church hall from 7:30 - 9:30 am.

Oct. 5 - Food for Body and Soul monthly breakfast 9:30 am – church hall
Nov 1 and 2 -11th Annual Christmas Craft Fair Friday evening from 6:00 p.m -9:00 pm Saturday 9am-4pm, Church Hall. Table rental \$30, please contact Adele 450-491-6279

Oct 24/Nov 28 - Holy Communion service at Les Cascades: 10:30 am
david@allsaintsdeuxmontagnes.ca
Telephone: 450-473-9541

E-mail: info@allsaintsdeuxmontagnes.ca
www.allsaintsdeuxmontagnes.ca

Newly renovated rental space (kitchen and hall) available for group meetings and activities

Rental Coordinator: **Patrick Beaulieu:** 450-6279.

rentals@allsaintsdeuxmontagnes.ca



CHURCH OF GOD

We have had a wonderful summer season here at the Church of God in Deux-Montagnes. On

July 28, we were doubly blessed by the ministry of our missionaries, Jessica and Adrian Lovera of Hamilton, Ontario. They were with us for two different services, and the powerful preaching challenged us all to live more holy lives for God. On August 11, Evangelist Rickey Ramjitsingh from Ottawa blessed us with a timely word from the Lord followed by personal prayer for the needs of those present. As we enter the fall season, let's not be too busy to attend. Jesus is coming soon, as the signs all around us testify. Please come and join us on **Sunday evenings at 6:30 at 815, Rockland St.** in Deux-Montagnes. You'll always find an open door and open hearts to welcome you. Pastor J. Thévenot (450) 491-6873

The Church Mouse

Cont'd from p.14

By Eric Painter



Christ Church United

214-14th Avenue,
Deux Montagnes
Worship Sunday

at 11:45 a.m. every-

one is welcome.

Tuesdays "Out to Lunch" for all residents of the area. Come and join us for a free lunch at Christ Church (address above) every Tuesday at 12:30 till 1:15

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

Oct.6 Stewardship Sunday, Kid Zone and "First Sunday" Pot Luck lunch

Oct. 13 Thanksgiving Sunday, Holy Communion, beginning of collection of non perishable food for Deux Montagnes Christmas Baskets

Oct. 20 Kid Zone



ST. JAMES ANGLICAN CHURCH

328 Pine St.
ROSEMERE
450-621-6466

info@stjamesrosemere.ca

Sunday services at 9:30 am

Sunday school- first and third Sundays of the month

Drop-in center is open every Wednesday 10:00 a.m. – 2:00 p.m. Do drop in and be surprised.

Saturday, Oct. 5- fall book fair, 10:00 a.m. – a hot dog lunch will be available Saturday, Nov. 2- 9:00 a.m.; Christmas bazaar and Bake sale, the best soup and sandwich lunch in town.



ROSEMERE MEMORIAL CHURCH

200 Grande Cote,

Rosemere

www.rosemerememorial.org

Kanesatake United Church,



209 rue des Anges, Oka.

Information for both churches – 450-437-5560 Church services back to regular times.

Saturday, Nov 16, Rosemere Memorial Christmas Bazaar

Saturday, Dec 7, Kanesatake Christmas Bazaar.

Take 640 to 344 bear right, Take route 344 (Oka road) into Oka, Turn left at stop sign as though going to the ferry to Hudson. Turn right on des Onges St., street near water, White Church is on your right, a short distance. Enjoy



HOLY CROSS PARISH

ROSEMERE)

Parish Centre:

450 621 2150 Fax 450 621 9080

www.holycrossrosemere.com

Sunday services 9:30 am at **Ste. Françoise Cabrini Church, 210 Rue de L'Église,** (Corner of Grande Cote)

Faith Ed. Registration 2013:

Registration for **First Communion** and **Confirmation** studies will be held on line via our web site from August 1 to November 30. All information regarding schedules, fees and documents required is available on our website.

Faith First Program of Studies:

Level 1- Oct. 6 and Nov.10 meeting for parents and children, Parish Centre 10:45 to 12:15 pm.

Level 2- Oct. 20 and Nov.17 meeting for parents and children, Parish Centre 10:45 to 12:15 pm.

Level 4 – Oct. 27 and Nov.24 meeting for parents and children, Parish Centre 10:45 to 12:15 pm.

Level 5 – Nov. 3- meeting for parents and children, Parish Centre 10:45 to 12:15 pm.

Sacramental Program of Studies:

Saturday, Nov. 30 – General Information Meeting for parents of children registered in First Communion and Confirmation programs, Parish Centre, 9:30 am.

Friday, Nov. 1 – Tree of Lights Service in memory of a loved one at the Parish Center 7:00 pm.



PEOPLE'S CHURCH

370 5th Ave,

Deux Montagnes.

450 472 4105

Sunday service's and Sunday school 11 am How sincere are we in our thanksgiving?

Christians should return thanks to Jesus Christ every day for the forgiveness of sins and salvation we have received, yet often times we thank God one moment and the next we may be found griping and complaining about a whole host of issues and I really wonder what the Lord thinks about our mixed, contradicting, hypocritical, attitude that we can be so guilty of. I'm reminded of the story below that further conveys the aforementioned thought.

There was this large family that sat down for breakfast one day. As was the custom the father returned thanks to God for what they were about to eat. Immediately after, however, as was his bad habit, he began to grumble about hard times, the poor quality of the food he was forced to eat, the way it was cooked, and much more. His little daughter interrupted him, "Dad do you suppose God heard what you said a little while ago when you were giving thanks?" "Certainly", the father replied with the confident air of an instructor.

"And did he hear what you said about the bacon and the coffee?"

"Of course," replied the father with a note of caution in his voice.

Then his daughter asked, "Dad, which did God believe?"

Let us learn to be sincere Christians by living out the exhortation found in 1 Thess 5:18 "give thanks in all circumstances for this is God's will for you in Christ Jesus ... Let's keep it real.

Special Thanksgiving Sunday Service

Oct. 13, 11:00 am, combined bilingual service. Peoples Church & Eglise Evangeliques de Deux-Montagnes .Continental Breakfast provided beginning at 9:45 am prior to the service.

All are welcome.



**44th Labour Day
Tournament,
More Than 100
Teams**

By Bobby Fordham

From Friday evening, August 30, through Monday afternoon, September 2, Soccer Deux-Montagnes held its 44th Annual Labour Day Weekend soccer tournament with more than 100 teams participating. Teams came from as far away as Rimouski and Rouyn-Noranda in Quebec and Oakville in Ontario.



All smiles at the opening ceremony – even the rain let up for the evening games.

To accommodate all the teams, the tournament used the fields at Central Park, Lake of Two Mountains High School, Polyvalente Deux-Montagnes and Olympia



U18 girls - Preserving the tie.

Park in Deux-Montagnes and the Municipal Park in Sainte-Marthe-sur-le-lac.



U15 Boys - To the ball.

