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## Rosemère's Winter Carnival was one of a kind



The horse-drawn cart rides were as popular as ever during this year's Rosemère Winter Carnival.

Photo: Martin C. Barry

Pages 8-9



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# Deux-Montagnes officials 'powerless' after REM tree clearcut

## Concern grows for Boisé-Roger-Lemoine near 2021 REM station work



Deux-Montagnes mayor Denis Martin said during the Feb. 13 city council meeting that the city has virtually no power to stop REM builder CDPQ Infra from cutting trees.  
Photo: Martin C. Barry

### MARTIN C. BARRY

A tree clearcutting op conducted in the City of Deux-Montagnes for the construction of an overpass along du Lac Boulevard by REM train line builder CDPQ Infra left Mayor Denis Martin with no choice but to explain during the February city council that Deux-Montagnes has no control over what the developer does here.

### No permit needed

As the mayor explained during the sparsely-attended Feb. 13 meeting, Deux-Montagnes and other municipalities located along the REM line lost all rights to enforce local by-laws for offenses such as illegal tree cutting when the Quebec government passed a decree several years back granting CDPQ Infra legal immunity while it builds the REM.

"The City of Deux-Montagnes was informed of this cut," said the mayor. "The REM has no need to ask permission nor any need for a permit from the City of Deux-Montagnes. Law 137 excuses them." In all, a total of 78 trees were cut in the vicinity of the future Grand-Moulin REM station.

### Trees 'in conflict' with REM

In a letter to the City of Deux-Montagnes, a representative of the REM developer said the trees to be cut "were in conflict" with future structures to be used in conjunction with the station and the REM train line.

"I would like to assure you that our team is careful to make clear to citizens that the REM is not subject to municipal regulations and that permits are deposited with cities for informational purposes only," a REM official said in a statement read out by Mayor Martin.

"Perhaps this message is misunderstood by citizens who think that cities must authorize permits or can object. We wish to assure you that we are also clarifying things on this point."

### Boisé-Roger-Lemoine

As a consequence of all this, CDPQ Infra has agreed to hold a meeting with residents on Feb. 24, where the company pledges to improve communications. In the meantime, according to the mayor, some major work on REM development in Deux-Montagnes will only be taking place around the main Deux-Montagnes REM station on Deux-Montagnes Blvd. in 2021 at the earliest.

All the same, the mayor said the city remains particularly concerned about the work to be done there, as it will take place near the Réserve naturelle du Boisé-Roger-Lemoine.

### 'Few if any powers'

"We are little bit skeptical as to how they are going to be able to work around that area," said the mayor, adding that the city will be seeking explanations to this during the Feb. 24 meeting. "And again, we may have few if any powers, but we have to speak with them so that they come to understand our territory."

In other developments during the meeting, a notice of motion was tabled indicating that council intends to modify the by-law governing remuneration of the elected officials so that the mayor's salary increases to \$83,000 per year (from the current \$74,000 that he's paid).

### New hire at Public Works



With the workload apparently increasing at the city's public works director, council formalized the hiring of a new associate-director at public works to assist current director Jean. B. Fayomi. The new hire's name is Gabriel Persechino. As per the standard municipal hiring practices, he is on probation for the next six months until council confirms the hiring as permanent. During question period, Troy Ewenson, formerly of the Deux-Montagnes Softball Association, got up to the microphone to challenge the city's decision to implement steep increases to user fees for softball players who are non-residents. Under the new structure, \$100 is added to the \$50 fee for non-residents for the 2020 softball season.

### Non-resident ball fees rise

The mayor explained that some neighbouring municipalities such as Saint-Eustache have been

charging at least \$125 fee to Deux-Montagnes residents to play in Saint-Eustache. As well, he said Saint-Eustache levies many other fees to non-residents for use of their facilities. He said a similar system is in place in the municipalities of Pointe-Calumet, Saint-Joseph and others.

Ewenson replied, "You're asking a kid that was paying \$50 to play \$150 to play softball? And they're not playing \$150 to play softball, they're paying \$50 and then going to hand over a cheque to the city for \$50. That doesn't make any sense at all, sir. This is not reasonable."

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# Opinion & Editorial



## Chasing the elusive Fountain of Youth

*Looking for forever young in an age that venerates the beauty of youth and curses the beast of aging*

The desire of many to look young forever has led to the establishment of a colossal cosmetic industry. However, the features that primarily determine how old women should look for their age and whether genetic or environmental factors predominantly influence such features are largely unknown.

Skin wrinkling, hair graying, lip height, pigmented age spots, laugh lines, crow's feet, and sun-damage are significantly and independently associated with the age that women and let's face (pun intended) it, men as well, manifest in their physical facial appearance. Hair-graying, recession of hair from the forehead are influenced by genetic factors, whereas environmental factors influence hair thinning, according to research.

This lust for youth has been around for a very long time in human culture. We don't always try to steal youth outright, of course. There are creams, potions, diets, surgical treatments, fillers, and Botox, all of course lending credence to men's and women's losing battle with father time, fueling every person's tendency to lie to everyone about their real age, some camouflaging the years with the help, not always successfully, of these artificial and contrived measures to stave off getting old, which by the way, is not as bad as most 'fake news' youth seekers would like you to believe. Getting old gracefully and naturally can be quite enjoyable, because it gives

meaning to the eternal truth that 'to age is to be human and to be human is to age'.

Sadly, as old age becomes more commonplace, too many of us have come to venerate youth. The largest numbers of magical thinkers about aging squander incalculable money, time, and energy on products and services promising that the march of time can be slowed, stopped, or reversed by anti-aging products and services. Well, we've heard of the generation gap, gender gap, and now the beauty gap.

Saying that women are overqualified to advise men about "aging gracefully" is an understatement. It hasn't always been a smooth path, there have been more than a few cosmetic/surgery disasters along the way. But undeniably, for the most part, women are looking pretty darned fantastic as they hit their 50s and beyond, often better than their male counterparts. But there is a danger here. Is it all an illusory concession to artificiality, the deceptive seduction and falsehood that external 'good looks' are the key to inner peace, healthy self-esteem, and attractiveness to others?

