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Inauguration of new rapid hospitalization complex in Saint-Eustache

Page 5

Mental Health: Put our minds at ease

Page 7

Premier Francois Legault: Businesses re-open Feb. 8 but keep curfew in place

Page 3

A Valentine's Day Contest

Page 12



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Québec 

Curfew rules remain But stores will open February 8, even malls

(NEWSFIRST) Last Tuesday, all Quebec was impatient to hear Premier Legault the next step of measures.

Already media outlets were hinting that stores will reopen Monday February 8th.

As expected at 5PM Premier Legault accompanied by Quebec Public Health Director Horacio Arruda and Health Minister Christian Dubé announced that businesses, hair salons even museums and will be allowed to open on Feb. 8, but the curfew will remain in place across the province.

The curfew will stay in effect, banning non-essential travel between 8 p.m. and 5 a.m., in 11 regions, including the Greater Region of Montreal.

The reopening of the province will be done gradually. CEGEP and university students will be allowed to slowly return to class, depending on the situation in each institution.

Also malls will be allowed to reopen across the province as well, but gathering in them will not be tolerated.

"We are going in the right direction, but we still have a lot of efforts to make in order to help our nursing staff and health-care staff. They have been on the front line for 11 months", he said.

On the other hand, the ban on visiting others in their homes remains in effect as does the "work-from-home" order for those who are able.

Gyms will remain closed in the 11 red zones, as well as movie theatres.

"There is more heavy breathing in gyms, creating more of a risk of transmission", explained Quebec Public Health Director Horacio Arruda.

Protecting the hospitals

Due to the Covid-19 situation at least 34 per

cent of surgeries and other treatments are being delayed.

"The most effective measure we have right now is the curfew," said Legault, attributing the drop in hospitalizations to the measure.

Legault said, even though hospital cases are declining, he is still worried about the situation there and he does not want to put more pressure on medical staff as they are already trying to catch up with delayed surgeries and treatments.

Once more vaccines are delivered to Quebec's seniors, the risk of hospitalization goes down for those under a certain age, Arruda explained.

Lifting the curfew and its risks

Based on government officials, -nearly a month after the 8 p.m. curfew was imposed and more than six weeks after non-essential stores were ordered closed- the decline of cases and hospitalizations has proven the effectiveness of the curfew. "In fact, hospitalizations decreased by 14% in the last 7 days" said Public Health Minister Christian Dubé.

A recent study by Quebec's public health institute, the INSPQ, found that the curfew had succeeded in reducing the number of home visits by half, though experts say there are other factors at play.

Legault did not indicate when the curfew will be lifted. He hinted though that, a reassessment will be done of the new measures and a news conference will be held on February 22 on the subject.

There are not going to be any roadblocks or fines given, but Legault said he is strongly encouraging people to stay in their own region rather than heading out to other areas.

If people do go out to cottages, they need to

stay within their immediate family bubble rather than gathering with other family members or families, he said.

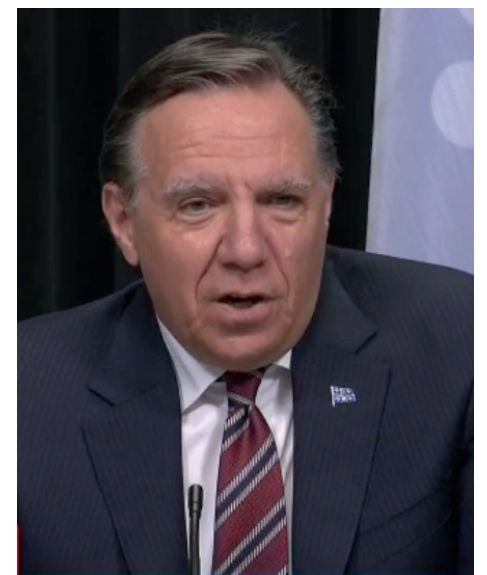
Many epidemiologists believe that the closure of retailers kept more people at home, away from potential contacts but with the reopening of retailers and malls the situation may change to worse if the rate of transmission once again increases.

