

LAKESHORE UNITARIAN UNIVERSALIST CONGREGATION
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FEBRUARY 2025 NEWSLETTER

Love Can Transform the World

Love is the aspiration, the spirit that moves and inspires this faith we share. Rightly understood, love can nurture our spirits and transform the world. May the flame of this (our) chalice honour and embody the power and the blessing of the love we need, the love we give, the love we are challenged always to remember and to share.

By Maureen Killoran

IMPACT Community Action notes "February is notably a month used to communicate love. Specifically, millions around the globe take part in Valentine's Day on February 14 to show their significant others how much they care.

This year, instead of simply focusing on your loved ones, consider using February as a time to spread love all over your community. From small acts of kindness to lasting community connections, there are so many ways you can show love this month."

LUUC is hoping to do that this February - how can we show love to those who need it most? Such as abandoned animals, or people who feel abandoned and alone in a month where winter weather can bring cruel conditions that challenge survival. How can we keep our thoughts and actions kind and caring when we are "bombarded" by the vitriol that often pervades our social media spaces?

Our Sunday services themes for February address those problems - and the possibilities of how each one of us, and all of us, can help show and spread love..... We hope to see you every week this month!

~ Sheila Laursen

February 2, 2025 - 10:30 a.m.

**Pound Paws - Cats:
A View of Our Rescue Activities
Karen Hillsdon**

Pound Paws – Cats, is a Montreal-based not for profit and registered Canadian charity. They are a small group of volunteers partnered with a high-kill pound working to save cats (and occasionally other small companion animals) from death row and secure them spots with rescues across Quebec and Ontario.

As they are frequently referred sick or ‘problem’ animals with short deadlines, they are routinely required to provide urgent/emergency vet care for cats whose conditions require it. This is where the funds they raise are spent.

They are one of several groups of committed and passionate people who do what they do because they believe these animals deserve a chance, and because their lives matter. Karen will share with us what they do and how they do it, and will give us a behind the scenes look into the day-to-day reality of animal rescue.

Service Leader – Irene Hausknost

Greeters - Jose Van Amerongen/Nancy Schmidt

Technician - Oddbjorn Taraldsvik

Musician - Kerry-Anne Kutz

Refreshments - Sheila Laursen

Zoom Host - Gabor Matyas

February 9, 2025 - 10:30 a.m.

**Is Trying To Be Rational, Reasonable?
Timothy Byrnes**

Join us for an invigorating presentation by **Timothy Byrnes**, whose previous talks have resonated with Unitarian Universalist congregations in Canada and the USA. Timothy delves into the complexities of rational and reasonable thought in an age dominated by social media, exploring the challenges and nuances of engaging in meaningful dialogues within this dynamic landscape.

His insights provoke a deeper understanding of how digital spaces reflect and shape cultural norms, urging us to reconsider our approaches to communication and connection in the digital era.

This presentation is an invitation to be part of a broader conversation about navigating the chaotic yet influential realm of social media with reason and positivity. Tailored for those who support secular traditions to use the power of digital platforms to mold societal beliefs and individual perspectives., Tim offers practical strategies for fostering constructive dialogue and overcoming the vitriol that often pervades these spaces. Together, we can engage with Timothy's enlightening perspectives and be part of crafting a more thoughtful and rational discourse online.

Service Leader - Paul Sullivan

Greeters - Sara Kreps & Jane Edwards

Technician - Oddbjorn Taraldsvik

Musician - Kerry-Anne Kutz

Refreshments - Sari Kelen

Zoom Host - Gabor Matyas

February 16, 2025 - 10:30 a.m.

**Give the Opportunity to Bounce Back in
the West Island
Francesca Corso**

Francesca will present Ricochet's mission to address homelessness in the West Island of Montreal, highlighting the importance of housing as a fundamental human right. Founded in 2020, Ricochet is committed to developing and offering housing and support solutions for people experiencing residential instability and homelessness in the West Island and surrounding areas.

