

Community Connections

SERVING THE AREA FROM KANEHSATÀ:KE TO ROSEMÈRE

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September/October 2020

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Dear citizens,

While the COVID-19 pandemic hasn't stopped being the hot topic all summer long, many of you have still been able to enjoy the summer period in your own way (and still enjoy it I hope!) by undertaking projects at home, and by taking advantage of the parks and the many outdoor activities that our region offers.

At the time of writing this article, we do not know how the coronavirus will affect the Back to School period or our activities in the fall. Regardless, we will continue to take the necessary measures to protect the population, not just from the effects of the virus on health, but also from its effects on public finances.

The city's financial statements for 2019, published last July, show that Deux-Montagnes' debt has decreased by 60% in just 5 years, going from \$ 44.5 million in 2014 to \$ 18.3 million in 2019! The City's public finances are therefore in good health. The seriousness and vigilance shown by the administrators will be all the more essential in the months to come.

Reconstruction of Deux-Montagnes Boulevard

The repair work on Deux-Montagnes Boulevard, the bike path along this artery and some surrounding streets has been underway since June 8. Mainly aimed at improving the asphalt pavement, this major project will also improve the safety of pedestrians and cyclists with the construction of new paved pedestrian crossings. The work should be completed at the beginning of September.

Regarding this work, we are very happy that the 29

trees that were in the median of the boulevard have all been preserved and replanted in two city parks. In addition to protecting the city's forest heritage, three times this number of trees will be replanted along Deux-Montagnes Boulevard at the end of the work. In fact, we will proceed in September with the planting of 90 trees (already large) in the median of Deux-Montagnes Boulevard, between the railway line and the limits of Saint-Eustache. The tree species that will enhance the city's environment have been selected for their good resistance to urban conditions, in particular their tolerance to de-icing salts.

Deux-Montagnes will soon be blowing out 100 candles

Did you know that the City of Deux-Montagnes will celebrate its 100th anniversary next year? I appeal to you: we are looking for pictures relating to the history of our community, vintage photos to discover Deux-Montagnes from a different perspective. We are particularly looking for photos taken of special milestones, pictures demonstrating the significant involvement of local community organizations over time, of the urban environment of the old days (e.g. the lively crowded beaches, shop fronts, etc.). The historic pictures will be used for the production of the 2021 municipal calendar, as well as in other communications about the Deux-Montagnes 100th anniversary. Don't hesitate to send us your historic treasures in a digital format to communications@ville.deux-montagnes.qc.ca or to bring them to City Hall (803, chemin d'Oka) so that we can digitize the selected photographs.

Continue to be careful and make the most of the last hot summer days!

Mayor Denis Martin,
Deux-Montagnes

The Community Connections Team

www.communityconnectionsdm.ca

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

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Summer Scene

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Around the House - Fall to do list

By Carole Gagne (Lanthier and Beatty Construction)

Summer has come and gone. As I'm writing this I can't predict what kind of fall we'll be having. Maybe climate change will be clement and we'll have some warm weather to do all that remains to be done before winter. Risking repeating myself here is a list of things you should do before winter comes:

- **Caring for your trees and shrubs:**

You may want to get help from an arborist if you are not an expert on pruning or diseased trees. It is a good time to identify the dead branches and trim them out since trees go dormant and have less chance to get disease. Also, since they are going dormant it is not advised to plant new trees in the fall.

- **Rake leaves:**

Some think that it's good to leave them on the ground for the winter, but if there are too many leaves, they may inhibit spring growth.

- **Clean gutters and downspouts:**

Repeating myself on this one, but it is a must if you want to avoid trouble down the road.

- **Make exterior repairs:**

It is time to assess your property and look for signs of damage to your roof, siding and foundation. Making the repairs now can save you money in the long run.

- **Seal gaps where small critters could enter:**

Mice do not need a lot of space to find their way in, and as the cold sets in they will be looking for warmth. Fill all the small holes and secure or cover the larger gaps.

- **Check walkways, railings, stairs and driveway:**

Navigating around the house when it is icy can be tricky and hazardous, so make sure everything is in good condition and in place. Get yourself some grip soles, anti-slipping gear. Better safe than sorry!

- **Stock up for winter:**

Check if your snow shovels and ice scrapers need replacing, same thing for your car. Get a bag of ice melt (preferably biodegradable), check your emergency kits for your car and home and if you own a snow blower now is the time to have it serviced.

- **Shut off exterior faucets and store hoses.**

Don't forget to empty your hose before storing it away.

- **Weatherstripping:**

Check the seals around windows and doors; repair or change what is damaged.

- **Check your safety devices:**

Test smoke and carbon monoxide detectors; replace batteries as needed. Check your fire extinguisher. Also, since the windows are closed, this would be the perfect time to check for traces of radon in your home.

- **Remove window A/C units.**

- **Clean dryer vents:**

The lint buildup in dryer vents can be a fire hazard and render your dryer less efficient.

- **Conduct an energy audit:**

You can render your home energy efficient by making some improvements by upgrading to Energy Star appliances, adding insulation in the attic or weatherstripping. Check Hydro Quebec's Website for tips:

<http://www.hydroquebec.com/residential/energy-wise/>

- **Schedule a chimney cleaning and heating system maintenance**

After doing all of that you are ready for another winter. Hopefully by next spring the world will have found a way to deal with COVID 19. In the meantime, stay safe.

Pierre the Barber – a tribute

By Gordon Wetmore



PHOTO FROM 2MOPAU

When Pierre "The Barber" Laparé shut the door to his shop for the last time June 30, he also closed the portal to an experience of the past, an old fashioned male world of clippers, trims, Bay Rum - and conversations.

And great conversations happened in that iconic shop on Chemin d'Oka at the corner of 11th in Deux Montagnes. A consummate host, he was ready to talk politics, les Canadiens, vacations, the weather, and the history of haircutting in French or English. If a customer seemed weary on a particular day, an observant Pierre would let him drift off to the soothing hum and gentle vibrations of the clippers.

On his walls, aside from his wife's paintings, of which he was very proud, were black and white photographs of his days in training at barber school more than 60 years ago – long lines of young men in white coats, all with trimmed hair, beside barber chairs and in front of mirrors. Pierre's large mirrors and black leather chair hearkened back to those days, and no customer ever complained that the seat was worn and had developed a few cracks. Most of us were pretty well worn ourselves and the chair made us feel right at home.

Pierre rarely talked about himself and his activities, preferring to concentrate on his customer's interests. However, he has an outstanding record as a good citizen. He served as a city councillor for 16 years, was instrumental in the creation and operation of Dépannage Saint- Agapit – he even organized dances for youths at one time - and was a member of the Optimist Club.

In one of our conversations a year or so ago, Pierre acknowledged that he could retire at any time but kept going because of his customers. He was loyal to them and we were loyal to him. It took a pandemic before he would close up shop after 62 years of cutting hair in Deux-Montagnes. We will miss him.



Coffee with Colleen

By Colleen Baxter Sullivan

UNIQUELY YOU

Hello again. I am sitting here with a steaming hot cuppa and hope you are as well. First and foremost, I would like to thank you for the overwhelming welcome that I received on my return. It was nice to be remembered after so many years.

I am touching on a subject that I want you to think about because I am sure that it has affected many, and that is self-image leading to self-worth. Your self-image will ultimately lead to positive or negative self-worth, reflecting on how you conduct yourself, whether it be in relationships or career choices. What goes on in your head is the only obstacle holding you back from being your best you. You are responsible for this and, like anything, you and only you can change these thought patterns.

I was a teen in the sixties. I was and still am nicely overweight or, as I like to say, voluptuous. Anyone who lived in that decade can identify with the phrase by the late Wallis Simpson, Duchess of Windsor, "You can never be too rich or too thin." All you have to do is google "Twiggy", the super-thin model who was the benchmark for us starving teens wanting to be like her. Alright, she was a model, who cares? Then you have Jacqueline Kennedy, the first lady of the United States, someone with actual power and influence, portraying herself as a fashion plate, extremely thin and rich to top it off. And if you were me, a young girl fainting on the train from starvation, your self-worth was slowly being shattered. Nothing could right the damage that was taking place in my head.

Bookstands were full of magazines with pictures of the perfect woman, tall, thin and now I know, unrealistic touched-up photos. And every imaginable diet came out. The diet industry bloomed. I am sure that with all the diets and diet books that I bought, I paid for some publishing executive's vacation. There was no stopping me and my quest to be thin. That decade was the start of an image that I carried around with me for many years. I felt that I was not perfect because I was not thin. I do not know how many times people would say to me, "You look like a wholesome farm gal." What was that supposed to mean? I was only worthy of socializing with Daisy, the cow? What you say to people will have a lasting effect on them. If you mention weight to your child, please handle it with kid gloves. Youth are like sponges; they absorb and remember everything that you say to them.

I want to make it clear that this is not just about body image, nor it is solely related to girls. Boys are affected as well, but they seem to be more secretive about it. Bullying is another thing that can also affect your self-worth. We think that this is just reserved for children. Not at all. There are some mean adults out there as well. Remember the sponge. Try to relate it to your emotions. The sponge fills with water like your head fills with every negative thought that you might have. Eventually, the water slowly empties from the sponge, like the very fiber that forms your self-image. The sponge dries out, like your self-worth. I use sponges to relate to many things.

Now, you might ask how you are going to change your mind-set. I know it is not easy. I hope it does not take you as long as it took me. I was well into approaching my senior years before I acknowledged that I was me, and you either like me or not. What you might think of me is your problem. And as for Daisy, the cow, and me, we have become great friends. I will never be thin, and I could care less because I am healthy. I only feel bad that I wasted so many years on caring what others thought. This is my journey, not theirs.

We are each created as a unique person. There is no one like us out there. You are Uniquely You! It would almost be impossible to be a copy of someone else. Remember that! Our body is just an outer layer to carry our soul or what some might define as their spirit. We are just the vessel carrying our inner selves. The body is just skin and bones. If we put too much value on what we look like, old age will soon bring you back to reality. Imagine if that is all you had: an outer shell that you vainly used to validate yourself with others. Get it right before it is too late! Saggy skin, age spots, and immobility are rude awakenings. Focus more on the inner self.

I hope this article is not too deep, but we all, especially at this time of confinement must be reflecting on our past, either good or bad. It is never too late for you to change your inner you. I am 71 and still am trying to figure out what I want to be when I grow up. I cannot change my body or my sometimes too-honest mouth. The way people perceive me is their issue, but what I can change is how I handle it.

Be true to yourself. Know your strengths and share them with the world. We all have them. We all have a talent or gift and it is up to us to share that gift, and if people will not accept it, move on, give it to someone else. Do not take it personally.

Please love yourself, the unique you. We are all worthy of love and if you look in the right places with the right people, you will most definitely find it.

Perk you later,
Colleen



Area loses fine educator

By Gordon Wetmore



With the August 1 passing of Gail Spillane at age 63, the Sir Wilfrid Laurier School Board lost a fine educator. Ms. Spillane (née Latter) was an excellent teacher who spent the last half of her productive, distinguished career as a vice principal in schools in Laval, Deux-Montagnes and Rosemere.

Her official obituary recorded that she died at home “surrounded

by her family. She is survived by her loving husband of 37 years, Nicholas Spillane, and by her three children of whom she was so proud: Alex, David (Sonya) and Lisa. Gail was the beloved daughter of Elizabeth and the late Arthur Latter, much adored sister of Jane, her twin brother David (Sharon), Robert (Ann), and the late John Latter and very loved aunt of Marc (Nikki), Michael, Scott, Sarah, Robert, Thomas, and Jake.”

Gail had a remarkable model to follow in her mother, Elizabeth (Betty) Latter, a secondary level special education teacher who only retired in her mid-70s because of knee problems. I had the pleasure of working with her mother and also with Gail at the former Laval Catholic High School, where she taught computer sciences to senior students who thought (rightly) that she was wonderful. Later I got to see Gail in action as a vice principal in three different schools, where she was highly respected by students, teachers and other administrators for her work ethic, warmth, organizational skills, wit, focus, insight, caring and competence.

My sympathies go to Gail’s family and to her friends, colleagues and former students.



Although the Lake of Two Mountains High School’s annual speech contest was cancelled in May because of COVID-19 concerns, one student had prepared a speech that English teacher and Assistant to the Principal Christine Fiset thought deserving of publication. When I read it, so did I.

