

THE BULLETIN



Kiwanis Lakeshore

Wednesday, March 6, 2024

Dinner 6 p.m. at Casa Grecque

7218 Newman Blvd LaSalle - Zoom at 7 p.m.

Word from the President

Greetings Everyone,
Spring is surely on our minds but after one of the mildest Februaries in recorded history, we're still facing some wintery weather. Flu and cold season remain a major factor in some households, and I hope you are all coping well.

Some exciting things are coming our way.

March 24th is the AWISH Arthritis Rendez-Vous from 10am to 4pm at Sarto-Desnoyers Community Centre.

Our No Limit Texas Hold-Em tournament will be held April 30th at Playground Casino in Kahnawake. All drinks are on the house and ticket sales will be opening very soon at \$100 each.

On May 25th and 26th, our Annual Kiwanis Garage sale will once again take place at my home, 117 Albareto in DDO. Feel free to contact me with your interesting offerings to add to our inventory. Come and join us to lend a hand or simply seek out that special something.

Our 25th Annual Charity Golf Tournament on June 18th will be at Atlantide Golf Club in île-Perrot. You are sure to enjoy the magnificent course and welcoming spirit of the club management.

I encourage all members to join in club activities in any way possible. Time in the service of others is what defines all Kiwanians. When you give your time, you give a little of yourself and a part of your life to our Kiwanis Kids.

Cheers, Jo

Upcoming Speakers – [see our website](#)

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Dr. Sheryl Guloy, a founder and president of Somnolence+, and co-founder of the Sleep Well Network and the Somnolence Canada Foundation.

Guest Speaker- Dr. Sheryl Guloy on Why sleep?

We are very pleased to welcome Sheryl Guloy, PhD, to speak about Sleep Benefits, Challenges and Tips. Sheryl

leads a team of sleep experts on a mission to promote sleep health and wellness through coaching programs, professional education, events, and innovations.

Through Somnolence+, she works to provide people with strategies and tools to support and manage their sleep. Her work is informed by her expertise, research, and practice in human performance, educational technology, program development, and sleep. Her interest in sleep began when she sought to understand her own sleep patterns and realized that she was and is a true night owl. In regard to sleep, she has conducted research into the use of a mobile sleep app on sleep onset and insomnia. [Read bio](#)

Birthdays and Anniversaries

Patricia Marshall – March 2nd

Brian Cadoret – March 8th

Kiwanis anniversaries

Margaret LaCouvée – March 19, 1997

David Dorrance – March 23, 2021

Catherine Davies – March 14, 2022

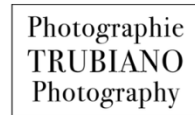
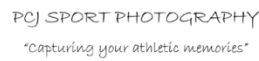
Send your news to

andy.sarrasin@lakeshorekiwanis.ca

[Kiwaniis Club of Lakeshore Montreal](#)

34, 34th Avenue, Lachine, Québec H8T 1Z2

(514) 620-9270



SYLVAIN RENZI