Ricochet is proud to operate the first and only homeless shelter in the West Island of Montreal. Services go beyond emergency housing; offering comprehensive support through community housing, psychosocial support, a dedicated shuttle service, social mediation and advocacy for individuals experiencing housing insecurity and homelessness.

To address specific needs, Ricochet provides a Substance Abuse Program tailored to individuals facing addiction challenges and a specialized initiative, "Survivors for Survivors", designed to support women who have survived domestic violence. Francesca will explore the services they offer and the values that guide their work in supporting vulnerable people towards the ultimate goal of social reintegration.

**Service Leader - Sari Kelen
Greeters - Sara Kreps & Nancy Schmidt.
Technician - Oddbjorn Taraldsvik**

**Musician - Kerry-Anne Kutz
Refreshments - Chris Bassett
Zoom Host - Gabor Matyas**

February 23, 2025 - 10:30 a.m.

**Sunday Café
Antonie Beaudet**

Born and raised in Montreal, Antonie Beaudet is an emerging singer-songwriter. He studied jazz piano and composition at Cégep Saint-Laurent, and draws inspiration from great songwriters such as Don McLean and Georges Brassens, classical poets like Christina Rossetti and François Villon, as well as traditional Celtic folk songs. As such, his music artfully blends folk, jazz and early music, always accompanying himself on guitar. Antonie will be singing original songs as well as a few Irish folk songs, accompanying himself on guitar.

Antonie chantera ses propres chansons ainsi que certaines chansons traditionnelles irlandaises, s'accompagnant à la guitare. Antonie also plays piano in the Celtic dance group Les Quatre Patates, sings as a professional chorister, and is training as a classical tenor.

**Host - Kerry-Anne Kutz
Refreshments - Sari Kelen
Zoom Host - Gabor Matyas**

**Greeter - Nancy Schmidt
Technician - Oddbjorn Taraldsvik**

**BREAD & BEYOND WILL FOLLOW THE SUNDAY CAFÉ. PLEASE STAY TO HELP
MAKE SANDWICHES FOR PEOPLE WHO ARE HOMELESS IN MONTREAL**

NOTES FROM THE PRESIDENT



The new year of 2025 has begun, and January proved to be a challenging, and exciting month for LUUC and your Board of Directors.

Challenges began right away, when our speaker did not arrive for the January 5 service! **Paul Sullivan** and **Nancy Schmidt** proved their mettle as they were able to pick up on the theme “A New Beginning” to offer those in church, and those online, a thoughtful service in which we

could all be involved.

Kerry-Anne’s illness and the time needed for her to recover from double pneumonia have also shown we can react to crisis. **Sari Kelen** and **Dori Abbott** demonstrated their ability to “step up” as musicians when needed. We are so grateful for that. Online UU videos of hymns sung have been tested in case they are needed in the future.

Through both experiences, we have realized the need to have “plan B” or even “plan C” to call on in the future. And we learned that we CAN manage to adapt to last minute changes if needed.

Great news came as the result of hard work done by our Hiring Committee of **Nancy Schmidt, Irene Hausknost** and **Caitlin Berry**. Their diligence and thorough process led to the Board accepting unanimously their recommendation to hire **Carole Issekya** as our Administrative Coordinator. And we are delighted that Carole has accepted!

We are truly grateful to Nancy for serving as Interim Admin Secretary for the past several months - in ADDITION to the “thousand and one things” she does for LUUC. Nancy and Anik are now training Carole and we all look forward to meeting her soon. When Nancy & John go on their well-deserved southern “March break”, she might just sleep it away!

January brought more good news - that the **Margaret Godbeer Bequest** GIC accrued \$1,600 of interest since it was established. That amount will be divided equally to launch this year two bursaries in Margaret’s name for encouraging ongoing education. More details on that elsewhere in this newsletter....