Wait! Men have now joined the beauty bandwagon—facials, highlights, manicures, pedicures, plastic surgery, hair transplant, and anything that caters specifically to their needs. Not surprisingly, baby boomers who expect to stay, in the words of the celebrated Bob Dylan hymn - forever young - have led the

way. Eager for skin and hair products that serve anti-aging purposes, many mid-life men use hair dye, Botox, lasers, hair transplant, hood and under eye excess skin removal, and other cosmetic procedures. According to MD and plastic surgeon Dr. Adi Yoskovitch, there has been an impressive increase of 10 to 15% of men in the last decade seeking various facial youth enhancing treatments such as Botox. And, now males are demanding products of their own, not only to delay signs of aging, but also to enhance their current appearance as well. Does this deception, for men, rear its ugly head, as it does for women?

Call it equal opportunity or equal opportunism, there's no doubt that men are also being watched by the cosmetic industry. Demographics show huge potential, and serious economic consequences are imminent should men continue catching the beauty bug. Guys have begun to see real or imagined advantages to enhancing their appearance, a focus once considered outside their domain.

Our culture's emphasis on youth and beauty doesn't discriminate. Age defying promotions in the media target both men and women. The message translates into paying more attention in maintaining your appearance in order to achieve happiness and success. Men want this also, despite the psychological/emotional risks inherent in this way of thinking.

While looking good has proven to give job applicants an advantage, excelling appears to be increasingly tied to a person's appearance as well. This affects women and men alike. The short-term investment in plastic surgery is viewed by men as having long-term economic benefits, according to research. Yet, ignored is the reality that artificiality is simply unnatural, simulated, and ungenue. What one looks like does not necessarily dovetail with what one feels. If you look 50 but feel like 75, because that's how old you really are, then what?

Cosmetic surgery was once viewed as a necessity for fixing physical features; non-invasive dermatological procedures are now considered part of a routine of skin care regimen which appeal to both sexes who want to appear refreshed and healthier, mainly, to have others believe their attractive looks are genetic. These procedures are no longer for the rich and famous. Non-invasive treatments and plastic surgery such as fillers and Botox are marketed to the masses anywhere from 18 to 99. There is no embarrassment or shame or secrecy since most people talk about the work they've had done openly. But let's not kid ourselves, until and unless Ponce de Leon delivers posthumously on his celebrated the Fountain of Youth, men and women will look young but feel old because they are, unmistakably old.

Yes, the beauty gap is clearly closing between genders. Men are no longer immune to the idea and wish for good looks, and to maintain them in the aging process. The question is how to make the most of one's assets without losing sight of one's identity, a challenge which a multitude of women have achieved over several decades. The slope is a slippery one for the male sex in the world of beauty. Women have been doing it since the era of Cleopatra, and will continue to do so.

Women have the expertise to teach men the art of beauty and how to face the mirror on their wall. They have the magic formula to become the fairest of them all, or so they have been led to believe, but then again, like most ills of humanity, the blame will be easily and cavalierly dumped on father time, he who plays no favourites in the unfolding of the universe as it should, blessing/cursing all of us with the bittersweet gift of aging.

Aging is a universal/spiritual experience. We're all in this together. No escaping it. There's definitely a superficial/supernatural/eternal beauty in the beast.

- Renata Isopo

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# 'Threatened' Blainville wetland not Rosemère's problem, says mayor

## Town's recycling program in good hands, Westram tells concerned resident

MARTIN C. BARRY

The Feb. 10 sitting of Rosemère town council saw the return of two town residents who repeated some allegations they previously made about a wetland located in Blainville they claim is endangered.

### Problem not in Rosemère

It was not first time Benoit Beauchamp and Anick Plouffe of Grande Côte Rd. appealed to Rosemère mayor Eric Westram to intervene, although the mayor reminded them, as he had previously, that the matter doesn't concern Rosemère since the wetland in question is located in Blainville.

"There seem to be people who want to destroy that wetland," said Beauchamp, noting that the wetland in question, which is located above a former dumping site, acts as a natural filter that benefits surrounding communities such as Rosemère, but that it is under threat because of landfilling he alleges is still taking place.

### Federal and provincial

"The land you're talking about is not on Rosemère's territory," said Westram, adding that he had previously counselled Beauchamp to get assistance on the matter from officials at higher levels of government such as the federal and provincial.

The mayor dismissed Beauchamp's claims that the fate of the Blainville wetland could cause springtime flooding to be more extreme in Rosemère. The problem appears to be that as a former dump, the site's eligibility for ecological protection isn't clear under regulations of the Quebec Environment Ministry.

### Has been to court

The status and use of the site, which is owned by a Blainville streetcleaning business, has also been the subject of court cases brought forward by Beauchamp and which got as far as the Supreme Court of Canada in recent years.

"I can take you on your word, but I cannot allow myself to say that my citizens could be in danger because of landfilling," added the mayor.

During the regular business portion of the agenda, town council tabled a notice of motion of its intention to pass a \$907,000 loan by-law probably next month to pay for the upgrade and repair of the bicycle path north of Autoroute 640, while also repairing part of the Bouthillier footbridge.

### Recycling questions

Also during question period, longtime Rosemère resident Wendy Gurd questioned the mayor over the state of the town's recycling services, given the negative news that has surfaced about the City of Montreal's failing recycling system.

She wondered particularly about recyclables such as glass being broken in recycling bins and contaminating other recyclables. Mayor Westram pointed out that unlike many other recycling materials sorting centres, Rosemère and other members of the MRC do business with Tricentris which, he said, has specific contracts for recycled glass.

### Under control, says mayor

"Unlike other triage centres, which unfortunately are undergoing certain difficulties, we are involved with a pilot project through which



Rosemère mayor Eric Westram said during the Feb. 10 town council meeting that Rosemère is reasonably safe from problems like those which have beset the City of Montreal's recycling program.

Photo: Martin C. Barry

we will be able to maybe find solutions do deal with these types of problems," he continued.

According to Councillor René Villeneuve, the provincial government's new bottle and glass container policy should cover the situation in the next two years.

"In the meantime, they're going to make a type of depot in different municipalities as pilot projects. For that matter, Rosemère will be offering to implement a small depot for deposit-refundable glass containers such as wine bottles."

