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Vol. 16 - N°.07

April 3, 2020

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**PRIME MINISTER
TRUDEAU
ANNOUNCES \$107 B
EMERGENCY FUNDING
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**PREMIER LEGAULT
ANNOUNCES
NEW AID
TO QUEBECERS
SEE PAGE 3**

North-Shore in pandemic mode

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*Police in Boisbriand have closed access to the close-knit Kyrias Tosh Hassidic community, due to COVID-19 cases.
Photo: Dimitri Ilias*

Coronavirus COVID-19

Don't forget about mental health!

stress • anxiety • depression

Information and advice inside.

Québec



\$107 billion emergency federal aid package adopted by parliament and senate

Early Wednesday morning of March 25th, The House of Commons passed emergency legislation to free up \$107 billion to help Canadians weather the COVID-19 crisis, but its approval came after a late night of wrangling to limit the Liberal government's ability to spend more money without Parliamentary approval.

The federal government decided the best way to support Canadians who are out of work, sick, supporting loved ones or in isolation due to the novel coronavirus is to have one emergency benefit – the Canadian Emergency Response Benefit. "Extraordinary challenges necessitate extraordinary measures, and that is indeed how we've gotten to where we are with the benefits that we are putting forward to Canadians, the benefits we are putting forward to support businesses, and the benefits we are putting forward to support our economy," Federal Finance Minister Bill Morneau said, (photo above).

The portion of benefits to help Canadians and small businesses cope with the COVID-19 pandemic is almost double what it was expected to be, the federal finance minister said last Wednesday March 25th.

The total aid package was initially proposed at \$82 billion, but is now \$107 billion, with direct support to Canadians and small businesses increasing to \$52 billion.

Long negotiations

Following a day of tense negotiations, MPs began debating the bill in the wee hours of Wednesday morning, and a vote took place shortly after.

An emergency sitting of the House of Commons was suspended Tuesday moments after it began as Conservatives balked at provisions that would give the government sweeping powers to unilaterally spend, borrow and change taxation levels without Parliament's approval for the next 21 months.

Conservative Leader Andrew Scheer said early in the day that his party would support emergency efforts to get money to Canadians struggling with the COVID-19 crisis, but would oppose any attempts by the Liberal government to expand its power. His warning came before a small group of 32 MPs gathered in the Commons

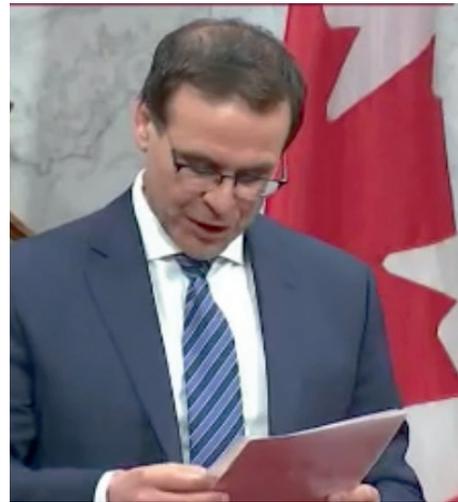
to debate and vote on legislation to deliver \$82 billion in financial aid and tax deferrals to individuals and businesses, as proposed last week by the government to deal with COVID-19 and its ensuing economic havoc.

They convened as scheduled. However, the sitting had only just begun when the House leader asked that it be suspended so that the government could continue negotiating details of the legislation with opposition parties.

"Canadians need support to get through this. Fast," Rodriguez tweeted shortly after the sitting was suspended.

Almost six hours later, Bloc Quebecois Leader Yves-Francois Blanchet angrily denounced the delay. Blanchet said the bill should be put through the normal, lengthy legislative process necessary to get the money flowing as quickly as possible. He guaranteed Bloc support to approve the legislation.

In the end the bill received all-party support. With the bill approved by the Commons, the next step was to seek approval from the Senate to be followed immediately by royal assent.



Housakos presiding the Senate

It was Conservative senator Leo Housakos, that presided the passing of Bill C-13 from the

Senate. In phone interview asked how he felt that day, he said:

"It was surreal presiding over the Senate today as we granted approval to Bill C-13 appropriating to our Government Billions of dollars in response to this major crisis. My thoughts were that the Trudeau government accumulated over 80 billion in deficits over their first four years in power during good time. Now that we have hit a serious crisis the cupboards are bare. I am concerned that this first phase of bailout won't make a dent in our 1.6 trillion \$ Economy that has gone in lockdown. I am also concerned if this lasts more than 6 months the treasury can run out of money."

Morneau: \$2,000 a month for four months.

Morneau said the benefit of \$2000, is designed as a wage subsidy, delivered directly to people. "We think that is critically important."

The government is targeting week of April 6 to make the benefit available.

The impact on the Canadian economy is significant, Morneau added.

"It means we are entirely funding this through the federal government."

"On top of that, there's \$55 billion in tax deferrals that we've said are there because neither individuals nor corporations will be forced to pay their income tax before Aug. 31," Morneau said.

Morneau said the federal government is also working with Canadian banks to credit available to businesses, but that benefit program is not ready yet. "The banking system is a source of strength for Canada, I believe the strongest banking system in the world," he added. "But we don't have anything final to report in terms of exactly the parameters of how we are going to move forward."

Who qualifies for The Canada Emergency Response Benefit (CERB)?

It's available to wage earners, contract workers and self-employed people who don't qualify for employment insurance (EI).

Prime Minister Justin Trudeau said Wednesday

that nearly one million people have applied for EI in the last week alone. In his daily address to the nation from his residence at Rideau Cottage, he acknowledged that many Canadians are feeling stressed about paying their bills as they lose income due to the global pandemic.

"The hard truth is people are out of work because of this crisis and worried about what comes next. So I want you to know that we'll be there to help you. Our government is doing everything we can to be there for you," he said.

If the federal government determines that someone received an income support payment for which they did not qualify, they will have to repay that amount as soon as they can.

The repayment amount will be determined by the government. No interest payments would be charged on the amount owed.

The aid package

The proposed aid package from Ottawa includes:

A temporary boost to Canada Child Benefit payments, delivering about \$2 billion in extra support.

A new Emergency Care Benefit of up to \$900 biweekly, for up to 15 weeks, to provide income support to workers, including the self-employed, who have to stay home and don't qualify for paid sick leave or employment insurance. The measure means up to \$10 billion could be disbursed.

A new Emergency Support Benefit to provide up to \$5 billion in support to workers who are not eligible for EI and who are facing unemployment.

A six-month, interest-free reprieve on student loan payments.

A doubling of the homeless care program.

An extension of the tax filing deadline to June 1. There is also a policy change allowing taxpayers to defer until after Aug. 31 tax payments that are due after today and before September.

Finally Prime Minister Justin Trudeau announced 75 per cent wage subsidy and \$40 000 guaranteed interest-free loans to help small and medium-sized businesses to keep employees on the payroll.

Details to come shortly.



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Québec has taken a number of financial measures to help citizens and businesses

Legault: "Don't worry, we will take care of you!"

(NEWSFIRST) The premier also promised that no one who is working now and earning minimum wage will take home less than \$2,000 monthly.