Because it’s time - #BlackLivesMatter

By Jaida Wilkins, Secondary 1

Right now, people in the black community fear for their lives.

They are protesting the racist activity the police have shown. As a woman of mixed race, I find it disgusting that police have destroyed so many lives; I will speak up for those people who can’t.

In the last six months alone, there have already been three unnecessary deaths: Breonna Taylor, the 26-year-old African-American emergency medical technician who was fatally shot by Louisville Metro Police Department officers in her own home on March 13, 2020; Ahmaud Arbery, an unarmed 25-year-old African-American man, fatally shot near Brunswick in Glynn County, Georgia, US while jogging on Holmes Road on February 23; and finally, George Floyd, a 46-year-old black man, who died in Minneapolis, Minnesota, US, after white police officer Derek Chauvin knelt on his neck for almost nine minutes while Floyd was handcuffed and lying face down on the street saying, repeatedly, “I CAN’T BREATHE”. But sadly, that’s not all. There are many more who have lost their lives because of this racist behaviour.

Protesters started to protest peacefully by kneeling and begging police to kneel with them. When police were instructed by Donald Trump, the President of the United States, to use tear gas bombs and gun pellets, the protesters were forced to take action, and that’s when the looting started. Protesters began lighting buildings on fire,

throwing garbage and glass bottles, and tearing down fences, all while saying “buildings can be replaced but lives can’t!” We might disagree with the way that rioters are handling the situation, but we should agree that this is one way for the world to pay attention. The fact that things have to go this far, just so people can be heard, is sickening.

One thing that hurts me a lot is that when people were peacefully protesting and the tear gas and pellet guns were fired, those who were severely injured were not permitted medical supplies by stores or gas stations nearby, so the protesters were forced to drive their injured peers to the hospital.

It’s time that we let the black community have a chance to speak and have the rights they deserve. It’s time that black people are heard. Our skin colour does not mean we are different from others. We are not all equal now, but we should be, and will be, if we all do our part, white or black, to make a change, because IT’S TIME!





School Matters

By Gordon Wetmore (gordonwetmore@yahoo.ca)



In 1608, a self-proclaimed English witch made a number of eerily accurate predictions that resonate today. "Mother Shipton's Prophecy" contained such lines as "Carriages without horses shall go/ And accidents fill the world with woe," "Around the world thoughts shall fly/ In the twinkling of an eye," "Gold shall be found mid-stone/ In a land that's now unknown ..."

I used to give senior students a version of the poem (accompanied with a slide show and a sound track featuring Pink Floyd's threatening "Easy with Your Axe, Eugene" and a throaty reading by a teacher friend, herself a follower of Wiccan). That version ended with "And this world to an end shall come/ In the year..." but I blanked out the date. Students had to fill that in from their own imagination. The students either loved the poem or were freaked out by it. They matched predictions to current events, scientific advancements, the San Francisco and Dawson Creek gold rushes and other developments, and came up with the understanding that huge changes in living conditions constituted a metaphoric end of one world and the beginning of another. They also learned how to match syllable counts, rhythms and rhymes. I refused to give Mother Shipton's actual prediction. What would be the fun in that?

Given the experiences of the past year, I believe we could supply a fitting end line: "And this world to an end will come/ In the years Two Thousand Twenty and Twenty-one!"

The coronavirus disease COVID-19 has upended our world globally, affecting everything. Is it the end of our world? According to CJAD's Élias Makos, Google, the giant company that channels information from almost every organization, government, Facebooker, tweeter, information searcher, traveler, etc., has deemed that its staff can work from home until the end of June 2021. That should clue us in to how long the new abnormal will last – at least. We do not know – cannot know – what the new normal will be.

The 2020-2021 school year begins now. I wish I had useful advice to give. The hash that the Legault government was making of the school boards, French and English differently but both significantly, had already introduced major instability before the coronavirus hit. Everything has to be made up to meet unprecedented situations. I do counsel patience with each other, as teachers, bus companies, administrators, caretakers, attendants, support staff, specialists, and – especially – parents and students all have to find how to cope in this shaken-up new world. We are all in the lifeboat and the sea is choppy. Best we learn to row together.

Determined teens help charities

By Rhonda Gibson, Ethics Teacher

We don't give up!

At the beginning of each school year, Secondary 4 Ethics students at Lake of Two Mountains High School are given a teen empowerment assignment aimed at getting them involved in their community. This project, The Youth and Philanthropy Initiative (YPI), has been a tradition at LTMHS for the past 11 years, and even during a pandemic, our students were determined to complete it.

YPI has participants in secondary schools in Canada, the United States and the United Kingdom. It was developed by the Toskan Casale Foundation (founded in 2001 by Frank Toskan, Victor Casale, and Julie Toskan-Casale in Toronto) dedicated to supporting and strengthening local community-based social service agencies.

Based on issues that interested them, our students chose local charities they felt were in need of attention and financial help. Prior to the pandemic, they began the research and volunteering. However, once the schools shut down, we weren't sure what to do. YPI came up with a solution. It modified the criteria to make the project research based with a written paper and a creative visual component – a PSA (Public Service Announcement) video advertising the charity. Judging was done by an outside panel and the submissions were incredible and varied. Great creativity! For the first time in YPI history, the \$5000 grant was to be divided amongst the three top winners.

Congratulations to our winners and everyone who participated! We are very proud of you and the good you do for our community!

We are happy to announce the winning charities:



4Korners (Olivia St. Onge, Anais Pouchain, Anthony Tremblay)



Lions Club DM (Juliette Houle, Keegan Peatman, Corey Beauregard)



Autism Speaks (Danny Toubia, John Jr. Sarikakis, Matthew Sacco, Dylan Boucher).

To date, YPI projects by LTMHS students have raised \$55 000 for our local charities.

Bikes, cars and pedestrians from a cyclist's point of view

By Heidi Klotz

In the past few years, there have been many discussions about drivers and cyclists not seeing eye-to-eye when it comes to sharing the roads here in Quebec. I've been increasingly pulled into these discussions as I've become more serious about road cycling. I've biked all over the Laurentians, Montérégie and greater Montreal region, and my partner and I have even been on multi-day cycling vacations in Italy and Ireland (good luck trying to bike on the "wrong" side of the road!). In the last issue of *Community Connections*, there was an article published on this topic that outlined the responsibilities of cyclists on the road. However, in my opinion, there was clearly some critical information missing: the responsibility of drivers when sharing the road with cyclists. Here are some of my experiences and the facts about driver's responsibilities towards cyclists.

As a cyclist, I have been

- yelled at several times by drivers for riding my bike on the side of the road and not on the sidewalk (which is illegal)
- cut off by drivers at stop signs when I clearly waited my turn and had the right of way.
- : on every ride, I have had at least one car, pickup truck, city bus, or large van drive too close to me
- almost hit at least 4 -5 times by the side mirrors on cars/pickup trucks of vehicles who refuse to move over and give me space on the road
- forced off the road into a ditch on my bike to avoid a car that was driving too fast and too close to me
- yelled at many times for crossing on a green pedestrian light, but a red traffic light for cars, by vehicles wanting to turn right on red. I have also almost been hit by said cars in these situations also.

The behaviour, intimidation, and threats to my life I've received from drivers for simply wanting to be active outside on my bike have actually discouraged me from using my bike this year. I have not been outside on my bike once in 2020. I know people who have been hit or grazed by cars, some have been seriously injured, and others have even lost their lives.

I get it... Not everyone is following the rules and some cyclists blow through stop signs, ride in the middle of the road, don't signal their turns, etc. But the same could be said for drivers. The only difference is that in a car you are surrounded by 3000 pounds of metal, and on a bike I just have a helmet to protect my head. So, before you get frustrated and angry at all cyclists, remember that we're just trying to stay active and enjoy the outdoors, and sometimes we just want to spend time with our friends and loved ones doing a sport we love.

Here is some useful information:

(1) From: <https://saaq.gouv.qc.ca/en/road-safety/modes-transportation/automobile/sharing-the-road/>

Sharing the road with a cyclist

- **Keep your distance.** The Highway Safety Code requires that you slow down and keep a distance between your vehicle and the cyclist of:
 - o 1 metre in zones of 50 km/h or less
 - o 1.5 metres in zones of more than 50 km/h
 - o If you cannot respect these conditions, you are prohibited from passing in the same lane.
- The Highway Safety Code **authorizes you to cross a solid line to pass a cyclist**, if you can do so safely.
- **Anticipate a cyclist's movements.** Cyclists sometimes have to make last-minute manoeuvres to avoid obstacles.
- **Before opening your door, check your rearview mirrors** to make sure no cyclists are coming.
- **Be careful at intersections:** cyclists are sometimes hidden by other vehicles.
- **Yield the right of way to cyclists crossing the lane you are about to turn into.**
- **Don't honk** when you are near cyclists. You may startle them, which may cause them to make a false move.

Passing a cyclist without slowing down or when there isn't a reasonable distance of 1m or 1.5 m: This is an offence under the Highway Safety Code that can lead to a fine of \$200 to \$300 and 2 demerit points.

(2) From: <https://saaq.gouv.qc.ca/en/road-safety/modes-transportation/bicycle/> and <https://saaq.gouv.qc.ca/en/road-safety/modes-transportation/bicycle/what-the-law-says/>

You can ride your bike on all public roadways, except on highways and their access and exit ramps.

To increase your safety, you can also use 4 types of cycling infrastructures:

- paved shoulders
- bike lanes
- shared roadways
- bike paths

(3) From: <https://www.transports.gouv.qc.ca/en/code-securite-routiere/Pages/csr.aspx>

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Section: Cyclists

- Use of pedestrian lights by cyclists: **When encountering a red light and an activated pedestrian light, cyclists are allowed to continue on their way.** In this case, they must stop, give priority to pedestrians and proceed at a reasonable and prudent speed.
- Cyclists signaling their intentions: **Cyclists are no longer required to signal their intentions to slow down or stop.** However, they must continue to signal their intentions to turn, but they are no longer required to do so if it endangers their safety.
- Location where the cyclist must ride on the road: **Cyclists can ride as close as possible to the edge or right side of the roadway, taking into account the condition of the roadway and the risk of car dooring;** between two rows of vehicles when there is a right turn lane.

(Heidi grew up in Deux-Montagnes and St-Eustache, and has recently moved to Beaconsfield.)

Bike safety

By Constable Christopher Harding

Learning to ride a bike is a big moment in children’s lives. Bike riding gives kids their first taste of freedom and independence, while developing their reflexes and giving them some good exercise.



Constable Harding explaining Bike Safety

In harmony with the “Bicycle Safety” program presented to the children attending the town’s day camps, the socio-community section of your local police department would like to remind everybody of a few simple but yet important rules to insure a safe summer.

Parents are encouraged to give their children support while they are learning. Going for bike rides together so you can keep an eye on them will ensure that they practice stopping and turning while performing shoulder checks before changing directions.

Educating your children on the importance of wearing a helmet *while wearing one yourself* can avoid serious injury for all. Head injuries are the cause of death in 60% of biking accidents. If you fall, this part of the body is the most exposed to serious injury.

Quebec’s Highway Safety Code requires cyclists to obey a number of rules and regulations. Disobeying these rules can lead to fines. We would like to remind you that cyclists are required to ride with the flow of traffic, on the far right side of the road. The Code also prohibits riding on the sidewalk and riding with earphones
Safe Summer, Safe Ride!!!

During the Bike Safety presentation there was a drawing for three bicycles and helmets, which were donated by the Regie de police du lac des Deux-Montagnes, Ville de Deux-Montagnes and the Deux-Montagnes Lions’ Club.



From left to right: Constable Christopher Harding, Ms. Micheline Groulx Stabile, municipal councillor for the Olympia district and Ms. Samantha Stabile, from the Deux-Montagnes Lions’ Club.