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# “SWLSB Parents’ committee denounce Bill 40” says their chairman Adam Gordon

The Sir Wilfrid Laurier School Board Parents’ Committee denounces the use of closure to rapidly pass Bill 40. We see this as a direct attack on the governance of our schools and our linguistic rights. We recognize that the system up until now has been in dire need of improvement. We further acknowledge embracing change is hard on everybody; closure was not an equitable solution for any stakeholder, especially the parental community. What is being done to address our children’s success? Politicians and legal experts have found Bill 40’s changes to 312 articles difficult enough to understand, worsened by 82 amendments that have not been thoroughly examined. How are parents expected to understand all the changes and their respective effects? We are not at all satisfied with the absence of a large-scale consultation. It is unfortunate that the government chose not to engage in a more collaborative and participatory process. As we progress towards these new service centers on Nov 1<sup>st</sup>, 2020, there’s a notion that parents will hold considerably more power and are expected to be the dominant experts in education. Even this implication is incorrect. Parents will occupy many of the seats on the boards of directors, with the Minister of Education retaining too much control of our service centers. Again, we ask, why weren’t parents a bigger part of the consultation process? Why was the immediate passing of this Bill so critical?

As we move towards Board of Directors elections on Nov 1<sup>st</sup>, we implore Minister Roberge and his colleagues to act swiftly in providing clarity. Too much of Bill 40 has been left to interpretation, leaving tremendous uncertainty. We, the parental community, cannot undo the passing of this Bill, but we are demanding stronger support, education and inclusion moving forward. Tools and resources must be provided to our community to enable a smooth and fair election process. What is the plan for registration on electoral lists? How will the government help encourage voter turnout? Is electronic voting being considered? These are amongst the many questions that need to be addressed in a timely manner. Information sessions need to be held province-wide to educate parents on their new role within the education system. This needs to be followed up with immediate training after elections. Our parents must not be left in limbo to navigate a new system alone. This is the only way to move forward without placing undue risk on student success.

The SWLSB Parents’ Committee encompasses the regions of Laval, Des Laurentides, and Lanaudière. We represent the parents of 12,692 students across 26 Elementary schools and 9 high schools, all providing English language education. We can be reached at [parents@swlauriersb.qc.ca](mailto:parents@swlauriersb.qc.ca)

# CYMMA offers women balance and success

*Nathalie Godin’s 5-point program is catching on*



MARTIN C. BARRY

Certified trainer Nathalie Godin is continuing her quest to offer cross-disciplinary workouts to women 30-55 years of age in cardio, yoga, meditation, motivation and nutrition.

A condensed session of her method tailored to the needs of women held at the Sportium sporting goods store at the Centre Laval on Jan. 16 was the third event organized by Godin since she began offering her services in October 2018.

## Session in March

“The good news is that we’re going to be doing this all over again sometime in March,” she said in an interview with Newsfirst Multimedia, while noting that the date has been tentatively set for March 19.

Godin said management at the Laval Sportium store was pleased to have been given the opportunity to host her latest workout session and that they hoped to welcome the women’s workout group back in March.

## Learning CYMMA

For an hour during the most recent training session, Godin introduced the participants to her cross-disciplinary method, known as CYMMA, an abbreviation for Cardio, Yoga, Meditation, Motivation and Alimentation (nutrition).

Godin was the founder of the Godrunners running group in November 2013. Having completed several grueling running challenges herself, including the 93-kilometre Montréal/New-York relay event, she wanted to share some of the secrets to her success with others.

## A cross-discipline

Godin has trained more than 100 women in techniques to allow them to complete running challenges, ranging from 5-kilometre events all the way to half-marathons.

For CYMMA, she expanded on her techniques to include yoga as a means for women to avoid self-injuries, while being able to stay in top shape. At the same time, Godin decided to include comprehensive information on proper nutrition, meditation and how to become fully motivated.

“The goal is to inspire as many women as possible to integrate the five CYMMA elements into their activities, which will in turn bring balance into their lives,” she said.

## Achieving balance

During full-length CYMMA sessions, a group of women do 45 minutes of walking on an outdoor course, followed by 45 minutes of yoga, 15 minutes of meditation, a session on proper nutrition, and conclude with an inspirational and motivational talk.

While many participants are from Montreal, Laval and the North Shore, some women who have attended have come from all over Quebec, including Shawinigan and Trois-Rivières. She also has more than 10,000 followers on her Facebook page.

Godin hopes to eventually hold CYMMA training sessions in Quebec City and Sherbrooke. As well, she would like to make training available to employers who could offer it to interested employees.

## Session set for May 16

Godin plans to hold a three-hour seminar on the CYMMA method at the Parc Rivière-des-Mille-Îles on Sainte-Rose Blvd. in Laval on May 16 from 9 am to 12 noon. She expects to receive up to 80 participants.

The venue is especially beautiful, as it features outdoor pathways through woods alongside the picturesque Mille Îles River. Additional information is available at [www.nathaliegodin.com](http://www.nathaliegodin.com), as well as on Facebook: [@nathaliegodincymma](https://www.facebook.com/nathaliegodincymma), and Instagram: [@nathaliegodin\\_cymma](https://www.instagram.com/nathaliegodin_cymma).



Nathalie Godin, originator of CYMMA, is seen here leading a class of women in an introduction to the cross-disciplinary method at the Sportium sports goods store in Laval on Jan. 16. Photo: Martin C. Barry



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# Sacred Heart School raises \$60,000 for improvement projects

125 guests attend 'Raise the Roof,' for auditorium and wellness centre



Some of the evening's entertainment was provided by Sacred Heart's very own Erin Waldbrook, along with her husband Adam.



From the left, Head of School Shawn O'Donnell and his wife Jackie, and Raise the Roof guests Laurie Leblanc and Michael McCullough. Photo: Martin C. Barry



Current Sacred Heart School of Montreal students Ocean Massey, left and June Liu greeted Raise the Roof guests as they arrived. Photo: Martin C. Barry

MARTIN C. BARRY

Members of the Sacred Heart School of Montreal community raised \$60,000 on Jan. 31 during a *Raise the Roof* capital campaign event to help build a new auditorium for Sacred Heart's music and drama programs.

One hundred and twenty-five guests – including members of the Religious of the Sacred Heart of Jesus, current and past parents, alumnae, sponsors, suppliers, staff and faculty – attended the event at the Plaza Volare in the Crowne Plaza Hotel on Côte de Liesse Rd.

They enjoyed lavish cocktails from tables sponsored by the Ferri Family, and had their photos taken by PBL Photography, sponsored by JCB Construction Canada.

### A dazzling show

Entertainment, sponsored by CMLS Capital, was provided by Sacred Heart's very own Erin Waldbrook, along with her husband Adam, as well as the Sacred Heart Show Choir and DJ Marco Ferri.

While the Waldbrooks played flute and trombone to accompany the cocktail hour, the students put on a dazzling show with choreography, to the hit songs *Believer* by Imagine Dragons, and *Most Girls* by Hailee Steinfeld.