All games consisted of 25 minute halves. Here are some of the highlights:

On Friday evening, our Over 35 Years teams played their first games. D1 defeated Greenfield Park 1-0 and then the D2 team tied the Impact of Montabello 3-3 in a very exciting game.

On Saturday our Shamrock U-13 boys lost to Point-aux-Trembles 2-1 in a hard fought game. At 9:00 am U-12 girls beat Dynamo 6-0. Later at 11:00 am the U16 girls tied Lasalle 1-1. The U18 girls played great and got a well deserved victory over the Cougars of Chateaguay. At 7:00 pm, our Senior Men lost a tough match to Terrebonne 4-2.



On Sunday the over 35 D2 team defeated Oakville Ontario 2-1 in one of the best games of the tournament. In another very good game the U15 Boys lost to St. Leonard 2-0.

Monday, our Senior AA Girls lost a tough game in a shoot-out but were awarded the Silver Medal for second place. In the final

for the Over 35 Men, the Deux-Montagnes Shamrocks defeated Greenfield Park 1-0 to claim the championship and win the Gold Medal.

Congratulations to all teams, especially our Shamrock teams. Many thanks to our sponsors: Casa Creque, Denis Breton, Dairy Queen and Cafe Lola. Metro supplied the refrigeration unit, so thank you to their manager, Patrick Lemay,

Here is the 2013 Tournament Committee: President Sasha Ghavami, Registrar Matthew Bleeker, Facilities Manager Allyson Laboeuf, Tournament Branding Steve Menard, Head Referee Steve Doe, Security Alfred Weippert, Concessions Sarah Laboeuf, Statistics Benoit Marcotte, and Volunteer Dispatching Myriam Angers and Bianca Dumoulin.



The volunteers included Ritchie Klimas, Jimmy Klimas, Patty Klimas, Liz

Klimas, Brenda Laboeuf, Steve Laboeuf, Sylvie Laboeuf, Darrin Sutton, Debbie Standing, Karen Rose, Craig Duguid and son, Brian Rose, and Ross Watkins. The Senior Girls handled the registration. A huge thanks goes to the referees and of course all of the players, coaches, and parents.

Deux-Montagnes Mayor Marc Lauzon was also present, as well as the MC, Tom Whitton, Also present was one of the originators of the tournament, Bill Lawrence. Jamshid Ghavami, Soccer Deux-Montagnes President, was present as a coach and a player. Thanks again to all of the PLAYERS for the entertaining, competitive level of soccer.

See you all next year for the 45th.

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CREVIER

Kanesatake 4th Annual PowWow 2013

By Nicole Karonhienhawe Gagnier
Photos by Gord Wetmore and Nicole Karonhienhawe Gagnier

Another powwow has come and gone. Once again, it was just Leo, myself and a handful of volunteers. Both of us decided to try to stress out less this year and enjoy the powwow more! I must say this was the best year we have had since we started the powwow four years ago. With beautiful weather gracing us, I couldn't have asked for more!



Our Host Drum was a group of young men between 15-17 years old from Kitigan Zibi Anishinabeg Algonquins of Maniwaki, QC. They have been singing for only a year. Our powwow was only their sixth and their very first time as host drum. Being Host Drum is a big deal to any drum group!

Fabulous, honourable young men who keep their traditions, they did a fantastic job.



We also had Little Fire Drum from Pays Plat First Nation from north western Ontario and Akwesahsne Mohawk's Spirit Drum from

Akwesahsne, ON.

Our head male and female dancers were Gilbert Niquay and Meagan Commanda. We had 52 dancers in regalia on Saturday and 57 on Sunday. In a wonderfully proud moment, our



very own Kanienkehaka (Mohawk) flag, designed by Jacob Cree of



Kanesatake, was carried in. Mr. John Cree was our traditional elder.

Our theme was Honouring the First Nations' Women of Turtle Island, and we had Ellen Gabriel speak on behalf of our missing and murdered native women.

All in all, the weekend was wonderful. We had the biggest turn out yet with an estimated 600-700 people on Saturday and 500-600 on Sunday. I am very pleased with how everything fell into place.

Our fundraising efforts were less than ideal, but it all worked out in the end. However, to meet our expenses,

we had to make a decision about entry fees. We tried to keep the fee minimal, just a \$7 parking charge per vehicle no matter how many people are in it. We also asked for a voluntary donation. We think



that
i s

fairly reasonable, seeing as many powwows charge between \$7 and \$14 a person. Unfortunately, many people park across the road to avoid paying the small fee, so we decided to charge \$5 to anyone walking into the grounds (elders and children under 12 were free) but that didn't go very well with some. What they don't realize is that this money goes towards bills, expenses for equipment, and food for volunteers for the whole time that they work to make this event possible. This is the reasoning behind the \$5 'on foot' fee.

Leo is not sure he will be back next year, and I decided earlier this summer that this would be my last year. As I will be a full time student come this September and a single mother, it is a lot on my plate. But I just do not seem to have the heart to step away from this wonderful event. It brings me immeasurable joy watching our whole community in one place, smiles on their faces, enjoying the beautiful weather, fantastic drumming and singing, beautiful dancers, and, of course, the delicious food from our seven food vendors and the wonderful booths with authentic native handmade crafts and jewellery. I sure do hope to see you all next year! In peace and friendship, Karonhienhawe.

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It is with pleasure that the PANDA Basses-Laurentides Sud-Ouest association presents our new logo:



The change in logo is the result of a decision made to have a unified image for all of the PANDA associations within Québec.

Although our logo has changed, you will continue to find the same services, expertise and support for Attention Deficit with or without hyperactivity (ADHD).



Change can go in many directions, and for you right now that direction is "Back to school and back to life as Parents."

The days seem shorter and the nights begin to cool and schedules are in full swing. As a parent of a child with ADHD you may have mixed emotions about the return to school. Perhaps you were looking forward to the start of the school year? Or dreading the return to school for fear of the unknown?

Your emotions are real and often put aside in order to deal with those of your children, and while that is what you do as a parent, you can't ignore what is going on within yourself. Implementing schedules, homework, doctor appointments, meals, expenses, extracurricular activities, careers, and managing a home to name a few are enough to make even the most organized feel their list is endless.

A "Back to School with ADHD" Campaign in 2011 by the Centre for ADHD Awareness Canada (CADDAC) surveyed parents on how they felt about their children returning to school.

Survey Results:

- 81% of parents polled are stressed about the return back to school
- 89% find completing homework stressful
- 84% are stressed from wondering whether the new teacher will understand their child's ADHD and work with them to put proper strategies in place

TIPS ON MANAGING STRESS BEFORE IT HAPPENS:

REFLECTION: Ask yourself what needs improvement to help the flow of daily routines.

FAMILY MEETINGS: Have each person identify what works and what could be improved in managing the weekly schedule, keep the meetings positive and encourage everyone to share their ideas.

TEAMWORK: Get everyone on board to help with daily tasks and responsibilities.

