

**A2 AUTO**  
Professional Auto Body Repair & Painting

- Insurance Work Accepted
- All Work Guaranteed
- Expert Color Matching
- Factory Genuine Parts
- Import Car Specialists
- American Muscle Cars
- Towing
- Major & Minor Repairs

**FREE ESTIMATES!**

Ar: 514-476-4565  
1385, Boul. des Laurentides, local 103, Vimont, QC H7M 2Y2

# THE NORTH SHORE News

Blainville, Boisbriand, Bois-des-Filion, Deux-Montagnes, Lorraine, Rosemère,  
Pointe-Calumet, Sainte-Marthe-sur-le-Lac, Sainte-Thérèse, Saint-Eustache

**Everything  
will be  
all right!**

**newsfirst**  
MULTIMEDIA

Vol. 16 - N°.08

April 17, 2020

450-978-9999

www.ns-news.com

editor@newsfirst.ca

## House of Commons united in a common front for Canada \$73 billion voted to help sustain businesses

PAGE 3



Screen Captures/CPAC

Edu Tech  
to the  
rescue...

PAGE 13

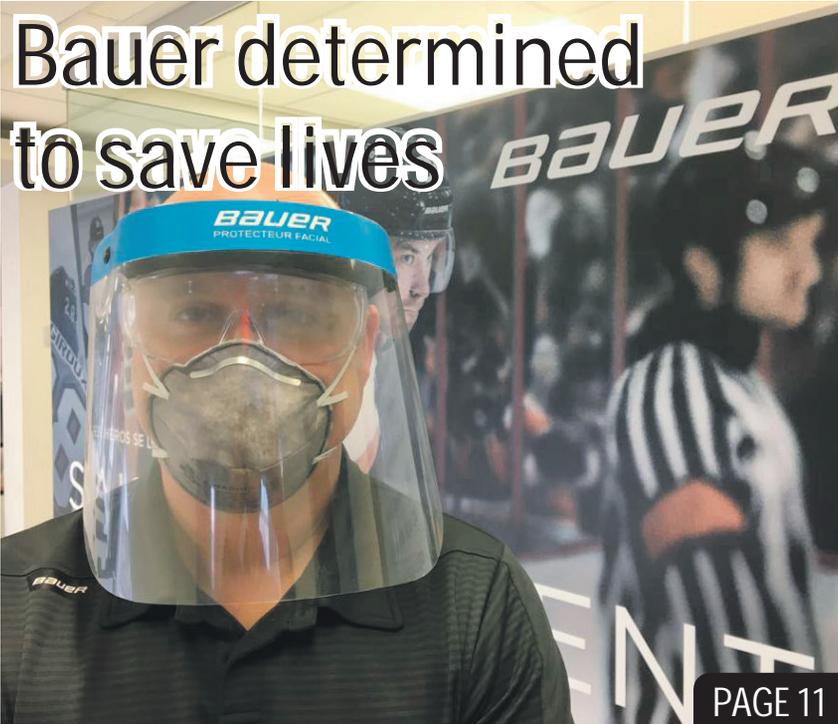


Senator  
Leo Housacos:  
'We will prevail  
versus  
Covid-19'

PAGE 5

Follow the  
law or pay  
\$1000

PAGE 10



PAGE 11

Lawyer  
Julius Grey: 'We  
shouldn't track  
individuals'



PAGE 10

North-Shore's  
municipalities  
and Covid-19

PAGE 12

**Don't forget about mental health while at home!**

Information and advice inside.

Votre  
gouvernement

Québec



Thank you

To all  
health  
care  
workers

Thank you for continuing to work.

Thank you for going to the front lines to treat us.

Thank you for fighting the invisible enemy.

Thank you for answering the call.

Thank you for taking care of our health.

Thank you for supporting us.

Thank you for reassuring us.

Thank you for being so devoted.

Thank you for being there for us.

Thank you for being  
our guardian angels.

# Parliament enacts Canada Emergency Wage Subsidy legislation

## \$73 billion in aid expected to start flowing to businesses and citizens

MARTIN C. BARRY

The Trudeau Liberal government's wage subsidy legislation to counter the effects of the COVID-19 crisis moved swiftly through to passage in the House of Commons last weekend during a rare holiday session that saw MPs congratulating one another for their multi-partisan cooperation.

### Help on the way

Passage of the legislation, followed by examination by the Senate and royal assent by the Governor General, cleared the way for \$73 billion in immediate assistance to companies, families and individuals across Canada whose livelihoods remain seriously disrupted by COVID-19.

Although the Conservatives still had issues with the way the wage subsidy will be implemented, they agreed to allow the legislation to be passed anyway so that the recovery could get underway.

### A war-like situation

In a speech to the relatively small gathering of MPs who were called together for the historic parliamentary sitting, Prime Minister Justin Trudeau compared the situation Canada now finds itself in to a war, with the enemy being a virus that is spreading everywhere silently.

"Without reservation, without pause, we must fight for every inch of ground against this disease," said Trudeau. "We must be there for one another as we spare no effort to safeguard our collective future."

Trudeau alluded to the battle of Vimy Ridge while speaking about the current battle being waged in Canada and around the world against COVID-19. During his address, the prime



minister noted that the Canada Emergency Wage Subsidy is the "largest Canadian economic policy" since World War II.

### Like Vimy Ridge

"As our generation faces its greatest challenge yet, we all stand on the shoulders of those who came before us and saw our nation through difficult, tumultuous times in our history," he said. "One hundred and three years ago today, young Canadian soldiers found themselves in the trenches in France. The next day they took part in the final battle for Vimy Ridge."

"On the eve of this somber anniversary we remember their courage and sacrifice. These were trials that shaped our country, and more, its citizens, and now, once again, we are being tried. Every one of us has role to play in shielding our country from the threat it now faces."

### 'Modern day heroes'

"And while the battle against COVID-19 isn't a war in the traditional sense of the word, that doesn't make this fight any less destructive, any less dangerous," Trudeau added. Instead, "the frontline is everywhere; our homes, hospitals, care centres, grocery stores, pharmacies and gas stations," he continued, calling the people who work in these places "modern day heroes."

The workers, he said, "are separated from their family, and risking their own health, they head to work every day so that we can eat, heal, and do our part."

In hard times, said Trudeau, "courage and strength are not defined but what we say or do loudly in public, but by the actions we take quietly in private, like staying home. Even as we stand apart, we stand united in our resolve to do what we must until COVID-19 is defeated."

### CEWS program enacted

The bill puts into place the CEWS, whose purpose is to encourage companies to rehire workers by offering a 75 per cent wage subsidy over the next three months to businesses that have lost 30 per cent of their revenue as a result of the crisis. Finance Minister Bill Morneau said businesses that qualify for the subsidy should start receiving money within a few weeks.

Among the Conservatives' suggestions for future amendments to the new law would be to reduce eligibility hurdles that still stand in the way of some businesses receiving the subsidy. The NDP and the Bloc Québécois also agreed to fast-track the bill in exchange for consideration of their ideas for eventual changes.

### Bill gained NDP support

NDP leader Jagmeet Singh said his party supported the legislation necessary for the subsidy to become a reality. He said that his calls to improve access to the Canada Emergency Response Benefit were reflected in the bill that ended up being tabled by the Liberal government.

Bloc Québécois leader Yves-François Blanchet said that the bill included "some very good things" for workers. In a letter to the prime minister, he wrote that he welcomed several aspects of the legislation, but noted that it did not include support for businesses struggling with operational costs.

Blanchet said that Finance Minister Morneau had acknowledged those concerns. However, he also expressed concern that temporary foreign workers arriving in Canada were not being tested for COVID-19.

## Antiseptic gel à la CISSS

(NSN) At a time when more and more countries around the world are forced to rely on their own means to produce much needed front-line protective materials, the clinical pharmacy department of the CISSS des Laurentides will also produce its own brand of antiseptic gel to fill its growing need.

The initiative belongs to its clinical pharmacy department, the Centre intégré de santé et de services sociaux (CISSS) des Laurentides after seeing the demand of large quantities of this solution in daily use for cleaning the hands of health and social service workers. The gel is also available at the entrances of CISSS facilities for members of the public requiring services. The hydroalcoholic gel is an essential product for the prevention of infections, which is more important than ever in this pandemic.

The many elements required to prepare this solution are already in stock at the CISSS des Laurentides. Thus, the clinical pharmacy department hopes to help cover part of the



current need for this product that so essential to providing well-functioning services.

For Rosemonde Landry, president and director general of the CISSS des Laurentides, this initiative fills a great need. "This product will be made directly in our pharmacy departments, according to strict rules of hygiene and supervised by our professionals. In addition to healthcare workers, all our teams are putting their shoulders to the wheel to deal with the current pandemic and I am very proud of them," she said.

## Two COVID-19 evaluation clinics

(NSN) In an effort to better serve residents of the Laurentians and avoid crowding at the hospitals, the Minister of Health and Social Services has given approval for two designated evaluation Clinics in the Laurentians. These clinics, available by appointment only, will provide medical consultation to people presenting flu-like symptoms, symptoms of gastroenteritis or COVID-19-like symptoms. It will also be possible to get a COVID-19 screening test at the same place.

The first one will be in the Lower Laurentians and the other in the region's centre.