He said Quebec will top up those wage earners' incomes, so that they won't be left in a position where they would get more money simply staying home, through other government initiatives announced to help those confined to their homes to help prevent the further spread of the virus.

The details still have to be worked out, but Legault committed to getting it done.

Quebec Premier François Legault said Sunday that the number of new COVID-19 cases in the province appears to be "stabilizing."

There are now 4611 confirmed cases in the province, while the number of dead remains is at 33.

"Public health authorities are telling us that our efforts are paying off, so don't give up," Legault said at his daily news conference in Quebec City.

He said the province is providing new aid for long-term care homes, and will create stricter rules for access to the facilities.

\$2.5M in emergency funds for women's shelters

The Quebec government is providing \$2.5 million in emergency funding to women's shelters and women's assistance organizations to help them deal with the complexities imposed by the coronavirus crisis.

The funds will go toward transportation and

accommodation costs, and to cover overtime being worked.

"The current health crisis and the isolation measures imposed by the government are exposing more women than ever to situations of violence," Isabelle Charest, Quebec's minister responsible for the status of women, said in a statement.

"This emergency aid was therefore necessary."

The organizations, which provide assistance and refuge to women in abusive relationships, face various difficulties as they deliver their services in the COVID-19 era. Many shelters are at or near capacity and under quarantine, making it difficult or impossible to open new spots.

Financial assistance to certain workers affected

In the context of the crisis created by the COVID-19 pandemic, the Government of Quebec in partnership with the Red Cross, will make it possible for workers who cannot earn their full income and who are not eligible for another program to receive financial assistance of \$573 per week for a period of 14 days. An extension of 14 more days is possible if justified by the worker's health status.

Workers will be eligible for this aid if:

- they do not receive any compensation from their employer;
- they do not have private insurance (this is the case for the majority of self-employed workers);

-they do not benefit from Employment Insurance coverage.

-Only workers who are in isolation for the following reasons will be eligible for this assistance:

- they contracted the virus or are showing symptoms of it;
 - they have been in contact with an affected person;
 - they are coming back from abroad.
- In addition to these three conditions for isolation, the program is only available to workers who reside in Quebec and are 18 years of age or older.

Other measures

- the suspension of student loan debt repayment for 6 months, including borrowers whose accounts are in collection;
- the announcement of flexibility measures respecting the terms and conditions of loans already granted by Investissement Québec or through the local investment funds;
- coverage, by the Régie de l'assurance maladie du Québec (RAMQ), of health services related to COVID-19 provided by correspondence or by means of telecommunications;

Measures for businesses

To help the small and medium businesses the Quebec Government has announced the following:

- the announcement of the Concerted temporary action program for businesses (PACTE) administrated by Investissement Québec. This

financial assistance with a budget of \$2.5 billion is available to businesses operating in Québec, including cooperatives and other social economy enterprises with commercial activities. Eligible businesses are those that find themselves in a precarious situation and temporary difficulty as a result of COVID-19. They must show that their financial structure offers realistic prospects for profitability. Applications will be reviewed on a case-by-case basis, according to the business's circumstances and Investissement Québec's management practices.

-the postponement for businesses until June 30 of the filing deadline for their QST returns and payments respecting the March 31, April 30 and May 31 remittances, without interest or penalties;

-accelerated processing of requests for tax credits for businesses and tax refunds;

Work schedules and absences

Employers are asked to be flexible regarding their employees' work schedules to limit, for example, crowds in public transit during rush hour.

To reduce overcrowding in hospitals, the Québec government asks employers not to require their employees to present a doctor's note if they have to self-isolate.

If possible, employers are also asked to encourage their employees to telework.

Businesses that deliver goods from abroad in Québec do not have to ask their employees to temporarily self-isolate.



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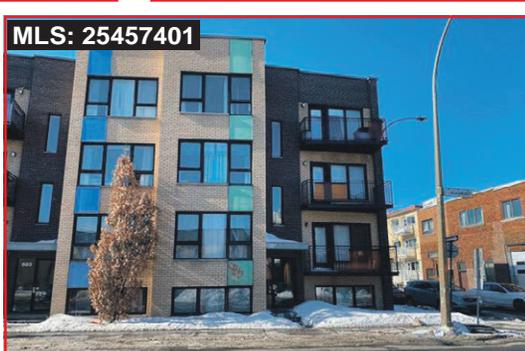
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Opinion & Editorial



COVID-19: A latter-day plague upon us

“Everybody knows that pestilences have a way of recurring in the world; yet somehow we find it hard to believe in ones that crash down on our heads from a blue sky. There have been as many plagues as wars in history; yet always plagues and wars take people equally by surprise.” ~ Albert Camus ~

When French author Albert Camus was creating one of his most famous works, *The Plague*, he was writing in the immediate aftermath of World War II when Nazi and fascist forces fought democracies for global supremacy.

In that context, his book is often interpreted as an allegory for France's resistance to the Nazi occupation. On another level, it is a narrative that describes the impact on humanity of a major epidemic, uncannily similar to what we are presently experiencing.

“A pestilence isn't a thing made to man's measure,” writes Camus. “Therefore we tell ourselves that pestilence is a mere bogey of the mind, a bad dream that will pass away. But it doesn't always pass away and, from one bad dream to another, it is men who pass away, and

the humanists first of all, because they haven't taken their precautions.”

While the sums currently being laid out by governments in Canada, the U.S. and all over the globe to deal with the COVID-19 crisis may seem like enough to bankrupt any nation, it should be recalled that the same governments spent hundreds of billions of dollars more than a decade ago bailing out the world's collapsing banks.

In Canada, the federal government has so far announced more than \$80 billion to deal with the direct impact of the virus, and up to \$565 billion in commitments that take into account the financial stimulus that will be needed to rehabilitate Canada's battered corporations and financial institutions.

If anything, the crisis, especially in the U.S. where public health care is patchy at best, is

once again exposing the massive rift between the haves and the have-nots. Without much doubt, the mortality count in the U.S. will likely be very high among the poor, owing to the almost complete lack of publicly-funded health care in the U.S.

Quoted in a recent issue of the *New York Times*, Mark Humphries, author of *The Last Plague: Spanish Influenza and the Politics of Public Health in Canada*, said that what the 1918 flu epidemic made clear was that public health threats are not based in class, and are not simply limited to immigrants, which is how they tended to be viewed in the 19th and early 20th centuries.

“The change in mentality that comes out of 1918 is the recognition that taking a shared responsibility toward preventing, controlling

and managing disease is important,” Humphries said.

A preliminary outlook would suggest that online retail giant Amazon, as well as its brick-and-mortar counterpart Wal-Mart, along with virtually all the large grocery retail chains, are earning tremendous profits as a result of COVID-19, largely because of sales to terror-stricken people who are stocking up.

We are also led to believe that, if anything, the situation is resulting in the creation of employment, since Amazon, Wal-Mart, IGA, Metro and others want to hire tens of thousands of workers to deal with their growing backlog of orders.