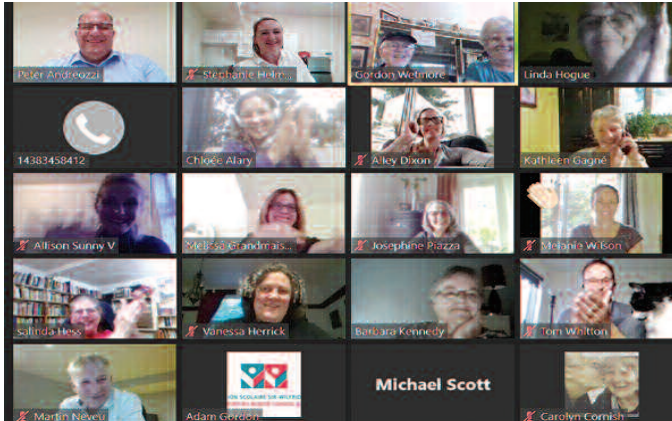
The business card features a photo of Micheline Groulx Stabile on the left. On the right, it displays the logo for the Ville de Deux-Montagnes, her email address (mgroulxstabile@ville.deux-montagnes.qc.ca), her phone number ((450) 473-1145 x 303), and her address (803 Oka Road, Deux-Montagnes, QC J7R 1L5) along with a fax number (450) 473-2417.



4 Korner ZOOMS 15th AGM

By Gordon Wetmore

The 4 Korner Laurentian Community Network's Annual General Meeting was supposed to be a grand party in June to celebrate its 15th anniversary since opening in Deux-Montagnes as the 4 Korner Family Resource Center.



COVID-19 forced moving the date to August 19 on ZOOM, with Peter Androzzzi, long time President of the Board of Directors and Stephanie Helmer, Executive Director, presenting reports and materials of interest to registered regular members and Board members.

"Ami"-cable French course from 4K

By Gordon Wetmore

How was I to know that my seventh time taking a French conversation course would be the best that I had experienced? I was actually reluctant to sign up after the other six spread over four decades – pleasant though they were – had very little impact on my ability to bavardage. Oh, sorry, to chat.

However, thanks to exceptional teacher Francine Leblanc, 4 Korner's ZOOM services, and the COVID-19 pandemic, I had a terrific course in the spring and I am signed up for another this fall.

There were seven two-hour courses between May 6 and June 17. We were all seniors with slightly different degrees of embarrassment about having lived in Quebec for a long time and learned so little about speaking the dominant language.

Ten seconds into the first class, my tension began dissolving. Ms. Leblanc was friendly ("amicable" to use the English word adopted from French), open and relaxed, and so we relaxed too. It quickly became apparent that Francine (we all were on a first name basis immediately) knew her business and we would speak in French as much as possible. Our first lesson was how to know when to use "tu" vs "vous," especially when speaking to adults whom we do not know well. That was reassuring.

Then she assured us that we would be learning Quebec French. In school, we had all learned that meals were "petit-déjeuner, déjeuner and diner." That, she explained, was true on the other side of the Atlantic Ocean. Here meals are "déjeuner, diner et souper."

There were lessons in vocalizing. My favourite was learning to use liaisons. Growing up English in the Atlantic Provinces,

2019-2020 turned out to be a banner year for the English language support organization before the pandemic changed everything. Following an intensive strategic planning session, it expanded its role of supporting access to services in the English language throughout the Laurentian region, increased its membership, added new employees and services, recruited more volunteers, and was well set financially.

Comments from the public membership and Board members praised the general progress and were particularly enthusiastic about how the 4K responded after the forced shutdown of venues in mid-March.

4K staff quickly made a rich choice of activities available on ZOOM that ran throughout the spring and summer. Emanating from people's homes and private offices throughout the Laurentians and the central base in Deux-Montagnes, members took part in yoga and tai chi classes, French conversation courses, parent and child sessions, Indigenous history, a very popular drawing class, Friday evening live music performances, and more. After individual sessions ended, people often "visited" with each other, making new friends from one end of the Laurentians to the other. What a bargain for a \$10.00 membership fee!

The AGM ended with a round of applause from the members for the 4K staff and volunteers.

my understanding of the word "liaison" had a somewhat naughty connotation involving certain joining activities. Here I learned that in conversational French, the ending sounds of many words would join (liaise) with the beginning sound of the next word, as in "ils ont" being pronounced as "il-zz-ont." Love the "z!"

There was homework. We would have to prepare little speeches about such topics as our spouses or another person important to us (all very positive, of course), favourite trips, food, hobbies, etc. A very useful lesson involved word and expressions dealing with money and banking.

Francine would keep us focussed on keeping to French. If we were totally lost, she would intervene with help and explanation. The ZOOM program was very useful for this. She could use the CHAT function to type corrections or references to grammar texts, book titles, names of Quebec composers, and a host of helpful hints. Also, as we made our presentations, we lost the sense of being watched by our classmates and our fears of making errors were reduced. Classmates were always supportive as well. It was a very comfortable way to learn.

Francine also gave good advice. For instance, do a little something in French every day – listen to the radio, watch a French TV show, read a news story, etc. Five minutes a day in French would painlessly build up an accessible bank of words, sounds, understanding.

I still cannot chat easily in French, but I have hope. I understood more of the Canadiens' playoff run on TVA Sports, although the lessons there were cut off too soon. I am looking forward to the fall session already paid for with my \$10.00 membership to 4 Korner. Un vraie aubaine!



Meet the Unsung Heroes' Hero: Andie Bennett

(In her own words, except for the title)

I am a journalist and broadcaster by trade and have worked covering sports in Montreal on TSN690, CBC TV and Radio One 88.5FM before moving up the Laurentians three years ago following the birth of my son. I was looking to slow down the work pace, be home as much as possible to raise my son and try and foster the same love for the outdoors and

adventure that I had as a child while growing up all over Canada. I was very fortunate to find a part-time job as Community Development Coordinator with the Laurentian Community Network, 4Korners. We have a small satellite office in Saint-Sauveur about 10 minutes from my home in Morin-Heights. My job is basically to help connect English speakers with health and social services in the Laurentians as well as work with different community groups to develop as much bilingual accessibility as possible.



4Korners



4Korners

The 4Korners Community Cup

**By Andie Bennett, Community Development Coordinator
4 Korners Laurentian Community Network**

My favorite award to vote on while a member of the Montreal Canadiens press corps was the Jacques Beauchamp Trophy. The award was named after a long-time sports journalist who covered the team from 1943-1965. Beauchamp even signed a contract to be the backup goaltender to one of the greats, Jacques Plante, in 1959. Members of the press elect the winner of the award colloquially referred to as the "unsung hero award." It is given to the player that contributed greatly to a team's success while never receiving any special honour for it.

While covering sports for CBC I also started a segment called Andie's All-Stars where I would shine a light on people who were making a difference in their community through sport. A sampling of my All-Stars includes a combat sports coach who started a boxing program for people with Parkinson's, a young man training youth basketball coaches to be life coaches for students in low-income schools, and a gym teacher from a Mohawk immersion school in Kahnawake who gives countless hours of her personal time to organize after-school sports for her students. It is without question what I am most proud of from my 20 years working in the media.

I now find myself constantly in awe of the community I have become a part of in the Laurentians and I wanted to continue this passion for revealing unsung heroes who walk among us. So, I decided to tweak the idea a little and rename it the 4Korners Community Cup - an "award" that would be given every month via an article highlighting people making an impact in their community through volunteerism. They can be little league coaches, daycare workers, volunteers in your community or anyone that you see going the extra mile for their neighbors. Each month our 4Korners Newsletter will honour someone new in one of the different Korners (see what I did there?) of the Laurentians. There is an actual "cup" and small gift awarded to each winner and

my ultimate goal is to bring them all together for a big 4K Community Cup celebration at the end of the year, but like with most of my endeavours I barrel into head first, this is all a work in progress.

So please get in touch if you know someone who deserves to be recognized for what they are doing in your community. Email me directly at andie@4korners.org.

The 4K Community Cup honourees so far: Kathleen Gagné, Mirabel; Ashley Tott, Morin Heights; Tara Carter, Sainte Adele; Carol and Gordon Wetmore, Deux-Montagnes.



**Kathleen Gagné
and scooter**



Ashley Tott 1



Tara Carter,



**Carol and Gordon
Wetmore**



4K Community Cup winners, Gord and Carol Wetmore

By Andie Bennet

Gord and Carol Wetmore have been 4Korners members since the beginning and volunteers for almost as long. Gord even sits on our Board of Directors. Their commitment to volunteerism and their community in Deux-Montagnes extends well beyond 4Korners and therefore they have been selected as this month's 4K Community Cup winners!

Shortly after retiring from teaching in 2005, Gord was encouraged by his wife to put his teaching and past newspaper experience to good use and become one of the volunteer writers for *Community Connections*, a community information magazine published in English every two months based in Deux-Montagnes.

Since then Gord has been telling people's stories that would otherwise be limited to discussions around a family dinner table. He talks about the seemingly unremarkable people with remarkable stories and the delight in discovering the wellspring of wonderful individuals that knit a community together. I ask if he can recall a few of his favorites and although he struggles to narrow it down to just one, the coverage of the Mohawk community in Kanehsatà:ke has clearly made its mark. You can hear the joy in his voice when he speaks about attending Pow Wows and learning about the Kanehsatà'kehrón views on morality and the harmony and interdependence of things that this community espouses. Ever the teacher, Gord says getting to work with student writers from Kanehsatà:ke gives him hope for the future.

Along with her years volunteering with 4Korners, Carol was also a founding member of Women's Time Out, a group originally started back in the early 80's to support young mothers in search of intellectual stimulation and a sense of community. Forty years later and the group is 80 women strong! Carol and Gord had also been involved with their local adult theater with Carol behind the scenes painting and working on the sets while Gord, who enjoys the sound of his own voice, (his words) trod the boards as an actor.

When I ask about the photos (see below) from Canada Day where they drove the 4Korners car in a celebratory motorcade, Gord tells me that was all Carol; "She did all the organizing and putting it together. I was just blowing the horn." In my clumsy attempt to impress the former English teacher I ask if this is a good metaphor for their partnership and he laughs for a minute before agreeing and affirming how much Carol does quietly in the background. This dovetails nicely with the idea behind the 4Korners Community Cup.



We would like to honor all the amazing work that people are doing to uplift their communities that the residents may not be privy to. To Gord and Carol, Deux Montagnes is lucky to have you and 4Korners is very grateful for your years of service!



WELCOME TO THE LIONS' DEN

By Nancy Ryder

The Deux-Montagnes Lions' club participated in the Canada Day ride around town. We had some of our members represent the lions Albert Allen, Samantha Stable and former member Joe Dubuc .



Albert Allen and Joe Dubuc in Canada Day ride around town

The Lions' club has cancelled both our Garage Sale in September and our Book Fair in October due to the COVID-19. But we are hoping to still have our annual Christmas Cake fund raiser in November, Hoping everyone will support our group by buying our cakes when and if we have the fund raiser.



4Korners

Grateful to 4K for the summer on ZOOM

By Carol Wetmore

COVID-19 has been very bearable for many because of the 4 Korners' ZOOM courses. Some have been continued all through the summer and we are very grateful.

Thanks very much to Josephine Piazzzi, who has kept us in shape with Yoga Tout. It is modified for seniors or anyone who has mobility, balance or mysterious body pains and other issues. She even offered a 30-minute free personal session and now knows all about our particular difficulties. Yoga Tout is more than physical postures and includes meditation and practices to improve our wellbeing and compassion.

We were doubly blessed, as Salinda Hess, a 4K governing board member, has taken it upon herself to offer our regular Chair Yoga with Peggy Cappy's DVD twice a week through ZOOM. The few of us who were around and able are very appreciative.

With both these groups, there was time for on-screen socializing and keeping up with friends.

Another class was drawing with Carol Lyng, an artist from Lachute.

She is an excellent teacher and very popular, with more than 40 students of all ages and abilities from the Laurentians, Deux-Montagnes and even a lucky lady from Toronto, who discovered us by chance.

The weekly hour went by fast as we followed Carol's instructions and copied what she did. The choice of subjects was always a delight and a surprise. We have done landscapes, winged pumpkins, a toadstool house, and a very rakish giraffe. The style is different for each one and we have learned much about observing, shading and drawing different shapes.

The drawing was also a meditation in that you are completely focussed and lost in the work – a wonderful break and a great way to start the day.

Special thanks to Melanie Wilson, who was our IT person and helped us get onto ZOOM and take part in these courses no matter what device we had.