The procedure for making an appointment is the same as for screening tests: patients must call the hotline at 1-877-644-4545. A nurse will refer them to the service they require. It will

also be possible to get a medical consultation by referral from a doctor or pediatrician. The clinics are open 7 days a week from 8:00 am to 8:00 pm.

There will be strict safety measures to protect patients as well as healthcare workers. Residents must come to the clinic alone to limit the risk of contamination. The designated COVID-19 evaluation clinics are intended as a complementary measure for non-critical cases requiring care. They are designed to support the hospitals, family medicine clinics and public health teams. Opening these clinics will help avoid overcrowding of emergency rooms and lower the number of people going to medical clinics.



*thanks  
to all the  
volunteers!*

The Town of Rosemère wishes to thank all the volunteers who devote their time and energy to our community, day after day, throughout the year. At this particularly challenging time, it also wishes to pay tribute to the efforts of those who are giving their time to help people who are alone or to those with special needs, in order to ensure that they have everything they need. All together, you are demonstrating how strong Rosemère's community of mutual support truly is.

*From the bottom of our hearts, we thank you for your commitment, which is making all the difference!*

*thank you*







# Opinion & Editorial



## A dose of COVID-19 reality

A perpetual peeve relates to raw numbers being headlined without reference to the relevant denominator. If you don't have that context, you get a potentially misleading story.

COVID-19 deaths are a striking example. There's been much focus on the escalating fatalities in the U.S., with many emphasizing how the numbers are now in the same vicinity as those for Spain and Italy. But that disregards the fact that the U.S. population is many times larger than that of Spain or Italy. Adjusted for population, the numbers look very different.

As of April 8, Spain's COVID-19 death rate (deaths per million population) is 314.0 and Italy's is 292.4. Meanwhile, the rate for the U.S. is 43.5, which is around one-seventh of the Spanish and Italian rates.

Of course, the fact that the U.S. outbreak is at an earlier stage than Europe's accounts for some of the discrepancy. But how much remains to be seen. And until there's a much clearer picture on that score, equating them is misleading. So we shouldn't be doing it.

### Western Europe

I suspect that most of us think of Europe as a model of public health governance. Universal health care is the norm and sophisticated governments play a dominant role with regard to mandates and funding.

This makes the population-adjusted death rates eye-popping.

And it's not just Spain and Italy.

The current COVID-19 death rate in Belgium is 196.1; France is 162.3; the Netherlands is 130.5; and so on.

No fewer than 10 European countries have death rates higher than the U.S., including such public health paragons as Switzerland and Sweden (subject again to the caveat that they're further into the pandemic than the U.S. is).

### The German difference

The large European country that seems to be doing best is Germany (25.3 death rate). Precisely why is a matter of speculation.

Suggestions run the gamut from Germany's exceptional volume of testing to its meticulously prepared, well-oiled health-care machine. There's also some suggestion that perhaps German treatment protocols are smarter.

Interestingly, the Manhattan Institute comparative health-care study that I wrote about last Nov. 28 was particularly friendly towards the German system.

It's based on a competing payer model where the government heavily subsidizes the purchase of insurance from a wide range of public sickness funds and private companies. Germany was thus deemed to hit the sweet spot of delivering comprehensive care via a calibrated blend of funding, regulation, competition and choice.

### Exiting the lockdown

Although now isn't the time to call a halt to our stay-at-home restrictions, they're neither socially nor economically sustainable over an extended period. As the associated damage and deprivation accumulates, uncomfortable risk/reward discussions will have to be held and related decisions made.

Austria, Denmark and Norway are already there. All three will begin reopening over the next couple of weeks.

As described, the process will be gradual, informed by new infection rates and accompanied by continued testing, tracking and quarantining where necessary. Some things will take quite a while to return to normal. The current Austrian position is that a resumption of international travel may well have to await arrival of a vaccine.

Public conversation about this will be difficult as it involves explicitly recognizing trade-offs that we usually deal with implicitly. And that'll generate a lot of unease.

In reality, though, we make these trade-offs all the time. We just don't talk about them.

An enormous range of our activities inevitably entail death and injury. Driving is a case in point.

Approximately 2,000 Canadians are killed in traffic accidents each year and around 10,000 are seriously injured. If we banned or drastically curtailed driving, we'd save lives. However, we don't do that.

This isn't meant to equate the virus with traffic accidents. Scale matters enormously and the virus is a new and unknown factor. Until we put a fence around its spread and get a better sense of its scale, extraordinary measures are appropriate.

But going down the road, we'll have to grapple with the concept of a trade-off and come to terms with a tolerable level of infections and deaths. We already do that for all sorts of things. We're just not used to dealing with it explicitly.

Unfortunately, Italy's health minister is right: "We will have to learn to coexist with the virus, because the virus won't disappear."

Pat Murph

## THAT'S WHAT I'M THINKING

Robert Vairo



### COVID-19 What went wrong?

Not sure I'm seeing this clearly but it seems to me the federal government and our politicians in general should have been much better prepared for COVID-19.

As we know, more than one visionary, Bill Gates for one, predicted a destructive free roaming virus would strike the world. Google Gates, and watch it if you haven't seen it. It's only 8 minutes long and is bang on to what we are experiencing today. It's called "The Next Outbreak? We're Not Ready". I got chills when I saw it. It was the future. Now it's the present. But the founder of Microsoft did not deliver his address a few months ago. It was in 2015, five years ago. Didn't anybody listen to this visionary? Apparently not. Why not? Because our politicians are too busy planning for re-election and concerned with image. Example, Justin Trudeau. You have of course noticed the beard but have you noted our Prime Minister is now dying his hair? Image. We elect and pay them for this?

So some kind of a road map should have been in the works years ago. A committee of epidemiologists, a group of consulting doctors, something, ready to go in the event it happens. It did. But no plan. Our Prime Minister was too busy trying to get a seat at the UN security council, too busy taxing and spending, stopping pipelines, applying the rule of law on the west coast (Huawei's Meng Wanzhou) flaunting it in the east (SNC Lavalin) etc. To be fair, preceding governments can also take the blame. And here's the result. We were (still are for some) short of N95 masks, short of ventilators, short of ventilator technicians, short of nurses, short of brave and exhausted front line workers. We had no solution for the most vulnerable people in seniors' home, knee jerk reaction to international travelers. Remember it was first

"no, we will not ban travelers from China into Canada because that is downright racism" from Canada's Chief Public Health officer Dr Teresa Tam. We finally did close our all our airports to commercial international travel, but too late. Thousands had already entered the country eventually traced to many having already contracted the Covid virus. And it was the same Tam who said in January "this virus will have a minimal effect in Canada." And we believed her. We are living our worst nightmare today.

Parliament was recalled a second time to correct a confusing finance package blunder that young Trudeau and his Finance minister got wrong the first time. What an embarrassment for Canada.

There is just a lot of essential tactical and logistical planning that never took place. The result is politicians making decisions on the fly. Not only zero planning but dumb decisions like shipping 16 tonnes of protective equipment including N95 masks to China in January.

We elect politicians and pay them to plan. But they don't plan for us but for themselves and their re-election. That is wrong.

And did you hear correctly when you first heard or read it? I wasn't sure myself. Canada's members of Parliament, including Trudeau, voted themselves a raise effective April Fool's day. What! Over a million Canadians unemployed (more to come) and our political leaders chose to give themselves a raise. Empty stores, empty restaurants, empty airports and empty streets. Are you kidding me? This is disgusting, disgraceful. Thankfully, some MP's donated their raise to charities responding to the COVID 19 virus.

And the carbon tax grab, a 50% increase on April 1, could have been stopped. Many argue this tax will mean higher costs to us, kill jobs, and drive up payroll. Is this really the right time? Does this all make sense from supposedly clear and forward thinking elected officials?

This mystery virus is a surprise but what should not and never should have been a surprise, is irresponsible government unpreparedness. And that has consequences my dear friends that we are living now and will continue, in likely worsening conditions. Social distancing and isolation will be nothing to what's about to happen. Recession will be more a depression.

Are you ready for this second financial virus? This one coming not from bats in a live animal market in Wuhan, but created right here in Canada by our elected politicians.

# THE NORTH SHORE News

3860, boul. Notre-Dame, # 304,  
Laval, QC H7V 1S1  
Tel: (450) 978-9999 • Fax: (450) 687-6330  
E-mail: editor@the-news.ca

**Publishers:**  
George Bakoyannis  
George S. Guzman

**General Director:**  
George Bakoyannis

**VP Sales & Marketing:**  
George S. Guzman  
sales@the-news.ca

**Graphic Design:**  
Elena Molter  
Thomas Bakoyannis

**Advertising Consultants:**  
Peter Stavropoulos  
peter@newsfirst.ca

Jean Paul Chamberland

**Editorial Staff:**  
Martin C. Barry  
Avleen Mokha  
Renata Isopo  
Savas Fortis  
Dimitris Ilias  
Fabienne Mercier  
James Ryan  
Alberto del Burgo

**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 : \$97<sup>98</sup> tax incl. • Per copy



**National Representation:**

RÉSEAU SÉLECT

TEL: 1-800-361-7262 ext 241056

Project funded in part by

Canada

W W W . N S - N E W S . C O M

**Publishers' Liability for Error:** The publishers shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The publishers' liability for other errors or omissions in connection with any advertisement is strictly limited to publication of the advertisement in any subsequent issues or the refund of any monies paid for the advertisement. Articles published reflect writers' opinions, but not necessarily the opinion of this newspaper.