PRIORITIZE: Organize tasks in order of what you feel is most important.

VISIBILITY: Consider creating and posting the daily routine using a colour coding system for each member of the family.

LEISURE: Take time to enjoy life by doing things that make you happy.



You can only give what you have, take care of yourself by getting enough sleep, eat well and find ways to be active.

Remind yourself there is no such thing as a "Super Parent" they simply do not exist. Find a mantra that you say

each time you feel things are spinning out of control such as "*I will start with one task at a time.*"

Don't worry if your plan goes off track, don't be afraid to ask for help, and always remember to breathe; it's that breath that will take you into tomorrow and give you the strength to try again today.

Regardless of the situation, perception and how you are feeling can have a significant impact on how events unfold. Like a change in logo, back to school can be an opportunity to make changes in your home.

Need more detailed strategies? Please join us in any of our upcoming conferences.

- Thursday October 3, 2013: Strategies for School Success by Mrs. Andrea Berry, retired teacher

- Thursday October 24, 2013: Understanding ADHD by Dr. Diane Normandin, MD

- Thursday November 28, 2013: Mindfulness for living with Adult ADHD by Dr. Robert Béliveau, MD

More detailed information on the above and all other conferences can be found on our web-site at www.pandablso.ca under English/activities.

Want to enhance your parenting skills? Try our parent workshop that runs for eight weeks in a confidential, safe and non-judgmental environment. Please register by using the contact information below, start dates to be determined.

For more information on any of the above activities contact Lisa Agombar at 514-713-5353 or by e-mail at lagombar@pandablso.ca

Made in Rosemere, a Boon Worldwide

By Chelsea Chisholm, RHS Correspondent



Behold the milk bag: part time Canadian symbol, part time universal superhero.

At Rosemere High School and all over eastern Canada, milk bags are woven into sleeping mats and shipped off to impoverished areas. These mats reduce suffering, thanks to communities like Rosemere.



In an interview with the *Community Connections*, RHS teacher Ms. Suzanne Charbonneau said she became involved in fabricating these mats three or four years ago when a friend suggested she add it to the leadership program. Because of the ecological and humanitarian benefits, she agreed. Why? "To help somebody – I always believed that. We should always help people," she said. Ms. Charbonneau's project was described last year in RHS's newsletter, the *Round About*. The article explained how much of the world lives in destitute conditions, and where there is pov-

erty, there is disease. In places like Africa, South America, Haiti, and the Philippines, sleeping on the ground or on mats made of banana leaves is a commonality. However, parasites and infectious insects live and thrive in both. These critters make themselves at home inside human skin and cause serious health problems, plaguing children and adults alike.

So how can milk bags from a snowy country up north quell the raging diseases of the poverty-stricken communities in the south? Mrs. Charbonneau explained that, firstly, the creepy crawlers have an aversion to the plastic used in milk bags. Amazingly, using the plastic mats has atrophied the risk of infections caused by ringworm by 60 percent, and parasites in youths by 40 percent. Secondly, the mattresses can continue to be used for 20 years.

Before any of this is possible though, the mats must be made. After being cut and folded, the some 400 milk sacks per mat are crocheted together at RHS. Ms. Charbonneau, a secondary four and five leadership and physical education teacher, oversees these steps. Her leadership students have to participate in an allotted number of tasks per term, and the cutting and folding is an option. Although not many know how, some students crochet the strips together into mats. When they are completed, the mats are sent to Doctors Without Borders to be issued globally.

Mrs. Charbonneau now has hundreds of these multicoloured bags and needs people to crochet the strips together. The art of crocheting is of previous generations and the lack of this skill has set back the project. Anyone who knows how to crochet is welcome to become involved - students, adults, or grandparents. Papers explaining how to make a mat are always available, too.

When she first launched the project, she found that the communities she could reach, which stretched from Toronto to Rosemere, were very eager to help out. Both the school's and the school board's responses have been positive. She said that the environmental factors of this project, such as reusing the non-biodegradable bags that are so often thrown away, is another reason why the project has gained so much support.

Further research revealed that many churches and senior homes in Ontario and Quebec also are taking part in this project. Perhaps it can be said that this project is not only a Canadian one, but a worldwide one.

Plastic is a luxury which Canadians use every day for convenient packaging or cheap toys and gadgets and discard. The people who receive the milk bag mats help Canada as well. They are aided in a medical sense, and Canada benefits in an environmental sense. Who would've thought the literal trash of one country could become the treasure of another?

Cathy Rickert - Proprietor

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News from Rosemere

By Emily Barber

Rosemère's Mayor Madeleine Leduc

I first interviewed Ms. Leduc when she was a councillor in 2008. She was on the team of Helene Daneault, who was then mayor of Rosemère.

Helene Daneault was elected as our MNA for the County Groulx in the last provincial election, thereby leaving the mayor's seat vacant. Ms. Leduc campaigned and was elected Mayor of Rosemère in November 2012.



As a citizen I had to ask myself, "Why should I vote for Madeleine Leduc?" I

came up with the following reasons:

Experience: She has held a seat on the municipal council, and as mayor for nine months.

Knowledge: She knows the people of our town, our employees, the issues, the existing programs and services.

Continuity: She has been able to work with the various levels of government, provincial, federal and other members of the MRC in regards to implementing different infra-structure projects.

Ms. Leduc stated that in order to have a well administered municipality it is necessary to have a strong team that cooperates on the important issues. Some of the team members may hold different points of view and these differences

must be discussed intelligently before a consensus may be achieved.

Rosemère boasts of having one of the best qualities of life for any municipality of our size in Québec, **the Third in the World.** Our taxes are the lowest in the MRC. We have been able to keep costs low in order to keep taxes down.

Ms. Leduc has a full slate of candidates: Mr. Normand Corriveau, Mr. Eric Westram, Keteri Lesage and Guylaine Richer.

She is proud that all her campaign promises have been accomplished. The Improvement of Public Transportation has increased the number of trains to six per day. This began the week of August 5, 2013; 12 trains during the weekend, six on Saturday and the same number on Sunday.

The second challenge for the Mayor and her team is to help senior citizens that want to sell their family-sized home but at the same time continue to live in Rosemère.

The third is to implement an adequate pension plan for the employees. All this costs money, finding money to provide services and maintain the same tax level is going to be a "real balancing act."

The importance of **citizen participation**, exercising one's democratic right to vote in the next municipal election, is necessary to the efficient administration of any city or town, but in order to keep honesty and avoid corruption in politics, it's the constituents who must keep their eyes and ears open.

Unlike other levels of government there is **no PARTY LINE** to uphold.

She knows that the employees work at a high rate of efficiency, which gives her confidence to govern wisely for everyone's benefit.

Rosemere's ST James Anglican church annual B.B.Q. and Dance

St. James held their annual B.B.Q. and Dance on August 25. Everyone enjoyed all the food and dancing. Eric Painter stopped by and took a few photos.



