



Robert (Bob) Henry Villeneuve

March 13, 2021

Robert (Bob) Henry Villeneuve

(July 18, 1955 – March 13, 2021)

It is with overwhelming sadness and broken hearts that we announce the passing of our beloved Bob after a courageous 6 ½ year battle with cancer. Forever held in the heart of his loving wife Wendy of 27 years and his three children Emily, Olivia and Benjamin. Bob was a proud and devoted husband and father, his family was his world. Much loved son of Sheila Villeneuve and the late Robert Villeneuve Sr. Dear brother to Richard (Birgit), Dan (Mary) and Terri (Tom). Loved and respected son-in-law to Deborah Irwin (Terry) and Stephen Carleton (Marilyn). Dear brother-in-law to Adam Carleton (Carrie). Bob will be missed and fondly remembered by his nieces and nephews, Max, Gina, Devon, Addison and Aiden; extended family and his many friends. Retired from General Motors after 34 years of service Bob enjoyed a second career with the Town of Clarington as a part time operator at South Courtice Arena and Bowmanville Indoor Soccer Club. Over the years Bob thoroughly enjoyed greeting and entertaining the many parents and children with his friendly smile and signature juggling (Juggling Bob). Bob also loved the opportunity to juggle and entertain for many local schools, birthday and retirement parties and family events. Bob also loved hosting and entertaining family and friends and welcomed everyone with a smile, great conversation and of course his signature “Dad” jokes. Bob had a great passion for music and could recite the names of artists and song titles of all genres of music with a special appreciation for classic rock. Bob had a love of sports from a very early age and was a role model to many of his fellow teammates over the years, Bob played every sport with class, sportsmanship, dignity and quiet leadership. Bob played in many leagues both competitive and recreational including baseball, ball hockey, touch football (7-Ups), hockey, curling and badminton. Bob was a devoted and supportive fan and coach to his children’s many sports teams and was an exceptional “Dance Dad”. Bob’s personality was as bright as the sun, brightening the day of all who met him. He was a sincere, kind, loving and caring man always willing to offer a helping hand. The family would like to extend a heartfelt THANK YOU to Doctor Jeffrey Rothenstein and the caring and compassionate nurses at the Lakeridge Health Oshawa - Durham Regional Cancer Centre. Due to Covid-19 restrictions the family will hold a private internment and a

Celebration of Bob's Life will be held at a later date when all his many friends and family can celebrate and remember him together. In lieu of flowers donations to Lakeridge Health Oshawa Cancer Centre would be greatly appreciated.

Tribute Wall

DA

“*Sad to hear of Bob's death. I first met Bob several years go when he joined my seniors softball team at Alexandra Park in Oshawa. He was without a doubt one of the most impressive people I've met during my lifetime. Of course, he was a natural athlete and my team was lucky to land him. But what made him stand out was his personality and character. Always positive and cheerful, showing his delight when someone made a good play during the game. Even children were drawn to this man when they saw him expertly juggling softballs before the game. I got to meet Bob again occasionally when our seniors' hockey team played at the Courtice arena where Bob worked and we'd have a chance to catch us both up on our comings and goings.*

Bob had that rare ability to listen carefully during our conversations. In life, you seldom get a second chance to make a good impression. In Bob's case, a second chance was never necessary. I'm a better person for having met him. Rest in peace.

Dan Adams

Daniel Adams - April 06, 2021 at 10:57 PM

DM

“ So sad to learn of Bob's passing, so sorry Wendy, Emily, Olivia, and Ben for your loss ...
Bob was one of those rare humans, the truly wonderful one's ... the one's we don't get to meet too often in life ... he lived with grace and humility, and laughter sprinkled everywhere ... a loving soul who could uplift everyone around him, never a harsh word about anyone, and always kind to all ... he had that ability to make anyone smile and/or laugh, his positive nature was inspiring... always ready for a little juggling, and some of his crazy humour .. and jokes that would even make the other dad's groan, the true king of the dad joke ... i feel so blessed to have been able to meet Bob and spend time with him (and fam.) during their many road trips to ottawa ... family meant everything, and he also had the unique ability to make others feel like family, very welcoming right from the moment i met him ...i was fortunate enough to spend some great days on the golf course with Bob, (along with Steve and Rick) .. there's probably others who experienced this, but i was one of the lucky ones who got beat by Bob, using only his putter the entire round, a sight to behold ... we couldn't help but smile and shake our heads ... could never manage to stump Bob with any music trivia either, but had so many laughs trying (how does one person remember so many things, the littlest details, amazing!) .. always a story for every occasion or circumstance, and so much knowledge of 'things' there's so many wonderful things that can be said about Bob, i feel like this only scratches the surface, but i think the best thing i could say right now, is that people aspired to be 'more like Bob', a role model for everyone, whether you're 8 or 98 ... he really was a one of a kind human being who will truly be missed ... pretty safe to say, he had a positive impact, and touched everyone's life who knew him ... he sure had that impact on me, and for that i will be forever grateful ... thank you Bob
much love,
Doug Moir