ENTIRE CONTENTS COPYRIGHT 2020

10,000 copies

Distributed to North Shore area



# Housakos says: "Get ahead of the curve!"

*The senator's wife, in the eye of the COVID-19 cyclone*

DIMITRIS ILIAS

**Conservative Senator Leo Housakos talks about COVID-19 having a unique perspective. As a politician, being a senator in the Canadian parliament and as the husband, of a respiratory therapist fighting daily in double and triple shifts at the Jewish General Hospital during the coronavirus escalating crisis.**

## Parliament during COVID-19

According to Housakos there has been a revolutionary change in the Senate.

"The Senate is a very archaic body. Just to give you an idea, for committees to meet via Skype and digitally, the House of Commons had to pass special motions for those committees to have the right to do that. Same thing for the senators" said Housakos.

Caucus meetings are still going on at a distance trying to support the government in this period of crisis. Senator Housakos however stressed that by the same token, as an opposition senator he has a constitutional responsibility to provide oversight and to basically make sure that the government is kept in check.

## The Greek Community

According to Sen. Housakos right now the Hellenic community of Montreal is of a certain age since the vast majority came here in the 50s and 60s. His message to his fellow Canadians of Greek descent is that they are particularly susceptible. He wished that they heed the advice of public health care officials and leaders in our country when they say stay home and isolate yourselves. "These measures have been taken to defend some of the vulnerable and susceptible members of our society, like the elderly and those that are facing other various health challenges" said Housakos. At the same time, he insisted that fear should be kept in check. As the Hellenic community celebrated Greek Independence Day on the 25th of March one must remember



**Like many Canadians, Senator Housakos has been working from his home office.**

that Hellenes have faced many challenges as a people and they are more than capable of weathering this storm.

## Spouse in the eye of the cyclone

Senator Housakos' wife is a respiratory therapist at the Jewish General hospital. Leo Housakos has, therefore, a unique situational awareness of the crisis as it unfolds.

"I'm very proud of my wife because I see firsthand her commitment to her work as a professional and helping other human beings in time of need". Housakos describes a new schedule with an increased number of shifts. "They've doubled and tripled over the last two weeks. She's out of the house at 7:00 and she's not home before 8:00 or 9:00 in the evening".

On top of that, Leo Housakos described the looming immense problem that the lack of supplies could cause as they increase the risk to the lives of the health care providers.

Leo Housakos said it publicly since January - February, that the government had been behind the curve. "I very angry at the fact that I'm hearing now, in April, the prime-minister saying that they are ramping up production to start manufacturing masks and gowns. Two months ago, we had 5000 ventilators in Canada. It didn't take a genius to realize that in the countries that have been hit by this virus had tens of thousands of people being hospitalized on ventilators" added Housakos.

## The Canadian Industry to the rescue

Housakos spoke with great admiration and gratitude about the Canadian industry and how it came forth to assist in the fight against COVID-19. "I trust always the private sector and their energy in times of need. They make hospital supplies, they make masks. There are companies right across the country that are transforming their industrial manufacturing capacities to make ventilators. So, I am certain, given the industrial strength of the United States and Canada and Western Europe, we will ramp up and get it done. But my question still begs to be asked, why did it take so long? And again, why are we behind the curve?"

## Trudeau's economic plan

The Canadian parliament voted on a series of economic measures meant to help Canadians during this crisis. Senator Housakos admitted that it was the best possible plan as long as it's a short-term crisis.

"They're sort of praying that this thing somehow miraculously resolves itself within the next three months. If this goes on for four months, five months and six months, then it becomes a whole different ball of wax." Housakos' concern is that "the government didn't show enough fiscal restraint in the last four years to be ready for this. My second concern is if this crisis lasts a longer period of time than just two or three months, we're going to see hard economic difficulties and I'm afraid also of social unrest."

**Voula Kottaridis**  
Real Estate Broker  
514.993.5010  
agentvk@gmail.com

**RATE-MY-AGENT**  
2018  
1st of 55  
Laval Real Estate Agents  
Voula Kottaridis

**ROYAL LEPAGE**  
HUMANIA CENTRE  
Agence immobilière 450.682.2121

*Excellent Service*    *Exceptional Results*

MLS: 12466356

**SOLD!**

•VILLE ST-LAURENT•  
Townhouse situated in great area if St-Laurent offering 3 large bedrooms, 2 bathrooms. Many renovations, new kitchen, bathroom, playroom redone.  
Great space and garage.

MLS: 25457401

•CHOMEDEY• OPEN CONCEPT SPLIT!  
Situated in great area of Chomedey. Offering 3 good size bedrooms, family room, playroom. Very bright, high ceilings, huge backyard. Close to all schools, shopping and highways.

MLS: 25457401

Established niche manufactur/wholesale fashion accessory company: Design,manufacture medium to high end jewelry since 1994. Trade shows, including booth display, flexible lease, website, retail/wholesale. Turnkey operation, inventory, perfect for new designer, or individual wanting to access the design world.

**PROTECTION ROYALE**

- Delays and Withdrawals
- Special assessments for co-ownerships
- Legal Assistance
- Latent Defects

MLS: 25457401

•PARC-EXTENSION• CONDO!  
Beautiful and bright open concept unit situated in Parc-Extension. Offering 2 bedrooms 1 bath with shower, laundry area, large windows with very high ceilings. 2 balconies, close to all shopping and University de Montreal. Amazing views! A Must See!! Impeccable unit.

# It is going to be a tough year

*Deux Montagnes mayor Denis Martin thanks citizens for following directions.*

DIMITRIS ILIAS

For a person like Denis Martin, mayor of the city of Deux Montagnes, whose job relies so much on human contact, covid-19 has been an unexpected and devastating new reality hitting pause on everyday life. A city with so many activities in the spring planned and then cancelled, has to learn how to live a new life of social distancing and closures.

## The mood of Deux Montagnes

"My job is to meet with the citizens and to be in line with what they need. Understandably this is very hard now which makes my job more difficult" said mayor Denis Martin. "We have a lot of different activities like the flower festival, Saint Jean-Baptiste, Canada Day etc".

Deux Montagnes is a tight-knit community and people depend on all the activities the city offers; they are used to them and they represent an important part of their lives. The mayor was worried about the mood of his constituents during the 6-12-month period of a break from all these activities. Since all of them were postponed the city is trying to keep the much-needed contact with the residents by having the white-collar workers call homes directly to check up on them and see how they're going. "Even though the system has been working, human contact is still missed of course" said Mr. Martin.

## Rules respected

A common positive trait shared by residents in many cities in the Laurentians is that people have been respecting the social distancing rule and in general they have been following the guidelines of the government with the only exception being that of the contagion in the Boisbriand Hassidic community. Denis Martin was happy to report a similar situation in Deux Montagnes. "A lot of them are taking walks and I have been driving around always maintaining my distance speaking to the citizens. So far they've been taking it well" said the mayor. The police are rarely called, only three or four minor incidents, and most of the times to inform the citizens and give them instructions.

## The dark cloud over local businesses

The fate of the local businesses has been one of mayor Martins' biggest concerns.

"Some of restaurants have transformed into delivery services while others closed completely. I do not know how they are going to reopen and I'm quite worried about them" said the mayor. A lot of closed small businesses have lost their clientele so they're also going to be affected when this is over. "In collaboration with the MRC and the funds that have been set aside by the government we are looking in to different ways of helping these businesses survive this". In terms of measures to relieve financial strain



to the citizens the city of Two Mountains in these trying times, just like the other cities in the Laurentians, TM has cut interest and penalties until July 1st giving the residents a chance to

receive the different financial aid packages from the federal government. What will happen next, however, will remain an ongoing reflection for mayor Martin and the city council in the coming weeks.

## Safe from flooding

"As far as the danger of flooding goes the city is well prepared" declared the mayor. Since 2017, TM has been in collaboration with the MRC for the completion of a significant anti-flooding dyke. This was completed in January, significantly increasing the city's protection from flooding during the spring thaw.

The mayor confirmed, as well, the purchase of about 3,000 sandbags should the citizens need them however, he did not see a cause for alarm especially this year.

## Deux Montagnes line closed

One of the situations the city had to contend with, was the closure of the AMT (now EXO) line of the REM train Deux Montagnes. This brought a lot of headache and strife to the commuters not only for TM but to all the communities affected along the line including the juggernaut municipality of St-Laurent. The mayor saw a positive effect of people working from home in DM since that would reduce the need to use the train making the service less missed while construction and repairs are being made.

# Rosemère supports its residents

(NSN) The Town of Rosemère, just like many other towns in Quebec, has stepped up its efforts to ensure the well-being of its residents through a series of initiatives starting with the support of its seniors and isolated residents.

Since April 1—a new "friendly call" service is offered to people living alone who feel isolated and may need someone to talk to. Residents may call the Town at 450 621-3500, ext. 7384, and mention that they would like to receive a "friendly call". The Town is also inviting

residents over the age 70 or any-one else with a special need, such as grocery delivery service or otherwise, to call this same number. The town will make sure to direct them to the appropriate services.