More money for businesses

Early Wednesday morning, February 3rd, Quebec Economy Minister Pierre Fitzgibbon, announced that all businesses that closed due to the pandemic they will be able to obtain a reimbursement of their fix expenses during the reopening period.

For businesses closed for 90 days or less, a maximum additional amount payable is \$15 000 per establishment. The additional support must cover the fixed expenses disbursed in the month following the reopening of the businesses targeted.

For businesses closed for a period of more



Quebec Premier Legault

than 90 days, the maximum additional amount payable corresponds to \$30 000 per establishment, i.e., \$15 000 per month. The additional support must cover the fixed expenses disbursed in the two months following the reopening of the businesses targeted.

Since the closure order has been extended until February 7, the AERAM section may apply to the months of October, November, and December 2020 and to the months of January and February 2021. As the enterprise was closed for more than 90 days, the enhancement for the resumption of its activities will apply for the months of March and April.

New businesses remain ineligible for federal support



CFIB President Dan Kelly

70 per cent of businesses say federal and provincial small business relief programs are crucial for

their survival in 2021, but many are still unable to access support, warns the Canadian Federation of Independent Business (CFIB).

"Small business owners are anxious to replace subsidies with sales, but with business lockdowns and restrictions still in place across Canada, programs need to be extended and expanded in order to avoid widespread business failures," said CFIB President Dan Kelly. "Already, one in six business owners is considering permanent closure, and that's on top of the ones who have already gone out of business. As helpful as the programs have been for many, CFIB's offices continue to be flooded with calls from small business owners who are struggling to access many of the critical supports. One of the biggest gaps includes the lack of access to federal programs for new businesses that opened in 2020. This needs to change."

According to CFIB's latest survey results, two thirds of small businesses (65 per cent)

have used the Canada Emergency Business Account (CEBA) and 59 per cent have used the Canada Emergency Wage Subsidy (CEWS). In comparison, only a quarter have used the Canada Emergency Rent Subsidy (CERS) and 8 per cent have used a provincial support program.

While CFIB has spent months successfully lobbying for improvements and changes to each of the government programs, many additional fixes are required:

- Create a pathway for new (2020) businesses and those with no business number to access federal support programs
- Allow businesses that rent from a non-arms' length entity to apply for CERS
- Allow tenants to use CERS subsidies for rent bills without requiring full payment
- Immediately process all outstanding applications for expanded CEBA loans and consider a further expansion (\$80,000/50 per cent forgivable) as the pandemic continues

- Allow small firms with less than \$40,000 in non-deferrable expenses to access CEBA

- Make a portion of the new Highly Affected Sectors Credit Availability Program (HASCAP) loan forgivable

- Immediately announce the CEWS and CERS subsidy rates and loss comparison formula for the spring months and extend programs until all businesses are reopened and physical distancing requirements end

- Defer tax deadlines until the end of 2021

"The reality for large groups of businesses, like those that started in 2020, is that they are left out of any support at all. For others, the help is too little too late. More work needs to be done to close these gaps so the programs can help as many businesses as possible survive the pandemic," added Kelly.



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OPINION & Editorial



How to put Canada's post-pandemic recovery on the right track

Four areas of focus: interprovincial trade, streamlined taxation, immigration and innovation

Social engineers are eager for Canadians to buy into the same madness touted across the globe for post-pandemic recovery: more government spending. Now is precisely when technocrats must take a back seat and let markets take the wheel.

On Nov. 30, Finance Minister Chrystia Freeland presented the 2020 Fall Economic Statement to Parliament. The report highlights Canada's economic toll due to COVID-19 and outlines legislative proposals for economic recovery.

These include stale, ready-made measures found in any bureaucrat's top drawer, such as collecting tax on e-commerce, expanding credit facilities for business and "economic inclusion" for women. These are short-term solutions at best, and they undermine economic growth and resilience in the long run.

With the 2020-21 federal budget deficit expected to reach \$343 billion, with millions of impacted businesses and entire industries in disarray, the Canadian economy is as weak as it was in the 1930s. Rapid recovery needs more than top-down government planning and tweaking.