Cooking up the burgers



Helping with the cooking



Some of the ladies enjoying the sunny afternoon

paravie

A Challenge for All of Us – To Help Kids Eat Better

By Glenda Esguerra
Paravie- Personal Fitness Specialist



We have seen campaigns to remove junk food out of schools. Various government programs have been introduced to put money into providing healthy meals in schools, adding more fruits and vegetables, limiting sugars, eliminating trans fats and diminishing sodium levels. When convenience is a priority, nutritious meals usually become a secondary concern. Many of the chronic degenerative diseases such as allergies, eczema, asthma, ADD, diabetes, and heart disease, begin in childhood. Therefore, it is all the more important to develop healthy lifestyle habits in childhood.

Healthy eating habits and physical activity - especially sports - should be regarded as an inseparable partnership in health and performance. And yet we all have attended sporting events,

tournaments and competitions where the food available for athletes and spectators is high in fat, sugar, salt and caffeine. It lacks nutritional value. Again, as with many of you, I have experienced a huge disconnect between what a sporting event represents and the food and drinks sold at these venues. Shouldn't we be responsible in providing nutritional foods that enhance athletic performance and health? For athletes, hydration and nutrition help in performance, as well as recovery. If you fuel the athlete with the wrong foods, there will be negative effects on their performance, energy level and concentration.

Let's take a look at what we need to consider. Whether we are feeding the athletes or the spectators, we need to look at nutrients that enhance health and performance in sports. Carbohydrates are essential as an energy source, and they are a fuel for the muscles and brain. We can get these from fruits and vegetables, grains, or milk. Proteins are required for muscle repair, rebuilding and recovery. Milk and meats provide these. Fats are needed for protection of organs.

Healthy fats can be consumed in vegetable oils, like nuts, fruits and even certain vegetables. Vitamins and minerals aid in the body's metabolic functions, keeping the immune system ready. These are only a few of the nutrients our athletes and spectators require.

Here are some examples of a full meal:

- whole wheat bread with turkey or chicken;
- snacks of hummus and vegetable sticks;
- sugar-free yogurts and cheese sticks, milk and water;
- fruit smoothies, and nutritious supplements for fueling and recovery needs.

For better health over the long term, we all need to seriously consider what we are eating. Perhaps we should treat junk food like allergies. Keep away from them or you'll have an adverse reaction. Positive change starts one step at a time.

Paravie- Personal Fitness Specialist
www.paravie.ca, 514-512-5600,
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Manoir Annual Corn Roast



Maison des Jeunes serving corn



Residents enjoying the afternoon

2Mtns Soccer Kids' House League Finals

By Bobby Fordham



Saturday, August 17, at Central Park, Soccer Deux-Montagnes organized their 2013 House League Finals for the U4, U5 and U6 (4, 5, and 6 years) mixed age bracket and the U7-U8 girls and U7-U8 boys.

A large crowd of fans, many of them parents and grandparents, watched

their daughters and granddaughters and sons and grandsons perform on a beautiful day for soccer. Volunteers cooked hundreds of hot dogs and President Jim Jamshid Ghavami and The Shamrock's Leprechaun gave out the medallions to every player and coach. Many thanks must go to the volunteers and coaches for their time dedicated to a special group of very young players. See you all next year.

CHAMBRE DES COMMUNES
HOUSE OF COMMONS
CANADA

Laurin Liu

Députée / Member of Parliament
Rivière-des-Mille-Îles / Rivière-des-Mille-Îles



The *Community Connections* would like to apologize for a mistake in the August issue. We stated that the article "Come participate in a music activity" was written by Rola Helou when it was actually written by Audrey-Kristel Barbeau.

Aging Autonomously?

4 K's New Free Services in Deux-

Montagnes, Rosemere

By Rola Helou

Supporting Autonomy - Concern over the Statistics Canada projection that the number of people over 65 will nearly double by 2031 has led to the Quebec government's recent proposal for "Autonomy Insurance" to provide the support to seniors that will enable them to stay in their homes as long as possible. This insurance will take effect in 2014 for seniors experiencing a loss of autonomy. More information about Autonomy Insurance is available at www.autonomie.gouv.qc.ca/en/.

In the meantime, each local health and social services agency has created a

supporting seniors' autonomy program (SAPA – Soutien à l'autonomie des personnes âgées). SAPA finances certain programs at local CLSCs and has begun financing programs at non-profit organizations working with seniors. The objective is for seniors to remain autonomous in their own homes.

As a gateway to offering more support for seniors in daily activities, the 4 Korner's Reassurance Calls Program will telephone them every day, ensure their safety, and reassure them when they are alone. Specific daily activity needs will be identified and met. For instance, a senior beginning to lose autonomy may no longer be able to drive but still needs to pick up groceries. Through this new program, the senior would be paired with a volunteer to help with such daily tasks.

Also, the 4 Korner's new social worker will ensure clinical oversight of the program. A senior with increased needs will be referred to the appropriate external resource to ensure that services are in place as soon as required. The senior can return home to find all daily activity needs are met and can remain autonomous longer.

Senior Men – Senior men meet weekly at 4 Korner's to talk and socialize. Through the SAPA program, they will be able to cook quick, healthy meals and eat together. The addition of an intern from the Social Services Program at Dawson means that the men's needs also will be identified and met to ensure that they can remain in their homes autonomously with the services they require.

Seniors are encouraged to call 450-974-3940 to find out more about the programs. People caring for seniors can call to learn more about services for caregivers as well as services available for seniors. These programs are offered free for members.

All English-speakers are encouraged to become members. Together we can strengthen the English-speaking community. 4 Korner's has served the English-speaking communities of the Laurentians since 2005. Each year programs and services are added or changed to respond to their needs. If you have any ideas about programs to meet needs in the community, do not hesitate to call.



ASSEMBLÉE NATIONALE **QUÉBEC**

Daniel Goyer **Député** **Deux-Montagnes**

After 1 year

"It is a year already and I still have the same passion to represent the people of the riding of Deux-Montagnes in the National Assembly as I did when elected," said MP Daniel Goyer.

Interestingly, he is the only member who is in the Government that the district has had over the past 10 years. "I have the privilege to defend issues and concerns of the citizens of the district directly to ministers and the Premier. The power to act and the privilege to participate in decisions

is a human and professional learning experience," he said with satisfaction.

This exercise also allows him to discover the workings of the government's administration while establishing valuable contacts and developing networks to better grasp the pulse of the constituency.

A stronger Quebec

"In the center of Government decisions, I am part of the government that dared to strike serious blows for a better tomorrow for Quebec," he said.

He called the case of the closure of Gentilly 2 a courageous decision, in part, because the development of wind power has been named as a significant direction for the future, among other protections for the environment.

During this first year, MNA Goyer discovered parliamentary life. As a legislator, he was very close to the laws that have a direct impact on all citizens.

"Some of them" he argued forcefully, "acted to clean up corruption in the construction field in the financing of national and local political parties, end the construction strike and restore social peace with students. We are a responsible Government that acted in the interests of the community, and I am happy to participate."