Considering that all the ZOOM courses were free for members and that membership is a mere \$10.00 a year, we are very lucky to have 4 Korners.

Here are two of the results of the drawing class



Giraffe by Carol Wetmore



Young Girl with Teddy Bear by Linda Hogue

In Memoriam - Grand Chief Joseph Tokwiro Norton

A tribute by Michael Kanentase Rice



Grand Chief Joseph Tokwiro Norton Aug 29-1949 / Aug 14 -2020

Like many of you, we were caught by surprise with the sudden passing of the late Grand Chief of Kahnawá:ke (also known as Kahnawake), Joe Norton, on August 14, 2020.

Joe Norton was first elected to the Mohawk Council of Kahnawá:ke in 1978 as a council chief and succeeded former Grand Chief Andrew T. Delisle in 1980, a position he held until 2004 when he left politics for private business. Joe was mentored by Andrew and went on to hold the position of Grand Chief for 24 years. Joe returned to Kahnawá:ke and ran again for Grand Chief, winning in 2015 and again by acclamation in 2018.

To put this into perspective, Joe was first elected chief when I was in Grade 4 and became grand chief when I was in Grade 6. As his in-laws were my childhood neighbors, the Joe Norton I knew was as a loving father of his son Aaron and his daughter Jodie. I recall Joe as a lacrosse player and later head coach of the Caughnawaga Indians Senior B lacrosse team in 1978, as the team was then known. In terms of political longevity, he was grand chief for almost 30 years.

Standing out in my memories were annual lacrosse games held between Kahnawake and Akwesasne in the early 1980s with the Kahnawá:ke home team led by Grand Chief Joe Norton and former Grand Chief Mike Kanentakeron Mitchell leading the Akwesasne team. These were classic games at the outdoor hockey rink in Kahnawá:ke. Man, what competitive games they played, and as true gentlemen they would shake hands at the end of the game.

In 1984 Joe was able to sign an agreement for the modernization and construction of the Kateri Memorial Hospital with the Parti Quebecois government of René Lévesque. In a testament to Joe's ability as a negotiator, he managed to have René Lévesque, Camille Laurin, Bernard Landy and other prominent persons attend the signing ceremony. None of us had seen Quebec government leaders up close and I can attest that René

Lévesque could hold a mean cigarette in his lips after he signed.



PKOTO FROM KMHCH HISTORY BOOK

Grand Chief Joseph Tokwiro Norton and Quebec Premier René Lévesque getting ready to sign the historic hospital agreement

The events that stood out most were Joe Norton and the elected Mohawk Council of Kahnawá:ke striving for the establishment of the Kahnawá:ke Peacekeepers in 1979, and their recognition by Quebec and Canada. On September 18, 1990, during the Canadian Armed Forces raid on Kateri Island, Joe and members of the Peacekeepers tried to calm people on both sides from bloodshed. I was just looking at my photos of that day and recall how he was able to stay calm and restrain both sides from the situation deteriorating further than it did. How Joe managed to keep his wits and control his temper during the summer of 1990, that summer of the Oka Crisis, I may never understand. He will have our utmost respect for fighting for our rights and dignity as Kanien'kéha (Mohawk) people. In the midst of tear gas, smoke grenades and gunfire, Joe never backed down from anyone including the SQ and undercover police who were part of that operation.

Those same skills as a negotiator and leader in 1990 came back into service in January 2004 during the dispute at Kanehsatà:ke over policing between former Grand Chief James Gabriel and Kanehsatà:ke community members. Joe Norton was approached by the Premier of Quebec to intervene to peacefully end the siege at the Kanehsatà:ke Mohawk Police station. In fact, in both 1990 and 2004 Joe was asked to step into the breach as the elected leadership in Kanehsatà:ke virtually went into hiding.

For a life well lived, we extend our condolences to his children, the Norton extended family and the people of Kahnawá:ke on this loss. May you rest in peace, Joe Tokwiro Norton.

Social studies teacher and writer, Michael Kanentase Rice was born and brought up in Kahnawake. He has also served as principal of Ratihen:te High School in Kanehsatà:ke.

There have been many retrospectives written on the Oka Crisis' 30-year anniversary, most centered around what happened at the barricades and in Kanehsatà:ke in the summer of 1990, and most written by non-Indigenous writers. But what was it like to be a child growing up with the Crisis as the background to your life? Here is one person's answer.

A child of the Crisis, a child of history

By Kimberly Katsitsan Simon



Writer and teacher Kimberly Katsitsan Simon and the Oka Crisis are both 30 years old this year.

When the Kanehsatà:ke resistance, more widely known as the "Oka Crisis," began 30 years ago, I was a two-month-old baby. I did not experience the conflict first hand, but I, as many other children from our community, grew up with utmost respect for the people who stood up for our land and for the privilege of still having that land. Thanks to our brave heroes, I had the opportunity to grow up with "The Pines" and so will my children and future generations. It is without saying that if Kanehsatà:ke did not resist Oka's development, the sacred area we call "The Pines" would be just

another suburban area with a larger golf course. What a shame that would be.

The media played such a major role during the conflict and also set a future precedent for how my people would be portrayed and perceived. During the conflict, the Kanien'kéha (Mohawk) were portrayed as criminals and the warrior flag started to be used as an image of negativity within the media. Growing up, there was always some type of negative story of Kanehsatà:ke in the news, which was almost always accompanied by an image of the warrior flag. The media turned such a strong and unifying symbol into something else that fueled hatred and negativity. As I attended school outside my community, I often experienced these racist attitudes first hand. Even one of my closest friends in high school was forbidden to come to my house because her parents said I was from "Oka" and that there were "lots of bad people and drugs there." It was extremely hurtful to say the least and it certainly did not help that her parents were hearing all of these things from the media.

Contrary to how the media portrayed the land protectors, the Kanien'kéha were not the ones in the wrong. Would anyone ever suggest to dig up a cemetery filled with the loved ones of

white Canadians? Of course not. It would never have happened if the land belonged to anyone else but Native people. Our people had every right to protect the land and I am forever grateful for all they have done. My ancestors are buried there. In fact, some are literally buried right on the edge of the golf course parking lot. The thought of them being carelessly displaced or of us never having the chance to have grown up with our sacred Pines is truly heartbreaking.

The fact is, the conflict emerged from a land issue that was never resolved and is still not resolved. Thirty years have gone by since the Crisis and literally nothing has changed. The federal government has failed to fulfill their duty and their promises and to hand over title for what has always belonged to us and always will. This struggle for our land is nothing new and is something that our people have been fighting for from generation to generation. Without the fighting of our ancestors, we would more than likely have nothing left.

To give you some insight on this deeply rooted issue, the fight to use "the commons," which is part of the land that was disputed during the crisis, had been going on long before it all culminated in 1990. My great-great grandfather Ohsennakérest John Tewishaw was a traditional chief and fought hard to gain official title to our lands and for our people to stop being persecuted for using our land. I have letters that have been preserved and in these documents, there are accounts of community members being arrested by Indian agents for cutting firewood on our own lands and letters written to the federal government to resolve the land issue. Over 100 years after these pleas and no resolutions, the Oka crisis erupted.

Thus, this entire land issue could definitely have been prevented if the people of Kanehsatà:ke were listened to and respected. Instead, the inability of governments to act and do what is right led to an event that forever marked Canadian history and deeply impacted the community of Kanehsatà:ke, Kanien'kéha people and every generation in-between. I may have been an infant, but I see the scars of the crisis in my community's past, present and future.

A graduate of McGill University, Ms. Simon teaches English and history at Ratihen:te High School in Kanehsatà:ke.

"Rustic Oracle"

Film review by Carol Wetmore

On Saturday afternoon, August 21, we saw a wonderful movie at the Guzzo theatre in Deux-Montagnes, our first since the COVID-19 pandemic struck Quebec. There were seven of us in the audience and there was no danger of being too close.

The movie was "Rustic Oracle," the story of a missing Mohawk girl named Heather and her mother's desperate search for her accompanied by her younger daughter Ivy, who is eight and misses her terribly.

It was written and directed by Sonia Bonspille Boileau, who is half Mohawk and half Quebecoise and grew up in Oka with strong ties to Kanehsatà:ke, where most of it was filmed. Most of the extras, including Ivy's schoolmates, are from Kanehsatà:ke

and some important scenes take place in Rotiwennakehte School in the Pines.

The main actors are McKenzie Kahnekaroroks Deer (missing daughter Heather) and Lake Kahentawaks Delisle (Ivy), both of Kahnawake, and Carmen Moore, a prominent actress from British Columbia, who plays the desperate, determined mother going all over Quebec and into gang bars looking for the man who abducted Heather.

Seen through the eyes of the very observant Ivy (she is the "oracle"), the movie is heartbreaking, beautiful and very well photographed. The acting is realistic yet not melodramatic, despite the horrible trauma the family goes through.

We are reminded that every missing woman and child has a family that loved them and cared, and for some there are still no answers.

A personal message from the President of the Canada Day Committee!

By Tom Whitton, President



What a crazy year we have had. As the world has been turned upside down from the ravages of this awful novel coronavirus, our lives and, in many cases, our livelihoods have been upended. We have all had a rough spring and though our community has learned to live with COVID-19, it is hard to imagine our lives returning to "normal" anytime soon.

Our Canada Day Committee for MRC Deux-Montagnes, a group of twelve volunteers, was faced with a tough decision. At our February 2020 meeting, we already went into a holding pattern, given that COVID-19 was beginning to appear in North America. Though we were coming off what was probably our best attended Canada Day in 2019, knowing even at that point that our traditional outdoor celebration was in jeopardy, long before Premier Legault closed schools on Friday, March 13th, we started thinking about how could we celebrate our 49th edition of Canada Day virtually.

As the magnitude of the pandemic became apparent in March and the society-wide shutdown was upon us, the easy decision would have been to cancel all Canada Day celebrations for 2020. But, though the Committee members were going through this shared, traumatic experience, we all knew that our community was going to need a "pick-me-up" on July 1st. And thus, our "Virtual Celebration" was born.

The key element to putting on this event with the level of entertainment and professionalism that our participants were accustomed to was to gather a small amount of funding to make this happen. Though it took until mid-May, Canadian Heritage, and their Celebrate Canada program confirmed their support for our virtual event, and "it was on"!!! Thank you, to the Government of Canada!

Our dedicated committee met a number of times during the spring via Zoom to help put the events of July 1st together. It was not at all easy to put together the day while being socially distant, but the committee was up to the challenge to be there for our neighbours.

Though this activity was planned literally 10 days before July 1st, our first event of the day was our Community Ride. Mayor Denis Martin, with his city councillors, kicked off our day at noon in front of the cenotaph at Veterans Hall (Legion). Thirty decorated cars, with the logistical support from the Régie de Police du Lac-des-Deux-Montagnes, paraded around a designated route in Deux-Montagnes, showing off our pride as Canadians.



PHOTO BY ADAM GORDON



PHOTO BY ADAM GORDON

At 1:00 pm, our First Nations friends at *Kanehsatà:ke*. Powwow ran a virtual Bingo on Facebook Live for close to 30 people to help fill the void of not having our usual games on the field at Central Park. And we used Facebook and Instagram to encourage the community to post how they were celebrating Canada Day in this new, socially-distanced world.

But our signature event for the day was a highly entertaining and touching two-hour webcast presented on YouTube. Pre-recorded videos and music from previous Canada Day celebrations at Central Park were packaged together, along with crowdsourced content from the community, and new video content from recording artists and old friends to our celebration, Raffy and Ricky Paquette. Prime Minister Justin Trudeau, Heritage Minister Steven Guilbeaut, Quebec's Environment Minister Benoit Charette and Olympic Gold medalist and Canadian Athlete of the Year Mikaël Kingsbury all contributed messages to the webcast and to our community.



Committee meeting via Zoom

Continued from page 15



Prime Minister Justin Trudeau



Rob Taylor, Daniel Stecko, Tony Migas, Melissa Cloutier



Raffy



Mikaël Kingsbury



Ricky Paquette.

A touching musical tribute to our essential workers during the pandemic was also an essential part of the webcast.