So this new year did start with new learnings, and new beginnings. It will be an “interesting” year for us all - with federal, provincial and municipal elections coming up in Quebec - and shock waves heading north from the results of the US election.

“Attache ta tuque!” Is a favourite Québécois expression - one we need to heed!

~ **Sheila Laursen**

OUR NEW ADMINISTRATIVE ASSISTANT



Welcome **Carole Issekya**, LUUC's Administrative Coordinator!

It is with tremendous pleasure that I introduce Carole Issekya to our wonderful LUUC community.

Carole is energetic, skilled, talented, and dedicated to helping LUUC thrive. Her regular LUUC office hours will be Fridays from 9-12 a.m. (except for Friday, January 31) and she'll also do part of her work remotely. As Administrative Coordinator, she'll be working closely with Anik Vigneault, our Marketing and Communications Coordinator, and with LUUC's Communication Committee Chairs (me and Paul Sullivan) and the chaplains (**Paul Sullivan, Kerry-Anne Kutz**) among others. I encourage you to get to know Carole (she'll be at some future cafes and services) and to help her get to know you! She's eager to meet you!

This hiring could not have been possible without a dedicated Hiring Committee: a huge thank you to **Irene Hausknost** and **Caitlin Berry** for working with me on this important task.

To contact Carole, please send any messages to LUUC's email address: LakeshoreLUUC@gmail.com or call LUUC on Friday mornings from 9-12 a.m. (or leave a message on LUUC's answering machine anytime).

Best of wishes to all,

Nancy Schmidt

And now ... Carole introduces herself in her own words:

Hi, I'm Carole, your new Administrative Coordinator! A bit about me: I was born in the Democratic Republic of Congo, raised in North London, and now call Montreal home, where I live with my partner, Max.

With over 17 years of experience in event management and business operations, I like to think I've become a bit of a specialist in my field and love to be in the thick of all operational development. Outside of work, I'm passionate about photography, cooking, and singing (mainly in the privacy of my own home these days). I also have a lifelong dream of creating a wellness space for Black women to relax and connect. I'm excited to bring my diverse background, energy, and expertise to the LUUC team! ~Carole

THE AFGHAN DINNER AT LUUC – FUN AND SUCCESSFUL!

\$1,060 was raised with the Afghan dinner on Saturday January 18, which featured traditional food cooked by Shahla and LUUC acting as hosts. Our NAM Hall was filled with laughter and conversations with 32 people from several Montreal communities and churches attending.

As those of you who were there can attest, it was a bountiful and delicious feast of Afghan food and juices - and we were served generously, with seconds available too. It was delightful to meet, dine, and celebrate with Shahla, her husband, their 4 children, the 3 siblings and their parents! While communication was a challenge with the parents (as they speak Urdu, Farsi and Danish so far) - they were happy to be with us and welcomed us all with huge smiles and thanks.

A later donation brought the proceeds to \$1,160 - which fully reimburses the \$6,280 cost of the airline tickets for her parents to come to Canada on Visitor Visas - with a bit more to help with daily expenses for that family.

The parents have applied for refugee status in Canada. Thanks to the support of many, we have helped this amazing family to re-unite after many years apart - and to begin what will hopefully be a safer and better future here in Canada.

~ Sheila Laursen



Plates and plates of delicious Afghan food – photo by **Nancy S.**



MINISTER, POET AND RAGING GRANNY!

Rev. Carole Martignacco served as a UU minister intern with the Unitarian Church of Montreal and LUUC many years ago, and has remained a wonderful friend of LUUC. We look forward to welcoming her as presenter for our April 20 Sunday service. Now retired, Carole lives in St Andrews by the Sea, New Brunswick, where sadly, her husband David died last year.

Carole is an accomplished poet: she uses Haiku to express expansive thoughts and images in just a few words. We have some copies of her book “Teasing the Tides” available at LUUC. Contact **Sheila** if you would like to purchase one.