doug moir - March 29, 2021 at 12:30 AM

WJ

“ What a great guy Bob was. I played hockey and baseball with him. Always smiling with a ready joke. I never really heard him say anything bad about anyone. I remember him wearing a clown outfit and juggling while playing lob ball on our a courtice team. I remember his broken arm at hockey when he was still trying to tell jokes. I am certain that he will be dearly missed. My condolences to his family

wyatt johns - March 21, 2021 at 10:22 AM



“ I had the privilege of playing sports with and against Bob. A very talented athlete but an even better person. I saw Bob at the high school, where ours boys played soccer and again at Darlington indoor soccer. Always a smile on his face and he spoke often of his family and faith. I remember Bob at a baseball tournament years back where he was dressed as a clown, red nose and all. He was a grown man running the bases in his clown suit and juggling on the side lines. A sight to behold. Our lives were all richer for knowing Bob. Our sincere condolences to the Villeneuve family.
John and Brenda Jeffs

Brenda Jeffs - March 20, 2021 at 07:12 PM

PK

“ What a loss! Had the pleasure of playing against as well as with Bob. He made my bad passes look like good ones. He had soft hands (football term) but more so a soft heart. He was a true gentleman on the field as well as off. So sad to hear. Paul Keeler

Paul Keeler - March 20, 2021 at 01:11 PM

PK

“ What a loss! Had the pleasure of playing against Bob as well as with him. He had soft hands (football term) but more so a soft heart. He made my bad passes look good. A true gentleman on the field as well as off. So sad to hear. Paul Keeler

Paul Keeler - March 20, 2021 at 12:49 PM

DV

“ So sorry to hear of Bob's passing. Known Bob since grade 5 Kathleen Rowe school, minor sports in Whitby, GM, and finally the "old " man curling team. Will meet again on " the dark side of the moon". Our condolences, he will be missed.
Dan Vallant

Dan Vallant - March 20, 2021 at 10:35 AM

AB

“ Bob was a wonderful person and co-worker - I always enjoy our chats. He had a very positive attitude and was super kind and respectful - and a pretty awesome juggler too.
I especially admired his strength when it came to dealing with his illness. I know when I was diagnosed - I adopted Bob's attitude to help me get through the hardship and I'm sad that I never got the chance to thank him for that. Thank you Bob, we will never forget you.
Annette Bate

Annette Bate - March 19, 2021 at 06:22 PM

SF

“ *Very sorry to hear the news of Bob’s passing. I had the pleasure of playing touch football with Bob for several years and remember him as always having a smile on his face and a quick joke to tell. I’ve attached a photo taken after one of championship games and in it you will see our son Ben.....standing in front of Bob. Ben had attended most of our games that year and Bob was always playing around with him on the sideline. When it came time for the photo Bob called for Ben to come out onto the field to join us. Absolutely one of my favourite photos, and memories. Thanks Bob.*

Steve Fitzgerald



steve fitzgersld - March 19, 2021 at 05:02 PM

JO

“ *Bob touched our hearts when we visited the soccer fields. He made a special bond with my son Scott. He treated him like he was his best friend! Scott loved him! You knew right away the most important thing in his life was his family. He always talk about how proud he was of his kids and his favourite travels with his wife. I'm sorry you have lost such an amazing father & husband*