### Focus on wellness

In addition to the auditorium, Sacred Heart School of Montreal also plans to build a wellness

centre for physical and mental health, while undertaking renovations to the Sacred Heart students' overall learning environment.

After some moving words by Sister Sheila Hammond, head of the Society of the Sacred Heart's U.S.-Canada Province, supper was served. The 4-course dinner of Manicotti di Crespella Ripena Alla Fiorentina, with fusilli; arugula topped with Parmigiano shavings; braised beef (or a vegan or gluten-free alternative); and chocolate lava cake, was sponsored by ALRE Properties Inc.

### Outgoing board president

The decor was sponsored by Architecture49. Menu cards and other printed materials were sponsored by Presti Homes & Developements. The ever-beautiful flower arrangements of tulips, white roses, and hortensias were generously donated by Fleuriste Jules d'Alcantara.

The outgoing president of the board of directors, Roberto Di Giorgio, made a heartfelt speech about his time at Sacred Heart, both as a volunteer on the board as well as a parent to Alessia '09 and Rebecca '17. Alessia, an invaluable volunteer for the evening's event, introduced her father.

### Fundraising surpassed

Head of School, Shawn O'Donnell, thanked Mr. Di Giorgio for his years of service to the school and announced that the event surpassed

its fundraising goal, earning \$60,000 for *The future at heart*, to the benefit of the entire Sacred Heart community.

Part of the funds were raised through the sale of raffle tickets the evening of the event, thanks to the help of alumnae volunteers Alessia Di Giorgio '09, Stéphanie Christodouloupoulos '09, Caterina Gasparrini '91, and Rosemary Vaupshas '78.

### Capital improvements

As well, the live auction contributed greatly to

the evening's success, thanks to auctioneers Paul Kruszewski and Melanie Dirks. Registration for the event was sponsored by Golden Home Care.

Proceeds from the evening will be invested in major capital improvements to the school. The wellness centre will be designed as a space to support the physical, mental and emotional health of the students, while the new performance space will also further contribute to the Sacred Heart community by making it available for events.




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# Rosemère braves the cold at 2020 Winter Carnival

*Mayor, councillors promote new Voilà Rosemère platform*



A wintertime version of beanbag toss was one of the many fun things to be enjoyed by young and old alike during the 2020 Rosemère Winter Carnival.

Photo: Martin C. Barry

MARTIN C. BARRY

Courageous and hardy were the more than 1,000 Rosemère residents, along with their elected municipal representatives, who braved the cold on Saturday Feb. 8 in Charbonneau Park, a few days after a major winter storm, to take part in the town's annual Winter Carnival.

There was a full range of activities that included sleigh rides, inflatable games, snow sculptures and more. Rosemèrites came to enjoy the famous taffy on snow, while keeping toasty warm next to woodburning fire pits.

## Snow lovers' paradise

Some also brought their sleds and skates to take



The booth serving maple taffy on snow was also popular during this year's Winter Carnival in Rosemère

Photo: Martin C. Barry

advantage of the giant slide and an outdoor rink on site. As well, the 49<sup>th</sup> Lorraine-Rosemère scout troop was on hand to offer participants refreshments.

"What more could we ask for than fresh snow," said Mayor Eric Westram, noting that the weather is almost always very cold for the Winter Carnival, even though there have been

years when it was just the opposite and rain came down in buckets.

"This is always a great opportunity to get out, to do a bit of exercise, to get some fresh air and enjoy some hot chocolate and maple candy," Westram said.

# NAME THE PUPPY 2020

## Help the RCMP name their newest puppies

The Royal Canadian Mounted Police needs your help to name the next generation of police dogs. The chosen names will be given to 13 German Shepherd puppies born at the Police Dog Service Training Centre in Innisfail, Alberta. The 13 children whose names are selected will each receive a laminated 8x10-inch photo of the pup they named, a plush dog named Justice and an RCMP water bottle.

## Contest rules are simple

- Names must begin with the letter "N"
- Names must have no more than 9 letters
  - Names must be 1 or 2 syllables
  - Contestants must live in Canada
- Contestants must be 4 to 14 years old
- Only 1 entry per child will be eligible

- Entries must be received by **Wednesday, March 25, 2020**

Contest winners and the winning names will be announced on **Wednesday, April 29, 2020**, on the RCMP website and social media.



## There are 2 ways to enter

Enter online: <http://www.rcmp-grc.gc.ca/en/depot/name-the-puppy-contest>

Send a letter to the following address. Be sure to print the child's name, address, telephone number and the suggested name for a puppy.

Attn: "Name the Puppy Contest"  
Police Dog Service Training Centre  
Box 6120  
Innisfail, AB T4G 1S8

We love to receive drawings and paintings! If submitting by mail, children are invited to get creative with their entries.

Winning names will be chosen by the PDSTC staff. A draw will determine the winning entry in the event of multiple submissions of the same puppy name.

Although there can be only 13 winners, names not selected for the contest will be considered for other puppies born during the year.





# Rosemère braves the cold at 2020 Winter Carnival

Mayor, councillors promote new Voilà Rosemère platform



Although all seven seven members of Rosemère’s town council attended the Winter Carnival on Feb. 8, the five shown in this picture are (from the left) Marie-Hélène Fortin, Stéphanie Nantel, Philip Panet-Raymond, Mayor Eric Westram and René Villeneuve. Photo: Martin C. Barry



The “tyrolean traverse” was another fun thing to do at the Winter Carnival that drew long lines of children eager to be thrilled. Photo: Martin C. Barry

### Promoting Voilà Rosemère

He said the councillors came out to meet the community, but also to spread the word about the Town of Rosemère’s new digital platform *Voilà Rosemère*. Compatible with mobile devices and web browsers, the secure, user-friendly app lets residents access a wide range of important civic information all in one place.

An introductory training session on the *Voilà Rosemère* app will be held during the Saturday March 14 Mayor’s Breakfast for anyone who could not make it to the carnival. Alternatively, residents can call the town at 450 621 3500, extension 1219, or write to [communications@ville.rosemere.qc.ca](mailto:communications@ville.rosemere.qc.ca) if they have any questions about the new platform.

FEBRUARY 28, 7 P.M.

## WINTER'S EVENING BY TORCHLIGHT

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# Direct? Answers

from • Wayne & Tamara

## Dumpster Diving

At 25, I am now struggling to get past an on-and-off, five-year relationship. The first break was for a year (I contacted him), and the second break was for a year and a half (he contacted me). I lost my virginity to this person and wasted so much time and energy on someone who displayed little care for me.