Recently, Carole applied her energy and creativity to forming the Fundy Bay Raging Grannies! She sent this report and photo to Sheila on January 22nd



“Here’s a pic from our first gig of the new Fundy Bay gaggle. We met about 18 of us in -20C in Market Square at 11 am today. Our theme was love of country. We sang out our pride for Canada and freedom as a sovereign nation — not interested in becoming US stolen real estate. We sang 4 original songs and ended with Oh Canada ca! One of the other organizers and I now have an interview on CBC Morning show for tomorrow at 7:10. “

Well done Carole and the Funny Bay Raging Grannies!

~ *Raging Granny Sheila Laursen*

MARGARET GODBEER'S BEQUEST TO LUUC



Many of us remember our sorrow at losing a wonderful friend and LUUC member when **Margaret Godbeer** died in May 2022. Later, we learned from her brother that Margaret had left a bequest for the Lakeshore UU Congregation in her will. We searched for ways to put this gift to good use - and in ways that honour Margaret's life and legacy.

That led to the approval at a special congregational meeting on November 19, 2023, to put the bequest in a GIC as an endowment fund; with the annual interest to be applied to fund equally two bursaries that LUUC will

offer, in Margaret's name.

This year, 2025, is the first year for that to take place, with \$1,600 in interest realized through that fund. It is wonderful that we can offer the following bursaries this year!

The **Margaret Godbeer Bursary** is for LUUC members (youth and adults) to support their ongoing training/education. Application letters are to be submitted to the LUUC Board that outline the reasons for that request. The bursary for 2025 is \$800. The deadline for applications is May 31st of each year.

If more than one person is deemed eligible in any year, there will be a "draw" of one applicant at the LUUC Annual Meeting in June to determine the recipient. A recipient can apply more than once, but cannot be awarded the bursary two years in a row.

"Better World Bursary"

This year, a "Better World Bursary" of \$800 will be presented to a graduating student of Lakeside Academy, the high school across the street from us. It is named in honour of Margaret's efforts to make a better world. The Lakeside Academy staff will identify a graduating student who has shown outstanding community volunteer actions to "make a better world" to be the recipient. A member of the Lakeshore Unitarian Universalist Congregation will present that bursary at Lakeside Academy's Graduation and Awards Ceremony in October.

It is an honour for our congregation to be able to support Margaret's commitment to kindness, caring, and education through her bequest with these bursaries in her honour.

~ **Sheila Laursen**



LUUCERS STEP UP



In order for our dear **Kerry-Anne** to rest and recuperate, **Dori Abbott** and **John Schmidt** took over the musical duties on January 19th, when Clifford Lincoln spoke to our Congregation. Dori played the hymns and John played two gorgeous pieces on his classical guitar: the opening piece was *Manhã de Carnaval* by Luiz Bonfá, which became popular as part of the soundtrack for a French film called *Black Orpheus*. The second piece was the *Prelude in C* by J. S. Bach, BWV 846. It's probably the best known of the keyboard pieces from *The Well-Tempered Klavier*.

Thank you so much Dori and John.

~ *Photos by Nancy Schmidt*



Did you know that our beloved **Rev. Fred Cappuccino** was 99 years old on January 28th? What a life he has lived and what tales he has to tell. We LUUCers are so fortunate to know him.

CARING

Paul Sullivan will be our Caring Person for January and February. You can contact him at 514-457-1793 or plsullivan43@gmail.com

Your Nominating Committee is hard at work looking for members to sit on our 2025/2026 Board of Directors. If you feel you would like to be part of this important committee – or if you can recommend someone who you think is suitable - kindly let Paul Sullivan know at 514-457-1793 or plsullivan43@gmail.com

Healing wishes go out to **Kerry-Anne Kutz**, who is slowly recovering from double pneumonia. She is grateful for excellent medical care and for Get Well Soon wishes she received. Hubby **Michael Cartile** is recovering from hernia surgery - so their dog Hunter had to get used to less activity in their home and shorter, slower walks out of doors.