Rather, Canada needs to look deep at the structural issues hindering growth. Four areas that would yield much larger surpluses – now and in the coming years – are interprovincial trade, taxation, immigration and innovation.

Open interprovincial trade

This is a no-brainer. The International Monetary Fund has detailed how, if Canada removes internal trade barriers, it can boost economic productivity and increase gross domestic product (GDP) per capita by four per cent.

The best part is provinces don't depend on the federal government. They can either unilaterally reduce barriers or celebrate trade agreements between them, focusing on regulatory harmonization or labour mobility to begin with. The New West Partnership set up in April 2020 between British Columbia, Alberta, Saskatchewan and Manitoba is a leading example.

By opening up interprovincial trade, Canada's GDP can grow by nearly \$50 billion over a decade, according to a 2018 Bank of Montreal study. This more than doubles Canada's annual exports to China, the country's second-largest trading partner.

Streamline taxation

The pandemic has dramatically accelerated retail e-commerce. According to a study of Brand Spark International, over 4.5 million Canadian households bought groceries online from March to June 2020, and e-commerce penetration grew by more than 50 per cent in most of the assessed product categories.

Under current financial conditions, piling sales taxes on e-commerce would hold back its growth and amount to a punishment for the extra business. Rising prices would lessen the incentives for consumers to purchase online and stay at home.

The Organization for Economic Co-operation and Development (OECD)

Regulatory Restrictiveness FDI Index consistently ranks Canada as one of the most unfavourable countries for foreign direct investment. The World Bank also placed Canada well behind its OECD partners in the ease of paying taxes, estimating companies spend 131 hours a year preparing and paying their taxes.

Rather than create new taxes or increase existing ones, Canada should streamline filing and make it simpler for businesses to service the inflow of customers.

Facilitate targeted immigration

An aging population and a slow-to-adapt workforce are two challenges affecting Canada. While the government, higher education and firms should keep investing in human capital, we need high-skilled immigrants who embrace Canadian values. Fortunately, there is strong demand abroad for the opportunity.

Despite Canada being one of the top destinations for college students and talented migrants, the pandemic has made mobility more difficult. At the same time, online education and remote work have become commonplace.

Ensuring foreign students of select programs can stay in Canada amid the pandemic, and retaining them long-term is one way. Universities should increase partnerships with private industry to boost the skill sets in demand.

A recent study by Statistics Canada found that immigrant workers contribute enormously to business productivity and the exchange of knowledge and ideas. Since Canada can't fill the gap of high-skilled workers and low productivity by itself in the short term, targeted immigration is a vital source for sustained economic growth.

Disruptive innovation

The Fortune Global 500 ranking of corporate revenue listed only 13 Canadian companies in 2020. Scaling Canadian firms to a global reach is a persistent challenge and throwing easy money at them is not enough. Instead, it favours complacency.

As former Bank of Canada deputy governor Paul Jenkins said, "The most durable source of funding is sustained economic growth, not a reliance on low interest rates."

Canada needs more entrepreneurship and innovation, which are the engines of wealth creation. Embracing new industries, such as blockchain technology, and reducing legal costs for startups can create hubs for growth.

There's no mystery to this path, as our neighbours in California's Silicon Valley can attest. The government should stay out of the way, and focus on ensuring businesses a safe environment to invest, expand, innovate and create good jobs.

Contrary to the prevailing view, central planning from the federal government is the lazy, unimaginative path for an uncertain recovery.

The COVID-19 pandemic and lockdowns have decimated the economy. Canada must reinvent large swaths of it and no government recipe is stronger than profit-driven enterprise.

Paz Gómez



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Inauguration of the new rapid hospitalization complex in Saint-Eustache



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The Minister of the Environment and the Fight against Climate Change and Member of Parliament for Deux-Montagnes, Benoit Charette, inaugurated, on behalf of the Minister of Health and Social Services, Christian Dubé, the new rapid hospitalization complex in Saint-Eustache.