In addition, a 30-minute version of the show was also broadcast on our local community access TV station TVBL (Videotron 609). A big thanks goes out to Satellite Productions and Erik Johnson for his dedication and his extensive in-kind contribution to putting this professional broadcast together. Special thanks also go out to Minister Charette for his sponsorship of the event

Despite the challenges presented by the global COVID-19 pandemic, our committee was there to support the citizens of the Deux-Montagnes MRC. From the statistics compiled by YouTube, our virtual webcast was enjoyed by thousands, so we can safely say that we accomplished what we intended to do – provide a means to get our minds off of the events of this past spring, while celebrating Canada and its core values.

I was personally “manning” the social media engagements on Facebook and on YouTube during the webcast. After our YouTube special was over, I took to Facebook Live say a few words. Those who saw this know that I got emotional. I had this crazy range of feelings come over me, from being so pleased with how we were there for our community, to being happy that a lot of people watched, to being relieved that it went off without a hitch and without YouTube shutting us down for copyright infringement, to just being satisfied that the project was delivered after a really tight timeline. But I think what got me the most was that the stress of everything that happened this past Spring finally came out. Word of advice... have the cry BEFORE going on Facebook LIVE!!!!

Three final thoughts:

(1) Thank you, from the bottom of my heart, to the citizens of the Deux-Montagnes MRC who participated in our celebrations. The success of Canada Day in our region has been entirely due to our community's desire to have these celebrations. The event is the only one of its kind on Montreal's North Shore, and one of only a few in the entire Laurentians.

(2) Next year will be our 50th Edition of Canada Day, which will be celebrated in parallel with Deux-Montagnes 100th birthday. Though we may still need to make some adjustments for COVID-19, we fully expect to be at Central Park in large numbers to make 2021 our best Canada Day celebration by far. We hope to see you all there.

(3) Be happy, be healthy and most importantly, be safe!

Sports Rap

By Bobby Fordham
Sports Editor



Canadians,(Go Habs Go.) Just saying, I'm not biased, just a very avid fan!



On Sunday, July 12, 2020, at Central Park in Deux-Montagnes, the Laurentian Red Sox played the Lac St. Louis Tigers in a little league AA baseball game. The teams and players in the league are participants in the Baseball Quebec program, head office Montreal. The boys are 9/10 year olds and play with a tremendous amount of enthusiasm and energy, especially because of being indoors for the past four months due to government guidelines to suspend all non-essential activities because of COVID-19.



The two teams were front and center respecting their distancing. The coaches found it hard not applying a high five when a player had a great hit, scored, or made a great defensive play. They simply did the air high five, something so very different from the regular acknowledgement of a great play, but it was all done very smoothly.

Parents kept their respective distance and cheered their kids on with an encouraging thumbs up. Both teams displayed solid hitting and some very impressive defensive plays, their eyes always focused on their coaches, especially when running the bases. They were always reminded what to do with the ball when hit in their direction, and as well were informed regularly how many were out. Great job, coaches!

The score wasn't important. Participating in sport in a safe environment, getting valuable exercise and meeting their teammates was the priority. Bravo/well done coaches, players, umpires and parents for respecting the guidelines and staying safe.

Sports Rap, my opinion 1

It's been very frustrating for many of us sports fans, players, coaches and officials to be held in suspension the last 18 weeks, due to COVID-19, but it is what it is. We must follow the guidelines to be safe and to protect each other.

On a sports positive note, the NHL starts their shortened season with a 24-team playoff format. The 12-western teams will play in Edmonton, while the 12-eastern teams will meet in Toronto. The first round will be a best of five starting on Saturday August 1, 2020, featuring Pittsburgh Penguins vs Montreal

MLB started their shortened 2020 season on Thursday, July 23 from beautiful Orlando, Florida. One of the first match ups was San Francisco Giants vs the Los Angeles Dodgers, a great baseball rivalry,(Go Dodgers Go). Why? Dodgers history: Montreal Royals moved to Brooklyn, and more recently to Los Angeles, a great sports town. Tommy Lasorda, the iconic manager of the Dodgers, pitched for the Montreal Royals back in The Fifties.

The NBA started their reduced schedule on Thursday July 30, also from host Orlando. One of the first televised games was Los Angeles Clippers vs the Los Angeles Lakers, a huge basketball rivalry.

I agree with the start-up of professional sports, as long as the players, coaches, and officials respect all guidelines. Safety and health must be the priorities without question. My opinion. What's yours?

Sports Rap, my opinion 2

On Monday, August 10, 2020, the New York Rangers won the NHL lottery draft. On October 9 and 10, draft days, they will most likely select the first overall pick, Alexis Lafreniere, an elite hockey player from St. Eustache, Quebec, Canada.



Lafreniere was born October 11, 2001. He stands 6'1" (1.854 m) and weighs in at 192lbs. In 2017, he was selected first overall by the Rimouski Oceanic of the QMJHL, and scored 42 goals to earn him rookie of the year and a left wing position on the first all star team. More recently in 2019, Lafreniere captained the Canadian junior hockey team to a gold medal Championship at the Hlinka Gretzky cup. He

was voted as the tournament's MVP.

Demonstrating great leadership, Lafreniere is a team player with size, speed, incredible puck handling skill and great vision of the complete ice surface. And very importantly, he is a proud product of the entire Lafreniere family and the city of St. Eustache!

Bravo and well done, Mr. Lafreniere! Best of luck with your hockey career and make the New York Rangers proud!

A Look at Rosemere

By Kathy Nolan

Ah, the summer of 2020... We have to admit, the weather was worth going on about. Yes, we experienced more than one heat wave but all in all it was a gorgeous three months. Although we often think September will bring with it cooler weather, it has surprised us in years past and has drawn out the summer-time feel. Hopefully you were able to enjoy yourself this summer.

Our backyards and neighborhood parks have been the main scenes of play for many Rosemerites. The municipal pool and the water park were opened earlier than most summers as a result of first heat wave in June. Preventive measures, number of people on site, as well as residents-only restrictions were established in these areas for everyone's safety.

Small urban sinks, created by Studio Artefact, were installed, two at Charbonneau Park and one at the skate park. These contactless innovative sinks will surely encourage Rosemerites to wash their hands regularly. Water is supplied by the fire hydrants and anti-allergenic and biodegradable soap has been made available.



Photo By Studio Artefact

In the past, every summer a special event took place which offered Rosemerites and other visitors a chance to view some very spectacular backyards. This year the Secret Garden tour, as with many other activities, had to be cancelled. However, the Town came up with the great idea of a virtual Secret Garden tour. Via the Town's Facebook page, on July 19 Rosemerite amateur gardeners were invited to send in pictures of their gardens. Ten days later, a first batch of pictures was posted and another batch on August 7. Gardeners had until August 16 to send in pictures, so most probably we were able to see many more (after the cut off date for this issue). Congratulations to all gardeners for all their hard work and a huge thank you for sharing your beautiful properties with the public.

On July 28, the Town of Rosemere announced a photo

contest. In an attempt to put an emphasis on human contact, which has unfortunately been less present in our daily lives, since the month of March, the Town decided to dedicate its 2021 calendar to the citizens. To enter, participants had to post a photo on Instagram with the hashtag #rosemereenaction. The photo had to include people and could have been taken during any season. Thirteen photos will be selected and each winner will be presented with a \$50 gift card from a local business of their choice.

During the past couple months, a new reality has set in and the Town of Rosemere has done its part in keeping residents up-to-date. A lot of this has been done virtually, mainly through the Town's website and Facebook page. Mayor Westram has continued to address the Rosemere community with short informative videos and the Town council meetings are still being held virtually and later posted on Facebook. And, of course, there's the *Publicourriel* sent out every week. The August issue of the *Rosemere News* was made available in digital format only once again but there is talk that next issue will also be available in paper format seeing as things in the business world are gradually getting back to normal.

Without being able to hold its usual summer activities the Town decided to come up with new and different activities to offer its citizens. One of those is the Foot Rally that was announced in a Facebook post on July 6. Friendly and local rallies were very popular in the 1970s. They were mainly an automobile competition which used public roads over a route unknown to the participants until the start of the event. All the while adhering to the traffic rules between check points and gathering answers to specific questions regarding the locations along the way; the winner was the participant or team of participants who managed to get to the finish line in the shortest amount of time with all questions correctly answered.

Since then, foot rallies have also become popular and the Town thought this would be an excellent way for family and friends to have a little outdoor fun. It's also a great way for new residents to visit and learn about their town. The rally was created for the Town by Rallye Bottine, a company in business since 1999. According to their website a foot rally "...is first and foremost a game of research, observation and competition in teams of 2 to 4 people. Teams need to find answers to simple questions. Where your eyes can see, the answer can be there! It is therefore necessary to keep an eye open, on the tarmac, buildings, monuments, etc ..."

As per the Town's Facebook post, this rally is "...divided into three distinct routes, you will be led through areas of Charbonneau Park, Hamilton House and the surroundings of the Memorial Community Centre by answering observation questions in order to get to know the Town of Rosemere from a new angle!" If you haven't done so, the questionnaire is available for download on the Town's website, along with the answers, but no cheating!!!

As mentioned rallies have been a popular activity for family and friends for years now.

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Many were made up by individuals, like my uncle Guy Mathieu, a Rosemere resident, who created a few back in the 70s and recently Rosemerites Russ and Linda Binnings, retired physical education teachers at Rosemere High School. Check out the following article by Sue Quarles, who was one of the participants of they one the hosted in July.

A few more social distancing related outdoor activities were thought up by the Town. Like a few other towns in the area, Rosemere held a drive-in movie presentation on August 21st, in the World Gym parking lot across from Hamilton Park. Residents who wanted to take part had to reserve their spot on the Town's website and unfortunately, due to space limitations, a maximum of 50 cars only were allowed to be on site. Of course in compliance with government rules and regulations, movie watchers had to remain in their cars.

Another free outdoor activity took place on August 28 and 29 from 10:00 am to 2:00 pm in the woodlands located behind the Externat Sacré-Cœur. The event "Nature Near You" was hosted by the Montréal organization Space for Life. As mentioned in the Town's official press release, "Like the guides in art museums, the activity leaders of the Nature Near You event invite participants to focus on the natural life that surrounds them. Plants, mammals, birds, insects, minerals, atmospheric phenomena and stars will be the works of art at this open-air museum, shifting from scientific observation to poetic inspiration. It's a great opportunity to reconnect with nature in this place abounding in life. By listening, breathing in the scents and opening their eyes wide, it's a safe bet that the participants will discover the Forêt des Frères du Sacré-Coeur in a new light."

According to their website, Space for Life "brings together the Biodôme, the Insectarium, the Jardin botanique and the Planétarium Rio Tinto Alcan on the same site. These four prestigious institutions of the City of Montreal form the largest natural science complex in Canada." Space for Life have transformed the constraints of the pandemic and taken their mission on the road, outside its museums. Their goal is to continue connecting humans with nature. As many studies indicate, contact with nature has a positive impact on our health. "By reaching out to people in their own living environments, Space for Life is consolidating its social role. Today, in addition to its many scientific education, mobilization and popular science activities, this organization is committed to offering a unique experience that inspires and brings humans closer to nature in their own backyard!" as stated in the Town of Rosemere's official press release.

We also hope you were able to take part in one, if not all, of these 2020 summer activities, not to mention dropping by the Hamilton House, whether it was to view the peonies in June or for a picnic lunch after your foot rally in July. Of perhaps you dropped by in August to watch artist Maud Palmaerts create a new sculpture during her 18-day residency. The sculpture is "...a rust-coloured Corten steel structure in the appearance of a tree, roots and branches intertwining. The characters hold an

umbrella shining with its transparency and bright colours." It is entitled *Les racines de l'être* " and is intended to be an integrative sculpture whose main objective is to create a comforting, protective space." Residents were invited to take part in its creation on August 15 and 16 between 11:00 am and 4:00 pm by painting on a canvas and writing the names of loves ones to be honored. The residents' works of art, abstract and realistic, were photographed and reproduced on the final acrylic structures before being installed on the sculpture.