Heather Falconer had the unwelcome opportunity to evaluate treatment she received at the Lakeshore General Hospital following a recent fall, and transport by ambulance. After a weekend of being checked from “top to toe”, Heather received a good bill of health and was able to return home. And she has given LGH “top marks” for their attentive and caring staff.



Today, I refuse to
stress myself out over
the things I cannot control
or change. I will focus my
energy on creating peace
and finding gratitude in
the present moment.



STEVE AWARDS CHESS PRIZES TO TWO AIR CADETS



CHESS LESSONS FOR KIDS OF ALL AGES



As part of Lakeshore Unitarian's Spiritual Exploration program, children (7 years and up) and teens (and their parents!) are welcome to have a free chess lesson on from 10:30 to 11:30 am, by **professional instructor and chess coach Steve Rosenstein, who has coached 3 national champions**. Students may bring their own chess set or use LUUC's sets. Refreshments will be served after the class. Classes in 2025 as demand requires. Free of charge. For more information: lakeshoreluuc@gmail.com LUUC, 5065 rue Sherbrooke, Lachine, QC. LUUC: <https://luuc.org/>



YOU ARE INVITED TO A SPECIAL FILM SHOWING

Meet and Eat at Lee's Garden

Saturday March 22, 2025 at 7 p.m.

Organizer - Quebec Association of Geography Teachers

Host-Lakeshore UU Congregation, 5065 Sherbrooke St, Lachine, H8T 1H9

Entry fee - \$10.00

This film takes a look at Chinese-Canadian restaurants, their place in Chinese - Canadian history, the food they serve, and their importance to the Chinese and Jewish communities. It was nominated for a Canadian Screen Award for Best History Documentary in 2022.

For more information and to reserve a seat, please contact Cameron Gray 514-694-5133 by March 19

CANADIAN UNITARIAN COUNCIL - how you can support its work

The Canadian Unitarian Council (CUC) supports Unitarian and Unitarian Universalist congregations and members in Canada. The CUC's role is to promote justice, equity, and spiritual growth.

You are welcomed as a participant in any (and all) of these resource sessions. Just click on the underlined date for more information.

Sharing our Faith Launch Event: Belonging (Online)

Feb. 2: 4:30 pm ET

Rising Together: Unitarian Universalists of Colour (Online)

Feb. 12: 7:30 pm ET

Dismantling Barriers

Feb. 15: 1:00 pm ET

Connect and Deepen (Online)

Feb. 15: 4:00 pm ET

Dismantling Barriers

Feb. 19: 7:00 pm ET

Designing & Leading Rites of Passage: Basics Training for Lay Chaplains (Online)

Feb. 22 – 12:00 pm ET (6 hours)

Feb. 23 – 2:30 pm ET (3.5 hours)

March 1 – 12:00 pm ET (6 hours)

WELCOME TO NEW MEMBERS of LUUC!

At its January meeting, the LUUC Board of Directors was delighted to receive, and approve, membership applications from

Ann Bernstein - #1005 - 1645 Seignory, Pointe Claire H9R 1K1 (phone same as before) email: bermer79@gmail.com

Daniel LaTour - #109 - 71 Pardo, Pointe Claire H9R 3H4 phone 514-659-5804 email: info@daniellatour.com

Steven Rosenstein - #708 - 5300 Place Gariand, Montreal, H3X 3Y5. phone 514-733-2048. email: ca.cat2048@gmail.com

Please be sure to welcome them when you see them - all 3 have been attending our Sunday services



CUC NOMINATING COMMITTEE VACANCIES - could you volunteer?

The role of the Canadian Unitarian Council's Nominating Committee is to identify those committed UUs who want to go deeper in their faith community at the national level, and find the right fit for them within the organization.