Initiated at the end of September 2020, this project aims to provide the Saint-Eustache Hospital with a temporary, quick-assembly construction to add care beds, in particular due to the context of the pandemic which increases the needs.

The complex welcomes its first patients from

***"In the short term,
it became necessary
to put in place a
quick solution."***

Christian Dubé

Minister of Health and Social Services

January 31. The temporary building is connected to the Saint-Eustache Hospital by a footbridge and includes all the infrastructure "necessary for patient care. The new hospital complex includes 62 individual alcoves (rooms).

Patients who must undergo surgery and / or day surgery will be transferred to the complex,

which will free up space and add hospital beds at the Saint-Eustache Hospital, with the aim to welcome customers with symptoms of COVID-19 more easily.

This is also a first step towards modernizing the hospital, a project that will materialize over the next few years. This major project includes the modernization of the emergency room, the construction of a new short-term care unit to make up for the current lack of beds and the redevelopment of the current care units.

"Carried out in the midst of a health emergency, the construction of this complex gives us the opportunity to improve the organization of care this winter. In the short term, it became necessary to put in place a quick solution. This project reflects our desire to be inspired by the best possible ideas to improve the health and social services network. » said Christian Dubé, Minister of Health and Social Services

Benoit Charette, Minister of the Environment and the Fight Against Climate Change and MP for Deux-Montagnes, also added: "I am very proud to underline the efforts that have been made, in a very short period of time, to improve care and services at Saint-Eustache Hospital. The result of this large-scale work will allow patients and healthcare teams to benefit from facilities of hospital quality, in a safe and suitable environment. The community will thus be able to benefit from the first structure of this kind in Quebec for hospitalization needs. »

The construction project was completed in just four months, at a cost of nearly \$ 19 million and it should be noted that construction work on a similar project in Saint-Jérôme is continuing and that it will open in the coming weeks.



Rosemère Bans Single-Use Plastic Bags



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The Rosemère City Council adopted a resolution on January 18 as a first step in the implementation of a bylaw to ban single-use plastic bags on its territory. Until the bylaw comes into force on Earth Day, April 22, 2021, the Town of Rosemère will be taking various actions to inform its residents, merchants and visitors, raise their awareness and educate them about this new bylaw and its day-to-day impacts.

The ban on single-use plastic bags is a concrete action that is in line with the Town's environmental policy implemented in 2005 in order to achieve national objectives on environmental protection. The Aile des gens d'affaires de Rosemère (AGAR), a working committee of the Chambre de commerce et d'industrie Thérèse-De Blainville (CCITB), was the driving force behind the Town's authorities to establish these new regulations in 2019. Although the COVID-19 pandemic has delayed the adoption of this bylaw, the city announced that the bylaw will be extended to the following plastic products as of January 1, 2022: straws, stir sticks (for coffee), can rings, plastic utensils and food containers made of plastic that are difficult to recycle.

"Merchants and entrepreneurs who are members of AGAR were keen on contributing to these regulations, as the environment is of great concern to Rosemerites. Our members therefore responded to this initiative and will redouble their efforts to facilitate residents'



adaptation to this new reality. We therefore hope that this collaborative project will inspire you to take concrete actions in your daily lives to make our magnificent town a greener place," pointed out AGAR President Jessy Turcot.

Over the next few months, through the Town's various communication platforms, residents and merchants will have the chance to learn about the objective of the bylaw as well as the day-to-day impacts of this new recommendation. Particularly for merchants, an information kit and tools for communicating with customers will be distributed, in collaboration with the AGAR, in order to facilitate this transition.

"Rosemère stands out, among other things, for its focus on commercial activities and its great respect for the environment. The objective of banning single-use plastic bags is to achieve direct reduction at source and to encourage the use of reusable and recyclable bags. Although this ban is a current societal issue, the implementation of this new bylaw will bring about a change in our residents' and merchants' habits, so we will do our utmost to make this transition a smooth one," stated Eric Westram, Mayor of Rosemère.