Serving the citizens foremost

"It is with enthusiasm since my election, I have met with citizens, organizations and local decision makers. I listened, supported and represented the community to the Government," The MNA, who had a marathon of meetings, said that he had met with many community organizations and businesses.

"My dearest wish," said Mr. Goyer, "is to be up to the mandate of being a worthy elected representative of the population of the district of Deux-Montagnes."



Sue Chef

By Susan Sanders

Hi again! This veal recipe is one of my favorites. It is a little time consuming, but well worth it.

Menu

Cucumber Salad

Veal Scaloppini with Fettuccini

Butterscotch Pie

(Serves 4)

Cucumber Salad

- 1 English Cucumber
- ¼ cup Vinegar (or just enough to coat the cucumber slices)
- 2 tsp Sugar
- Salt and Pepper

Peel the cucumber and slice very thinly crosswise. Mix the cucumber with remaining ingredients. Taste and adjust vinegar/sugar ratio to personal taste.

Veal Scaloppini with Fettuccini

- 1 ½ lbs Veal Scaloppini
- 1 ½ cups Bread Crumbs
- 2 Eggs, beaten
- ¼ cup Flour
- 1 tsp Oregano
- 1 ½ cups Parmesan Cheese (Freshly grated)
- 3 cups Tomato Sauce (Recipe Below)

Fettuccini noodles

Heat the tomato sauce. Cook fettuccini.

Combine Parmesan, bread crumbs and oregano. Dredge veal in flour, then dip in beaten eggs, and finally in bread/cheese mixture. Place a little vegetable oil in a non-stick frying pan over medium heat. Cook veal for 4 minutes per side. Avoid crowding the veal in the frying pan, cook in batches.

To serve, spoon a little tomato sauce on each piece of veal, then mix remaining tomato sauce with the noodles.

Tomato Sauce

- 1 tbsp Olive oil
- 1 tbsp Butter
- 1 Onion, finely chopped
- 1 28oz Can of Italian tomatoes
- 1 tsp Sugar
- 1 Beef cube
- 2 tbsp Tomato paste
- ¼ cup Dry red wine
- ½ tsp Oregano and basil
- 1 Bay leaf
- Salt and pepper

Place olive oil and butter in a frying pan over medium heat. Add onions and sauté until transparent, about 5 minutes. Add the remaining ingredients and bring to a boil. Reduce heat and simmer for at least an hour. Strain to remove seeds.

Butterscotch Pie

- 1 cup Brown sugar, packed
- 1/3 cup Flour

- 2 cups Milk
- 2 Eggs, separated
- ¼ cup Sugar
- 1 tsp Butter
- 1 tsp Vanilla
- ½ tsp Salt

Mix flour, brown sugar and salt. Whisk egg yolks and milk. Then add to the flour/sugar mixture. Place in a saucepan and cook over moderate heat, whisking every minute or so until desired thickness is reached. Add the butter and vanilla. Mix well and pour into a baked pie shell.

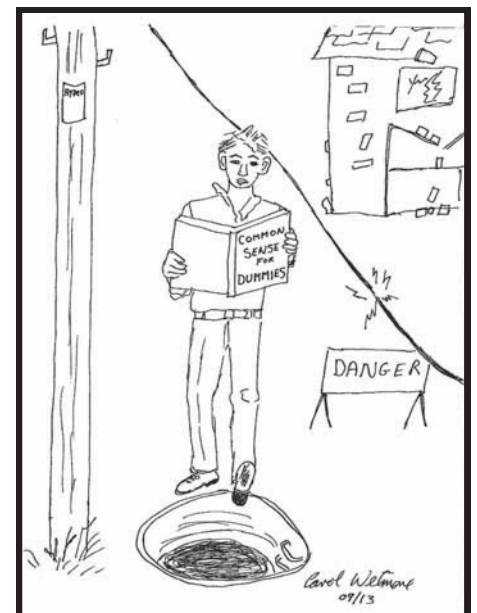
Beat the egg whites until soft peaks form. Slowly beat in the sugar until stiff peaks form.

Bake in a 425 F degree oven for 5 minutes, or until lightly browned.

Serve with ice cream.

As always, I hope you enjoy!

Sue Sanders



A Look at Rosemere

By Marge McCord

School has been back for over a month. The month of October is a busy time with Thanksgiving week-end October 12, 13 and 14. The last long week-end before Christmas, it is a time for families to get together and celebrate. In the United States, Thanksgiving is celebrated on a bigger scale than Christmas. I wish everyone a happy one.

Around the middle of the month the Rosemere Volunteer Services will hold a general meeting, after which lunch will be served and you can browse in the gift shop and maybe start some holiday shopping. There is new merchandise and as you know being a non-profit organization, there is no tax. All money raised goes back to the community where needed and for two scholarships to Rosemere High school students.

St. James Anglican Church will hold a book sale on Saturday, October 5, in their hall. It will be a good time to pick up books for your winter reading.

November we have a municipal election to vote in a mayor and councillors. The advance poll is Sunday, October 27, from noon to 8:00 pm at the Memorial Community Centre on Grand Cote across from Val des Ormes School. The date of the actual election for voting is Sunday, Nov. 3, from 10:00 am to 8:00 pm at Extenat Sacre-Coeur, 535 Lefrançois St. in Rosemere off Montee Lesage. If you are eligible to get out and vote, it is important that you do so.

November is also the Christmas bazaar month, with the first being held Saturday, Nov. 2 at St. James Anglican Church Hall at 10:00 am. The second is Sunday, Nov. 3, given by Holy Cross Parish starting at 10:00 am in the Memorial Community Centre at back of the building and downstairs. The Rosemere Memorial Church will be

holding their bazaar on Saturday, Nov. 16, at 10:00 am. All three are good places to pick up novelties, home baking and maybe have a bite of lunch.

Every Wednesday starting at 10:00 am, the Drop-In Centre at St. James Anglican Church is open, with your hosts, Becky and Winston Fraser. Do drop in for a coffee with home-made refreshments and a chat. During summer months, the centre is closed but in mid-summer, the Frasers gave a luncheon at their home for those who wanted to attend. I went over for the occasion. It was a great way to spend a very pleasant afternoon. Thank-you Becky and Winston!

Once again, we have old-time residents having to take up residence elsewhere. This fall, Hap and Tex Dawson will be moving to the West Island in Pointe Claire. Through the years, they did a lot of volunteering and this past year, Tex received one of the Diamond Jubilee Medals for all his efforts. Our very best goes out to them both in their new abode.

For all of you who like to cycle, it is important to wear a

helmet and to teach your kids to do the same. I see adults go by without them. Cyclists are supposed to follow the same rules of the road as autos (cars) but they never stop at STOP signs, which is especially dangerous. You never see them stopped by the police. Why not? Maybe if they got a ticket for not doing so, they would start smartening up and save someone from being badly hurt. I even saw two cyclists at Labelle and Grand Cote waiting for a red light to change push the walk button so they would not have to wait!