The Nominating Committee is seeking 2 new members from the following Regions: British Columbia and Eastern Canada (from Kingston, ON to Atlantic Canada)

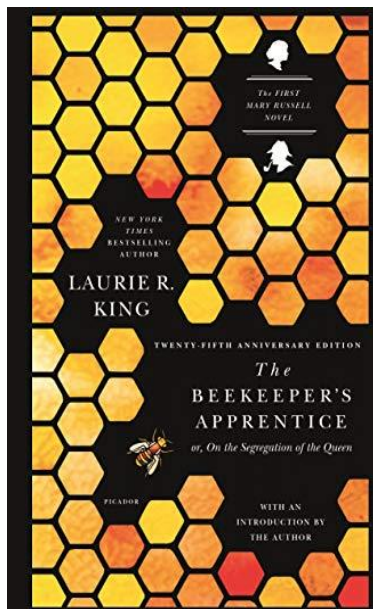
These openings are both for 3-year terms, starting in May 2025. More information about serving on the Nominating Committee can be found at [Nominating Committee Overview](#).

There is an Eastern CUC Board position opening up as well...It is also a 3-year term.

If you are interested in being considered for one of these roles, would like to suggest someone else, or would like more information, please email the nominating committee at nominations@cuc.ca.

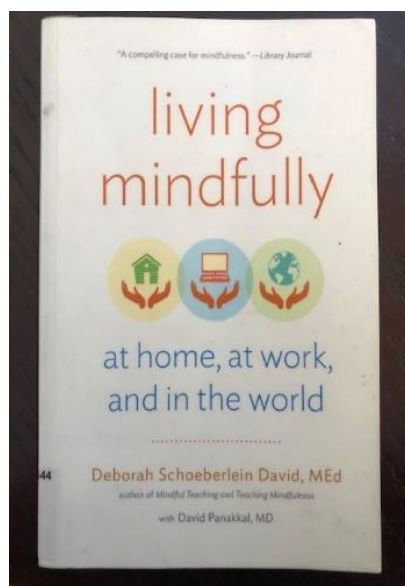
The deadline for nominations to be considered by the Committee for both the CUC Board and the Nominating Committee positions is Feb 28, 2025. (For more information, contact Cindy Dunning of the Kingston Unitarian Fellowship, a member of the Nominating Committee at dunningc64@gmail.com)

BOOK RECOMMENDATIONS



The Bee Keeper's Apprentice by Laurie R. King: Do you like intrigue? Suspense? Distant lands? A woman protagonist during the 1920s? Well, then these novels are for you! Laurie R. King is an American author, who has written many novels. I began by reading the first one of the series which was recommended to me, "The Bee Keeper's Apprentice". Each novel within the series can be read on its own, but I recommend reading them in order. The enchanting part is that one gets to explore different countries across the globe, while being fascinated with the antics of a young detective, Mary Russell, and her partner. The story begins in Sussex, England and then diverges to Morocco, India, Jerusalem, Japan, and many more places. These are some of the best detective stories I have ever read.

~ *Christine Wooley*



Living Mindfully by Deborah Schoeberlein David: I recommend this book, "Living Mindfully" as a great resource "for anyone who desires positive change", as the author writes.

On the back cover of the book is written: "In "Living Mindfully", Deborah Schoeberlein David, educator, meditator, and mother, walks you through a complete easy-to-follow curriculum of mindfulness practice.

'Beginning with the very basics of noticing your breath, David shows you how simple mindfulness practices can be utterly transforming. Each practice builds on the previous exercise like a stepping stone, until you have the tools to bring mindfulness into every aspect of your life at home, at work, and in the world.

'This is an approachable guide for anyone who desires positive change.' This excellent book can be found in the Pointe Claire Library.

~ *Sari Kelen*



A Happy Birthday to Linda Kneeland on February 2nd

Have a lovely day Erin Berry on February 15th – Happy Birthday!