In my profession, I am doing well. I have family and friends who care about me, but this situation leaves a dark cloud all over my life.

There were times he actually said, "I'm an ass. I'm selfish. I'm evil." Other times he made it seem he was a lost soul or had changed. But our problems remained. I guess it boiled down to he would never commit to a future together.

We now live 2,000 miles apart. I stopped answering him because he always made me feel sex was the main reason he kept me around. I could never understand why, because he also said sex was easy to come by.

I don't know firsthand about the easiness of getting sex, but I think it is easy for many guys to find willing sexual partners with little trouble. So many people have a more casual view of sex than I do. The point I'm making is, if it is so easy, why was I needed, especially since I always asked for a commitment?

Five weeks ago, I came home and saw him with another girl at a store (he saw me too). I nearly had a nervous breakdown driving home. I ended up texting him. He told me he was in love. Then later, he said he would still like to sleep with me and that he and "his girl" were not exclusive.

I asked why he strung me along for so long. His answer was, "I didn't. You knew how I was all along." I felt he was purposefully trying to hurt me or make me jealous.

Yes, a saner woman would have run away from the beginning, but I hate that he gets to dodge his responsibility for hurting me.



I knew I wouldn't sleep with him, but I did agree to meet. After three hours of feeling sick to my stomach, I sent an email saying I didn't want to see him. I blocked his phone numbers and email address.

I am now back in my city, but I can't help feeling completely rejected because he might be serious about someone who isn't me. I vowed never to speak to him again and am trying to heal. But the dark cloud never seems to go away. Even when it temporarily lifts, it comes back.

- Elle

*Elle, there is a difference between a man who humbly admits he's an ass, and a man who proclaims it.*

*There is a lesson here and the lesson is, since you don't have anyone now, you are reminiscing about a failed past relationship. That is a terrible detour. When he hurts you again, you will blame yourself and ask, "Why did I let him do it to me again?"*

*You have a long life ahead of you. The sooner you accept what happened, the better that life will be.*

*Join something, get involved, go where you can meet new people. Don't dig around in trash looking for treasure. You can't mentally correct this and make it something it wasn't. Don't make nice with him. Don't engage in a dialog with him. Remove him completely from your life.*

- Wayne and Tamara

Wayne & Tamara Mitchell are the authors of  
YOUR OTHER HALF ([www.yourotherhalf.com](http://www.yourotherhalf.com)) • Send letters to: Direct Answers,  
PO 964 Springfield, MO 65801-0964 or email: [DirectAnswers@echowork.com](mailto:DirectAnswers@echowork.com)

## Julie's Chatter

By Julie Laver - [laver.julie@gmail.com](mailto:laver.julie@gmail.com)  
send your events & activities three weeks before

### All Saints Church

248-18th Ave. Deux-Montagnes  
Priest: Reverend David Hart  
[david@allsaintsdeuxmontagnes.ca](mailto:david@allsaintsdeuxmontagnes.ca)  
Telephone: 450-473-9541  
[info@allsaintsdeuxmontagnes.ca](mailto:info@allsaintsdeuxmontagnes.ca)  
[www.allsaintsdeuxmontagnes.ca](http://www.allsaintsdeuxmontagnes.ca)

**Prayer time before church in the pastor's office (beside the piano) Sunday services with Sunday school at 10:00 am**

1<sup>st</sup> Sunday – Morning Prayer  
2<sup>nd</sup> / 4<sup>th</sup> Sunday – Holy Communion  
3<sup>rd</sup> Sunday – Family service (Morning Prayer)  
5<sup>th</sup> Sunday- Church Cafe (whenever applicable)

### Two Mountains Community Youth Group

We meet at All Saints Church every Friday from September to June 7:30 – 9:30, except for every 3rd Friday, which is SPAM (Sports night At Mountainview). For all high-school aged teens.

Please note that all events, dates and time, are subject to change so please like our Facebook page, visit our Website, or call All Saints (450-473-9541) and stay up to date.

Feb 25th Shrove Tuesday Pancake Supper 5pm  
\$8 adults/\$4 children under 12

Feb 27th Holy Communion service at Les Cascades 10:30 am

### Club Philatélique Deux-Montagnes

200 Henri-Durant (Near Deux-Montagnes Library) Deux-Montagnes  
Phone number: 450-434-6278 cell: 514-206-4387 Email: [Spaquette@vikingfire.ca](mailto:Spaquette@vikingfire.ca)

### BRIDGE

Chevaliers de Colomb, 109 Saint Nicolas,  
Saint-Eustache, J7R 2B5.

The St-Eustache bridge club would be happy to welcome bridge players at our bi-weekly bridge sessions.

We play Mondays and Wednesdays at 12:45pm. We use the Bridge mates system.

Our Robot Dealer 4 shuffles the cards.

We are ACBL accredited. Member's fee is 5\$. Non-members 7\$. Annual membership is 10\$.

If you need a partner or more information call Léo at 438-364-1506 or e-mail Léo at [bridgesteustache@gmail.com](mailto:bridgesteustache@gmail.com)

### Holy Family Parish

1001 Chemin d'Oka, Deux-Montagnes  
450-473-2163  
Call for events.

### EGLISE OASIS

(Used to be Christ Church) 214- 14th Avenue, Deux-Montagnes

Our Community Lunch room is now open again at 214, 14th Avenue in Deux Montagnes. This program is open to everyone in the community and continues each Tuesday from noon till 2p.m. We provide a free lunch which

includes many of your favourite dishes, soup and sandwiches or a hot entrée plus a choice of salads and a variety of different desserts. So come along with your friends and enjoy the convivial atmosphere and delicious food. If you would like more information, or would like a lift to the premises please call Judy at (450) 491-6052 or Stella at (450)623-5192. Volunteers are welcome and a collection box is provided for donations if you can contribute to the cause. This program is sponsored by the Rosemere – Riverside United Church and a grant from the Good Samaritan Fund.

### Heritage Social Club

503 rue Cedar, Deux-Montagnes,  
QC J7R 1H1 450-473-5429

February 28<sup>th</sup>, 2020 – Karaoke night – 8:00 pm

### CESAME Deux-Montagnes

328 ch. de la grande cote  
Saint-Eustache J7P 1E7,(450) 663-5049  
[cesame.cesame@videotron.ca](mailto:cesame.cesame@videotron.ca)

The stimulation workshops for the winter season began last month and we are still accepting subscriptions for spring. Stimulation is offering the chance to kids from 3 to 5 years old to work on global and fine motor skills, social-affective skills and language-understanding skills, while playing with certified educators. You can call us anytime you want to get more information, it'll be a pleasure to discuss with you.