Photo: Ville de Rosemere

Rosemere is and has been a haven and home for many artists for years. Sadly, on June 29, a member Rosemere's artistic community passed away at the Saint-Eustache Hospital. Audrey (Barber) Phelps was an active member of the Rosemere community, volunteering in several organisations. She was one of the board of directors of the Horizon Association in its early beginnings as well as being both a member and president of the Rosemere Volunteer Services (RVS) and the Rosemere Artists Gathering (RAG). During her involvement with the RAG, she instigated the project which allowed its members to paint during the yearly Secret Gardens tour. It's a project that has continued ever since, if not every year. Audrey's medium of choice was watercolor and florals were her preferred subject. In 1997 she was recognized as an honorary member of La société canadienne de l'aquarelle. Her works can be found in numerous private and public collections across Canada, the United States and Europe. One of those paintings is the "Cosmic Garden" (2005), which was purchased by the Town of Rosemere and

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offered to the Town of Saint-Thérèse in gratitude for its support during the expansion of the town library. An image of it can be viewed on the town of Sainte-Thérèse's website along with this statement: "What characterizes Phelps' works is undoubtedly her vibrant colors and floral subjects. Her personal style [is] wet on wet, of which the acquired work is a great example."

Our sincere condolences go out to her family and friends, especially Emily Barber, a former long time Community Connections volunteer.

Did you know... that Rosemere is a town in an area that was once called the Seigneurie des Mille-Îles? Although this was long before our time, some days, a long-ago memory will come to mind, a feeling, or an image, your childhood spent in the streets of Rosemere or the surrounding towns. "Ah, if only I had a picture of our childhood home? I wonder where I could find one?" The first answer to this question is most often your family photos. Your search among these precious treasures is fruitless or the photos no longer exist, so you abandon your quest.



PHOTO BY KARINE CINQ-MARS

Summer fun in Rosemere

By Sue Quarles

A few Rosemerites who frequently cycle together participated Wednesday, July 8, in a very interesting and fun hunt-like rally designed by the Russ and Linda Binnings, former physical education teachers at Rosemere High School. The event made for a terrific challenge of discovery, sharing, and total confirmation of what a great town we live in. Part of the history is that the younger cyclists have been here longer than the elders of the group (1953 and up)!



"What are we going to do with all of Mom's old pictures? No one will want them, especially not the one of the neighbor's house." The first answer to this question is often "Let's throw them in the trash".

"I wonder how many generations of my family has lived in Rosemere?" The first answer to this question might be "That would have been something your grandmother would have known."

In fact, the first answer to all of these questions should be "Let's contact the local historical society." The Société d'histoire et de généalogie des Mille-Îles' archives service has been operating since the year 2002. Nine collections and more than 110 private archival fonds are available for consultation. If you've ever contemplated the past and wanted to know more, why not venture an archives search for information or photos from the seigniorial era or a more recent time.

And of course, the donation of your family photos and documents today could be a source of future joy and happiness for your descendants; your great-grand-nephew who has never seen a photo of his great-grandparents or the neighbor who is looking for a photo of his childhood home or even a photo of the one where his grandparents lived.

To consult the archives or make a donation, please contact the Société d'histoire et de généalogie des Mille-Îles at 450-434-9090.

Finally, as usual, for any information regarding this article, to announce an event or propose ideas, do not hesitate to contact me via email at katnolan@hotmail.com or by phone at 450-512-2864.

Take care and be safe.



The cyclists were given a few photos of houses and landmarks to start with, 5 points for each if you found these places. We were also given a list of random questions, some of which were history related and a photo scavenger list of items to be photographed: a person walking a dog, a baby in a carriage, an Inukshuk, the Town Parks, even a frog. Once the cycling portion was completed, there was a special set of questions to answer about the history of Rosemere courtesy of Paul Jensen.

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Controversial bill withdrawn for revision

By Gordon Wetmore

Controversy around Bill 61, the governing Coalition Avenir Québec (CAQ) party's instrument to kick start the province's economic recovery, led to its being withdrawn August 19.

A new bill designed to fight recession by speeding up approval for infrastructure projects involving highways, hospitals, schools and residences for seniors will be introduced in the Quebec legislature's new session that begins September 15, the CAQ government has announced.



MNA Benoit Charette

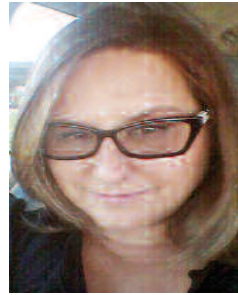
In an email to *Community Connections*, Benoit Charette, Minister for the Environment and the MNA for Deux-Montagnes, wrote that restarting Quebec's economy is essential. "The Quebec economy, as that of numerous states around the globe, greatly suffered during the pandemic. The level of unemployment more than doubled for a time, finally decreasing over the last few weeks."

He added that a "significant budget deficit of nearly \$15 billion is anticipated for March 2021." Among the projects included under the new bill would be an expansion to the emergency department of the Saint Eustache Hospital, he said.

In its original form, Bill 61 proposed sweeping changes to the overseeing of economic, environmental, and regulatory responsibilities, which excited a storm of controversy both inside the legislature, where it became bogged down by proposed amendments, and out.

A private citizen, Elizabeth Dufresne-Gagnon of Sainte-Therese, launched an on-line petition against the bill that garnered nearly 200 000 signatures. She said that she

was "shocked" by the bill's provisions that, amongst other things, would indefinitely extend the government's extraordinary powers granted to deal with the COVID-19 pandemic, suspend rules governing the awarding of public contracts for an indefinite period, and allow for the destruction of natural habitats of fish and animals if perpetrators simply paid a fine.



Elizabeth Dufresne-Gagnon,

"You can't revive an economy by setting up a dictatorship for an indefinite period of time, and you can't have judicial immunity for yourself. It is also undemocratic to want to pass a law that would allow the government to change any law," she said.



MNA Guy Ouellette

However, to submit a petition to the National Assembly, it must be signed on the Assembly's website. Guy Ouellette, Independent MLA for Chomedey, took up her cause and reintroduced her petition there for people to sign officially.

In a press release, he noted that the National Assembly did not adopt Bill 61 when it was advanced in June but Premier François Legault intends to have it passed in the fall. "With this petition, we wish to send a clear message to the government regarding the opposition of citizens to Bill 61," he declared.

He said that citizens have until September 13 to sign the petition, which is available for signing on line at <https://www.assnat.qc.ca/fr/exprimez-votre-opinion/petition/Petition-8457/index.html>.

As of August 21, more than 110 000 had signed the official petition.



4 Korner

4 Korner is everywhere –

By Gordon Wetmore

The 4 Korner non-profit organization has expanded from its Deux-Montages beginnings to increasing access to services in English throughout the Laurentians, and it has something for all ages. With ZOOM, Facebook, web page, emails and telephone (yes, people still talk one-on-one), its services in health, medical and legal information; in support for caregivers, parents and tots; in well-being exercise programs and support for mental and emotional challenges, the 4K can reach you at home or be reached at its various centers .

It has senior's wellness groups, women's wellness groups, yoga and other exercise courses, drawing and painting courses, French conversation courses, play-to-learn groups,– even a live music show on Friday evenings via Facebook. For specific information about how to join these and such up-coming activities as the "Taking Care of your Mental Health and Emotional Resilience during the Pandemic" and the "Nutrition and Menopause" workshops, please email info@4korners.org or call (450) 974-3940. A \$10.00 membership gets you access to all its activities.

Simply Woodworking

By Jacques Roch

Tips and tricks

Over the years, I have accumulated assorted woodworking tips and tricks that I think you will enjoy (I scoured the internet for existing pictures to save me the trouble of making them for you).

Here are a few:

1: Simple Circle Layout Tool (<https://www.familyhandyman.com>)



This simple jig makes laying out circles a breeze. Drill a 1/8-in. hole through every inch mark on a ruler or yard-stick. To draw a circle, place a pin through the number “1” into the center of your board. Add 1 in. to the radius of the circle you wish to draw, and insert a pencil into this number. Using the pin as a pivot, rotate the pencil to mark the circle. — Edwin Constantino. [How to Cut Curves in Wood](#)

2: Cheap Stain Sprayer (<https://www.familyhandyman.com>)



Here’s an easier way to stain or seal chairs, lattice or anything with numerous tight recesses. Pour the stain into a clean, empty spray bottle (\$3). Spray the stain onto the project and wipe up the excess with a brush or rag. The sprayer will squirt stain into all those tight, hard-to-reach cracks and joints. — Valrie Schuster. [Learn more about staining wood.](#)

3: Visual Aid for Sanding Even Surfaces (<https://www.familyhandyman.com>)



With an orbital sander and good sandpaper you can smooth wood evenly and easily with first-class results. When flush-sanding solid edge-banding, draw a squiggly line across the joint before sanding. The edge-banding will be slightly proud of the plywood veneer, so the pencil marks provide a visual aid to make sure that you’re sanding flat, and that you don’t sand through the plywood’s veneer. As you go, you can also test for a smooth, level transition by gently scraping your fingernails against the transition. If it’s smooth, your fingers will not catch on the seam between the two pieces

Plus, learn how to save yourself some time and hassle during your next woodworking project with one (or 41!) of these genius sanding tips from editors and readers of The Family Handyman.

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4: **DIY Simple and Secure Sanding Block** (<https://www.familyhandyman.com>)



Not happy with the selection of sanding blocks at the hardware store, I made a few of my own from hardwood scraps left over from a woodworking project. I cut each one to 3/4 in. x 1-1/2 in. x 4-1/2 in. — which is just the right size to wrap a quarter sheet of sandpaper around. And the “kerf” cut helps hold the sandpaper in place until I’m ready to change it. — Tim Olaerts.

5: **An Extra Hand for Cutting Sheet Goods** (<https://www.familyhandyman.com>)



Here’s a safe and sound way to make long cuts with a circular saw on plywood clamped to a worktable. Cut about 12 in. into the plywood, then twist a piece of duct tape into a bow tie, with up-and-down adhesive faces. Slide it in the saw kerf and press the tape down above and under the plywood. Now as you finish the cut, the trailing end can’t curl down dangerously as you saw. Hats off to Mike Connelly for simplifying this job.

6: **How to Renew Old Epoxy** (<https://www.familyhandyman.com>)



A while back, I reached for my two containers of epoxy and noticed that the resin in one container had crystallized exactly like honey that’s been in the cupboard too long. The solution is exactly the same too: Set the container in a bowl of hot tap water. After about 15 minutes, I emptied the container and refilled it with hot water. After about a half hour, the epoxy regained its normal consistency. Good as new! — Ken Holte

ENJOY!!



Message from the Church Snoop

Isn't it amazing how a little bug (COVID-19) can throw the world into a tizzy. We just do not know what awaits us around the corner. Therefore, I say, enjoy and live every day as though it's your last. Just think of Naya Rivera, 33. The actress who had everything going for her was praying for her co-star Jackee Harry, who co-starred on The Royal Family with her. She tweeted, "Please God, don't cut this life short". Little did she know that in a few days that her life would be cut short. She tweeted "No matter the year, circumstance, or strife, every day you're alive is a blessing. Make the most of today and every day you are given. Tomorrow is not promised." She and her 4 year old son rented a pontoon boat for three hours so that they could go swimming. Her son was wearing a life preserver and from what I understand, she was able to push him back onto the boat. She wasn't able to save herself and did not wear the life preserver that was found on the boat.

To all our readers, I wish you a happy and healthy life. God bless.
Eric, The church snoop.

Freedom Baptist Church

215 St Laurent; 106-108, St. Eustache
www.freedombaptist1611.org



Sunday worship at 10:00 am, 11:00 am, and 2:00 pm
Wednesday night prayer meeting and Bible study at 7:00 pm



Christ Church "Out to Lunch"

214-14th Ave, Deux-Montagnes

Because of the government guidelines for protecting our elderly population, the use of the Oasis Church building on 14th Avenue in Deux Montagnes has been suspended, and so until further notice the "Out to Lunch" program every Tuesday is on hold. We will be opening up again as soon as is possible, and will pass the word when the time comes.

The Church Mouse

By Eric Painter



Church of God

815 Rockland St. Deux-Montagnes
450-491-6873

Pastors John Thévenot



Christian greetings to you all. At the Deux-Montagnes Church of God, we have resumed regular Sunday services at 10:00 am. You are more than welcome to attend, though at the time of this writing, masks and social distancing are mandatory. Please consult our Facebook page (Church of God - Deux-Montagnes) for more information.

You may also consult our website at www.churchofgoddeuxmontagnes.com. We also have a French radio broadcast on Saturday mornings at 11:15 am and on Friday evenings at 9:00 pm at 1650 AM on the radio dial. May God bless and keep you in his care.