Enjoy the rest of the fall season before the holiday rush!

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Sports Rap
By Bobby Fordham

Fifth Annual Heritage Social Club Golf Tournament

By Bobby Fordham Photos: By Paul Goyette

On Saturday, July 27, the Heritage Social Club held its fifth annual golf tournament at the Lachute Golf Course. Fifty-two golfers in foursomes took part in the Vegas (Best Ball) format. The fantastic weather made it a great day for golf.



The winners with a tie breaker were the team of Tommy O'Neil, Riley O'Neil, Norm Morett and Donnie Devine.

The meal consisted of chicken breasts,



baked potatoes, vegetables, salad and, for dessert, strawberry cake. Wow, was it ever delicious!

Many thanks go to our volunteers who renovated our hall. They are Norm Rabideau, Rudy Neumayer, Diane Belanger, Ross Jackson, Rodney Habberfield, Audrey Habberfield, Norma Lariviere, Dave Amoyette, Alex Millar, Sue Carle, and Ron Rose. The kitchen staff consisted of Gary Mitchell, Diane Mitchell, Ethyl Stevens, Corrine White, Christine Neumayer and Bonnie Smith.

Thanks go to our sponsors and people that donated prizes. A special thanks goes to the organizing golf committee of Sandie Spackman, Paul Barnett and Chairman Bobby Fordham, and thanks to all of the golfers for your support.

23rd Rocky Holt Tournament Raises Thousands for Cancer Research

By Bobby Fordham



On Friday, Saturday, and Sunday of August 9-11, the 23rd Annual Rocky Holt Mixed Softball Tournament took place at Central and Olympia parks in Deux-Montagnes. Eighteen teams participated in three divisions of six teams. The weather was fantastic all weekend.



In the C Division final, Dave Gauthier's team defeated the Ethan Yellow Machine 7-5. In the B final, it was Randy Debonis vs The Rocky Holt Committee team. These two teams scored often with Randy's team winning 20-17.

In the A final, we had Body Shop vs Team Steve Macmillan. These two teams slugged it out with Steve's team prevailing 13-7.

Many thanks go to the sponsors and our friend, Couche Tard. Thanks also to all of the players, coaches and umpires. A special thanks to the Rocky Holt Organizing Committee of Carolyn Michaud, Robert Michaud, Steve Hodge, Terry Zwicker, Doug Parr, Jessica Parr, Donna Lavallee, photographer Robert Page, Diane Lavallee and the Co-ordinator, Margie Lavallee. Three big cheers, Margie, your Dad and Mom would be so proud.

The committee raised \$11,000 for cancer research. Fantastic job! Thanks also to all of the PLAYERS. See you all next year for the 24th.

Tournament to Aid Veterans

By Bobby Fordham

Saturday, August 24, at Olympia Park in Deux-Montagnes, the Heritage Social Club held their fourth annual mixed softball tournament to aid our veterans. Eight teams participated on a beautiful day.



There were many great defensive plays as well as great hitting by all of the teams. Three teams tied with identical 3-0 records, but in the end the clan from

Chateaugay were acclaimed champions with the best runs against record.



Many thanks go to the volunteers and umpires,

and especially to all of the players for their participation to support our veterans. Three cheers to Mike Neville, the co-ordinator, for a job well done! The real champions are our veterans. Without them we would not have our great country, CANADA. See you all next year.

My Opinion

By Bobby Fordham

We have the halls of fame for the National Hockey League, Major League Baseball, the National Basketball Association, the National Football League and the Canadian Football League. So, what determines who is eligible for this honour and why?

Most of our experts base their votes or support for hall of fame inductees on the number of championships the player's teams have won. I think that personal league/playoff statistics, not TEAM performances/championships, should get a player inducted. For example, Terry Bradshaw is in based on his being on four Super Bowl championship teams while Phil Simms is not in with better quarterback statistics.

Another example is Marcel Dionne vs Mark Messier. Dionne got in only on the second ballot but Messier, with fewer goals but with a team that won five Stanley Cups, made it on the first ballot. A baseball example would be Cal Ripken vs Derek Jeter. Experts are always highlighting Jeter over Ripken because Jeter plays for multiple World Series winning New York Yankees while Ripken played for the Orioles, with no championships since the 1960s, yet Ripken has better personal stats.

In closing personal statistics based on league/playoff performances ought to determine who gets nominated and eventually makes the halls of fame. That's my opinion. What's Yours? bobbyfordham@sympatico.ca

Ron's Corner

WHERE ARE WE GOING!!!!

By Ron Kessler

Well this article is about Quebec, our home and what a home it is.

First off, let me tell you that I am proud to be a Canadian. Also, I am proud to be a Quebecer. Often in my travels to Ontario, our province is frowned upon and considered to be a loner that waits at the border to stop all Anglos and put them through a language test. This is a reputation that has followed us for decades, but the new minority government has taken it to a whole new level. I no longer feel I have to defend Quebec, but instead, I too have become critical.

I am bilingual. I worked my whole career in French and am happy to say I

am fluent in both official languages. This is something I have always considered to be a plus. But what is the next generation going to do? English is a priority in the international market. Why would any intelligent individual limit himself in achieving the types of career for which this would be a plus?

But now, it seems the Quebec government has decided to make its own charter, which amongst other things will limit ethnics to be seen in public wearing their religious garb. This includes crucifixes and headwear.

I have not read the complete list of does and don'ts, but from what I gather, this will affect the targeted demographic of the Parti-Quebecois, who have invited ethnics to join their ranks for the last few years.

I for one, enjoy the multi-culturalism of Canada as well as the freedom of speech and expression. Whether I agree or not with certain beliefs of different

cultures, they are a must for our country's future.

Some will say this is a good thing for Quebec, many will not. But what will the penalties be for breaches of this charter? Will there be new watchdog groups formed to enforce the laws, similar to the ridiculous "office de la langue francais" language police?

Will there be tickets given out, will stoolies be rewarded, will there be prison time for the non conformists? So many questions to answer ...

Personally, I can't believe that my tax dollars are going to this type of "bigotry" instead of to needed places such as our health system, or infrastructure rebuilding and others.

So please, read all you can about this change our minority leaders want to force upon us, so we can all take an intelligent stance, something which seems to be missing here in Quebec!

These are my thoughts, what are yours?



The Circle of Life

By Colleen Baxter Sullivan

I have really missed writing for the *Community Connections*. I hope that you have been well and I, once again, look forward to sharing some of my perspectives with you.

This article not only touches me personally but hopefully it will touch the many caretakers contributing to the well-being of a senior, whether it is a close relation or an acquaintance by choice. *The Circle of Life* ... surely you remember that famous Lion King Song written by Elton John and Tim Rice. It goes something like this:

It's the Circle of Life
And it moves us all
Through despair and hope
Through faith and love
Till we find our place
On the path unwinding
In the Circle
The Circle of life.