We are looking forward to hear from you.

### Eglise de la Nativité - St. James Rosemere

328 rue Pine, Rosemere J7A 1T8  
450-621-6466

Priest in Charge: Rev. Victor David Myubi Bipungu. Deacon: Jhon Steeker Saint-Clair

The DropIn Centre returned on Wednesday, January 8th from 10:00am. People enjoy their weekly get togethers, why not come and join them? Everyone is welcome to share in fellowship and a light lunch. Lynn Walket and her team look forward to seeing you all.

Looking for space to hold private function, meetings, receptions Eglise Anglicane de la Nativité-St. James has what you need. Please call the number below for rates and more information.

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[www.Centremarieeve.ca/boutik](http://www.Centremarieeve.ca/boutik)

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# In Memoriam & Obituaries



**RÉJEAN, Levesque**  
1964 - 2020

At the CISSS of Sept-Îles, on February 10, 2020 passed away at the age of 55 Mr. Réjean Levesque son of the late Mrs. Florence Bouchard and of Mr. Jean-Yves Levesque. He lived in Sept-Îles. Mr. Réjean Levesque is survived by his father Mr. Jean-Yves Levesque, his brothers Carol (Lucette Cormier) and Dany (Lorraine) as well as his nephews and nieces.



**ARSENAULT, Rita**  
1941 - 2020

In Sept-Îles (Gustave Gauvreau residence), on January 26, 2020, passed away at the age of 78, Mrs. Rita Arsenault wife of Mr. Yvon Arsenault and domiciled in Sept-Îles. She leaves to mourn in addition to her husband Yvon Arsenault, her children: Suzanne Dubé, Roger Dubé (Nadine Allard), Carole Dubé (Gilles Valcourt) and Julie Arsenault (Aimé Mpambara), her grandchildren: Kimberley (Mathieu Lamothe), David, Mathieu, Tiffany, Pierrick, Estelle and Noah as well as her sisters, brothers-in-law, sisters-in-law, nephews, nieces, cousins and many friends.

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**RICHARD, Paul Hébert**  
1956 - 2020

At Élyme des Sables, palliative care home in Sept-Îles, passed away on February 8, 2020 at the age of 63 Mr. Richard Paul (Ricky) Hébert son of Mrs. Marie-May Soucy and the late Mr. Yvon Hébert. He lived in Sept-Îles. Mr. Richard Paul (Ricky) Hébert is survived by his mother Mrs. Marie-May Soucy Hébert (Raymond Marie Bujold), his brothers Gilles and Charles, his sister Nathalie (Guy Element), his niece Maggie Hébert-Fournier (Joey Gaudreault ) as well as his brother-in-law Gaétan Fournier.



**FALLU, Philippe**  
1933 - 2020

In Sept-Îles, on February 8, 2020, passed away at the age of 86, Mr. Philippe Fallu husband of the late Jeannine Harrisson and domiciled in Sept-Îles. He is survived by his friend Madame Louise Levesque, his daughters: Sylvie (Yves Essiembre), Louise (Tony La Croix) and Élane (Michel Claveau), his grandsons: Martin (Annie Tremblay), François (Molita Ho) , Julien and Jason (Cody Boyd), his great-granddaughters: Léanne and Charlotte, his great-grandchildren: Louis-Philippe and Nicolas as well as his sister Rose (late Gilles Levesque), his step-sisters: Margot, Pauline and Graziella, his nephews, her nieces, his cousins and many friends.



**TETTAUT, Fabien**  
1999 - 2020

In Nutashkuan, on February 7, 2020, passed away at the age of 20 years and 7 months, Mr Fabien Tettaut son of Réal Tettaut and Denise Malec and domiciled in Nutashkuan. He leaves to mourn in addition to his father Mr. Réal Tettaut, his mother Mrs. Denise Malec, his brothers: Tommy and Pierre-David, his sisters: Agnès (Marius Grégoire) and Marie-Alice (Ricky Lalo), his nephews, his nieces, his uncles, aunts, and many friends.

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# In Memoriam & Obituaries



**MARIE-SUZIE, Deschênes**  
1968 - 2020

At her residence in Sept-Îles, on February 6, 2020 passed away at the age of 51 years Mrs. Marie-Suzie Deschênes daughter of Mrs. Victoria Moreau and Mr. George Girard. Mrs. Marie-Suzie Deschênes is survived by her daughter Myriam (Ricky Blaney), her grandsons: Donovan, Xavier, Miguel and Taylor, her parents Mrs. Victoria Moreau and Mr. George Girard, her sisters Kathie and Gina, her friend M Alfred Denis and her nephews and nieces.



**LAROCQUE, Vianney**  
1937 - 2020

In La Vallée des Roseaux, on February 13, 2020, at the age of 82 years, passed away Mr. Vianney Larocque, beloved husband of Mrs. Blandine Guay. He lived in Godbout. He leaves to mourn, in addition to his wife, his children: Dominic (Nicole), Diane (André), Patrick (Josée) and Vivianne (Alain); her grandchildren: Marlyn, Dany, Jessica, Julie, Patrick and Christian; his great grandchildren: Maude, Thomas, Zack, Mason and Mila; his brother Gilles (Céline) as well as his brothers-in-law and sisters-in-law, nephews, nieces, cousins and friends.



**TURBIS, Micheline (Thibault)**  
1955 - 2020

In Sept-Îles (Élyme des Sables house), on February 7, 2020, passed away at the age of 78, Mrs. Micheline Turbis, beloved wife of feu Georges Thibault and domiciled in Sept-Îles. She leaves to mourn her children: Odette (André Truchon), Lise (Marc Campion), Michel (Lucie Bergeron) and Manon (Steve Morais), her grandchildren: Maxime, Marie-Ève (Fleurian Caro), Bryan (Kathleen Gagnon-Girard) and Yannick (Ariane Labelle), his great-grandchildren: Louna, Laure-Loue, Aurélie, Charles, Léonie and Olyvia as well as her brother Jean (the late Michelle Jomphe), her brothers-in-law: André (Marcelle Bélanger) and Gilbert (Christiane Dubé), her sisters-in-law: Fernande (Guy Fréchette) and Céline (Pierre Gagné), her nephews, her nieces, her cousins and many friends.