All Saints Church

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

Priest: Reverend David Hart
david@allsaintsdeuxmontagnes.ca
info@allsaintsdeuxmontagnes.ca
www.allsaintsdeuxmontagnes.ca



1st Sunday - Morning Prayer
2nd / 4th Sunday - Holy Communion
3rd Sunday - Family service (Morning Prayer)

Please note that due to the COVID-19 situation, our Sunday Service has been temporarily moved online to our YouTube channel https://youtu.be/_d9jhfsdU or check out our Facebook page (All Saints Church).

God Bless and stay safe everyone!

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Santa Claus Parade Committee 2020-21 AGM

By Dave Byers

The Santa Claus Parade committee held their AGM on August 03. At the meeting it was decided that there would be a Santa Claus parade to be held the first Sunday in December (December 6). Due to the covid-19 it has not been decided what route the parade will take this year.

There was an election held for the directors of the 2020 committee.

The new committee for this year is:
Denis Joanette - President,
Denis Naud - Vice president,

Nancy Cloutier - Treasurer,
Mélanie Richer - Secretary,
Dave Byers - Administrator,
Francis Naud - Administrator,
Marie-Ève Grégoire - Administrator,
Martin Hensen - Administrator,
Michel Rachon - Administrator.
Congratulation to the new committee for 2020.

They will begin meeting to organize this year's parade and you will be receiving updates in our next issue.

The Church Mouse

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Eglise Anglicane de la Nativité - St. James Rosemere

328 Pine St. Rosemere, QC
Tel: 450-621-6466 info@stjamesrosemere.ca

Rectot: Rev. Dr. Bipungu Victor-David Mbuyi



There is nothing happening at Eglise de la Nativité-St. James Rosemere

at this moment. We're following protocol and being responsible citizens.

It is likely that the church will not re-open until well into the fall, negating any gatherings and or events until that time.

We still continue services every Sunday at 9:30am by tele-conference.

You may call 514-437-2605 if you would like to participate.

If you have any questions, or require spiritual guidance, please call 450-621-6466.

Please continue to practice social distancing. Stay safe, keep well, God Bless!

People's Church

370 5th Ave, Deux-Montagnes
(450)472-8569

Pastor- Fred Greenwood

New Time-Sunday Service 10:30 am
. peoplestwomountains@gmail.com



Sunday Service: 10:30 am

Jesus said "I will build my church..." Even though Covid-19 has stopped or put on hold much of what we took for granted or deemed as normal in society we can rest assured that "the virus" has not limited or put on hold the plans and the power of God. The grass withers and the flower fades but the Word of God endures forever. Put your hope in God. Regular service time of 10:30 am continues on Sunday morning. (We have implemented careful Covid-19 protocol in the church).

Holy Family Parish

1001 Ch. d'Oka, Deux-Montagnes,
Tel. 450-473-2163

E-Mail: holyfamilydl@hotmail.com
Website: www.holy-family-dm.ca



Parish Priest: Father Tony Solano
Deacon: Wayne Riddell

The mass celebrations have restarted with the restrictions required by the Government.

Sunday 10:00 am.

Saturday 5:00 pm

Wednesday, Thursday and Friday at 9:00 am

The hall is still closed for renting.

The Holy Cross Community Of St. Luc Parish Rosemere

Ste. Francoise Cabrini Church
210 rue de l'eglise, Rosemere QC J7A 2X2
smarion@paroisse-st-luc.org
: 450-621-5521 ext. 215



Serving the English-speaking Roman Catholic community of Rosemere,

Lorraine, Bois-des-Filion, Ste. Thérèse, Blainville, Boisbriand, and Terrebonne.

We now have two masses on Sunday one at 9.30 am and one at 11.00. The only changes are the number of people we can accommodate per mass. It has changed to a maximum of 70. Masks must be worn to enter and leave the church and during communion, but can be removed when seated.

For new Offertory boxes of envelopes, please contact: Suzanne Marion at 450-621-5521 ext. 216

For Sunday Mass click on link below
<https://www.youtube.com/watch?v=OshpSD0z1ts>
<https://saltandlighttv.org/subscribe>

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These led to discussion about some of the pioneer families such as the the Tylee, Gilmour, Maisonneuve, and if anyone knew that Willowtree Street had once been a race track. It was all very interesting and gave us a chance to obtain more points because the 35-degree weather wasn't ideal for dog walking, not even at Charbonneau Park!

The fun was far from over. There was an Egg Sputnik competition, where you had to protect a raw egg with ten straws and some scotch tape. One the contestants would have preferred just the Scotch! The last challenge was Balloon Darts. Who knew how hard it is to hit a balloon with a dart?! Everyone received a prize, of course, but there's always a winner!

Social distancing measures were respected and the teams were as

follows: Jacqueline Westram, Mayor's Westam wife, with her two grandchildren Jean Frederik and Etienne Labrie, Carla Young and her team mate Johanne, Paul and Diane Jensen, Michael and Elizabeth Dohrendorf and Henry Andres and Sue Quarles.

The skies opened up with a deluge of water for about an hour while we answered the questions but Russ and Linda had thought of everything and had installed a huge tarp that not only provided much needed shade but kept us dry. The area was well organized with enough room to provide two meters between the teams the entire time. Crudities and snacks were offered, properly done with individual plates, utensils, etc. It was all very organized and we had an amazing afternoon. Definitely worth doing and a definite change of pace and conversation.

Not your traditional women's page

By Pam Petten with Diane Labelle O'Neill
(who are women)

I come from a long line of strong women. My mom raised me alone, having left her abusive marriage to create a safe and better life for me. She worked full time, and somehow found time to study and earn two university degrees. My granny was an amazing cook, knitter, and gardener – she worked alongside my gramps on the farm, and together they got the family through the Great Depression. My great-grandmother successfully operated the car ferry across the Saskatchewan River when her father, the ferryman, was unavailable due to over-imbibing. I've never been a card-carrying feminist, but the image of women as delicate flowers who are totally dependent on their fathers and husbands is just not part of my photo album.

I was a kid in the 1960s. Women in our family were too busy working to go out to protest and burn their bras, but I am glad that there were lots of women who did so. Thanks to them, there are more opportunities for my generation and for our daughters and granddaughters, and we have more control over our own destinies. There is now also the rocky road of having a career and still raising a family and maintaining the household. Women became serious multitaskers, nearly to the point of schizophrenia.... A friend of mine, in the 1970's, worked full time and so did her husband. One Saturday, after she chauffeured kids to their music lessons and settled in to do all the housecleaning, laundry and meal prep for the coming week, she had an "aha" moment. Her husband was lying on the couch reading the Saturday Gazette. She calmly picked up a lighter and set fire to the sports pages. This must have left an impression on him (as well as scars); now he even cleans the bathroom.

In 1867, when Canada was officially created, women could neither hold political office nor vote. Canadian women couldn't own property. Even if married women inherited land, it had to be registered as their husbands' property! It wasn't till the turn of the twentieth century that women's property rights were realized. Quebec brought up the rear in this issue, as the last Canadian province to grant full legal and property rights to married women....in 1964! Quebec also has the distinction of being the last province to give women the right to vote in provincial elections, in 1940.

Eighty years later, we Quebeckers have had a female premier. We have numerous female professionals, tradespeople and business leaders. That being said, my daughter who is a licensed red-seal automotive technician still today runs into customers who say they want a REAL mechanic working on their cars, not a girl. And there are other folks who assume that, because of her trade, she must be gay. Sigh.

Eighty years later, in the 2020 COVID-19 crisis, women's participation in the labour force has dropped to the lowest level in over 30 years. Why? Social isolation and closure of schools and daycares has increased the need for parents to stay home with the kids. In many families, the default for this is still the mothers. In addition, a high proportion of women work in the industries most affected by the closures and layoffs due to COVID (e.g. hospitality and food services, retail trade, educational services, health care).

As the Virginia Slims ads used to say, "You've come a long way, Baby!" Yes. Yes we have. But we still have a long way to go. Let's make up for lost time.

References:

Canadian Living Magazine: <https://www.canadianliving.com/life-and-relationships/community-and-current-events/mediagallery/get-inspired-by-these-quotes-from-amazing-canadian-women>

CBC News: <https://www.cbc.ca/news/canada/toronto/women-employment-canada-covid-19-1.5652788>

Government of Canada. <https://www.canada.ca/en/canadian-heritage/services/rights-women.html#a1>





My Favourite Recipes

By Patricia Klotz

Over the years of looking at recipes in numerous cookbooks and gathering recipes on index cards from family and friends, I decided to store my favourite recipes all in one place on my computer, sorted in different folders just as you would find in any cook book. Now I have accumulated over 1500!

Each issue I will share some of my favourites. I have made these and have perfected them to my liking.

Now that fall is here, there are many, many wonderful vegetables and fruits in our region. Here are some recipes that are my family's fall favourites. I hope you will enjoy trying them.

Carrot Soup



¼ cup butter
1 sliced medium onion
1 small minced clove garlic
5 cups of water (or chicken broth)
2 ½ cups sliced carrots
¼ cup long grain rice
2 Tbsp chicken bouillon mix
Salt and pepper
chili powder/ginger/allspice/nutmeg/cinnamon to taste
Parsley

Saute onion and garlic in butter, add remaining ingredients except parsley. Sprinkle some of the spices you like to give it extra flavour, and add salt and pepper to taste.

Bring to a boil. Cover and simmer 20 to 25 min. Use hand blender and blend until smooth. Serve with a little parsley on top. Makes 4 servings.

Momi's Apple Torte Cake



½ cup butter
1 cup flour
1/3 cup sugar
1 tsp Baking powder
1 egg beaten
1 tsp vanilla or a pkg of vanilla sugar by Dr.Oetker
2 tsp cinnamon

Cut butter into dry ingredients add egg and vanilla, mix until a soft dough forms and then press into springform pan (Torte Pan).

Starting with the center of the pan, press apples that are sliced into quarters and going in a circle until the entire pan is filled. Sprinkle on top a little sugar and cinnamon and a package of vanilla sugar.

Also good with quartered plums, blueberries and quartered peaches.

Momi's Stuff Peppers

My husband's grandmother's recipe



6 green bell peppers or use red, orange and yellow
1 onion chopped
1 clove garlic minced
Thyme to taste
¾ lbs ground beef
1 24 oz can tomato sauce or use tomato paste with water
2 tsp sugar
Italian seasonings
Herb de Provence seasonings
1 Tbsp Worcestershire sauce
½ cup cooked rice
Shredded cheese
Salt & pepper to taste

Cook onion and garlic till clear and tender, brown the beef. Put the mixture into a bowl, add thyme, seasonings, rice then mix 2 tsp of sugar and some thyme into the tomato sauce. Pour some of the tomato sauce into the meat mixture.

Spoon meat mixture into the peppers, previously prepared (cut tops off, take out seeds add a little salt in bottom of peppers). Put the stuffed peppers into a deep casserole dish. Cover with remaining tomato sauce.

Bake covered at 350 degrees for 1 hr. Remove from oven and top with shredded cheese. Turn oven to 375 degrees and bake uncovered an additional 20 minutes until cheese is melted.

For Slow Cooker:

Prepare meat, onions and garlic as above. Cut tops off of peppers and hollow out any seeds. Stuff peppers with equal portions of ground beef mixture. Place stuffed peppers in Crock Pot, cover with sauce. Cover and cook on low for 4-6 hours or until ground beef is cooked through and peppers are tender. Tip: If you want cheese on top then take the crock out of the slow cooker (using oven mitts!), sprinkle shredded cheese and bake in 350 degree oven until the cheese is melted.

Ron's Corner

Who's in my mirror?

By Ron Kessler

Hi folks. Another two months have gone by and it's time to tell you a story.

Recently, I was in my bedroom and turned on the light and almost fell when I saw this old person looking straight at me! Then, as I moved, so did he.... When I got closer to him, he got closer to me. I took a long look...it was me!!!!

When did my face start looking like a "grandfather's" (even if I am)? When did my third and fourth "turkey neck" start to show? I realized that, at the ripe old age of 66, my body and looks really looks and feels like....96!

Like many of you, it seems like the photos we look at in an album, on a computer or in a phone, were taken not that long ago, yet how come we look so different?