"I am proud and happy to see that residents have responded in large numbers to our call for volun-teers. Thanks to their support and commitment, we have made more than 200 friendly calls to seniors and residents living alone and we are continuing to do so! Our

community is uniting and I'm convinced that together we can win this battle!" stated Rosemère Mayor Eric Westram.

Furthermore, the town is offering an online entertainment service on the library's website for young-sters and grown ups and the ecocentre remains open to the public.

Large item pickup is cancelled for April 13 In order to comply with government orders, the Town is cancelling the pick-up of large items

sched-uled for April 13. However, the ecocentre remains open to the public.

As an additional financial help to its residents, Rosemère has decided to cancel interest and penalties on residents' and merchants' unpaid tax bills, effective March 13 and until June 1.

Town Council will be holding a special meeting in the Council room this Monday, April 6, at 4 p.m. The meeting will be held in private and the pre-recording will be available on the Town's website. The vid-eo will be webcast immediately following the meeting. Residents wanting to take part in the question period must send their questions to [mcthemens@ville.rosemere.qc.ca](mailto:mcthemens@ville.rosemere.qc.ca) before 3 p.m. on Monday, April 6.

The Council meeting of April 14 will be held in private as well, but will be webcast live. Residents will be able to view it live on the Town's website via webcast.

In addition, the Town is stressing that gatherings in parks are strictly prohibited. This order applies, in particular, to parks and playgrounds (soccer fields, skatepark, baseball fields, etc.). Soccer games with friends, skateboarding outings at the skatepark and all other group activities are prohibited in public places. In fact, signs have been posted at the entrances to these parks to remind people of the rules. The police force has been made aware of this situation and will take the necessary measures to ensure that these orders are obeyed. The Town is also reminding residents of the importance of not flushing disposable disinfectant wipes down the toilet. They create major problems in the sewer system by blocking the pipes and causing sewer back-ups.

Essential services will always be provided and that the vast majority of Rosemère employees are carry-ing out their work off-site (in telework mode) so that administrative services remain operational. Resi-dents can continue to contact their Town at 450 621-3500 and are assured that any urgent request or special situation will be dealt with appropriately.

## Thinking of selling or downsizing?

### I CAN HELP!

Call me today for a FREE evaluation with no obligation.



**ROYAL LEPAGE**  
HUMANIA CENTRE  
Agence immobilière

**Youla Kottaridis**  
Real Estate Broker

**514.993.5010**  
[agentvk@gmail.com](mailto:agentvk@gmail.com)

# Mayor Westram says: “People first, dollars second”



## DIMITRIS ILIAS

Working primarily from home and social distancing when he has no choice, Eric Westram, father of 3 and grandfather of 5, current mayor of Rosemère takes the Covid-19 craziness in stride.

Having had a flourishing 25 years career in the pulp and paper industry and 10 years in the industrial sector, mayor Westram is now captaining Rosemère through the Covid-19 storm.

### People first

The first focus of the City was to support the population groups more affected from the virus. The elderly and sick people were given priority through distribution of food and other necessities as well as psychological support.

Eventually the city of Rosemère expanded its support to the younger age groups for example the 40 and 50 year olds. Many of the employees of the city have been tasked with helping these age groups by doing friendship calls, basically phone calls to chat and to lift people out of the isolation. Another challenge was how to keep all the city of Rosemère employees employed. “Right now 95% or 96 % of our white collar workers are working from home. As for the blue collars we made changes into how the teams are organized so that they maintain the proper distance from each other in order to make sure that essential services are maintained” said mayor Westram. The city still has to ensure the drinking water is still good and the sewer systems repaired and maintained especially during the spring thaw and the flooding danger. Garbage and recycling still have to be picked up so it was a challenge to make sure that everyone was kept busy. “I did not want to save money at this critical moment since for me people are first and dollars are second” said mayor Westram.

### Dollars second

The economic impact on the city because of the Covid-19 contagion is the second biggest concern for the mayor. At the moment a whole slew of measures to help local businesses and residents similar to the measures taken by the neighbouring towns have been in effect. Cancellation of penalties and interest as well as the possibility of delayed payments are part of the city of Rosemère relief package. The mayor indicated that his team is preparing two new budgets, one pessimistic and one optimistic, in order to be ready for what's coming. Right now the city's cash flow is being affected especially since real estate transactions are grinding to a halt. “The welcome tax, for example, provides the city with an average of 1.5 million dollars” said the mayor. Real estate agents have been advising the mayor that things are getting very slow which will affect greatly the city's revenue.

“Tax payments pushed back of a couple of months from the residents it's not a big deal but when you have a big place like place Rosemère which in essence is closed, apart from a few online transactions, you can imagine the effect this has on the city coffers” said Mr. Westram.

### The home, the office and the streets

The mayor however is not working entirely from home. 50% of his time is spent delegating from his house, 30% from his office and a 20% of his precious time is spent on the street providing support to people and talking to them always maintaining a 2-meter distance. It still remains a challenge according to mayor Westram to continue a complicated job like his this way. “The most difficult thing is to find yourself alone with no contact with your fellow workers. We have been using online technology like Zoom to do our meetings and I do see everyone, but it's not the same thing being humanly close to each other. On the personal side not being able to see your kids or your grandchildren especially when they live around the block is hard. If the human race wants to survive it has to adapt to these challenges. We will get over this” concluded mayor Westram.

### The spring thaw

As far as the danger of flooding this season because of the spring thaw, the mayor sounded relieved that up to now things have been going well. The weather has been cooperating with positive temperatures during the day and minus temperatures during the night making the thaw more gradual. The river levels right now are way below what they were at this time last year. “If things change however, we use a lot of blue-collar workers, a lot of volunteers, even elected officials to put sandbags around people's properties to protect from flooding. With covid-19, we won't be able to do that since we do not want to put volunteers at risk” said the mayor.

So, the sandbags that have been ordered and delivered to the city's warehouses will be put on the sides of the streets for residents to pick up should the need arise.

### The post Covid-19 Rosemère

The mayor predicted positive effects brought through adversity.

“Ours is a close-knit community” said Mr. Westram. “Bonds will be strengthened family values will play an even bigger role. We are already seeing a change by the incredible response we had when we asked for volunteers to help residents in need. I am really proud of our community - we are doing very well” concluded the mayor.

## COVID-19

### ROSEMÈRE, A TOWN THAT LOOKS AFTER THE WELL-BEING OF ITS RESIDENTS!

According to the latest government orders, Québec will remain «on pause» until May 4. The Town of Rosemère is following these orders by maintaining the measures that it has already put in place.

FOLLOW US ON THE VARIOUS PLATFORMS TO FIND OUT HOW THE SITUATION IS CHANGING!



#### Essential services maintained:

- › Public safety and security services (police and firefighters).
- › Wastewater and drinking water treatment.
- › Garbage collection, recycling, green waste and branches (except large items).
- › Any situation requiring an emergency response.

#### Measures in effect until May 4:

- › Closure of municipal buildings (except the ecocentre). Contact us at info@ville.rosemere.qc.ca or 450 621-3500.
- › Municipal court: All cases scheduled for March, April and May 2020 are postponed to a later date, at no charge. For more information: cour@ville.rosemere.qc.ca.
- › Cancellation of the Town's activities and postponement of registration for spring activities.
- › Closure of playgrounds and playground equipment. Gatherings in the parks are strictly prohibited. It should be noted that the Régie de police has given itself new powers to issue stiffer fines to those who refuse—or aren't bothering—to follow government orders.
- › Cancellation of interest and penalties on residents' and merchants' unpaid tax bills, from March 13 to June 1.

#### During this period of confinement, the Town is making adjustments to certain services and is supporting its seniors age 70 and over as well as those with special needs:

- › New «Friendly Call» service for people living alone who feel isolated and who need to talk to someone. Call us at 450 621-3500, ext. 7384, and mention that you would like to receive a Friendly Call.
- › For residents with special needs, such as grocery delivery service or other needs, call 450 621-3500, ext. 7384. We will provide these residents with the necessary support or refer them to the right resources.
- › An online entertainment service on the library's website is available for both youngsters and grown-ups!

#### Let's follow government orders to avoid the spread of the virus:

- › Keep 2 metres away from others.
- › Stay at home.
- › Wash your hands often.
- › Avoid gatherings.

**LET'S SHOW SOLIDARITY AND, TOGETHER, FOLLOW THE GOVERNMENT'S ORDERS IN ORDER TO WIN THIS BATTLE.**

**AND WHEN WE DO,  
WE'RE GOING TO BE OKAY!**

VILLE.ROSEMÈRE.QC.CA

# Don't forget about mental health while at home!

**Do you need to deal with the new reality of staying at home? The following advice and tips will help make the experience of this time of isolation due to the COVID-19 epidemic in Québec more pleasant.**

The current coronavirus (COVID-19) pandemic and related unprecedented preventive measures have created a different reality, one that can be particularly difficult to adjust to. For some, the measures can make an already difficult situation more fragile for family, financial and/or social reasons. Adjusting and adapting to the new situation requires great resilience.

Many people feel compelled by the situation to experience a period of isolation, while others need to be creative when reconciling telework and family life.

While an event of this magnitude can affect your physical health, it can also have consequences for 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.