Jo - March 19, 2021 at 08:33 AM

JM

“ *Wow we are deeply saddened to hear that we have all lost a special man Our prayers and thought are with you Wendy,Emily,Olivia and Ben. He loved you all so deeply
Our kids at one point delivery the newspaper. Bob was ALWAYS a pleasure to chat with. Always offering words of encouragement. A man with a heart of Gold He was the high light of the neighbourhood
I’m a volunteer at the relay for life and I had invited him so we could support his fight with this ugly disease. As always he came and juggled and encouraged others
Bob you will be deeply missed. Your smile and jokes will always be remembered.*

Joy Mayhew - March 18, 2021 at 10:04 PM

RF

“ I was fortunate to be a teammate of Bob's all through the 70's with Legionnaire ball teams.He was a little older but always treated me like an equal even at a time when a few years was a big deal. I don't think Bob realized how talented he was or how beloved he was by the guys he played with.Bob was completely selfless and so aware of others. I am so lucky to have spent time with you.Rest in peace.
Rob Foshay

Rob Foshay - March 18, 2021 at 09:08 PM

 Deanna Griffen Scott

“ Sincere condolences to the Villeneuve Family. Bobby was a class act in every way. A fabulous teammate on our Patte's Paint Ball Hockey team. The calibre of sportsman that many people tried to emulate. Rich memories for us all. RIP Bob Ken and Deanna Scott

Deanna Griffen Scott - March 18, 2021 at 06:58 PM

DS

“ By reading all of the wonderful tributes it is quite obvious that Bob touched so many lives in a positive way.
I have so many fond memories of Bob as a schoolmate and an Oshawa Baseball Legionnaires teammate. Lots of good times hanging out at his family home on Emerald Ave. He was truly one of my best friends growing up. My wife Donna and I were honoured to have had Bob as a groomsman at our wedding. You will be greatly missed my friend.
My condolences to Wendy and their children.

Dave Sheridan

Dave Sheridan - March 18, 2021 at 05:49 PM

WH

“ Bob was my best friend through high school and there never was a nicer guy or better friend. And man, could he run! So long Bob, you were one of the good ones.

Wallace Harpur

Wallace Harpur - March 18, 2021 at 04:32 PM



“ I worked with Bob throughout my tenure with Clarington. Loved working with him and will miss juggling with him in the lobby at the rink. Bob always made work more enjoyable with his great personality. Thanks for the memories. You will be missed. My condolences go out to his family.

Sean

Sean Bellamy - March 18, 2021 at 11:34 AM

AP

“ RIP Bob you were a awesome guy to work with and the nices guy to play against you will be missed my condolences to family and friends keep juggling up there show the how



Ace Pixley - March 17, 2021 at 08:39 PM

LF

“ Bob was a neighbour, a role model, a friend, and a pretty good road hockey player too!
I had the good fortune of growing up down the street from Bob. He had a Heart of Gold and always seemed to have time for everyone. He will be dearly missed. My condolences to Wendy, Emily, Olivia, and Ben.

Luke Fitzgerald - March 17, 2021 at 07:45 PM

RU

“ You know someone is special when it has been 27 years since you saw him, but you can remember the time together like it was yesterday. We met Bob and Wendy the first day of our honeymoon, while they were on their honeymoon...both of us married on the same exact day. I'm not sure the Sandals resort knew what was in store for them the rest of the week...from juggling lessons to Toga night! Needless to say, keeping in touch long distance for all of these years has been special, and Bob's occasional calls on our mutual wedding anniversaries or to give Rich a hard time about our Colorado hockey team were priceless.
We are deeply saddened to hear of this loss and our hearts are with Wendy and family. Rest in peace, Bob. Your laughter will continue to ring in our ears. -Rich and Marie Unger

Rich and Marie Unger - March 17, 2021 at 05:02 PM

RB

“ I had the pleasure of being a teammate of Bob's on the Pattes Paints ball hockey team for a couple of seasons in the late 70's and also as an ice hockey teammate. I can only echo the sentiments of others regarding his character. He was a great teammate but was even a better human being. My condolences to his family and friends for their loss. RIP Bob

Randy Bonello - March 17, 2021 at 01:29 PM

CW

“ When I first met Bob at Waverley Public School, I was immediately impressed by his warmth and sincerity. His love for his family was always clearly evident. He was happy to share his sense of humour, his time and his juggling skills with children. Bob always struck me as a man who lived life in the moment with thoughtfulness, kindness and humour. Bob and Wendy have raised three wonderful children and I had the privilege of teaching all of them. Wendy, Emily, Olivia and Ben may your happy memories help you through this difficult time and provide both comfort and moments of laughter as you reflect on a life well lived.
Cheryll ten Westeneind