I notice that when I drive and turn around when backing up my car, I hear a loud "craaaack"...or when I get up in the morning, the tip of my small finger is the only thing that doesn't hurt!!!

I remember the first day I started as a police officer as if it were yesterday. I remember running after crooks, busting down doors and many other things in my career as if they just happened! I also remember when I would get a file and have to speak with an "elderly person", and the feeling I got of wanting to help them as much as I could....HELL, I'm now that "elder"!!!

Have you noticed how people seem to treat you differently as time goes on? The younger generation thinks we're all nuts. The really young seem scared to approach us because we look so old. As for our children, they think our hayday has come and gone. They feel the necessity to clarify everything, while either getting angry because we don't catch up as fast, or talking really slowly as if the speed they usually explain things is too fast for us to grasp!!

I do realize that some of you out there are aging better than others...still heads full of hair, few wrinkles, and slim bodies....to that I say..."Aren't you lucky?!" (tone of sarcasm)!!!

I have found differences in my personality though. I don't have time for incompetence, nor for impoliteness or disrespect. I unfortunately find myself using my "inner voice filter" less and less. (Boy, do my kids hate that one!)

I'm writing this article just so we all know we are not alone in this aging process. Now is the time we should be able to go to a restaurant and have a good meal...but I hope heartburn is only my issue!!! We used to go out and tie one on, now if I have one too many drinks, it takes me three days to get back to normal...

So, when you look into the mirror, please don't run and call 911 and say there's an intruder in your home. Instead, just look slowly, smile and say...if everyone else could only see what these old eyes have seen!!!!

These are my thoughts, what are yours?
Ron

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Overheard at the coffee shop

The longer I stay socially distanced, the harder it is to get outside and back into the big world. Is it safe? Do I know what I am supposed to do and wear in the various places? Do I really need to go out? It became pretty clear to me last week that I was going to have to get out to see the gang at the coffee shop...otherwise, I wouldn't be able to overhear anything, and I wouldn't be able to write about it!

Coffee gatherings have changed. We don't bring our own cups anymore. We wear masks when we order but take them off at the table...otherwise it's pretty difficult to sip the java. We sit outdoors when possible, at tables for two. We often take up two, three, four or five tables, so we have to talk louder than usual. That's saying a lot, because we are pretty loud to begin with. That could be remedied if those who have hearing aids would actually wear them, but that is a whole other story in itself.

Conversations always include the state of the town, province, and country regarding COVID-19. We have to catch up on the ridiculous things we've seen: masks around the neck, people crowded together in parks and on beaches, sensational news articles on COVID parties and the ridiculousness of people refusing to wear masks because they infringe on their liberty. We also usually assess the state of our neighbors to the south, with respect to both COVID and their upcoming election.

Then we get onto the real stuff...what have members of the group been up to (in the past 24 hours, since many of us go for coffee every day)?

Golfing. It's safe out there on the golf course, as long as you stay six feet away from your buddies on the tee box. The way some of us golf, that's probably wise in non-COVID times as well. Remember, six feet is about one and a half drivers, or in other measures, two nine-irons long.

Housecleaning. Still. Again. Always. How many bottles of Spray Nine have you used up in the past five months?

Buying groceries. This is still the most exciting event of the week for many of us. Do we follow the arrows on

the floor? Do we remember to leave six feet between ourselves and other shoppers? Do we remember not to touch everything instead of just looking at it? Well, no, I guess not. We are overcome by the thrill of doing something semi-normal, and in our nostalgic frame of mind, we forget. But we wear our masks. It's the law.

Going to other stores. This has been a big leap. Last week a couple of us went to Value Village. It was Seniors' Day. Instead of the regular zoo of old folks with heaped carts clogging up all the aisles, the store was calm, well organized and easy to navigate! A miracle! What happened? Well, first there was a line-up to get in...we had to stand six feet away from each other for about 15 minutes before we could get into the store. This would be enough to deter many seniors, who, even with a cane, couldn't stand for that length of time. Secondly, you had to wear a mask. How can you go to a store to buy a mask if you have to wear a mask to get in? I wonder if they sell second-hand masks inside the store. I didn't ask. And thirdly, well, many seniors are choosing to play it safe and stay away from non-essential contact with crowds. After all, seniors are still the most vulnerable to COVID. That all being said, this senior found some very cool things at VV, and got the 30% discount that day to boot!

Hanging out in our yards. We all have the best gardens and flower beds we've had in years. And the best sun tans, especially those of us who can float in our swimming pools. Some of us have been included in the "bubble" of our children's families - this means we've been able to hang out in the yard with our grandkids, too. (Another term or this is "babysitting while the parents work from home".)

It sounds to me like many of us are rather enjoying this new almost-normal. In fact, three of our regular coffee crew members have decided to retire from work rather than give up all this fun. Another two are considering it within the next few months. They don't want to miss all the fun! I'm thinking the coffee shop will need to put a few more tables out on the deck!

Holy humour from Pete the Sneak

GOOD SAMARITAN

A Sunday school teacher was telling her class the story of the Good Samaritan. She asked the class, "If you saw a person lying on the roadside, all wounded and bleeding, what would you do?" A thoughtful little girl broke the silence, "I think I'd throw up."

DID NOAH FISH?

A Sunday school teacher asked, "Johnny, do you think Noah did a lot of fishing when he was on the Ark?" "No," replied Johnny. "How could he, with just two worms?"

UNANSWERED PRAYER

The preacher's 5 year-old daughter noticed that her father always paused and bowed his head for a moment before starting his sermon. One day, she asked him why. "Well, Honey," he began, proud that his daughter was so observant of his messages. "I'm

asking the Lord to help me preach a good sermon."

"How come He doesn't answer your prayer?" she asked

BEING THANKFUL

A Rabbi said to a precocious six-year-old boy, "So your mother says a prayer for you each night? That's very commendable. What does she say?" The little boy replied, "Thank God he's in bed!"

ALL MEN / ALL GIRLS

When little Kelly said her bedtime prayers, she would bless every family member, every friend, and every animal (current and past). For several weeks, after we had finished the nightly prayer, Kelly would say, "And all girls." This soon became part of her nightly routine, to include this closing. My curiosity got the best of me and I asked her why she always added the part about all girls.

Her response: "Because everybody else always finishes their prayers by saying All Men!"

Announcements, Birthdays and In Memoriam

Birthdays

Nicole Steben, Sept. 8	Rodney Habberfield, Sept. 24
Jay Williams, Sept. 11	Tara Richards, Sept. 24
Vannessa MacDonald, Sept. 12	Noah McLean, Oct. 5
Eddie Williams, Sept. 14	Daphne Huxsel, Oct. 5
Scott and Kim Fordham, Sept. 14	Carole McLaughlin, Oct. 08,
Kate Baldwin, Sept. 15	Andrew & Alex Green, Oct 14
Albert Allen, Sept. 19	Laureen Byers-Fata, Oct.18
Peter Peschke, Sept. 22	David Green, Oct 22
Cheryl Fordham, Sept. 23	Kyle Davis, Oct. 24
Danny Smith, Sept. 23	Sylvie Beaumier, Oct. 25
Heather Symons, Sept. 23	Russell Hughes, Oct. 28
Hayley Rose Fordham, Sept. 24	Florindo Stabile, Oct, 29
Mike O'Neil, Sept 24	Kayla Baldwin, Oct. 29

After 30 years of love, Dominic Veilleux and Sylvie Desmanches married on July 18, 2020.



On July 18, 2020, after 30 years of love, Dominic Veilleux took Sylvie Desmanches as his wife. The ceremony was held in the home of Dominic's parents. Mario Foucault conducted the service. Because of the COVID-19 pandemic, the ceremony was held with the authorized minimum number of people. A full celebration with friends and family will take place as soon as the health crisis is over.

G rard Veilleux

SEPTEMBER 23, 1946 – JULY 17, 2020



On July 17, 2020, G rard Veilleux, husband of Danielle Denis passed away in Deux-Montagnes at the age of 73. Besides his wife, he is survived by his children Danyel (Kathy), Dominic (Sylvie) and Marie-Michelle (Michel), his grandchildren Jonathan, Emilie, Gabrielle, V ronik, Antoine, Elisabeth, Marianne and Olivier, his brothers and sisters, brothers-in-law and sisters-in-

law, nephews and nieces, as well as relatives and friends. Neighbour Patricia Boudouin's srememberseeing Gerard building a snow bank in his front yard, for sledding, and then repeating the joyous task for his grandchildren, and also many days of children's laughter from his backyard pool. Seeing his enjoyment with family was special.

Mrs. Annette Savoie, pioneer for the City of Deux-Montagnes, passed away at the age of 110

It is with great sadness that the City of Deux-Montagnes learned of the death of a great lady, Mrs. Annette Savoie, on July 10 in Deux-Montagnes. The City offers its sincere condolences to the family and loved ones of Mrs. Savoie, who had just celebrated her 110th birthday.

Pioneer for the City of Deux-Montagnes, Annette Savoie was the first manager of the Deux-Montagnes municipal library and one of the main actors in its municipalization, effective in 1978. In 1986, she wrote a book about the history of the Deux-Montagnes library, in which she describes the struggle to have the library entrusted to a documentary professional.

After naming a street in the name of this exceptional women in 2000, city council decided to name the conference hall in honor of Mrs. Annette Savoie in 2010, the year marking her 100th year of life. This tribute is in recognition of her involvement with the library and her commitment to her community. The City unveiled an honorary work of art created by Deux-Montagnes artist Marie-Andr e C t , which adorns the walls of the library.

In 2013, noticing how much the library has evolved



Mme Annette Savoie, in 2013, at the Deux-Montagnes Library

and how much the Deux-Montagnes library has become a place of fulfillment (personal, social and intellectual), Ms. Savoie mentioned: "I rejoice when I see the boom that has led our small documentation center to digital books that our readers can now enjoy. As in the fable "La mouche du coche", I like to congratulate myself for having laid the first stone."

At 108 years old, Mrs. Annette Savoie still signed an opinion letter published in La Presse, entitled *Girls, don't give up! Centennial reflections on the evolution of women*. There is no need to say, she has always had the cause of women at heart.

"We recognize Ms. Savoie's invaluable contribution to our community. She was a pioneer in Deux-Montagnes whose heritage will never be forgotten. On my behalf and on behalf of the members of the municipal council, I wish to express my condolences to the family and friends of Ms. Savoie. Our thoughts are with them," said Denis Martin, Mayor of Deux-Montagnes.



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What I do to not jeopardize - my fitness progress

By Glenda Esguerra
Paravie Fitness
Personal Fitness Specialist

So you've been on a fitness program, and you are wondering whether you have to give up on snacks, wine or carbs. You're working out with heavy weights, but you're not seeing results. You are exercising six days out of seven, but you don't notice any major changes in your body. So what's happening? You are feeling discouraged.

There are a lot of moving parts in any fitness program. In certain ways it's very much like driving...you have to constantly look forward, and you have to check your rearview mirror to see what's behind you. Not only must you check your blind spots, but you also have to be aware of any crosswalks that pop up.

First of all, how is your level of motivation? Do you need a kick in the butt to get you to go to your training?

I believe motivation cannot be given to you. You need to just move your feet and get to your workout, at the gym, at the studio, in your living room, or outdoors. Going, and then just doing the workout will generate the motivation for you to go again. Rinse and repeat. It's really that simple!

And nutrition... ah, nutrition. You live to snack and you may be wondering if you have to give up on that simple pleasure. Ultimately, success with a weight loss program is about calories in and calories out. Again, it's a simple message, but nevertheless true. And that snacking thing? I don't believe you need to give it up. You may have to cut some calories from the main meals and choose foods that are more nutrient dense than empty calories, but that's it.

Similarly you may ask if you have to give up drinking (alcohol, more precisely). The answer is the same as our suggestion about the snacking. Beer has more calories than wine, and liquor has less than wine. With a bit of common sense you can take it from there.

So, if you think you are having trouble getting results, ask yourself at each crossroad, "Is what I am doing getting me closer to my goals?"



If you have any questions to ask me, please don't hesitate to call. If you need a personalized workout, nutritional evaluation or a fitness assessment, please contact me. We can schedule a consultation. PARAVIE Fitness - info@paravie.ca, facebook, or 514-512-5600