Amazon and the others have already agreed to pay higher wages, presaging the possibility they may also have to eventually raise the pay, as those front-line workers are likely to fall ill on the job, which will necessitate the hiring of more workers to replace them. The ensuing question then becomes: is it worth risking your life and long-term health for a \$2 an hour raise?

For the Trudeau Liberal government, COVID-19 is without a doubt the steepest challenge it has faced since first being elected in 2015.

After five years of almost unrestrained spending, justified by the belief that a strong economy will pay for the rising mountain of debt, the Liberals now face a gargantuan bill for COVID-19 measures as well as for the resulting economic fallout.

The potential impact of a calamity of this magnitude on their watch was something that was probably never fully taken into account by the Liberals.

It's an enormous miscalculation on the part of a government that was functioning quite well as a minority since the 2019 election, but that now could easily be brought down on spending issues by the opposition, eventually forcing an election.

— Martin C. Barry —

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Layout: Media Trek
Distribution: DIFFUMAG
Printing: TC. TRANSCONTINENTAL
Member of
Quebec Community Newspapers Association &
Canadian Community Newspapers Association
QCNA CNA
ISSN number : 1923-0648
Annual subscription : \$97³⁸ tax incl. • Per copy

National Representation:

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TEL: 1-800-361-7262 ext 241056

Project funded in part by

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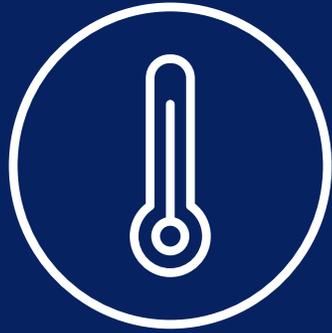
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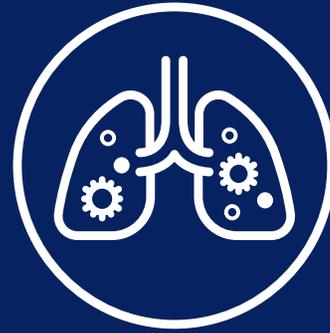
The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



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Wash your hands



Keep your distance



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GUGGENHEIM MUSEUM, NEW YORK



Google's [Street View](#) feature lets visitors tour the Guggenheim's famous spiral staircase without ever leaving home. From there, you can discover incredible works of art from the Impressionist, Post-Impressionist, Modern and Contemporary eras.

NATIONAL GALLERY OF ART, WASHINGTON, D.C.



This famous American art museum features two [online exhibits](#) through Google. The first is an exhibit of American fashion from 1740 to 1895, including many renderings of clothes from the colonial and Revolutionary eras. The second is a collection of works from Dutch Baroque painter Johannes Vermeer.

MUSÉE D'ORSAY, PARIS



You can [virtually walk through](#) this popular gallery that houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne, and Gauguin, among others.

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Schools go to war against COVID-19



Volunteers from Rosemere High help distribute desperately needed material for the front line workers of the COVID-19 war.

DIMITRI ILIAS

In times of crisis, unfortunately, negative and scary information tend to dominate the news.

Here at North Shore News we also want to bring you the good news which are quite numerous, inspire people, and relieve stress which is responsible for lowering our immune systems.

Rosemere High along with Crestview and Laval Senior Academy donated over 3000 pairs of gloves and 500 masks to Santé Publique in order to deal with the rising demand for materials in the front lines of the war against the virus.

The move came after administrators contracted the Director General of the Sir Wilfrid Laurier School board to share some essential supplies they had in their schools.

Santé Publique were very pleased and appreciative not to mention the sense of solidarity and pride shared among the organizers and school communities, helping the front line workers. Santé Publique said that they will distribute accordingly as the needs arise and welcome more donations.

In the meantime, word was spread to all in-school/centre administrators of SWLSB. Many local initiatives are also taking place in various school communities (food banks, volunteering, etc).

Let's hope this wonderful initiative will inspire others to do the same.

COVID-19: Only essential services for Blainville until April 14th

(NSN) The city of Blainville, abiding by Quebec government rules, is maintaining only its essential services adding a few preventative measures until further notice.

These measures are:

- The closure of customer service counters (taxation, permit, leisure, public works, etc.) and the restriction of access to the city hall. People can contact these services by phone or email. The Blainville website has all the details.

- The closure of dog parks. However access to the parks is still possible. Citizens must respect a minimum distance of two meters between them and avoid gatherings. In addition, the City asks its citizens to avoid public game modules (seesaws, swings etc.) since they are not disinfected.

- All activities, courses and events are cancelled until May 31.

- Registrations for summer day camps are postponed for an indefinite period.

- Closing of book drop locations and extension of the deadline for all borrowing of books and documents from the library until June 1st.

- Payments for violations of these rules must be made online at blainville.ca

No transaction fees will apply until further notice.

For any questions, citizens can contact 450 434-5200 and accueil@blainville.ca from Monday to Friday, from 8 a.m. to 12 p.m. and from 1 p.m. to 5 p.m.

For all information related to the current situation: blainville.ca/covid-19

Contagion: 27 infected at the Kyrias Tosh Hassidic community in Boisbriand

DIMITRI ILIAS

An explosion of COVID-19 positives came to the Laurentian community of Boisbriand among the close-knit community of 4000 Hassidic Jews residing at the west end of the Rivière Cachée street.

The Laurentides Public Health Department issued an order of confinement and held a press briefing last Monday with the City of Boisbriand and the Intermunicipal Police Board of Thérèse-De Blainville in order to better explain the measures taken.

The containment order will last 14 days and has nothing to do with religion but rather the protection of the residents and the

elderly as well as the avoidance of new hotspots of contagion. That is what was announced by Quebec's public health director Dr. Horacio Arruda.

During March break several members of the Tosh community travelled to New York to celebrate Purim with members of their sister community. As soon as the news of the positive results from the tests came back, the Hassidic community closed all their schools as well as the synagogue. The police proceeded in quarantining the entire community which is now inaccessible. There are barricades in both main entrances.

The CISSS des Laurentides announced that the leaders of the

Jewish community collaborate very well with them and ensure that protective measures are followed diligently to protect their population as well as the residents of neighboring municipalities.

The members of this community have a lot of social ties and the population is very dense in a relatively small territory.

In order for the quarantine to be enforced, the community reached out to local police to make sure no one comes in or out, unless they're providing an essential service.

None of the members of the Hassidic community that tested positive required hospitalization

Pre-triage facilities for the Emergency Departments of CISSS des Laurentides

(NSN) The advent of COVID-19 has tested the strength of our health care system. One of the most important, and least mentioned weapons in the fight, is proper organization and logistics.

The Centre intégré de santé et de services sociaux (CISSS) is planning ahead by installing temporary pre-triage facilities outside the entrance of its ERs, to enable pre-triage of incoming

patients. This measure will protect staff and patients coming into its hospitals' emergency departments.

At the same time, screening for COVID-19 will be sped up not to mention the speed of referring patients not in need of urgent care to walk-in clinics.

Outdoor layout has changed in Saint-Eustache, Sainte-Agathe-des-Monts and Saint-Jérôme

hospitals, with tents installed outside and new installations will proceed in the next few days in order to enable the same pre-triage procedures in Lachute, Rivière-Rouge and Mont-Laurier.