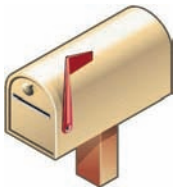
I have been approached to do a few talks on the subject of aging, both from the viewpoint of the aged, but mostly from the families involved with their care. If you were to ask some people what they might interpret from the Lion King song it is primarily the word circle, or what I might deduce as really meaning change. Change is the word in question here! Watching someone that you care about become a mere fraction of their old selves, can be the biggest change of all and for some it can be very upsetting, to say the least. It's not pleasant to see a loved one transform right before our eyes. What we have come to expect from them and what we actually receive are two different things. Now that is the tricky part! How will we handle this? No, it won't be easy but it can be a wonderful experience if we know what lies ahead for us. Here are some thoughts on the matter and hopefully they might be of help.

Those good old days are gone but not dead forever; start living in the present,

for the past will only hinder what is now and the wonderful new memories that can be formed. Say, for example; your mother was a great cook and now it has become an impossible task for her. You can still share this wonderful experience by perhaps asking Mom to read and guide you through the recipe. You take over the physical part and her input, you will soon discover, is priceless. Feeling needed is an important part of the aging process. It will definitely prove to be a learning experience for both of you; one that you will remember in the picture book of your memories.

Mobility changes drastically with the years. Seniors are prone to many aches and pains. Legs are stiffer and arthritis, in some cases, has taken over their once agile body. What do we do? Because they can't romp around the malls or play in the parks with us anymore, seniors are abandoned. I know from personal experience that it is hard to push around a wheelchair and make arrangements

Cont'd on p. 31



Letters To The Editor

In Deux-Montagnes the English are only 17 percent of the population.

Yes, it is a very active group but for reasons unknown there are often conflicts of scheduling relating to their fundraising functions. We must realize lots of work goes into organizing events so that the committees may create profits for their organizations, but conflicts prevent this from happening. For example, three to five events are being scheduled on the same day/night in a community consisting of 3000 English-speaking citizens. Then only 300 to 500 adults are available to attend any one event, and it seems to be the same 150 or 200 people supporting each event. How are any of these hard working committees supposed to raise enough valuable dollars for their organizations if often our adults have to make a decision about what to attend? What happens is that the three to five organizations make a small amount of profit but then have to organize another event, which means renting another hall, purchasing a second liquor license, and selecting another date so as NOT to conflict. If there was just one event on a given date, profit could be made because the support would be available. It is not the responsibility of the City to co-ordinate our fund raising activities. It is the responsibility of the organizations to control and support each other, but this is not happening. Personally, I feel some associations/committees do not want certain events to succeed. **Bobby Fordham.**

LOST DOG

Friday August 9, our neighbors brought us a dog that they had found and kept overnight on Thursday. They were not able to keep the dog so we agreed to take him. On Friday I called the Patrouille Canin GL and reported a found dog, and left my phone number with a description of the dog. I never

received a call back. I contacted Petluck services, Berger Blanc, the SPCA and a rescue center in Laval. The person from the SPCA came by my house at midnight on Friday to say that she too had found this same dog at the beginning of June. She lives in our area. She told me she found the owner, a person who lived on 8th Avenue, but that she found the dog was being mistreated and she told me she would not return him again. So we took care of the dog. We walked around Deux-Montagnes to see if anyone knew him but no one claimed him. On Wednesday we took him to the vet, who examined this dog. As he had cuts and was very thin, they agreed he was underweight and neglected. We decided to keep him. We purchased a license at the Hotel de Ville and did everything we were supposed to do. On the Wednesday night young boys driving by our house said they recognized the dog and that he belonged to their landlord. We gave our number. He called us on Thursday to say he wanted his dog back. We contacted the police and they told us that whoever had the dog registered was legally the owner. We told this man that we had already registered him and had spent money on vet costs. If he was interested in the dog he should have taken care of the dog. We asked him repeatedly if he had the dog registered and he never responded. This went on until Saturday, when the police called me again. I explained the situation to them again. They seemed very unsure of what to do and agreed that if we had already registered him, then we had taken ownership, but they informed me that they would have to check with the Inspecteur Canin. After many phone calls back and forth, they told us that the dog had already been registered with this other person, so we had no choice but to return the dog. They also informed us that legally we should have given the dog to the pound and

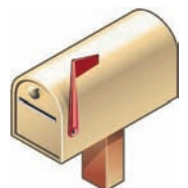
after four days, if no one had claimed him, we could have adopted him. Well we did call the pound and they never called us back. The police came to our house on Saturday with the owner and took the dog. I don't believe at all that this person ever had this dog registered but when I asked for proof, I was told they did not owe us any. When we asked for reimbursement, we were told we would have to go to small claims court.

I am extremely upset by this entire situation. We not only put out money to have the dog cared for, we bought him a bed and bowls and were prepared to keep him. This whole situation would have been avoided if the pound had returned my call. I called them again this weekend to ask them for proof that the dog had indeed been registered by this other person, because the police never showed us any proof. They still have not returned my call.

This is the third time that I know of that the dog has run away. We had another neighbor inform us that he too had found this dog and kept him for a week before the owner found him. The owner told us he keeps the dog outside and that he gets out.

This entire situation was very upsetting to my family and could have been avoided. Regards, Deborah

***If you would like to send any letters to the Editor just email them to:
cceditor2011@yahoo.ca with the subject line "Letter to editor."***





How Aging Affects Our Balance

By Dale Hammond

The statistics in Canada state that one in three people over the age of 65 falls every year. This will affect all of us. This article will inform and educate you about preventive measures and key aspects of balance.

Balance is your bodies' ability to maintain your centre of mass over its base of support, whether it is moving or stationary. Over time our bodies are exposed to the push and pull of gravity. Our balance, posture and locomotion (walking) begin to be affected. Our motor patterns and signals from the brain that were once fluid and smooth are now slower, and coordination on both basic and complex movement is less efficient.

Older adults show much greater postural sway when standing in place, which challenges our balance constantly. When dynamic movement is needed, such as taking a quick step forward, our bodies react by contracting the supporting muscles to stay upright. The response time is slower for older adults to fire the supporting muscles. The muscles needed to support may also be too weak to respond adequately. Posture is very important in maintaining our balance. We are more stable when we bring our shoulders up back and down and tighten our abdominal area, our shoulders are in line with our hips and neck retracted between shoulders. Our parents were

right after all. One of the actions we need to use for balance is *anticipatory postural control* these are actions that we plan in advance, such as obstacles in our path, rocks, leaves, ice, etc. Another is *reactive postural control*. We use this action when we have to react quickly to an event we did not expect, such as stepping in a hole or getting bumped in a crowd.

Research shows that there is a slowing of the central nervous system which can impair reaction time or can lead to an overreaction in some cases causing a fall or accident if driving. Balance is a true integration of multiple body systems: neurological, muscular, skeletal, as well as visual, somatosensory (*sense of touch*) and vestibular (*hearing, inner ear*). When any of these are affected, our balance can be compromised in some way.