## Take care of your psychological health

- ✓ **INDULGE YOURSELF.** Give yourself the time you need to adapt. By relying on your personal strengths and the strategies you used in the past to lower your stress or overcome an ordeal, you can get through this difficult time in better ways.
- ✓ **VERBALIZE WHAT YOU FEEL.** Are you experiencing loneliness or worry? Share your inner thoughts with someone you trust while abiding by recommended physical distancing measures.
- ✓ **ASK FOR HELP WHEN YOU FEEL OVERWHELMED.** It's not weakness but rather a sign of strength.
- ✓ **SUPPORT OTHERS** while abiding by physical distancing. Helping others in difficult times is as beneficial to the giver as to the receiver.
- ✓ **AVOID ADAPTATION STRATEGIES THAT DON'T WORK** such as tobacco, alcohol or drugs. In the end, they will only impair your mental and physical state of health.
- ✓ **Staying well informed is important, but TRY TO LIMIT THE TIME YOU SPEND LOOKING FOR INFORMATION ON COVID-19.** Information overload can raise your stress level and increase your anxiety and/or depression. Always use on reliable resources of information such as the official Government of Québec website: [Québec.ca/coronavirus](https://quebec.ca/coronavirus)



## Letting yourself feel joy is so important

During your period of isolation, it is important to follow a healthy diet, drink lots of water, stay active and get enough rest and sleep. Use this time to discover new passions and focus on yourself and your family.

There are so many activities that can fill up at-home days and entertain you. Make them part of your daily routine by writing a list that you can refer to for ideas on how to stay active at home. Consider posting the list in the house in a place where you can easily consult it. Here are a few ideas to feed your thoughts and help you to remain active:

**Indoor physical activities:** Ride an exercise bicycle, practice yoga or Pilates, dance, do aerobics and/or weight training, etc.

**Creative leisure activities:** Draw, colour, paint, write, sing, take photos, do origami, knit, etc.

**Games:** Play board games, cards, do jigsaw puzzles, crosswords, Sudoku and hidden word games, etc.

**Entertainment:** Listen to music, podcasts, TV series, movies, concerts, etc.

**Relaxation:** Take a warm bath, meditate, read a book, etc.

**Educational activities:** Learn a new language, visit virtual museums, etc.

**Other:** Cook, sew, tidy up, do housework, sort photos, etc.



### Are you teleworking?

✓ **SET UP A COMFORTABLE WORK SPACE.** Make sure that the space is only used for your professional activity. This will ensure boundaries between your work and your private life. As much as possible, keep your home office comfortable, clean, nicely set up and airy.

✓ **LET YOUR FAMILY CIRCLE MEMBERS KNOW YOUR WORK SCHEDULE.** Explain your expectations to them and listen to what they expect from you. Ensure that they know your work schedule (times when you do not want to be disturbed) and also the times when you are available for them.

✓ **SHARE RESPONSIBILITY FOR YOUR CHILDREN.** If both parents are self-isolating at home, divide responsibility for the daily schedule. For example, one parent can be fully in charge of the children's needs in the morning and the other one can take over in the afternoon.

✓ **PLAN WORK TIME EFFICIENTLY.** Take advantage of nap time to speak with your workmates by phone. Invite the children to “work play” by drawing, reading or doing educational activities. Ask the older kids to supervise the younger ones when they play.



### Staying in contact with your family circle virtually is a great way to overcome isolation

Communicating regularly with your friends and family while practising physical distancing can help improve your well-being during your period of isolation.

Nowadays there are so many ways for you to communicate with your family and friends, workmates and acquaintances: telephone, email, chat, video calls, the Web, etc.

### Resources

Stress, anxiety and depression can affect people physically, psychologically, emotionally and behaviourally during times of home isolation. While most succeed in adapting to the situation, it remains important to pay attention to your needs. Never feel ashamed at doing what is needed and take care of yourself.

The following telephone hotlines are always available when you feel stress, anxiety or depression related to the current epidemic in Québec: 418 644-4545, 514 644-4545, 450 644-4545, 819 644-4545 and 1 877 644-4545 (toll-free elsewhere in Québec). You will receive information and be directed to psychosocial health professionals who can provide support and advice that meet your needs.

Deaf and hard-of-hearing persons should dial 1 800 361-9596 (toll-free).

#### Resources on how to incorporate healthy living habits into your daily life:

- defisante.ca (French)
- force4.tv (French)

#### Resources for better management of family time:

- ecoleouverte.ca
- alloprof.qc.ca (French)
- teteamodeler.com (French)
- viedeparents.ca (French)
- naitreetgrandir.com (French)
- vifamagazine.ca (French)

#### Telephone hotlines for people in psychological distress:

- Regroupement des services d'intervention de crise du Québec  
24/7 services for distressed people (French):  
centredecrise.ca/listecentres
- Tel-Aide  
Listening centre that provides help 24/7 to people suffering from solitude, distress or who need to have someone listen:  
514 935-1101
- Écoute Entraide  
Community organization that supports people who are emotionally suffering: 514 278-2130 or 1 855 EN LIGNE (365-4463)
- Telephone assistance service  
1 866 APPELLE (277-3553)

Québec.ca/coronavirus

📞 1 877 644-4545

Québec 

# Could post-COVID-19 Canada become a 'surveillance state'?

*We shouldn't emulate China by tracking individuals, says Julius Grey*

MARTIN C. BARRY

Although the COVID-19 crisis is probably far from over, Montreal lawyer and human rights activist Julius Grey is warning that the unfolding emergency could become permanent if attention isn't focused on the risk of our becoming a "surveillance state" while using technology to enforce health protection.

## Crisis aftermath

In the aftermath of the Sept. 11 2001 terrorist attacks on the U.S., social critics took note that heightened awareness of public security grew massively, as did sometimes ruthless enforcement measures for many years afterwards – some of which are still with us.

"I have often suggested that we're living in a post-democracy," Grey said in an interview this week with Newsfirst Multimedia. "We are no longer a democracy. The fact that everything can be followed and preserved and nothing can be hidden means that, in effect, freedom is a thing of the past."

## Tracking technology

One technological phenomenon that has emerged during the ongoing COVID-19 crisis has been the ability by government and medical authorities to use Google and Facebook location-tracking information to plan infection containment strategies.

While the data is anonymous and is furnished so that there are no personally-identifying markers, it does track people's movements and shows foot traffic trends at different locations over time. This can help get a better understanding of whether people are adhering to orders they stay home.

## China tracking individuals

It should be noted that both Google and Facebook have the ability to track locations individually, although the two companies have stated that they are not sharing their data to that degree of detail and have no plans to do so in the future.

However, in China authorities have gone ahead and taken the additional step: they are using smartphone location data to track people who've been identified as being infected with the



**Montreal human rights activist Julius Grey is warning that the unfolding COVID-19 emergency could become permanent if attention isn't focused on the risk of our becoming a "surveillance state" while using technology to enforce health protection.**

COVID-19 virus. The Chinese system monitors phone signals to alert police if individuals in isolation leave their location or switch off their phone.

## Technology as enabler

As Grey noted, Hungarian Prime Minister Viktor Orban, who was already regarded as authoritarian, used the COVID-19 crisis as a means to increase his power last month when the Hungarian parliament passed a law granting the government the power to rule by decree.

Political ramifications aside, Grey said that on the whole technology has now become the principal enabler of potential abuses against human rights and freedoms.

"Technology means that the rich, the powerful, the government have means that the average man does not have – that the

average man has very little way of defending himself from it or of influencing things," he said.

## Freedom from surveillance

"And that's why what we need quickly after the crisis is not an analysis of what happened with the crisis – because the crisis does genuinely deserve some special measures, which is something that is reasonable – but a discussion of the technology and of the way of maintaining freedom. And one of the things that must be is freedom from constant surveillance."

As western countries like Canada and the U.S. continue to struggle with the COVID-19 outbreak, imposing limited restrictions on individual rights in order to control the spread, the People's Republic of China appears to have succeeded, at least for now, in slowing or stopping the virus by electronically tracking and controlling individual carriers.

## Doubts China's claims

All the same, Grey remains unimpressed by China's performance during the crisis. "I am very sceptical about China," he said, expressing doubt as to the veracity of the country's claims to have mostly overcome the virus.

"Even if there were a successful use of special powers by a country which is not democratic, I would not want to see in that the proof that dictatorship works," Grey added, while suggesting there is an imminent danger of countries like Canada and the U.S. emulating the example.

## Risk of emulating China

"I think we are heading down that road already," he said. "It's very difficult to argue that the countries we call democracies are really and truly democratic. They have some vestiges left. And some like Canada, Germany, France, maybe Britain, still have a lot of the old freedoms."

"But the United States, what can you say of a country which is a mass imprisonment state, where millions and millions of people are imprisoned? And that's one of the consequences of technology: technology allows you to catch everybody."



<b>Soula Tellides</b> 514-927-3721 Chartered Real Estate Broker	<b>George Tellides</b> 514-258-1829 Real Estate Broker	<b>Carol Deros</b> 514-258-8845 Real Estate Broker
---	--	--

**Consult all our listings at [www.tellides.com](http://www.tellides.com)**

**EVALUATION GRATUITE / FREE EVALUATION**

# COMMISSION

# 2.99%\*

**Certaines conditions s'appliquent\* / Certain conditions apply\***

## Police issuing tickets for breaking COVID-19 distancing rule

*Failure to comply brings a fine ranging from \$1,000 to \$6,000*

MARTIN C. BARRY

Police Departments have been busy lately issuing tickets for at least \$1,000 each to individuals seen gathered while not obeying the mandatory two-metre distancing rule decreed by the province in the ongoing struggle against the COVID-19 virus.