This initiative will allow patients who come in for ailments other than suspected COVID-19 to be separated from potentially infected persons.

COVID-19 screening doubled at the CISSS des Laurentides

In an effort to increase the number of COVID-19 tests done in the screening clinics of the Laurentians, a new organizational schedule has been implemented. The result was an impressive jump from 150 to 300 tests per day. The two appointment-only clinics now check people directly in their cars, as in a drive-thru, which

reduces the consultation time and increases the number of appointments available.

The new method increases the number of tests while at the same time reducing the risk of spreading the virus since the potential virus carrier remains in their vehicle.

Saint-Jérôme hospital ready for COVID-19 patients

In an effort to deal with a potential onslaught of patients requiring hospitalization after having tested positive for COVID-19 the CISSS des Laurentides has begun conversion of some units at the Hôpital régional de Saint-Jérôme so that it can accept patients as soon as needed.

The hospital was selected to become one of the major designated centres (Level-3 institution) in the Laurentian region. Immediately upon

approval from the Ministère de la Santé et des Services sociaux (MSSS) the hospital will begin to admit patients.

Until the approval arrives, residents that have tested positive will be hospitalized in the appropriate centre designated in the MSSS coordination plan.

The CISSS des Laurentides reminds all citizens presenting mild symptoms associated with COVID-19 to call 1 877 644-4545 to book an appointment to be tested. Only go to the ER if you are experiencing difficulty breathing (shortness of breath when at rest or inability to breathe when lying down). Staff at the CISSS des Laurentides is working around the clock, 7 days a week, to provide safe, quality care to the Laurentian population.

City of Two Mountains: no penalties and interest on tax accounts

(NSN) The city of Two Mountains is joining others in relieving the financial strain of its citizens due to the pandemic Covid-19, by waiving penalties and interest until June 30, 2020 on unpaid sums of any tax, transfer duties, etc., due for the current year.

Mayor Denis Martin said that the new meas-

ure will give citizens and local businesses the freedom of adjusting their cash flows during the outbreak. The Mayor added that the measure comes as a relief response to the government of Quebec's latest rules to limit the contagion.

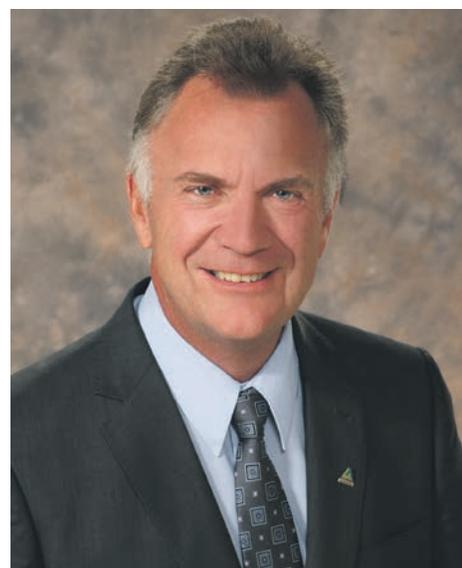
"We hope that this news will slightly reduce the financial pressure felt by many families during this difficult time," he said.

The dates of the next installments remain the same: May 14, July 9 and October 8.

For the Two Mountain citizens that already have sent post-dated checks and who wish to change the cashing date, they have to contact the Finance Department at 450 473-2796, option 6. If they don't, the checks will be cashed on the date initially entered

For those who are not experiencing financial difficulties, the City encourages them to maintain regular payments.

All the measures of the City to combat the pandemic can be found at: <http://www.ville.deux-montagnes.qc.ca/covid-19>



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Don't forget about mental health!

Are you feeling stressed, anxious or depressed? The following advice can help you to intelligently deal with events stemming from the coronavirus COVID-19 epidemic here in Québec.

The current coronavirus (COVID-19) and related unprecedented preventive measures are a new reality, one that is not easy to deal with. For some, the measures can make an already difficult situation even more fragile for family, financial and/or social reasons.

While an event of this size can affect your physical health, it can also impair your mental health by causing stress, anxiety or depression. But there are things you can do to improve how you manage these types of reactions.

Most people will succeed in adapting to the situation, but paying attention to your needs remains very important. Don't be afraid to do what is necessary to help yourself.

If you are a close friend or family member of a person with disabilities, pay particular attention to signs of their stress, depression or anxiety if they are unable to clearly express them.

How do these problems manifest themselves?

1 PHYSICAL SYMPTOMS

- Headaches, neck tension, digestive problems
- Sleep problems
- Loss of appetite

2 PSYCHOLOGICAL AND EMOTIONAL SYMPTOMS

- Worries and sense of insecurity
- Feeling overwhelmed by events
- Negative view of things or daily events
- Discouragement, sadness or anger

3 BEHAVIOURAL SYMPTOMS

- Difficulty concentrating
- Irritability, aggression
- Isolation, withdrawal from others
- Increased use of alcohol, drugs and medication

How to succeed in adapting?

Take good care of yourself when you are in preventive isolation. Stay in touch with your close friends and family by telephone or Internet. Pay attention to your feelings and talk about them with someone you trust while yet abiding by social distancing recommendations. Speak with a friend and ask for help when you feel overwhelmed. It isn't a sign of weakness but strength when you do what is necessary to get through it. Physical activity will also help reduce tension.

Give yourself moments of pleasure by listening to music or taking a warm bath: it will lower stress. Counting on your own strengths will help you to surf over the hard times.

What to do when distressed?

When this unusual situation seems never-ending, your emotional reactions can become sharper. For example, you may feel greater fatigue, become overwhelmed by fear, have more trouble accomplishing your daily tasks or fear a greater risk of contagion. Pay attention to these signs of trouble ahead and, as soon as possible, reach out to the resources that are available to help.



Experiencing financial worries?

Increased stress related to financial insecurity can also arise during a pandemic. Loss of employment and income are a major source of anxiety for everyone, but it can become worse when we are in isolation. Many websites exist that offer help, such as the Quebec.ca/coronavirus government site. The following website can also provide general assistance: ementalhealth.ca

How to help young children and teenagers manage their worries?

Just like you, children and teenagers can have concerns about the pandemic and the events that are taking place. They can in fact be affected even more because they do not always understand the information they hear or see.

Reactions vary individually, so be attentive to their fears and need to be reassured, and let them use their own words to describe how they feel. Show them that you care. Listen to their worries and give them even more love and attention. If possible, provide opportunities for them to play and relax.



Signs of your child's stress

- Trouble sleeping
- Wants to be held, asks questions
- Physical pain such as tummy ache
- Agitated behaviour, disputing what you say or do

What to do?

- Keep control of your emotions. For example, you might go into the bathroom by yourself to calm down
- Teach your child basic personal hygiene, such as how to wash hands properly
- Reassure and spend more time with your child
- Have your child take part in household preventive tasks
- Maintain your usual habits and schedules or create new ones for safe play and relaxation



Signs of your teenager's stress

- Worries about personal health and the health of close friends and family
- Feels unaffected by the situation or laughs off the danger
- No longer interested in preferred activities
- Has trouble sleeping, appetite issues (eats too much or not enough)
- Wants to drink alcohol and/or take drugs
- Is aggressive, irritable, refuses to obey public health instructions

What to do?