Cheryll ten Westeneind - March 17, 2021 at 01:22 PM

KJ

“ My deepest Sympathy to the Villeneuve Family.
As many have stated, Bob was just a very nice man. I played touch football with Bob for many years in the 80's and 90's. Bob was a great and humble athlete. It was not unusual to see Bob juggling on the sidelines or jogging at an incredible speed around the GM plant. It was Bob who was influential in getting me on the football team; for that I will always be grateful. Although it's been a few years since I last saw Bob, I always considered him a great friend and I am better for having known him.
Bob will be forever missed.
Ken Jorgensen

Ken Jorgensen - March 17, 2021 at 12:28 PM

DM

“ My heartfelt condolences go out to the family in this time, In the few years I knew Bob I don't think I ever saw him without his contagious grin. Rest In Peace to an amazing person taken too soon

Dylan Moran - March 17, 2021 at 12:03 PM



“ *Bob Villeneuve was truly a unique man. He had a heart of gold, a sometimes quirky sense of humour, an engaging personality and great athletic ability, but more than anything, he was an excellent human being. I played many years of ballhockey and slo-pitch with Bob and the dressing room or dugout always lit up when he entered. He was almost too nice. I remember one time Bob was run over in a ballhockey game by a player from the other team. Our guys, especially me, were angry and wanted retribution. When I asked Bob why he didn't hit, punch or slash the guy back, he said " Maybe he didn't do it on purpose ". That was Bob. All of Bob's former teammates will miss him !*

To Bob's family, my deepest condolences to you. Please take some solace in knowing that anyone who has ever met Bob Villeneuve, will never forget him. He was a truly amazing man !

Bill Demoe

Bill Demoe - March 17, 2021 at 11:14 AM

TB

“ *I played ball hockey with and against Bob back in the late 1970 and eighties, our Pattes Paint team was a special group and Bob was a born leader with his humour and effort , he was a pleasure to be around , upon hearing the sad news many of the guys from that team shared memories of Bob , the common factor being Bob was a good man and friend, My condolences to his family. Tim Brown*

Tim Brown - March 17, 2021 at 07:12 AM

KE

“ *One of the greatest guys I've I have ever worked with. He was one of a kind and someone I'll always remember. I'll never forget the time when he dressed up as Santa while driving the Zamboni. My condolences to the family.*

Kyle Edgar

Kyle Edgar - March 16, 2021 at 10:12 PM

SG

“ The entire Gordon family is saddened to hear of Bob's passing. We all enjoyed the many times together, especially at ice and ball hockey games and all times in between. Even after times spent apart we always shared a few laughs, a few stories and a few jokes--mostly bad one-liners when we met again. Bob always asked about our kids and made a special point of including them in our conversations. Bob's smile, humor and spirit will be missed by all. Deepest condolences are extended to the Villeneuve family.

Stan, Lorraine, Tina, Brad, Stacey Gordon.

Stanley Gordon - March 16, 2021 at 09:14 PM

CL

“ I will always remember Bob as the cheerful, caring and friendly man he was. He could always lift your spirits and make you feel special.

Cory Langstaff - March 16, 2021 at 09:12 PM

LG

“ Wendy and Family, please know that Bob will be missed by everyone who had the privilege of meeting or knowing him. His outlook on life was phenomenal. We all thought he had won not only his battle but the war with cancer, but it was not to be. You all will have many more memories than what we have, and we all have wonderful recollections, so please look back on them and know that you all our in our prayers and thoughts.

Claire and Lynda Glendinning

Lynda Glendinning - March 16, 2021 at 08:27 PM

JM

“ Bob was an exceptional , caring , and companionate human being . His love for family and kids was first and foremost as for his friends . My boys were in awe of his juggling and entertaining spirit. He will be sadly missed. God speed . Sincere condolences to his family. John Moulaison and family.

John Moulaison - March 16, 2021 at 08:13 PM

RP

“Bobby V was truly one of the kindest, caring persons I have known. He was always so positive and upbeat. When Bob walked into the room, you could not help but smile. He just had that gift that more people should have. Bob, the world was a better place with you in it, and you will be missed. Deepest condolences to the family.”