Up to Monday April 13, according to Police spokespersons more than 1000 such tickets, were given to citizens.

## Gatherings forbidden

"In order to protect Quebecers, the Gouvernement du Québec is from now on prohibiting indoor and outdoor gatherings. The prohibition applies to all indoor and outdoor gatherings, except:

- Those required in a workplace that is not subject to a Québec government suspension, provided that the employees maintain as far as possible a minimum distance of 2 metres between them;
- In a public space in order to obtain a service or goods such as stores and government services and that is not subject to a Québec government suspension, provided that the customers maintain as far as possible a minimum distance of 2 metres between them;
- In a means of transportation, provided that the users maintain as far as possible a minimum distance of 2 metres between them;
- A gathering that assembles the occupants of a private home or a site that serves this purpose and any other person who offers a service or whose support is required. Individuals who

offer a service or support must maintain as far as possible a minimum distance of 2 metres between them and the occupants.

Minimum two metres

Outdoor gatherings are permitted in the case of the occupants of the same residence or a site that serves this purpose or when one person receives from another person a service or support. Individuals must maintain, as far as possible, a minimum distance of 2 metres from each other."

Officers have been advised to evaluate each situation after intervening and questioning those they suspect are not obeying the rules. She noted that some situations can be complex. For example, parents with shared custody of children with whom they are not currently living may have to provide an explanation if stopped by the police.

## Public events cancelled until Aug. 31

Quebec Tourism Minister Caroline Proulx joined two other members of the CAQ cabinet on Friday in calling on the organizers of public events over the coming summer to cancel or postpone at least until Aug. 31 because of the ongoing COVID-19 virus crisis.

"The government of Quebec has had to make a difficult but necessary decision," Proulx said in a statement. "We are aware of the impacts this represents for organizers, and we thank them for their contribution to the collective effort. We will be there to prepare a strong recovery in order to see Quebec and its festivities shine brightly as soon as possible."



# From skates to face shields

*Bauer Canada, Canadian generosity at its best*

DIMITRIS ILIAS



"We are innovative, we had a vision" was the first thing Dan Bourgeois, VP of Product Innovation at Bauer Hockey, said at the beginning of the interview with North Shore News. Bauers' plant at Blainville was one of the first factories that started producing a weapon against the COVID-19 invasion. The shield as a defensive weapon was used in warfare for millennia. From the ancient Greek Phalanx all the way up to the 14<sup>th</sup> century, shields protected soldiers from all sorts of incoming projectiles like arrows. The arrows modern Covid-19 fighters have to avoid are droplets carrying the virus. No wonder Bauer was one of the first companies to design a shield visor that provides an extra layer of protection for first responders, doctors and nurses.

## Prototype in 7 days

It took a record time of 7 days for Dan's team to create the prototype of the shield visor. It protects the neck, face, nose and eyes. The virus is transmitted through droplets from breathing but more aggressively when an infected patient sneezes or coughs. The front-line workers still wear their N96 mask under it, but the plastic

shield stops a lot of virulent droplets from ever reaching the mask.

## Single use

The face shields are single use. There was talk in Dan's team about making them washable but concerns about the damage chemical cleansers could cause to the plastic, or the fact that the foam lining is open cell, made the face shield very hard to disinfect. On top of that, the product had to be massed produced in great quantities very fast. So, at the end of the day the shields have to be destroyed because when a caregiver removes the shield and touches the inside of it, in essence, it is considered contaminated.

The production team has come up, however, with another reusable design with closed cell foam but for the moment the plant in Blainville focuses on the single use ones.

## Swift approval

With great pride Dan Bourgeois spoke about his team and how they designed the shield visor in a day. "Our factory and innovation centre has a lab certified CSA and ISO and fully equipped to do all the tests"

Provincial and federal approval came swiftly, after Bauer studied all the norms that exist globally in order for the shield to meet the standards. But they did not stop there working towards full accreditation so they can eventually put their quality seal on it. Since health Quebec and Health Canada approved it, the shields are now shipped all over Canada and the US, through Bauers' sister company Lacrosse in Syracuse, New York.

## The design, a gift to the planet

Given the magnitude of the contagion, Bauer decided to make the plans for the mask available to any factory that wanted to produce the face-shield anywhere in the world. "Our design became the reference and we are very proud about that" said Bourgeois. "This is another part of the Bauer engagement. We say: this is our trade secret, these are our construction



**Bauer producing the shields: It took a record time of 7 days for Dan Bourgeois' team to create the prototype of the shield visor (inset).**

materials, we understand the crisis is big and we want to support the efforts against the contagion". Dan's engineering team has been receiving calls from all over the world to help them in production and qualification.

## Appreciation from the front

Bauer has started receiving pictures from doctors and nurses on the front lines using the shields. Appreciative smiles and thumbs up are the norm. As the design is beginning to be used globally the appreciation from everywhere is increasing as well. Bauer decided to put the logo of the company on the visor after much deliberation thinking that, at the end, it was important for the health care providers to know that the shield came from a company with great reputation in quality thus increasing their sense of safety. "People respect our brand

as a seal of quality and protection; we know it from the NHL, Hockey associations etc" added Bourgeois.

## Retooling the Blainville plant

One of the biggest obstacles in mass producing all the materials for the fight against COVID-19 is the time needed to retool a factory to make them. How do you convert an auto manufacturer to make respirators, a linen factory to make masks or a hockey skate factory to make shield visors?

"Our state-of-the-art innovation center possesses a 3D printing facility" said Dan Bourgeois. Thanks to that, the factory was able to mass produce much faster than under normal circumstances. "Of course, the shields will not last as long, but they were meant to be single use anyway".

## SAVE MONEY

Print your cheques with us with confidence

**FULL BANKING SECURITY ELEMENTS**

**450 978-9999**



We print all kinds of cheques  
**Personal or Business**  
**CANADA or USA**

**250 for \$87**  
**500 for \$127**  
**1000 for \$187**

**MEDIA-TREK**

# Direct? Answers

from • Wayne & Tamara

## Here's Johnny!

During the virus situation, my husband is getting cabin fever. He's not Jack Nicholson from Stanley Kubrick's *The Shining*, putting an axe through the door, but he is upset about our retirement investments.

We are both high school teachers with contracts. So, money is not the problem. But what about his football team next year? He's on the phone with his players a lot. It's can't go to work, no bowling league, the gym is closed, and we can't go out to eat.

My husband has always been a man with very healthy bedroom appetites. Besides sex itself, he likes our nightly showers to be together. Rather than going to a barber, he likes topless haircuts from the wife. I think I have the world's most groped butt.

But during this time, my husband has been off the charts insatiable. If we don't have to get up early...

I adore him. What hubby wants, hubby gets. It's just that he is wearing me out right now. I would have never thought that his stamina was greater than mine. Not to look a gift horse in the mouth, but how do I get him through this? What's going on?

Trish

*Trish, in the movie, the Jack Nicholson character takes his family to the Overlook Hotel to overcome writer's block. He hopes to make money as a caretaker while writing a book. His was an intentional, self-imposed isolation. If you were a character in *The Shining*, we would tell you to hide the axe and lock yourself in the bathroom.*

*But Nicholson was dealing with the supernatural, and your husband's demons are of an earthly realm. He, and all of us, are dealing with the actual. We live in a self-isolation that this pandemic has inflicted upon us.*

*Jack's way out was drinking, but your husband's appetites are finding solace in a different direction. He's a physical guy. He works out, bowls, and coaches a contact sport. Undoubtedly, that was part of your attraction to each other.*

*One of his biggest concerns is about your retirement funds. Money. That's a serious*



*fear for most people. Your husband must be thinking, "This is the second time in a dozen years that world markets have crashed. In another dozen years, who knows what will happen? Will we have enough to retire?"*

*He has those fears and the fear of providing for his family, fear for his job, and fear for your job, too. He has fears for his football team and his players, and perhaps for their chances for college.*

*Jack Nicholson sought comfort in the bottle and his typewriter. Your husband seeks comfort in his wife. He is in a time of heightened anxiety and pressure, and you are who he turns to in his need.*

*It is often said that funerals and war drive sex, the desire for two becoming one and the release of tension and fear. It shows his attachment to you that he seeks comfort and closeness and oblivion with you. On the most primal level, sex ensures the future.*

*Your husband fears for his life, and especially, fears for your life. Understanding his motives may help you get through this.*

*Whatever he can do now to feel productive will help. Not the woman kind of things, but the man kind of things, like washing the car, mowing the lawn, organizing the garage, making something, or building something. This may also be a time to gain a sophistication about how markets work. Replacing fear with knowledge and understanding always helps.*

*Jack Nicholson froze to death in the cold, but you two are not in the cold. You have each other, and together, day by day, you will find your way. is not better than no person.*

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of  
YOUR OTHER HALF ([www.yourotherhalf.com](http://www.yourotherhalf.com)) • Send letters to: Direct Answers,  
PO 964 Springfield, MO 65801-0964 or email: [DirectAnswers@echowork.com](mailto:DirectAnswers@echowork.com)

## A summary of North Shore News according to each city Hall:

### Rosemere

The Town would like to remind citizens of the importance of respecting social distancing guidelines. Although Easter is usually an opportunity to reunite with family and loved ones, it is essential for residents to maintain the measures in order to avoid the spread of the virus. Thanks to technology, people will still be able to share beautiful moments with their loved ones! The city asks not to hesitate to use platforms such as Zoom, FaceTime and Skype



### Sainte Thérèse

Following the operations which took place during the night of March 29 to 30 in a sector of the city bordered by the Rivière aux Chiens, the City of Sainte Thérèse maintains the critical situation status regarding the possibilities of flooding of the river until further notice.

