

Dollas maintains Laval connection while coaching East End Junior hockey squad



Mike Cohen

When the Montreal Juniors were sold to a group that moved the team to Boisbriand a few years ago, based on the local media coverage or total lack thereof you would think that level of hockey ceased to exist on the island. Yet this is hardly the case. La Ligue de Hockey Junior de Québec (LHJQ) has 14 teams in three divisions named after NHLers David Perron, Alexandre Burrows and Martin St. Louis. Close to home, there are teams in Vaudreuil-Dorion, Lachine, Montreal East, Terrebonne and St. Léonard-Montreal North.

Last Sunday night I was at the Garon Arena in Montreal North to see the St. Léonard Arctic host the Collège Français de Longueuil. The home team lost 7-1. Businessman Joe Perretta and his charismatic wife Lina Di Giovanni, own the St. Léonard squad. With their regular home rink in St. Léonard in the midst of renovations, they presently call the Garon Arena home.

In October, Perretta made a good move, signing former NHL defenceman Bobby Dollas as his new head coach. I first met Dollas when he was starring for the former Laval Voisins of the Quebec Major Junior Hockey League from 1982 to 1984. Among his teammates were Mario Lemieux and Vincent Damphousse. Dollas was drafted by the Winnipeg Jets and played 646 regular season

games over 17 NHL seasons for nine teams: Winnipeg, Quebec, Detroit, Anaheim, Edmonton, Pittsburgh, Calgary, Ottawa and San Jose.

A resident of Kirkland these days, Dollas loves his association with Complexe Sportif Guimond on Autoroute 440 in Laval where he runs development programs and also works at their summer camps.

"This team was dismantled and destroyed the last couple of years so it really does need to be rebuilt," Dollas told me in his office after the game. "We have made a few trades lately and I think as our younger guys get better so will the team."

As for his new time commitment, Dollas says "Each week we generally practice three times and play

twice. The team started off well when I took over with a 4-2-1 record. Since then we have gone 4-10-1, but a lot of these losses have been close games."

Their next home game will be on Wednesday, Jan. 28 (7:30 p.m.) when they host Montreal East. Log on to <http://arctic.lhj.ca> for more details.

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**THOUGHTS FROM
DR. WYBRANOWSKI**

...just call me Dr. W

Excess body weight is a worldwide problem, and particularly prevalent in economically developed countries. There are many factors that cause obesity, but probably the most important one is the industrialization of food and the increased consumption of sugar, especially high fructose corn syrup in processed foods. An increased consumption of calories coupled with a more sedentary lifestyle leads to fewer calories burned and the formation of new fat cells in the body.

There are many things you can do to get your pet to lose weight and/or to maintain an ideal body weight; but remember **prevention** of weight gain is key:

Pet Obesity: what can you do for your pet?

- We have long known that excessive weight leads to many diseases, such as diabetes, and today we know why this happens. It turns out that fat cells are not passive; they are extremely active and secrete hundreds of chemicals. These chemicals maintain the body in a state of inflammation and stress and bring on many diseases like cancer, arthritis, heart disease etc. The list goes on and on.
- Excessive body weight affects our pets as well; in fact over 50% of pets are overweight. That means that they have too many fat cells in their body. Spaying and neutering slows down the body metabolism by a third. So after sterilization a pet must be fed less or weight gain will occur.
- In dogs about 30% of the extra body fat can be burned by increasing activity, but in cats this number is much lower. We, as owners, cause the problem by overfeeding our pets.
- * Know what your pet's ideal body weight is. Ask your veterinarian.
 - * Feed less and measure how much you are feeding every day.
 - * Measure your pet's daily ration once each morning and put it into a separate sealed container. **Feed him from that container until the next morning.** That way, no matter how many people are feeding him, your pet will only receive his measured daily portion.
 - * Avoid commercial treats, preferably use vegetables or fruit (but not grapes, raisins, nuts, onions or garlic).
 - * Feed a lower calorie dense diet.
 - * Do not leave the food out all day long; preferably feed regularly timed meals (2 to 3 per day).
 - * In a multi-pet household each pet must only eat from his own bowl. Separate the pets during mealtime (put them in different rooms, for example: bathroom, kitchen, living room etc).
 - * For small pets buy a gram scale and weigh out the daily ration instead of trying to use a measuring cup (5 extra kibbles of dry food daily will equal to one extra pound of body weight in a year).
- Especially with kittens and puppies start them off right. We suggest not using food bowls, but instead use toys specifically design to put their food. They will have to work/play to get their food out.
- * Take your dog for a half hour brisk walk every day, start with 15 minutes.
 - * Take him to an off-leash dog park to play with other dogs off or play fetch in your backyard.
 - * Play with your cat. Use catnip, a laser pointer and recycle his toys every two weeks to keep his interest.
 - * Move your cat's food source around the house so he has to hunt for it.
- All these are little steps that can easily be introduced especially if your pet is young, and they will make a big difference in the future. A longer, healthier and happier life will be assured. Remember that your veterinary health care team knows has all the knowledge necessary to help you every step of the way. At Animal 911 we offer a weight reduction program free of charge that has helped many pets to lose weight. Give us a call if you need help.

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