- Ensure that your teenager really understands the situation. Correct any information that is wrong
- Do not minimize the seriousness of the situation
- Avoid moralizing
- If you are uncertain about how to respond, say so. Provide serious answers as soon as you can or suggest calling a telephone support hotline



Managing time at home or when teleworking

- Set aside some time each day for family activities. Play board games, read out loud, go for a walk applying distancing measures, etc.
- Speak with your workmates by phone or chat at nap time
- Suggest your children work just like you by drawing, reading or doing educational activities
- Invite the older children to supervise the younger ones when they play
- Ensure that each parent gives time to the children

Other ways to better manage your stress or anxiety as a family

While obtaining the right information is important, put limits on time spent seeking information about COVID-19. Information overload can raise the stress level, making you more anxious or even depressed.

Use the information you already have to plan what comes next. Set aside specific times for updates once or twice a day.

Avoid sources of sensationalist news and doubtful information. This will help separate fact from rumour. Concentrate on facts to help allay your concerns.

Use reliable resources like the Government of Québec official Québec.ca/coronavirus website.

Resources

For stress, anxiety or depression about the progression of the current epidemic in Québec, call Services Québec at 418-644-4545, 514-644-4545, 450-644-4545, 819-644-4545 or toll free at 1-877-644-4545. The person that answers your call will provide more information and you will be directed to a psychosocial professional who can provide the additional support and advice you need.

Deaf or hard-of-hearing persons call toll free at 1-800-361-9596.

Resources for better management of worry:

- Living better with your child: inspq.qc.ca/en/tiny-tot
- ecolebranchee.com (video that explains COVID-19 to children and why schools are closed, how vaccine is made, etc.) [French]
- carrefour-education.qc.ca (French)

Resources for better management of family time:

- alloprof.qc.ca (French)
- teteamodeler.com (also has ideas for crafts, cooking, nursery rhymes, etc.) [French]
- viedeparents.ca (French)
- vifamagazine.ca (French)

Telephone hotlines for people in psychological distress:

- Regroupement des services d'intervention de crise du Québec: centredecrise.ca/listecentres (French) offers services 24/7 for persons in distress
- Tel-Aide listening centre provides help 24/7 to people suffering from solitude, distress or who need to have someone listen: 514-935-1101
- Écoute entraide is a community organization that supports people who are emotionally suffering: 514-278-2130 or 1-855-EN LIGNE
- Telephone assistance service 1-866-APPELLE (277-3553)

Québec.ca/coronavirus

1-877-644-4545

Québec 

Understanding the importance of Social distancing

Social distancing measures are approaches taken to minimize close contact with others in the community and include: quarantine and self-isolation at the individual level as well as other community based approaches (e.g. avoiding crowding, school measures and closures, workplace measures and closures, public/mass gathering cancellations) which are further described in the section titled community-based measures below.

Social distancing measures are likely to have secondary consequences for individuals, families and communities, such as loss of income, an elevated need for support services, and potentially reduced availability of certain services. Some measures require extensive preparation and engagement across sectors. During a pandemic of lesser severity, the infection control benefits of implementing some community measures (e.g., proactive school closures) may not be offset by the cost and societal disruption caused by these measures.

Whenever public health authorities impose

restrictions on individual freedoms, the intervention should be proportional to the magnitude of the threat. This principle of 'least restrictive means' should always be a consideration when enacting social distancing measures.

Why would social distancing measures be used?

Today, social distancing measures are most often thought about as a way to slow the spread of pandemic influenza. Health experts have looked at past pandemics and found that during the 1957-58 pandemic, the spread of the disease followed public gatherings such as conferences and festivals. And during this pandemic, the highest attack rates were seen in school children, due to their close contact in a crowded setting. Health experts believe that avoiding crowds of people will be important in slowing the spread of pandemic influenza.

Since a pandemic cannot be stopped once it has started, and because health experts do not know how much warning there will

be, once pandemic influenza is found in our area, social distancing measures will be used early on to slow the spread of the disease and provide our community with the valuable time needed to be better prepared.

What other public health actions help limit the spread of disease?

Other public health actions that are used to limit the spread of an infectious disease include isolation and quarantine. Isolation is used when a person is sick and has a contagious infection. The sick person is separated from people who are not sick. People who are isolated may be cared for in hospitals, other healthcare facilities and in their own homes. In most cases isolation is voluntary, but federal, state and local health officials have the power to require the isolation of sick people to protect the general public's health.

When a person is placed in quarantine, they are also separated from others. Even though the person is not sick at the moment, they

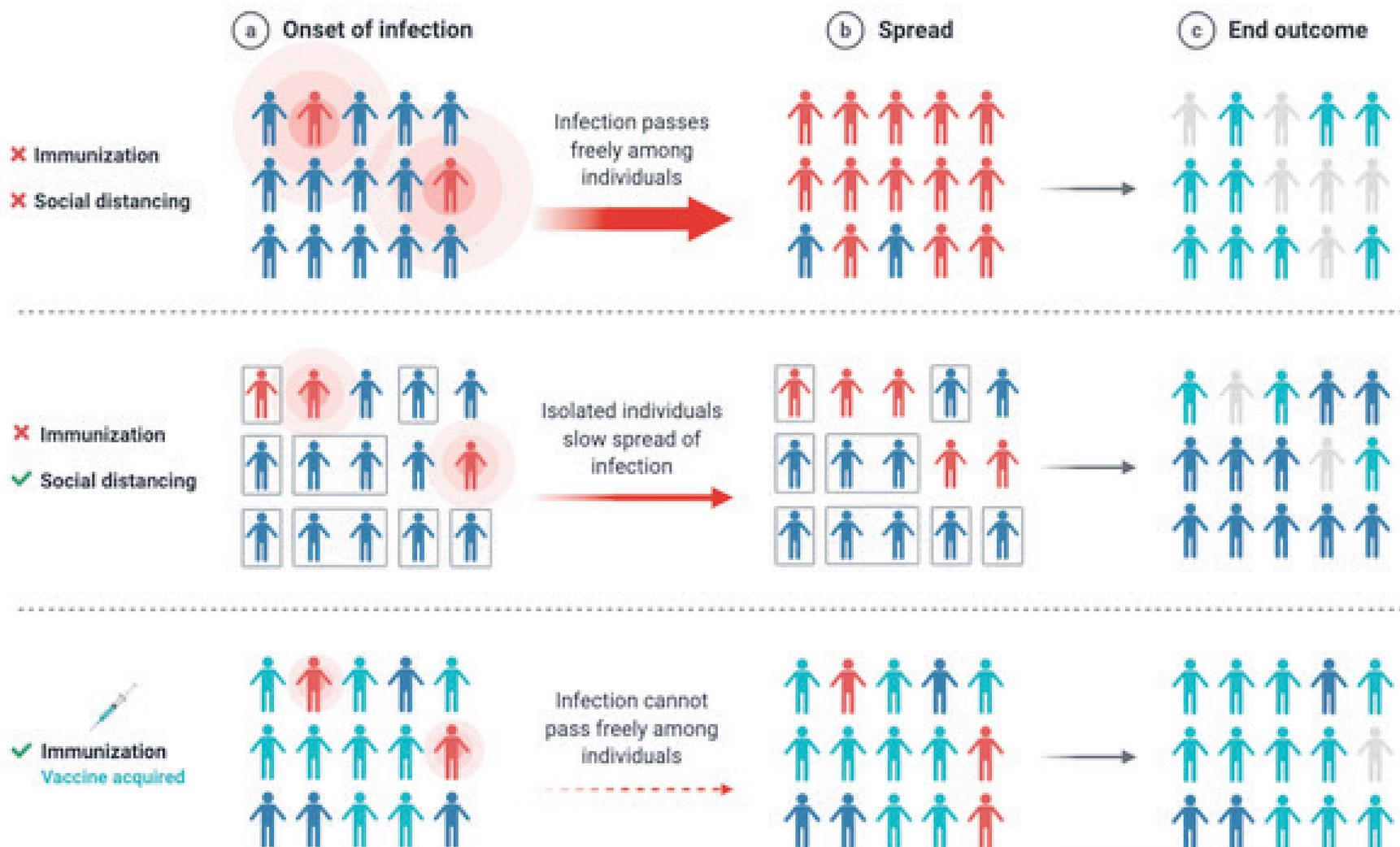
were exposed to a contagious disease, may still become infectious and then spread the disease to others. Other quarantine measures include restricting travel of those who have been exposed to a contagious disease, and restrictions on people coming or going into a specific area. States have the power to enforce quarantines within their borders.