High up in my aerie, amongst the trees, I saw a robin and a downy woodpecker today.
Can that mean that spring is on its way? ~ ed

SUNDAY CAFÉ – JANUARY 26TH, 2025

In the absence of **Kerry-Anne**, **Nancy S.** was our M.C. at the Sunday Café in January. We LUUCers enjoyed three very different artists, who sang for us. Our new administrative co-ordinator, **Carole Issekya**, helped with the french translation. The coffee was good and the croissants smelled divine – whoever invented our Sunday Cafés is a genius.



Maryse Bessette sings jazz



Annie Arsenault is an actress and singer



Orazio Fantini loves rhythm and melody



Chad Linsley, was absolutely amazing

From our Canadian Unitarian Council: Showing Up Together: Affirming Transgender and Non-binary Communities

January 21, 2025

As Canadian Unitarian Universalists, we are deeply concerned by recent actions in the United States that undermine the rights and dignity of transgender and non-binary individuals. The Executive Orders issued on January 20, 2025, which limit federal recognition to only two sexes and dismantle diversity, equity, and inclusion programs, represent a significant setback for human rights and equality. In response, we reaffirm our continued support for transgender and non-binary people, both within our congregations and in the broader society.

We recognize and honour the full spectrum of gender identities and expressions, understanding that each person's identity is valid and deserving of respect. Our faith calls us to uphold the inherent worth and dignity of every person.

We commit to:

- Advocacy: Actively opposing policies and actions that discriminate against transgender and non-binary individuals.
- Education: Providing resources and learning opportunities to deepen understanding of gender diversity within our communities.
- Support: Creating and maintaining safe, inclusive spaces where all individuals can express their true selves without fear of judgment or persecution.

We declare our unwavering solidarity with those affected by these regressive policies and pledge to work towards a world where every person, regardless of gender identity or expression, is treated with fairness, compassion, and respect. This statement aligns with the principles and past actions of the CUC, including the 2019 and [2023](#) reaffirmation of commitment to trans and non-binary individuals and the support shown by Canadian Unitarian Universalists in various initiatives. In faith and love, The National Voice Team

The CUC's National Voice Team is:

UU Ministers of Canada (Co-Presidents) Rev. Samaya Oakley & Rev. Ben Robins
 CUC Board of Trustees (Co-Presidents) Rev Debra Faulk & Margaret Kohr
 CUC Executive Director Vyda Ng

The Canadian Unitarian Council / Conseil Unitarien du Canada (CUC) is the national association of Unitarian Universalist congregations across Canada. The Unitarian Universalist Ministers of Canada (UUMoC) represents over 70 active ministers who serve congregations or work in the larger community.

We are a diverse religion bound by a shared commitment to equity and justice. We covenant to a set of principles that calls us to seek peace, liberty, and compassion, to search for truth and meaning, to respect the inherent worth and dignity of every person and the democratic process, and to dismantle systemic barriers to full inclusion.

~ suggested by Sheila

FOR SENIORS FROM FRANCIS SCARPALEGGIA

I am pleased to share some important resources and updates to help make this year one of continued progress for seniors across Canada.

The Canada Revenue Agency is holding a free webinar for seniors aged 65 or older to learn about available payments and tax resources. Topics will include eligibility for credits and benefits, pension income-splitting, different ways to file taxes, and other helpful tips and tricks. [Registration](#) is encouraged as spaces are limited. The webinar will be on Wednesday, February 12th at 11:00 AM in French and 2:00 PM in English.

The third full week of January marks National Non-Smoking Week, a time to reflect on the benefits of a smoke-free life and explore strategies that work for you, such as making a [quit plan](#) and putting it into action. You can also contact the pan-Canadian toll-free quit line, where trained specialists can provide free and confidential counselling, help you with your quit plan, answer your questions and provide referrals to programs and services in your community. Connect with the [quit line online](#) or call 1-866-366-3667.