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Winter fun and romance at Deux-Montagnes! Snow labyrinth, forts, giant sculptures and more await the Deux-Montagnais at Olympia park!

As of the 28th of January, new outdoor installations await the Deux-Montagnais at Olympia Park (1005, rue Guy) in order to fully enjoy the joys of winter: snow labyrinth, forts, giant sculptures and more! If residents no longer know what to do to relieve yourself of boredom in this time of pandemic and containment, young and old are invited to put on a hat and mittens and come and move in Olympia Park thanks to one of the outdoor activities offered:

Outdoor skating rinks:
2 strip rinks and 1 ice ring.
Note: due to current sanitary measures, the park chalet is not open. Additional benches are installed outside to put on the skates (**physical distance must be respected**).

Glissade :
the hill that allows children to slide each year is ready to welcome them again!
Citizens must bring their own sled or sled.

New this year!
Background music:
evening, 5 p.m. to 7:30 p.m., Monday to Friday, and 8 a.m. to 7:30 p.m. on weekends.
Snow labyrinth:
walk through its corridors, avoid dead ends and get out by a little slide!
Two big forts!
For intense family snowball fights
Three giant sculptures 8 feet high to admire.
Take part in the “snowman race”!
Find the names of the eight snowmen that are across the park, by putting the letters of each in the correct order!

Valentine’s Day:
After the Advent Calendar, here is the Love Calendar!
After having concocted an advent calendar last December, the Recreation Department is revisiting the concept and proposing a calendar of love for Valentine’s Day. For the love of oneself, for the love of a loved one, for the love of nature, for the love of sport....
From the 1st to the 14th of February, the day of Valentine’s Day, the citizens will find a proposal of activity per day, to do alone or with family, to celebrate love from all angles!

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Over \$ 440,000 raised during The Grande Guignolée for Moisson Laurentides



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Moisson Laurentides can confirm that more than 80,000 kilograms of non-perishable food items were collected during the Grande Guignolée pour Moisson Laurentides (food drive) thanks to the involvement of participating merchants, businesses, schools and the general population. More than \$ 440,000 have been raised since November 23, 2020, following the implementation of new initiatives such as Teledon and the peer-to-peer campaign. The positive results of these events will allow Moisson Laurentides to pursue its mission to fight hunger and nourish hope throughout the coming year.

For the first time in its history, due to the current context, Moisson Laurentides organized a virtual food drive. Among the actions put in place, a Teledon took place, for a day, on December 15. In addition, other possibilities to contribute were available until January 31 to businesses and residents who wanted to support Moisson Laurentides.

The spokesperson for the event, Danny Berger, recalls: "No one is immune to being in a precarious situation. The current pandemic reminds us of this every day. Let's join together and be generous again this year to support Moisson Laurentides."

Moisson Laurentides is delighted with these results, despite the exceptionally difficult situation we are currently experiencing, this unifying event arouses great solidarity which is heartwarming. "Your donations of cash and non-perishable food allow nearly 21,000 people,



a third of whom are children, to live with dignity. Your contribution makes the difference. », says the general manager of Moisson Laurentides Annie Bélanger.

Moisson Laurentides was grateful to all the partners, media, volunteers and community organizations in the area who contributed to

the success of this event giving special emphasis to the exceptional involvement of Discount, Luminet Solutions Inc. and all participating merchants (IGA, Loblaw, Maxi, Metro and Provigo).

Moisson Laurentides reminds residents of the Laurentians that, for each dollar received,

it gives back the equivalent of \$ 20 in food. 4.3 million kilograms of food are distributed each year, i.e. the equivalent of more than \$ 28 million in market value. By supporting Moisson Laurentides, donors make it possible for 106 organizations to feed 20,763 people, a third of whom are children, each month.

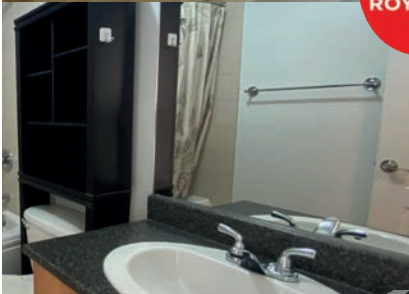


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Confinement in Québec

A confinement and a curfew are in effect across Québec from January 9 to February 8, 2021, inclusively,* with the exception of the Cree Territory of James Bay and Nunavik.