This means that citizens who have already installed sandbags must maintain these protective measures until the critical situation status is lifted. No houses were flooded, no streets were blocked, and the City continued to monitor

the level of the river closely. The teams remain ready to intervene if necessary.

### Boisbriand

In order to limit the spread of the virus, the City of Boisbriand takes the situation very seriously and complies with the recommendations issued by the Government of Quebec.

Despite the closure of municipal buildings, several employees telework and are able to respond to citizens' requests by telephone (voice mail - reminders made regularly) or online. In light of the current circumstances, note that the response time may be longer than usual.

The website will be updated as the situation evolves. The city asks the residents to consult it frequently.

### Deux-Montagnes

LET'S BUY LOCAL! THE CITY PUBLISHES THE LIST OF OPEN LOCAL MERCHANT'S STORES

The City of Deux-Montagnes encourages its citizens to show solidarity with local merchants and publishes on its website a list of groceries, pharmacies, restaurants and other open businesses: <https://bit.ly/3c5rnlj>

Merchants who want their store on the list or have any corrections of published information are asked to email [communications@ville.deux-montagnes.qc.ca](mailto:communications@ville.deux-montagnes.qc.ca). Deux-Montagnes merchants open in this time of crisis are also invited to register their business with Le Panier Bleu, an initiative of the provincial government to support the local economy: <https://lepanierbleu.ca/>

### Blainville

The skateparks, located in the parks of Bolivars, Fontainebleau and Maurice-Tessier, are now closed until further notice. The City also closes all of its sports facilities: soccer, baseball, basketball, tennis, pickleball, etc. until further notice.

The parks remain open, but gatherings are prohibited there. A minimum distance of two meters is to be respected between people not living under the same roof. The City asks citizens to avoid play modules since they are not disinfected. Anyone who does not follow the instructions can be fined from \$ 1,000 to \$ 6,000.

### Saint-Eustache

The Saint-Eustache City Police Service is counting on your cooperation so as not to clog up the telephone lines of the 9-1-1 emergency center for any questions concerning the Covid-19.

The Police Service has written a Frequently Asked Questions in connection with COVID-19 in order to better answer your questions. Do not hesitate to do your own research before contacting your emergency services. All together, it's going to be fine!

## Travelling restricted in the Laurentians

Control points have been added for Antoine-Labelle, Argenteuil, Pays-d'en-Haut and Laurentides following the Government of Québec's previously announced checkpoints preventing travel to certain regions.

The new directives issued by Department of Public Health aim to control all non-essential travel in those areas as of noon yesterday. The goal is to protect these regions who although have fewer cases, remain vulnerable and more isolated. By controlling entries and departures, the public health authorities are confident that they will be able to limit and better prevent the spread of COVID-19.

These control points are visible in various

routes leading to these regions. Exceptions apply to all those who are:

transporting goods in these regions to ensure continuity of the supply chain

travelling for humanitarian reasons need to travel to get the care or services required by their state of health or to provide such care or services to someone needing them.

are priority services professionals. This closure period will last as long as the authorities deem it is necessary for public health.

All residents are reminded to avoid all non-essential travel no matter where they are.

## Doggie Daycare

- Boarding/Home Environment
- No cages
- Interacts with our family and pets

Just **\$16/day**

**Julie's Pet Sitting Services**

Will walk your dog or take care of your animals in your home while you are away.

Just\* **\$12-22/visit**

(\*Price may vary on location and pet)

Call Julie Laver  
**450.491.7637**

# The SWLSB learning backpack-Edu Tech to the rescue

DIMITRIS ILIAS

It did not take long really. The Sir Wilfrid Laurier School Board following the closure of all its schools to avoid the spread of Covid-19 sprung into action to keep its students educated, motivated, occupied and entertained during these difficult times. Led by Geoffrey Hipps, the SWLSB Pedagogical services worked for a week to create the first version of an online learning hub for the students of the entire board. After the learning backpack was launched, having a better understanding of the situation and the needs, the site was revised for week 2 and will continue to be updated on a weekly basis.

The hand-picked resources curated by the Pedagogical Services Department team to support the learners and their families include many features such as "Weekly activities" for every level, several subject based resource pages, family support page for the parents, specialist support pages and a SWLSB PreK/K Transitions website.

This was a school board initiative. The activities housed on the site however should not be considered a program. The

pedagogical services simply provided the parents, or anyone else wishing to access the site, because it is open to all, a variety of activities that their children can experience. The department has also offered a suggested schedule should they wish to follow.

The Learning Backpack is completely optional and the Pedagogical Services worked extra hard to create it being conscious of the fact that parents are not teachers. Several criteria were followed when choosing activities for the site for example: it should be easily understood by parents, where possible, a child should be able to navigate autonomously, and it should be engaging.

Pedagogical Services focused on helping the parents keep their children, students, engaged in productive learning activities. The current directive from the Ministère de l'Éducation et de l'Enseignement Supérieur, is that students should be engaged in activities that will help consolidate the learning that took place up to the closure of the schools. Pedagogical Services are in close contact with the MEES and will follow their directives as they move through this crisis.

Finally, Pedagogical Services informed us that they do not



foresee the necessity of maintaining the Learning Backpack when the schools open.

# Business community initiative to support local businesses in Thérèse-De Blainville

The economic players of the MRC De Thérèse-De Blainville are joining forces to better help local businesses and ensure economic continuity. The effort manifests itself with the creation of a committee, a facebook group and the mailing of a survey.

**Economic continuity committee:** The economic continuity committee provides an opportunity to discuss the various issues related to the current crisis and also to have a clear picture of the economic situation with the aim of establishing a realistic action plan so that "in unison the economic partners can intervene to ensure continuity in economic development and ultimately see together to plan a future revival

**Creation of a Facebook group:** The Facebook group business community in action, brings together the business community, managers, entrepreneurs and economic partners of the territory of the MRC of Thérèse-De Blainville in order to offer a common place of exchange and information in order to better equip our businesses and thus contribute together to economic continuity. Managers and entrepreneurs can ask their questions to the various stakeholders, share their concerns and stay informed of local measures by joining this

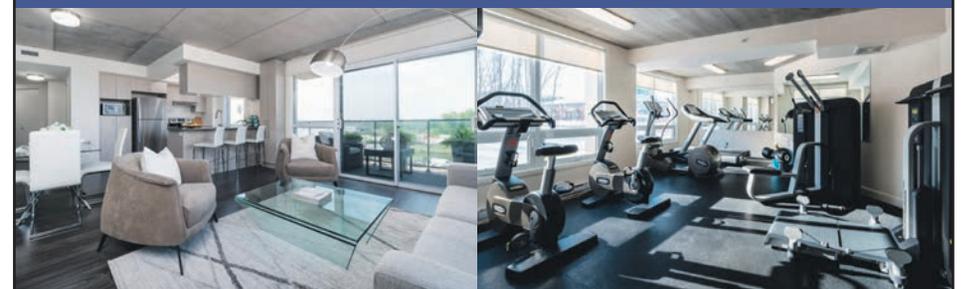


group led by the Chamber of Commerce and Industry of Thérèse- De Blainville (CCITB) in partnership with the MRC Thérèse -From Blainville and all the economic players in the community: federal and provincial deputies, AGAB, CORDEV, the Ministry of Economy and Innovation, Investissement Québec, Services Québec and the Business Development Bank of Canada (BDC).

**Survey on the impacts of COVID-19 on a business:** A survey will be sent to businesses in the region. This survey will assess the current situation of businesses, better understand their issues and ensure effective monitoring in order to deploy assistance measures for entrepreneurs in the territory in the most concrete and rapid manner possible.



RENT TODAY FOR MOVE-INS BETWEEN NOW AND JULY 1, 2020!



## Take a Virtual 3D Tour: [LesToursAxial.ca](http://LesToursAxial.ca)

- + 1 or 2 bedroom apartments
- + Stainless steel fridge, stove, microwave & dishwasher
- + In-suite laundry
- + Oversized private balcony
- + Air conditioning & individual climate control
- + Fitness facility
- + Underground & outdoor parking + car wash (in underground parking)
- + Pet friendly\*
- + Steps to Marché 440
- + 24/7 on-site building management

**RENT TODAY**  
**450 233-1819**

3400 Saint-Elzéar W. Blvd.  
Laval, QC | H7P 0K7  
[LesToursAxial.ca](http://LesToursAxial.ca)

\*Prices, incentive, availability and specifications are subject to change without notice. Images may not reflect actual suite finishes. Pet restrictions may apply. E. & O.E.