**GALLANT, Hermionne (Déraps)**  
1934 - 2020

In Havre-Saint-Pierre, on February 5, 2020, passed away at the age of 85 years and 1 month, Mrs. Hermionne Gallant wife of the late Léonidas Déraps. She is survived by her daughters: Guylaine (Albert Vibert), Suzanne, Corine (André Vigneault) and Nadia (Raymond Boudreau), her sons: Nicolas (Ghislaine Boudreau) and Camil (Louiselle Blais), her seventeen grandchildren, her fourteen great grandchildren, her sister Cécile, her brother Jean-Marc (Jacqueline Boudreau), her brothers-in-law, her sisters-in-law, her nephews, her nieces, and many friends.



**STUBBERT, Howard**  
1963 - 2020

In Chute-aux-Outardes, 1 st February 2020, died accidentally at the age of 56, Mr. Howard Stubbart husband of Sylvie Deraspe and lives in Ragueneau. He leaves to mourn in addition to his wife Mrs. Sylvie Deraspe, his son Bobby (Marie-Raphaëlle Minville), his daughter Josée (Benoit Gravel), his grandsons: Samuel, Zachary and Alexy, his father Mr. Riley Stubbart (Veronica Nadeau), his sisters: Suzie (Paul Strickland) and Gillian (Austin Organ), his brother Elwood (Nathalie Marie St-Martin) as well as his stepmother Madame France Lévesque (late Jacques Deraspe), his uncles, aunts, nephews, his nieces, his cousins and many friends.



**GALLANT, Roger**  
1936 - 2020

At the University Institute of Cardiology and Pneumology of Quebec, on February 3, 2020, at the age of 83 years, passed away Mr. Roger Gallant, beloved husband of Mrs. Clémence Proulx. He lived in Baie-Comeau. He is survived by his wife, his children: Suzie (Bruno Perron) and Annie (Francis Foster); his wife's children: Claire (Richard Tremblay), France (Guy Dufour), Serge (Nadia Lévesque) and Nancy (Roger Jean); his grandchildren; his great-granddaughters as well as his brothers and sisters, brothers-in-law and sisters-in-law, nephews, nieces, cousins, cousins and friends.



**QUINN, Marcel**  
1950 - 2020

At the Côte-Nord Integrated Health and Social Services Center, on February 8, 2020, at the age of 69 years, passed away Marcel Quinn, son of Mrs. Paula Julien and of Mr. Léandre Quinn, husband of Mrs. Hélène Roy. He lived in Ragueneau. He is survived by his wife, his daughter Lou-Ann (Bryen); his grandchildren; Layna (Mathieu) and Brandon (Jessie) as well as her uncles, aunts, cousins and friends.



**LUCIEN, Cormier**  
1929 - 2020

At Élyme des Sables, palliative care home in Sept-Îles, on February 12, 2020 passed away at the age of 90 years Mr. Lucien Cormier husband of the late Mrs. Élienne Noël. He lived in Sept-Îles. Mr. Lucien Cormier is survived by his spouse Mrs. Marie Deraps, his children, Carol (Michelle Levesque), Chantal (Patrice Caron), Vincent (Pauline Tremblay), Alain (Martine Couture), Andrée and Jean (Ariane Anctil), his grandchildren, great-grandchildren as well as nephews and nieces.





**MUCH MORE THAN MOVIES**

**KIDS BIRTHDAY PARTY PACKAGES**



**VIDEO GAMES**



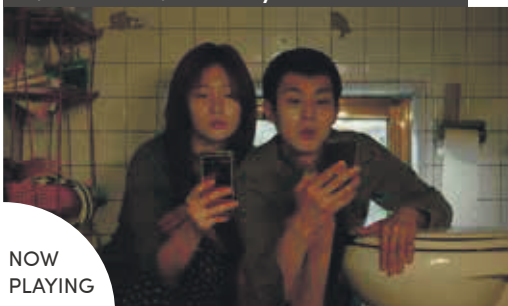
**BUMPER CARS**



**PARTY ROOMS**

## PARASITE

R | 2h 12min | Comedy/Crime/Drama



NOW  
PLAYING

A poor family, the Kims, con their way into becoming the servants of a rich family, the Parks. But their easy life gets complicated when their deception is threatened with exposure.

## BRAHMS: THE BOY II

PG-13 | 1h 26min | Horror/Mystery/Thriller



FEB. 21

After a family moves into the Heelshire Mansion, their young son soon makes friends with a life-like doll called Brahm.

## THE WAY BACK

1h 48min | Drama/Sport



MAR. 6

A former HS basketball phenom, struggling with alcoholism, is offered a coaching job at his alma mater. As the team starts to win, he may have a reason to confront his old demons. But will it be enough to set him on the road to redemption?

## MY SPY

PG-13 | 1h 39min | Action/Comedy/Family



MAR. 13

A hardened CIA operative finds himself at the mercy of a precocious 9-year-old girl, having been sent undercover to surveil her family.

## LITTLE WOMEN

PG | 2h 15min | Drama/Romance



NOW  
PLAYING

Jo March reflects back and forth on her life, telling the beloved story of the March sisters - four young women each determined to live life on their own terms.

## THE CALL OF THE WILD

PG | 1h 40min | Adventure/Drama

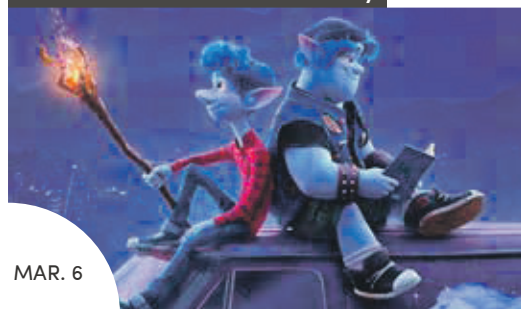


FEB. 21

A sled dog struggles for survival in the wilds of the Yukon.

## ONWARD

Animation/Adventure/Comedy



MAR. 6

Set in a suburban fantasy world, two teenage elf brothers embark on a quest to discover if there is still magic out there.

## MULAN

Action/Adventure/Drama



MAR. 27

The latest live-action Disney movie is on its way, and it's bringing some of China's biggest stars with it. Here's what we know about Mulan ... so far.



# YOUR HOROSCOPE

Week of Feb. 23 to 29, 2020

The luckiest signs this week:  
TAURUS, GEMINI AND CANCER



## ARIES

A disconcerting image will allow you to create a masterpiece. You'll make a lifestyle change in order to achieve your aspirations. Everything will be fine as long as you don't swim against the current.