These measures are in place to slow the spread of the virus and protect the population, which includes seniors, at-risk individuals and healthcare workers.

THE CONFINEMENT AT A GLANCE



Gatherings are prohibited

- Private indoor and outdoor gatherings at homes and cottages are prohibited.
- There are a few exceptions:
 - One visitor from another address for people living alone (ideally, always the same person to limit social contacts)
 - One informal caregiver
 - Individuals offering services or support
 - Labourers for planned work



Travel is not recommended

- Travel between cities or regions is not recommended (except for essential travel for students, workers, shared custody and freight transportation).



Sports and recreational activities with members of the same household only

- Sports and recreational activities must be limited to members of the same household. Activities such as walking, downhill skiing and cross-country skiing are permitted, provided they are carried out individually or with members of the same household, and that the curfew is respected.
- An exception is also permitted for individuals who live alone, who may carry out an activity with another individual (ideally, always the same person). In this case, a minimum distance of two metres must be maintained at all times.



Commercial establishments open for essential goods only

- Non-priority businesses must close until the end of the confinement. Businesses authorized to continue their activities must offer only essential goods and services.
- Curbside pickup is still allowed. Products can be purchased online and delivered or picked up on site without entering the premises, in accordance with the health recommendations.
- Restaurant dining rooms remain closed. Delivery, takeout and drive-through orders are permitted. Only delivery will be possible during the curfew.
- To comply with the 8 p.m. curfew, all businesses must close their doors no later than 7:30 p.m.
- Exceptionally, during the curfew, pharmacies and service stations will remain open on the same schedule as usual. Pharmacies will only be allowed to sell medication and essential products such as pharmaceutical, hygiene and cleaning products. Service stations will only be allowed to sell food, non-alcoholic drinks, fuel and products for road vehicles. In other words, service stations are not authorized to sell tobacco or alcohol products during the curfew.



Mandatory teleworking and reduced activities

- Teleworking is mandatory for people who work in office buildings.
- In the manufacturing and construction sectors, activities must be reduced to a minimum to meet commitments. Teleworking is mandatory when possible and shifts must be adjusted to limit the staff present at any time on production and construction sites.

Visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement) for more information about the measures in force.



THE CURFEW AT A GLANCE

Stay home from 8 p.m. to 5 a.m.

During the confinement, a curfew is in effect from **8 p.m. to 5 a.m.** Quebecers must not leave their homes or property during this period, save for the exceptions below.

Valid exceptions

- A person whose presence is required at their place of work or who is transporting goods needed for the ongoing activities of their business.
- A person who is going to a pharmacy to obtain medication or pharmaceutical, hygiene or cleaning products.
- A person who must go to or return from a hospital, a clinic, or a dentist's or optometrist's office.
- A person who must visit a sick or injured relative.
- A student who must attend an in-person evening class or go to a laboratory in a recognized school.
- A parent who must accompany their child/children to the home of the other parent who has custody of them.
- A person who is going to take an inter-regional or inter-provincial bus, train or plane to their final destination.
- A person who must take their dog out to do its business, within a radius of no more than one kilometre from their place of residence.
- A person who must travel in order to comply with a court judgment, to respond to a summons to appear before a court, or to exercise custody or access rights as a parent.
- A person who must accompany another individual to a medical appointment if they are unable to drive themselves there.
- A parent who must accompany a sick child to the hospital.
- A person travelling to give blood at a Héma-Québec donor centre.
- A person who must accompany another person who requires assistance in one of the situations listed above (e.g. a parent who must drive an adolescent to their workplace).

Broader policing and fines for offenders

- Police will continue to ensure compliance with health measures and can intervene when individuals are outside their homes during curfew hours.
- Offenders can face fines ranging from \$1,000 to \$6,000 if they are unable to adequately justify why they are outside the home. Young people 14 years of age and over are subject to a \$500 fine.