Changes that can Affect Balance:

Depth perception, distinguishing light and dark, decreases in muscle mass and bone density, a decrease in signals from your skin, muscles and joints, loss of sensory system in your feet due to diabetes, low blood pressure, medications, incontinence, more trips to the bathroom at night, benign positional vertigo is also quite common in older adults. (*octoconia*) It can cause dizziness with certain movements of the head. (*Always consult your doctor if you have any questions regarding your balance*).

Quick Tips for Balance Training

- Ø Walk Regularly

- Ø Try to maintain good posture. This will help you with your walking gait and prepare your body if you get bumped or need to recover quickly.
- Ø Use this method when taking the stairs. Go up with the good leg and down with the bad.
- Ø Perform strength training to improve muscle mass and bone density
- Ø Challenge your balance by standing behind a chair, hold on with both hands at first, then one hand and no hands advancing slowly, while standing on one foot (shift weight to opposite side first, then lift leg) hold for 10 to 30 seconds. Repeat 10 times on each side. Perform daily.
- Ø Put foot down if there are any wobbles. (Persons with severe osteoporosis should avoid standing on one foot). Those with slight osteoporosis can stand no more than 10 seconds.
- Ø Walk with one foot in front of the other (heel to toe) holding on to wall or with another person beside for support.

For more information contact: Dale Hammond O.A.S. P.T.S. 450-473-5985. (Private training in your home) seniors discount, or older adult classes given at The Heritage Social Club on Tuesdays and Thursdays (9:00 am to 10:40 am)



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Announcements, Birthdays and Memorials

Belated Birthdays:

The *Community Connections* would like to apologize for missing one of the most important birthdays of the year. Happy Birthday to :

Georgina (Gina) Lowry: who celebrated her 101st birthday on Sept. 9. Glen Hilliker, Aug. 16

Rita Quesnel, Aug. 29 - 93 years young.

Birthdays:

Happy Birthday to:

Noah McLean, October. 5,
Daphne Huxsel, October. 5,
Pat. S. Omoto, October. 13,
Andrew and Alex Green, October. 14,
Laureen Byers-Fata, October. 18,
David Green, October. 22,
Phil Glover, October. 24,
Carole McLaughlin, St. Thomas, Ont.,
Kyle Davis, October. 24,
Russell Hughes, October. 28,
Kayla Baldwin, October. 29,
Shanna Davis, November. 1,
Joan Mackie, November. 1,
Thelma Hughes, November. 6
Debbie & Wendy Glover, November. 7,
Bert Klotz, November. 18,
Ross Draycott, November. 18,
Jenn Goulet, November. 27,
Lindsay Hughes, November. 28.

Kennedy Family Birthdays

Darren, November. 6,
Nathan, November. 15,
Ryan, November. 28,
Laura, November. 29

Burrell-Morin Wedding



Paul Beatty and Karen Burrell are pleased to announce the marriage of their daughter Jessie, to Wayne Morin, on July 20, at Auberge au Gallant.

Anniversaries:

Bob and Barbara Wilkinson, November 9,
Happy 67th

Memorials :



In Loving Memory of
Douglas Wright
1936 - 2013,

Doug beloved husband of Deanna Wright (Conroy), passed away on August 4, 2013. He will be greatly missed by his children Charlene (Greg), Kelly, Frank (Glenda), Pamela, Shannon (Garry) and Doug (Heather), 11 grandchildren and 6 great-grandchildren. Loving brother to: Danny (deceased), Nick (Marie) as well as Judy, Jimmy and John. The family would like to thank the staff of the St-Eustache Hospital for their exceptional care and kindness.



Stewart Pope

At Saint Eustache Hospital on Aug. 3, 2013. Beloved husband of Audrey Smith, and also Patricia Oatway (predeceased).

Dear father of Michael (Susan) and step-father of Shane (Joelle) and Susan (Vic). The loving grandfather of Serena and Kyle. Stewart will be greatly missed by family and friends.

Announcements: **CREATIVE SENIORS**

Wednesday Lunches

Our hearty healthy Wednesday lunches will continue each and every 1st, 2nd, and 4th week of the month at a cost of \$6.00 each.

The Heritage Hall will open at 11:30 am and lunches will be served at 12:00 pm.

Dates: Oct. 2, 9, 23, 30, Nov. 6, 13, 27, Dec. 4

The following special event lunches will be served at a cost of \$10.00.

October 9 ... Oktoberfest

October 30 ... Halloween (featuring a pumpkin carving contest)

December 4... Christmas (surprise)

Women's Time Out

Annual craft fair will take place this year on November 16, at the Veterans hall 141 Grand Moulin Deux Montagnes from 10.00 am to 3.00 pm. There is a tea room and bake sale.

For more information :Gertrude Dore
450 472 1393

Belated Happy Anniversary

Cathy Rickert and Garry Mason,
Sept, 7,

<http://www.communityconnectionsdm.ca>

This publication (*Community Connections*) is made possible by a grant from: Fonds Régional de Promotion de l'accessibilité aux Services de Santé et Aux Services Sociaux en la Langue Anglaise (CRASLA) and our proud sponsors.



Cont'd from p 26

for outings and social gatherings? It takes effort on our part to make a senior comfortable but we must remember that they will appreciate your act of kindness. It might be that one outing that changes their mood swing and puts them in a happier place. Imagine sitting alone all day! Many seniors are prone to depression and rightfully so. What we take for granted means much to them. Continuous lack of personal interaction would cause anyone to be depressed. I love the quote by Ricky Lee Jones, "Be careful of your actions. You never know when you are creating a memory."

Daily care for our senior is also a concern. Don't be the one looking for a pat on the back because you won't get one. There are no heroes here. Do it for yourself and your own personal satisfaction.

Obviously some of us have more time than others and that is to be expected. Siblings can't always divide the load equally because of personal obligations; both within work and family. Some might live abroad. You should not make them feel guilty because of this. Each of us in our own way wants to help. Realize that because you might be the one doing more than the others; this should not be the factor here. Be happy that you have the most time. It is a privilege. Don't take on the Martyr Syndrome!

Dignity is the last point that I want to touch on. Seniors want to live alone and should be given the devices to do so. The 4 Korner Family Resource Center in Deux-Montagnes has a list of contact numbers and would be more than willing to help anyone needing them. They also have workshops throughout the year pertaining to this subject. You

are not alone with this. But the most important lesson you can learn is about personal rights and freedom. No matter what their age, you cannot take this away from a senior. If they are still capable of living independently and are proven capable, they have the right to their independence. This at times is a fine line to cross. Get professional help and evaluations. The aging body does not necessarily mean an aging mind. Many will need our help and we should provide this.

In closing I want to remind you of the Circle. Your parents cared for you and now it is your turn to care for them. Today you are young and able, but one day it will be your turn and you just might have to rely on your own children to care for you. We cannot stop the hands of time.

Perk you later,
Colleen

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