Rick Parfitt

RICK PARFITT - March 16, 2021 at 07:12 PM

GC

“I remember Bob well from baseball and the Arena on Prestonvale. Bob would be juggling quite often and entertaining people around him. Always pleasant and I was blessed to know him as a friend.”

Gary Carroll - March 16, 2021 at 07:03 PM

RC

“Oh how we loved you Bob, your amazing heart and spirit. You always shared a brilliant smile to anyone. Your love for your family, friends and community touched so many. You had the strength of a giant and your faith. Your warmth in kindness in all you did will always be in our hearts. Bob you maybe on a new adventure but will be forever in all of our hearts. Wendy, Olivia, Emily & Ben our deepest condolences thinking of you all and keeping you in our prayers.”

Rick & Laurie Clark xo

Rick & Laurie Clark - March 16, 2021 at 06:57 PM

DW

“On behalf of the Darlington Wanderers,

You couldn't ask for a better coach. Bob had an infectious personality that never failed to make us laugh at practices, away tournaments, and team dinners. His role modelling went further than the soccer field and many of his life lessons will stay with us forever. All of us young men will cherish the memories you gave us each week. Our deepest condolences to Bob's family.



Darlington Wanderers - March 16, 2021 at 05:51 PM

TG

“ Our deepest condolences to the Villeneuve family.

*Tom & Dale Greer
Edmonton, Alberta*

Tom Greer - March 16, 2021 at 05:46 PM

BB

“ My condolences to the Villeneuve family.

*Bob and my paths crossed many times in our life. 1st time on the ice in Darlington. I learned what smooth hockey player he was, a great teammate, and just a class guy.
Again our paths crossed later at General Motors only to find out he had outstanding skills there as well. After retiring our paths crossed again with both of us getting PT gigs as operators for the Municipality of Clarington. A hat trick. I consider myself fortunate our paths crossed so often. He was so proud of his family.
Bob had a infectious love of life. The gift to have the ability to make you smile.*

RIP Bob

Brent Badour - March 16, 2021 at 05:29 PM

NL

“ I'll always remember Bob with children surrounding him, learning to juggle, at our Waverley School BBQ's. His smile, sense of humour, warmth and friendliness will always be remembered. So sorry for your tremendous loss, Wendy, Ev, Liv and Ben. Bob is one of a kind.

Nicole Lafrance

Nicole Lafrance - March 16, 2021 at 05:09 PM

EO

“ The world would be such a better place if everyone took a page out of Bobs book of life! Always kind and quick with the jokes, some of which were funny :)
Sending love to you all! Our lives are enriched by having known him! xo
The Otterbeins

Elaine Otterbein - March 16, 2021 at 04:50 PM

SF

“ Our deepest condolences to Wendy and the rest of the family. Great memories at Log Chateau and beyond. May he rest peace. ❤️

Sue and Dave Schell and family - March 16, 2021 at 04:47 PM

JV

“ Bobby V! He was the kindest, funniest, caring, understanding person I have ever had the pleasure to work beside. The stories, jokes, and yes juggling acts we all know about kept me entertained as much as the kids. The dad jokes and dry humor would make me laugh out loud. I still have 3 or 4 of his jokes that I can remember and use to this day. To the family I'm sorry for your loss. Stay strong. Remember the good times. Rest in peace Bob.

Justin Valckx - March 16, 2021 at 04:24 PM

JG

“ Rip Bobby miss all the good times I had with you at GM and the Sunday Night hockey at Darlington

Joe Guest - March 16, 2021 at 04:01 PM

TD

“ Wendy, Emily, Olivia & Ben,

Our sincerest condolences to all of you. All of our wonderful memories of Bob over the years all the kids went to school together will forever be etched in our minds. He made school events so much fun, and always had time to stop and talk to you no matter what. We were all blessed to have had him in our community. Big hugs to all

Teija, Taylor & Kendall Davies xo

Teija Davies - March 16, 2021 at 03:45 PM

RS

“ Rob Small lit a candle in memory of Robert (Bob) Henry Villeneuve



Rob small - March 16, 2021 at 03:30 PM

CV

“ Growing up, he was Bobby , he was so loved and respected. He was my Nephew and growing up we were all close . I will miss you always . Love Cheryl! 💕

Cheryl Villeneuve - March 16, 2021 at 03:23 PM

RM

“ My deepest condolences to Bob’s family. He was one of the kindest people I’ve met. His infectious smile and love for life was inspiring! He was always helping everyone and making all the kids at the arena laugh. I will never forget him entertaining a bus full of kids outside of Bowmanville Indoor Soccer Centre where the kids broke out in applause and gave him a standing ovation!