Both isolation and quarantine may be used by health officials during an influenza pandemic to help slow the spread of the disease.

What can I do?

Even though it may seem simple, practicing good hygiene habits such as washing your hands and covering your cough will help to stop or slow the spread of many diseases. During a pandemic, it will be critical to understand what you may be asked or required to do. It will be important to follow any Public Health social distancing instructions or any other instructions or orders that may be given. So please stay informed and plan ahead.

Principles of HERD IMMUNITY & SOCIAL DISTANCING



"Buy local, eat local!"

Boisbriand city councillor and business owner Jean-François Hecq, encourages everyone to save the small businesses during COVID-19 storm.



Jean-François Hecq, Boisbriand city counselor for the Desjardins district cannot emphasize enough to buy and eat local

DIMITRI ILIAS

The interview with JF Hecq was not a usual laid-back talk that someone has when times are normal. There was a sense of urgency in his voice, amplified by the interrupted sound and picture of messenger, one among the various platforms in use for online teleconferencing. An online city council meeting had just finished, one of many happening during this crisis.

Boisbriand measures

The city of Boisbriand, in collaboration with the surrounding cities has implemented a slew of measures to protect the citizens and staff as well as make financial burdens a bit lighter for everyone. "We have postponed tax payments for 2 months and there will be no interest charges for late payments" said Hecq, adding that all the municipal buildings are now closed to the public since a lot of municipal employees are working online. All the essential services are maintained with workers' shifts and rotations adapted to prevent the spread of the virus. The city communicates with everyone via social platforms, the big video panels across the city as well as mailings distributed.

Community mood

J.F. Hecq confirmed that despite the seriousness of the situation, the city hall team is focused and determined. On the citizens side, Mr. Hecq confirmed that the people are following instruc-

tions well. Even though the police has increased the patrols to enforce the safety rules set by the Quebec Government, there are very few reports of citizens not complying.

Up to now as far as the city knows, there have been no COVID-19 cases in Boisbriand. Regular communication of the city with everyone has helped ease anxiety.

Businesses affected

Jean-François' love for fine Quebec beer, urged him and his friend Maxime Hébert to start a distribution company for Quebec microbrewers. Les distributeurs Brouhh in a very short time grew in renown distributing at present for over 20 fine beer producers.

Although his company, having been deemed an essential service by the Quebec government, hasn't received the brunt of the COVID-19 storm, there are a lot of businesses in Boisbriand that are suffering.

"Things are very hard for sure. Some restaurants will close down forever. What is important right now is for people to understand that they need to buy from local businesses. Buy local, eat local!" emphasized Hecq. "Amazon and the other online giants will be there after the storm. But your neighborhood grocery, your corner restaurant, even your area franchisee that employs 100 people from the community, those are the businesses that will need everyone's support."

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Direct? Answers

from • Wayne & Tamara

Impasse

I am a divorced woman, 60. I've been dating a 65-year-old man for the last year. His former wife divorced him because he went to strip clubs. He doesn't see this as cheating, although I told him it really was.

He tells me he hasn't been to a strip club since we started dating, and he doesn't think this will be a problem in our relationship. BUT, he also says that he can't say he'll never go to a strip club again.

He says he loves me and values our relationship.

My former husband cheated on me throughout our 24-year marriage. I carry a lot of scars from that trauma. I never want to return to that place of mistrust and anxiety. I think that I will not be able to trust this man ever, despite his otherwise truthful and kind nature.

What do you think?

Paula

Paula, a diner orders a bowl of soup in a restaurant. After the bowl is placed on the table, the diner notices a fly in the soup. Looking at the waiter and pointing at the fly, the diner says, "What's this fly doing in my soup?" The waiter matter-of-factly replies, "The backstroke."

You are the diner, your boyfriend the waiter, and the fly is strip clubs. Let's ignore the fly for a minute. What the diner meant was, "Don't you see the fly?" and "Why do I need to tell you to take it away?"

We often get letters like yours, though the problem varies. It could be smoking, alcohol, clubbing, golfing, motorcycles, beekeeping, or contact with an ex. It could be anything. The writer wants the other person to give up something or stop doing something.

The problem is, all the items on the list above are legal, and the other person has a right to do them. In addition, another woman might not have a problem with them.

Your boyfriend's marriage ended because of strip clubs, but he appears unfazed by that. You told him your ex-husband cheated



on you, and he still says he may go to strip clubs. You asked him three questions. Don't you see the fly? How could you think I'd be okay with a fly in my soup? And, why do I need to tell you to take it away?

But he doesn't have a problem with strip clubs. You do.

Despite caring for him and allowing the relationship to go on for a year, you don't trust him. For however long you have known about his habit, you let it go forward. You built more and more ties to him. Now you think he must accommodate himself to your issue, despite knowing it was a dealbreaker for you.

Though the "fly" trips triggers from your past, you didn't stop dating him. Once you saw the fly, you should have ended the relationship. Why didn't you? Perhaps because you thought, "He will change for me."

Do you love each other? That's the issue, because you each find something unacceptable in the other.

For a year you've been sitting in front of a bowl of soup with a fly swimming in it. You now want the waiter to fix it, but if he comes back with another bowl, you'll always wonder if it's the same soup.

This man is who he is. Marry him, and you won't know when the fly will show up again.

There is one thing most people struggle to understand about love. The wrong person is not better than no person.