## TAURUS

You'll appreciate having some time to recharge your batteries. You'll be more tired than usual, so you may need to spend a few days resting. You may also develop your artistic or esoteric talents.



## GEMINI

With a more active social calendar than usual, you'll expand your circle of acquaintances. You'll join a group of friends in signing up to learn a new sport.



## CANCER

Some friends will invite you to join them on a tropical vacation. Pleasure is on the menu and your optimism will be contagious.



## LEO

You may decide to go back to school in order to improve your career options. A sudden burst of inspiration will put you on the right track, but you'll still need to make a considerable effort in order to succeed.



## VIRGO

You'll obtain the financing you need for a project that's close to your heart. Don't hesitate to consult with someone at your financial institution about consolidating your debts so that you can live more comfortably.



## LIBRA

In order to keep your melancholy at bay, you'll throw yourself into a cleaning frenzy at home. You'll make some things clear with your partner before you consider separating.



## SCORPIO

In order to successfully finalize an agreement at work, you'll need to fine-tune several documents before presenting them. You may also decide to update your wardrobe.



## SAGITTARIUS

You'll make some suggestions that your friends find interesting. Your accomplishments will bring you a lot of pride. Take the time to develop a talent that taps into your considerable creativity.



## CAPRICORN

You cross paths with some inspiring people who expand your social circle. A great opportunity has you taking steps to move.



## AQUARIUS

There's a fine line between harmony and discord; sensitivity and affection are important in any relationship. Proper communication will make things better between the two of you.



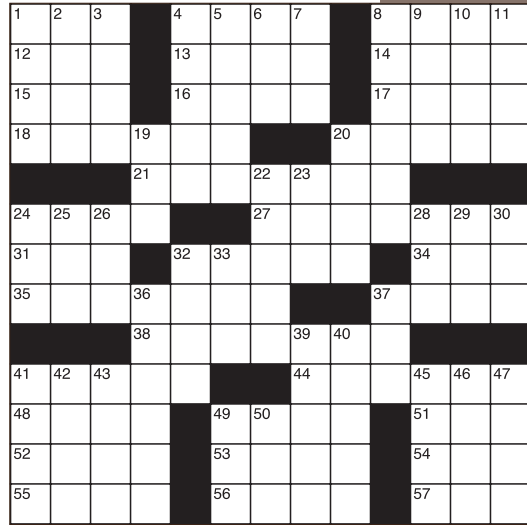
## PISCES

There will be lots of action around you this week. If you like to travel, you'll treat yourself to an adventure of a lifetime. A short jaunt away could also be memorable, even if you head off on your own.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 979



### ACROSS

1. "My \_\_\_\_ Flame"
4. Light beams
8. On the summit of
12. Buck's mate
13. On the sheltered side
14. Fast-food order: 2 wds.
15. "\_\_\_\_ to Joy"
16. Social meeting
17. Raced
18. Fix
20. Car-parker
21. Humorous
24. Aerosol spray
27. More dangerous
31. European mountain
32. TV show for Valerie Harper
34. Thumbs-down

- vote
35. Lumber sheets
  37. Contribution to the pot
  38. Made changes
  41. Dish
  44. Weirdest
  48. Sour green fruit
  49. Clog
  51. Heckler's cry
  52. Concluded
  53. Give an R to
  54. Pocketbook
  55. Claim to be untrue
  56. Watched carefully
  57. Health facility

### DOWN

1. Air freshener's target
2. Mineral deposit
3. Low in pitch
4. Marconi's invention
5. Warning signal
6. Nonetheless
7. Admit as a visitor
8. Invade
9. Hammer or drill
10. Fairy-tale beast
11. Robert Frost, e.g.
19. Perform
20. Traveler's permit
22. Wear away
23. Achieved
24. Street guide
25. Unhealthy
26. Enemy agent
28. Roadside lodging
29. Wolf down
30. Deli loaf
32. Play part
33. Sizzling
36. Wet
37. Total
39. Highway
40. Moved gradually
41. Proceed slowly
42. In person
43. Sermon response
45. Fades away
46. Suds maker
47. Caesar's garb
49. Heat or school
50. \_\_\_\_ an egg

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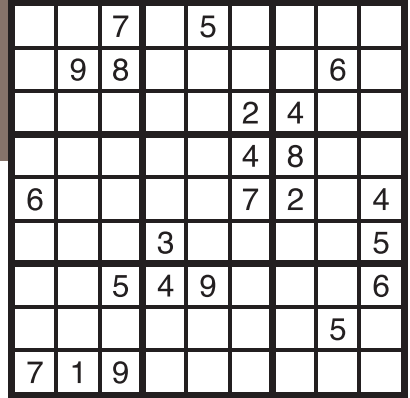
# Sudoku

## HOW TO PLAY:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

PUZZLE NO. 704

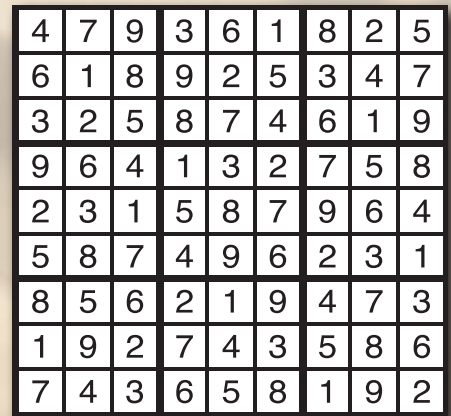


## Last Issues' Answers

## CROSSWORDS



## Sudoku



7/7



# LUNCH

STARTING AT \$10\*

SEE YOU SOON!



## BARBIES

RESTO • BAR • GRILL

11 RESTAURANTS | [barbiesgrill.com](http://barbiesgrill.com) f @



\*Taxes not included. Details in restaurant. Suggested presentation.



**Long Live the  
Real Heroes**

IGA extra Daigle  
is a proud supporter of



**Moisson  
Laurentides**  
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By donating to Moisson Laurentides, the IGA extra Daigle supermarkets  
help fight hunger, nurture hope and reduce food waste.

**One year of food donation represents:**



About  
**124,468 kg**  
of food



A cash  
value of  
**1 million**



**¼ of donations**  
granted to the MRC of  
Thérèse-de-Blainville



**110 tonnes of CO2**  
saved, the equivalent  
of the emissions of  
21 cars per year



Aid to  
**20,763 people**  
in the community