# In Memoriam & Obituaries



**PLOUFFE, Gilles**  
1935 - 2020

At the CISSS des Laurentides, in Lachute, on April 11, 2020, passed away at the age of 85 years, Mr. Gilles Plouffe, beloved husband of the late Thérèse Brunet. He is survived by his son Luc (Jocelyne Cadieux), his grandchildren Alexis (Virginie Claveau), Laurianne (Gabriel Girard) and Émilien, his brother Denis (Marie-Claire Larocque), his sisters-in-law Yvonne and Mariette Brunet, his brother-in-law Yvon Brunet (Noëlla Laurin), his nephews and nieces as well as several relatives and friends.



**ROBILLARD SÉNÉCAL, Solange**  
1934 - 2020

In Blainville, on April 11, 2020, at the age of 85 years passed away Mrs. Solange Robillard Sénécal, wife of Mr. Gilles Sénécal. Besides her husband, she leaves to mourn her sons, Michel (Lise) and Alain (Monique), his daughter-in-law Diane (Pierre), his grandchildren Justin (Sarah), Vincent (Jöëlle), Nicolas and Alexane, his sisters Armande (Roger), Micheline and Agathe (Gary), his brother Réjean (Suzanne), his beautiful Brother Fernand (Marie), his sisters-in-law Lise (Jean-Louis), Yolande (Jean-Guy) and Héléne (Antoine), nephews and nieces and other relatives and friends.

LIFE WELL CELEBRATED

CELEBRATE  
YOUR LIFE,  
YOUR  
WAY.

YOUR TRAVELS,  
YOUR WAY.

—  
There are as many  
ways to celebrate life  
as there are stars  
in the sky.

Creating a  
100% personalized  
tribute that embraces  
your passions.

This is the commitment  
of our professionals.



514 871-2020  
12 locations on the  
North Shore of Montréal  
to better serve you



450 463-1900  
5 locations on the  
South Shore of Montréal  
to better serve you



514 342-8000  
4525, chemin  
de la Côte-des-Neiges  
Montréal



dignitequebec.com

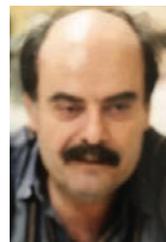


LIFE WELL CELEBRATED™



**LAROCHE, Normand**  
1949 - 2020

In Saint-Eustache, on April 11, 2020, at the age of 70 years passed away Mr. Normand Laroche, beloved husband of Mrs. Diane Comtois. Besides his wife, he leaves to mourn his children Jean-Sébastien and Louis-Philippe, his grandchildren Jimmy and Tommy, his sister Francine as well as several other relatives and friends. Due to the circumstances, the funeral rituals will be held in the privacy of the family at a later date.



**DAGHER, Riad**  
1941 - 2020

At the General Hospital of Hawkesbury, on April 06, 2020 at the age of 78 years, passed away Mr. Riad Dagher husband of Mrs. Clémence Panjarian. Besides his wife, he leaves to mourn his two sons, Bassem and Mazen Dagher. He also leaves behind several grandchildren, his sister, Alma and his two brothers, Raji and Rafic, his brothers-in-law and sisters-in-law, as well as many other relatives and friends. Due to the circumstances, the funeral rituals will be held in the privacy of the family at a later date.



**GAUDET, Derrick**  
1971 - 2020

From St-Eustache, on April 10, 2020, at the age of 49 years passed away Mr. Derrick Gaudet, spouse of Mrs. Isabelle Gervais, son of the late Mr. Denis Gaudet and Mrs. Carmen Riverin. Besides his wife and mother, he leaves to mourn his children Aleenah, Mickael, Mélina (Maxime) and Samuel, his brother Martin (Nicolas), his sister Ellen (Christian), his nephews and nieces Christel and Carl, his stepdaughters parents Yvon and Suzanne, his brother-in-law Daniel (Danielle), his work colleagues as well as many other relatives and friends.

Contact us today to place an obituary or in memoriam in our next issue  
NO CHARGE Email: [production@newsfirst.ca](mailto:production@newsfirst.ca) • Tel.: 450-978-9999

# HOROSCOPE

Week of April 19 to 25, 2020

The luckiest signs this week:  
GEMINI, CANCER AND LEO



## ARIES

There will be lots of action and excitement this week. You'll face new challenges, both in your career and in your personal life.



## TAURUS

Sometimes you need to take a step back before you can move forward. By taking initiative, you'll succeed in creating balance in your financial situation and in your love life.



## GEMINI

At work, your customer base will grow dramatically, thereby increasing your income significantly. In your love life, your partner or someone you're interested in will surprise you in a way that makes you very happy.



## CANCER

You'll have an epiphany that will light the way to achieving your personal and professional objectives. As a result, you'll take the first steps toward starting your own business.



## LEO

In order to expand your professional and personal horizons, you'll take a training course. To your great delight, this will change the trajectory of your life.



## VIRGO

Emotions will be palpable this week and may cause a degree of restlessness. You'll receive a clear sign of affection and commitment from your new love interest.



## LIBRA

Consider the consequences before making a decision that could change your life and that of those closest to you. Your generosity will be contagious and you'll spread the seeds of happiness.



## SCORPIO

Changing your eating habits will have a considerable effect on your health. In your love life, clear communication allows you to avoid conflict and propels you toward making a more serious commitment.



## SAGITTARIUS

You'll be a hero this week. You may even help someone out of a difficult situation just by listening for a few minutes and offering them a smile.



## CAPRICORN

If you've been thinking about moving, you'll start to consider the idea more seriously. Notably, you'll find a home that suits your family's needs.



## AQUARIUS

You won't pull any punches this week or beat around the bush when expressing your disagreement. You'll be feared and respected.



## PISCES

To be happier in your relationship, you need to break out of your routine and communicate your desires to your partner. If you don't already live together, you'll consider it.



## CROSSWORDS

PUZZLE NO. 983

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
			18	19				20		
21	22	23				24	25			
26				27				28	29	30
31			32	33				34		
35			36				37	38		
			39				40			
41	42	43			44					
45				46	47			48	49	50
51				52				53		
54								54		
55					56					57

Copyright © 2014, Penny Press

### ACROSS

1. Invade
5. Fruit coolers
9. Small drink
12. Car's wheel shaft
13. Flimsy
14. Tic-tac-\_\_\_
15. Shriek
16. Remedy
18. Sins
20. October gemstone
21. Glued
24. Birthday number
26. Fully develop
27. Reflecting surfaces
31. Notable timespan
32. Perfume
34. Sticky glop
35. Giza structure

37. Shoo!
39. Grovel
40. Globe
41. Waitperson's handout
44. Workbench clamp
45. Mimic
48. Resounding sound
52. Cashew or pecan
53. Refer to
54. \_\_\_ cream
55. Dangerous curve
56. \_\_\_ off (furious)
57. Ogler

### DOWN

1. Manta \_\_\_
2. Logger's tool
3. Feeling awful
4. Erase
5. Prize
6. Bears' lairs
7. Dine
8. Winter transport
9. Desist
10. Pinch
11. Strip
17. Effective one
19. Change the title of
21. Kind of school, for short
22. Drafty
23. Mast or boom
24. Objective
25. Understands
27. Trendy
28. Fairy-tale
29. Thunder
30. Not all
33. Tractor-trailer
36. Border on
38. Swiss or cheddar
40. Fathered
41. Look for ore
42. Down-under birds
43. Louse eggs
44. Cast a ballot
46. Opera division
47. No-win contest
49. Artfully shy
50. Tint
51. Hockey great Bobby \_\_\_

# Sudoku

PUZZLE NO. 708

		6	9					8
5								2
9								
	8		1					
7				4	5			
	9		2					6
3				1	7			
	6			2	1			
2	7			6				5

### 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

C	L	O	D	A	H	O	Y	D	U	O
L	A	V	A	S	O	L	E	I	N	N
A	G	E	D	H	E	E	L	M	I	S
M	O	R	A	L	E	L	A	P	S	E
S	O	D	I	N	F	O	S	L	O	T
N	O	P	E	L	I	S	T	E	N	
I	N	H	A	L	E	R				
T	E	N	S	E	R	N	O	G	S	
G	E	N	T	R	E	V	S	R	E	C
A	R	R	O	W	E	E	R	I	E	R
Z	S	A	E	V	E	R	A	L	S	O
E	E	G	E	E	L	S	S	L	A	W
D	R	E	D	E	L	E	P	E	W	S

## Sudoku

7	3	2	9	4	1	6	5	8
5	9	6	3	8	2	1	4	7
8	1	4	5	7	6	9	3	2
3	4	7	6	9	5	8	2	1
9	2	8	1	3	7	4	6	5
1	6	5	8	2	4	7	9	3
6	8	9	7	5	3	2	1	4
2	5	1	4	6	8	3	7	9
4	7	3	2	1	9	5	8	6



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 till further notice.

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



# A2 AUTO

*Professional Auto Body Repair & Painting*

- Insurance Work Accepted
- All Work Guaranteed
- Expert Color Matching
- Factory Genuine Parts
- Import Car Specialists
- American Muscle Cars
- Towing
- Major & Minor Repairs



**FREE ESTIMATES!**

**Ari: 514-476-4565**

**1385, Boul. des Laurentides, local 103, Vimont, QC H7M 2Y2**