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of

YOUR OTHER HALF (www.yourotherhalf.com) • Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964 or email: DirectAnswers@echowork.com

Fraudsters taking advantage of COVID-19 crisis

Texts and e-mails offer help or seek charitable donations

NSN) The Royal Canadian Mounted Police's national anti-fraud division is warning people across the country to beware of an increasing number of scam attempts being made by fraud artists taking advantage of the COVID-19 crisis.

The word coming from the RCMP's Canadian Anti-Fraud Centre is that everyone should think very seriously before deciding to share personal information with a stranger over the phone, or by clicking on one of the many COVID-19 links that have popped up on the internet.

Face masks offered

According to senior RCMP analyst Jeff Thomson of the anti-fraud centre, fraud artists often use major world events to push their schemes. Here are some COVID-19-related scams to watch out for:

- An e-mail or text comes claiming to be from the Red Cross, offering free face masks in exchange for a donation. (The Canadian Red Cross has confirmed it is not conducting such a campaign.)
- Fraudulent e-mails are also being sent around,

allegedly from the World Health Organization, with false links to WHO updates on the COVID-19 situation. The perpetrators behind the links try to get you to go to their web site where you could be fooled into providing personal information.

Pose as health officials

• Canadians are also reporting to the RCMP that they are receiving phone calls and voicemails from fraud artists posing as public health agency officials.

• As well, there have been reports of especially brazen fraudsters going door-to-door or calling by phone to try to sell services that might be related to COVID-19, such as decontamination or kits for coronavirus testing.

The RCMP's anti-fraud unit points out that currently only hospitals and public health agencies are authorized to perform COVID-19 testing, which is done at no charge. Another fraud scam that is becoming more frequent involves money lending, due to the economic downturn resulting from the pandemic.

Fraudulent emails or texts purporting to be from Hydro-Québec

Hydro-Québec encourages you to be on the lookout for fake emails or text messages appearing to come from the company that are being sent to customers.

Scammers are trying to take advantage of the situation surrounding COVID-19 to send fake refund notices. Do not click on the links they contain, as they often lead to a phishing website with the same look and feel as Hydro-Québec's or to an Interac e-transfer site. In either case, be advised that the message is fraudulent.

What to do if you receive a fraudulent message: If asked for your credit card number or other confidential information, do not supply any information. Hydro-Québec never communicates with its customers through text messages.

If you clicked on a hyperlink and provided confidential information, contact your financial institution to close your account and report the fraud to the police.

Warnings about Coronavirus hoaxes and scams

Your computer, laptop, tablet or phone will be hacked if you do not take precautions not to click and download files

Social media has been flooded with virus-related rumors, many of which are being perpetrated by cybercriminals, according to authorities.

They are warning to be aware of "phishing campaigns that prey on would-be victims' fear, while others capitalize on the opportunity created by hot topics in the news cycle," according to a recent cybercrime news release.

Cybercriminals recently hacked the COVID-19 interactive map created by Johns Hopkins University, according to the release. "The hackers are selling copies of the interactive map as a malware tool used to steal passwords and user data," it added.

Cybercrime officials recommend individuals avoid clicking on links in unsolicited emails, instant messages or text messages related to information on COVID-19.

One example came in an email with the subject line "Singapore Specialists: Coronavirus Safety Measures," according to a story on Wired.com.

The email reads: "Dear Sir, Go through the attached document on safety measures regarding the spreading of corona virus. This little measure can save you," according to the story.

The attached link is labeled "Safety Measures.pdf."

A dangerous list

Officials put out a list of websites that have

recently shown signs of malicious behavior detected by anti-virus software:

- coronavirusstatus.space
- coronavirus-map.com
- blogcoronacl.canalcerodigital.com
- boronavirus.zone
- coronavirus-realtime.com
- coronavirus.app
- bgvfr.coronavirusaware.xyz
- coronavirusaware.xyz

Officials are reminding people to be alert and suspicious and take extra steps to verify the source before releasing any personal or financial information.

Cybercriminals may use a variety of approaches, such as claiming to represent the health department and offering vaccination or other testing against COVID-19, according to the release.

Any online offers for COVID-19 vaccines should be ignored, according to the FTC.

"There currently are no vaccines, pills, potions, lotions, lozenges or other prescription or over-the-counter products available to treat or cure Coronavirus disease 2019 (COVID-19) -- online or in stores," it states.

"Individuals should be suspicious of anyone who approaches or initiates contact regarding coronavirus; anyone not known, or with whom conversation was not initiated, who offers advice on prevention, or protection.

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In Memoriam & Obituaries

CORMIER, Berthe

1917 - 2020



In Havre-Saint-Pierre, on March 28, 2020, passed away at the age of 102 years and 7 months, Mrs. Berthe Cormier Bourque wife of the late Roger Bourque domiciled in Havre-Saint-Pierre. The funeral of Mrs. Berthe Cormier Bourque will take place at a later date in the Saint-François Régis Church in Baie-Johan-Beetz. According to his wishes, it was entrusted to the crematorium of the Maison LJM Mallet for cremation. She will be sadly missed by her daughter Lise (Robert Plouffe), her grandchildren: Marie-Andrée (Daniel Moranville) and Alex (Mélissa Ritchie), her great grandchildren: Léon, Augustin and Adéline, her sisters, her beautiful -brothers, sisters-in-law, nephews, nieces and many friends.

RIVER, Roland

1940 - 2020



In the Vallée des Roseaux, on March 27, 2020, at the age of 79 years, passed away Mr. Roland Rivière, son of the late Mrs. Florette Thiffault and of the late Mr. Olivier Rivière, husband of Mrs. Monique Dignard. He lived in Pointe-Lebel. Due to current circumstances and the recommendations made by the Government, the funeral is postponed to a later date and is not determined. He leaves to mourn, in addition to his wife, his children: Denis (Annie Drolet) and Sophie (Réjean Bouffard); her two granddaughters: Anne Charlie (Simon-Vincent) and Elizabeth (Nicolas); brothers-in-law and sisters-in-law: Noëlla Pelletier (late Normand), Huguette (late René), Gilles (Pauline), Raymond (Elaine), Claude (Claire), Michel (Julia) and Sylvie Audy (late Bernard) as well as many relatives and friends.

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ROY, Marie-Line

1959 - 2020



In Sept-Îles, on March 24, 2020, passed away at the age of 60, Mrs. Marie-Line Roy wife of Mr. Michel Bouffard and domiciled in Sept-Îles. According to his wishes, it was entrusted to the crematorium of Maison Mallet & fils for cremation. Due to the circumstances, Mrs. Marie-Line Roy's funeral rituals will be held at a later date. She is survived by her husband Mr. Michel Bouffard, her son Steve, her brothers: Normand and Pierre-André, her brother-in-law Benoit (Susan Wall) as well as her nephews, nieces, uncles, aunts, cousins, his cousins as well as and many friends.

BOUCHARD, Mario

1945 - 2020



In La Vallée des Roseaux, on March 25, 2020, at the age of 75 years, passed away Mr. Mario Bouchard, beloved husband of Mrs. Suzanne Ayers. He lived in Franquelin. Due to current circumstances and the recommendations made by the Government, the funeral is postponed to a later date and is not determined. He leaves to mourn, in addition to his wife, his son Tony, his brother Roger (Monique) as well as his brothers-in-law and sisters-in-law, nephews, nieces, parents and friends.