January is Alzheimer's Awareness Month in Canada. This month is an opportunity for Canadians to learn more about dementia including Alzheimer's disease, its impacts, and ways to reduce the risk of developing the condition. While the risk of dementia increases with age, it is not an inevitable part of aging. Some [lifestyle behaviours](#) are linked to reduced risk, including being physically active, eating a balanced diet, not smoking, managing health conditions, and maintaining a healthy weight. For more information, visit Canada.ca/dementia.

In Montreal, our winters can present challenges such as isolation and loneliness, especially with colder temperatures, shorter daylight hours, and icy conditions. [Staying connected with loved ones and your community](#) is important for mental and physical health alike. If you need mental health support, [resources](#) are always available.

For the latest updates on programs and services for seniors in Canada, you may be interested in signing up for the [Minister of Seniors' mailing list](#).

Sincerely,



Francis Scarpaleggia

ON THE GO AND NEED TO KNOW



Boone, NC, USA – generous. Boone, NC officials have confirmed that 62 members of the Pennsylvania Amish community have completed the construction of 12 tiny homes in Western North Carolina in under 48 hours.

The total cost of the project was over \$300,000, all of which was donated by the Amish community. *Reported on X, aka Twitter.*



Amsterdam, Holland – antiques. The Dutch are well-known for their wooden shoes, but finding clogs from the Middle Ages—especially in well-preserved condition—is incredibly rare.

Recently, however, archaeologists uncovered such a shoe in the city of Alkmaar, located in the northern Netherlands, around 30 km (18.6 miles) northwest of Amsterdam.



Squamish, B.C. – rescued. After more than seven months, Wilson, the adult goose with the 80-centimetre (31-inch) arrow sticking out of its rump, has been captured, the arrow removed, and is now recovering with expert care, thanks to local naturalists who tracked him and gently captured him on the golf course green with a net gun. This gun shoots a net around the animal to safely keep it from flying away.



Washington, USA – courage. Episcopal Bishop, Rev. Mariann Edgar Budde, publicly called out Trump to his face, “Let me make one final plea, Mr. President. Millions have put their trust in you, and as you told the nation yesterday, you have felt the providential hand of a loving God. In the name of our God, I ask you to have mercy upon the people in our country who are scared now.....”

WELCOME TO LAKESHORE

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Paul Sullivan 514-457-1793

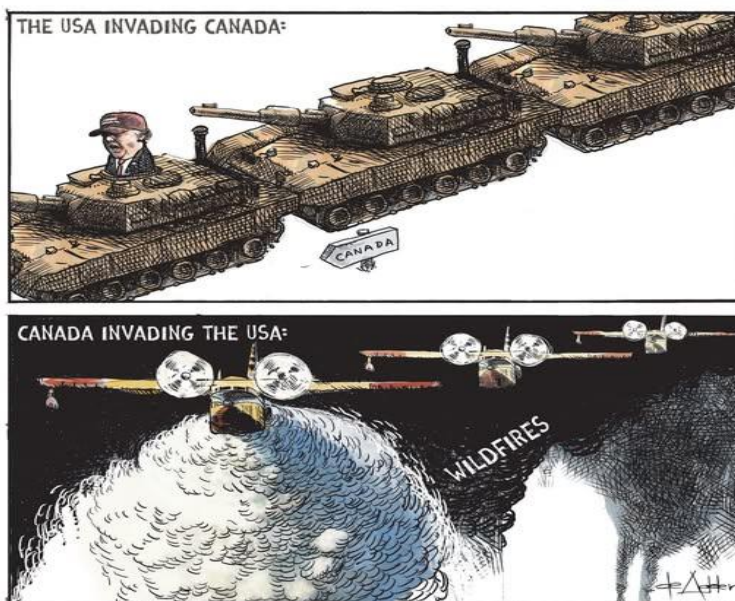
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NEWSLETTER DEADLINE: **FEBRUARY 21ST 2025**

OUR WEB-SITE: **LUUC.org**



AND A HAPPY VALENTINE'S DAY TO YOU ALL