Reagan MacDonald - March 16, 2021 at 03:14 PM

CP

“ So soon sorry to hear of the passing of Bobby. I grew up across the road from the Villeneuves. Bobby,Danny,Ricky and Terri were like my brothers and sister. I can see how he would have been a great father and husband. Sheila I’m very sorry for your loss. All my love at this time and always.

Colleen Pearce - March 16, 2021 at 02:43 PM

DS

“ An original Southender a friend and team mate. Rest in peace Bobby. Doug Stone

douglas stone - March 16, 2021 at 02:39 PM

NM

“ Sending my Love to Bob's Family..I met Bob, Ricky, Terry and his parents in the early 70's when I was 13/14 dating brother Dan. I was always greeted by smiles and kindness. He came from one of the nicest families I have ever met, it is not surprising to me that he grew to be such a wonderful loving Husband and Father. ox Nancy Moore-Woodley

Nancy Moore-Woodley - March 16, 2021 at 02:23 PM

DM

“ Our thoughts and prayers to the family. Bob was a wonderful soul who could make you smile no matter how your day was going. He had a way to make you feel important when he spoke with you whether it was to an adult or your children. He will always be remembered as a shining light with my son during his soccer days. Rest In Peace.
Sincerely Dawn, Kyle and Cassie Mathers.

dawn Mathers - March 16, 2021 at 01:26 PM

LB

“ I have so many memories of Bob, but this one always brings a smile to my face when I think about it. Several years ago, one Saturday I went to watch my granddaughter Izzy play a soccer game at the Indoor Soccer Club in Bowmanville. As I entered I could see down the hallway that there was a large group of kids giggling and laughing, and as I got closer I discovered why, in the middle of all these excited kids was Bob, doing his thing, juggling and entertaining the little kids along with the big kids. And always with a smile and one or two of his famous jokes.



The first time I saw and found out that Bob did this regularly was back in 1993 at my granddaughter Maddison's 1st. birthday party. Bob entertained many many people over the years and has left so many memories for all of us to remember him by. You will be truly missed Bob 💕💕

Lynne Beare xo

Lynne Beare - March 16, 2021 at 12:15 PM

JK

“ Working with Bob was always a pleasure. He truly was one of the "good guys". I always liked talking to Bob (if you could get a word in :) From his bad jokes to his never ending stories....I will miss him very much.

Jennifer Kanters
Darlington Soccer Club

Jennifer Kanters - March 16, 2021 at 12:13 PM



“ We were blessed to have had such a wonderful addition to the family for 30 years - he will always be remembered for his sense of humour, love of life and people, always so genuine. He was truly an awesome husband, father, son, sibling, son-in-law and friend. There is now a new Angel in Heaven to watch over us. So many great memories to be cherished. Hugs to Wendy, Emily, Olivia, Ben and Sheila.

Annette Kelly - March 16, 2021 at 11:49 AM



“ He was a great sport...at his surprise retirement get together with his friends, he wore his Walmart vest with pride...even in the hot tub. Always made me smile. You will be missed Bob.



Kyrke Innis - March 16, 2021 at 11:43 AM

JC

“ *My deepest Sympathy to the Villeneuve Family.*

The first time I met Bob, he was juggling in the lobby of the Garnet B arena, with a crowd of kids around him with a smile ear to ear. As he was finishing up, I was walking into the Facility Operations office and Bob entered seconds later, introducing him self as the new employee to be trained that night. No better entrance in my mind.

Bobby will be greatly missed but his warmth, kindness, and gentle spirt will be remembered forever.

-Jeremy Czechowski

Jeremy Czechowski - March 16, 2021 at 11:17 AM

GL

“ *I still remember the first time I met Bob. It was at a family dinner. He was very welcoming and spent a lot of time talking to me and getting to know me. I will keep him in my heart for ever. Such a great person.*

And because he shares my birthday I will light an extra candle for him every year.

Greta Lariviere - March 16, 2021 at 11:02 AM