SOUCY DION, Gisèle

1934 - 2020



Peacefully at the NA Labrie shelter, on March 23, 2020, at the age of 86, passed away Mrs. Gisèle Soucy Dion, daughter of the late Mrs. Régina Simard and of the late Mr. Antonio Soucy, wife of the late Mr. Gilbert Dion. She lived in Baie-Comeau. Due to current circumstances and the recommendations made by the Government, the funeral is postponed to a later date and is not determined. She leaves to mourn her children: Yvan (France Rondeau), France, Marc and Johanne (Didier Ouellet); her grandchildren: Catherine, Laurence, Simon and Maxime; his brothers: Bruno, Jeannot, Antoine and Gérard, his sister Gemma as well as his brothers-in-law and sisters-in-law, nephews, nieces, cousins, cousins and friends.

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HOROSCOPE

Week of April 5 to 11, 2020

The luckiest signs this week:
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ARIES
It's always easier to get along with people you're not emotionally attached to. Impose a little more discipline on your children. They know how to get under your skin.

TAURUS
There's an enormous amount of detail to consider. A big promotion is on the horizon at work, but you'll need to negotiate new conditions that put you at an advantage.

GEMINI
If you're single, love will come knocking at your door. A person you've been friends with a long time may make a declaration of love. Financially, an unexpected windfall will land at your feet.

CANCER
Your plans to move are starting to solidify. You'll put your family's needs first, even if you're very busy in the next few days. The people you love are your priority.

LEO
You'll start to think about buying a new car. To avoid undue financial strain, take your time to consider whether you should or not. After a few days of thinking about it, you may change your mind.

VIRGO
Affection is important to you. Take the time to talk about the tensions in your relationship so you can restore harmony and reconnect.

LIBRA
You'll feel energized and ready to solve any problem that comes your way. Happily, you'll put aside any worries or concerns that previously disturbed your peace of mind.

SCORPIO
A health concern will begin to worry you. By taking the situation seriously, you'll get the care you need and recuperate in no time.

SAGITTARIUS
You'll be surrounded by people this week. Your friends will invite you along for many exciting adventures and activities, but you may be upset by some people.

CAPRICORN
You carry a lot of responsibility on your shoulders, both personally and professionally. Avoid procrastinating and prioritize what matters if you want to move ahead with your projects.

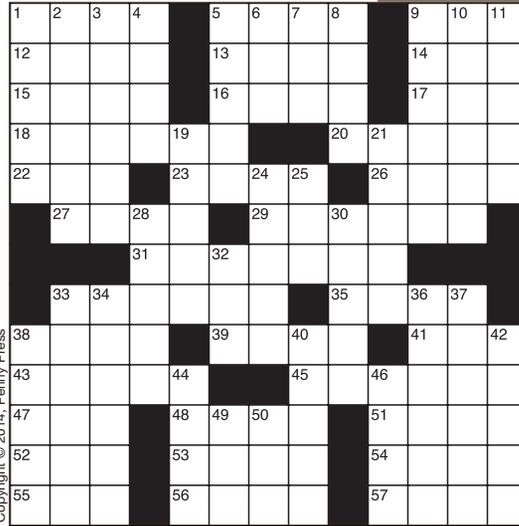
AQUARIUS
A last-minute trip may be planned this week. You'll discover a new form of spirituality that will make you happy and lead you toward greater physical and mental well-being.

PISCES
You're entitled to your emotions. Family and friends will gather to help you through a difficult situation at home. Things will sort themselves out quickly.



CROSSWORDS

PUZZLE NO. 982



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ACROSS

1. Dunce
5. Naval greeting
9. Pair
12. Liquid rock
13. Fillet of ____
14. Motel
15. Mellowed
16. Command to Fido
17. Cue or count starter
18. Frame of mind
20. Slip-up
22. Grass-covered ground
23. Data
26. Hole for a quarter
27. Yep's opposite
29. Take heed
31. Asthmatic's need
33. More taut

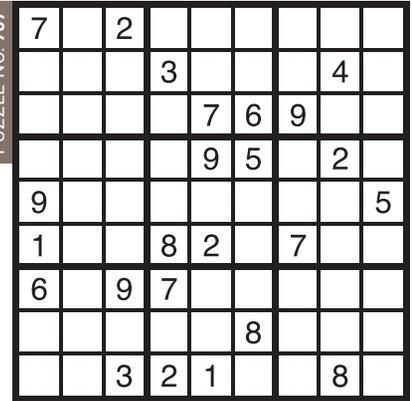
35. Holiday egg drinks
38. Lady's man
39. Races the engine of
41. VCR button
43. Cupid's dart
45. Spookier
47. Half of a Gabor
48. Constantly
51. Besides
52. Certain hosp. test
53. Snaky swimmers
54. Side dish
55. Rap's Doctor
56. Proofreading mark
57. Cathedral benches

DOWN

1. Quahog and steamer
2. "The Blue ____"
3. Go to extremes
4. Baby's father
5. Pale
6. Tilling tool
7. Bullfight cry
8. Bellow
9. Indentation
10. Blended-voices performance
11. Beginning
19. Mortgages
21. Houston athlete
24. Warning light
25. Corn or olive
28. Type of bean
30. Detect
32. "____ Alibi"
33. More concise
34. Madden
36. Automobile feature
37. Teetertotter
38. Observed
40. Song part
42. Big black birds
44. Garden nuisance
46. Coarse file
49. Geese formation
50. House annex

Sudoku

PUZZLE NO. 707



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.

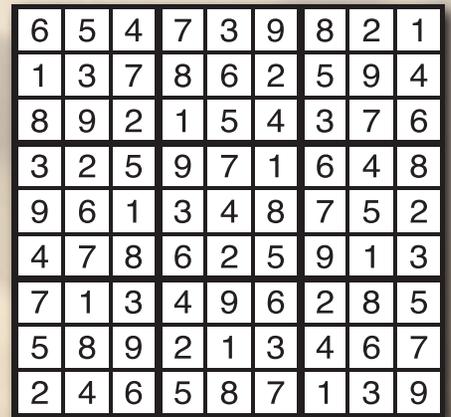
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

Last Issues' Answers

CROSSWORDS



Sudoku



Following the most recent requests from the provincial government regarding the spread of COVID-19, we wish to confirm that all Cinemas Guzzo will be closed until March 26th.

As usual, we are monitoring the situation very closely and will adjust as necessary based on requests from the authorities. Our priority will remain above all else, the health of our employees and the public.

The Cinemas Guzzo Team

CORONAVIRUS COVID-19

URGENT RECOMMENDATIONS

**In order to protect our clients and our employees
we ask you the following:**



**If you have any flu or other types of symptoms,
PLEASE do not enter the store!**



.....



**If one of your family members is in quarantine,
PLEASE do not enter the store!**



.....

**Finally, in order to protect our employees and especially
to offer them some rest time,
till further notice, our opening hours will be
8AM to 8PM**

**Thank you
for your full cooperation**



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good health!**

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