To learn more about the curfew, visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement).

Be there for yourself like you're there for your loved ones

The current situation may cause emotions that are distressful or difficult to handle. Experiencing an imbalance in various facets of everyday life is a normal reaction. Managing your thoughts, emotions, behaviours and relationships with others may become more challenging. While most people will adapt to the situation, it is important that you listen to your needs. Take the necessary steps to get help if you need it.

There are solutions. Visit [Québec.ca/gettingbetter](https://quebec.ca/gettingbetter) to learn more.



*This article contains information valid as of January 12, 2021. For the most up-to-date information, visit [Québec.ca/en/confinement](https://quebec.ca/en/confinement).

Québec.ca/coronavirus

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Québec



DIRECT? ANSWERS

From Wayne & Tamara

Chasing Shadows

Q My wife and I are in the process of divorce. There has been a lot of pain from this divorce, even though it was uncontested.

We married at 19 and had our first child at 20. Statistics would say this marriage couldn't last, but it kept going and we had another child at 25. My wife worked for a company that employed mostly women, and most of her clients were men.

In the eighth year of marriage, we started having problems. We worked on them, and I thought they were resolved, but just before our tenth anniversary, she left. I had the children. When I found out she was living with another man, I began divorce proceedings. The grounds were abandonment.

We talked during this process, and she finally asked if she could come home. I said yes.

The following two years were the hardest in my life. Whenever I looked at her, I said all sorts of things. I was not physically abusive, but mentally I was very mean. Eventually we got through it.

We started having problems again around our 21st year. At different intervals, she left about three times. She always returned, telling me she did not know what was wrong, I hadn't done anything, and it was all on her.

I tried with all my heart to help her, but it was as if she wouldn't let me in. Then our lives seemed to go to completely miserable. I would come home afraid of what to say. Whether she had cooked or not cooked didn't matter. I kept a closed lip.

My youngest child was still living at home. The week before his graduation, I noticed changes in my wife. Her attitude toward the family had grown worse. On Sunday my son graduated, and the following Thursday night she became irate over little things he hadn't done.

Before the end of the evening she told me she was going out for cigarettes. I went to bed. When I woke later and realized she wasn't there, I asked my son. He said they argued, and she said she was leaving.

She went to my daughter's. After several days, when my anger died down, I called. It was then I found out she was going to bars and backwoods

beer joints and drinking a lot. Two weeks later, I found out she was staying with some guy.

She hasn't called to talk to our son, who was her heart, and lately she hasn't talked to our daughter. I want to call her and tell her what she means to me, but I don't want her laughing in my face in front of her boyfriend.

Now I'm old and lonely and scared. I'm 42. I don't want to start over again. All I want is her back in my life. I can't understand how someone can walk away from everything they ever loved.

Mack

A Mack, a couple of nights ago we watched a movie about a divorcing couple. In one scene, the man explains to his adult son how he met his mother.

He had accidentally boarded the wrong train, an express train that didn't stop at his station. But on that express train, he met the woman who would become his wife.

Your wife must have been miserable to abandon her kids the first time. But she came back, perhaps because it looked bad, perhaps because she felt it was her duty. But she didn't come back because she loved you. She came back because she failed in her escape.

With your daughter grown and your son coming of age, she tried three more times to leave. Each time she came back for what was missing in her life, and each time she did not find it in you. Then she left for good.

Your letter is not about her. It is about you. You have been living in fear since the first time she left. You can want her as much as you like, but this woman is not the love of your life except in your imagination. Now you are afraid to start over because of the emotional damage this roller coaster has caused you.

You are pursuing her not out of love, but out of loneliness and fear. Those emotions seldom give us the correct answer.

The truth of your marriage is that 20-odd years ago your wife got on the wrong train.

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@WayneAndTamara.com

Duchesnay invests \$3 million at its Blainville plant and increases its export capacity



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
dimitri@newsfirst.ca

Duchesnay, a specialty pharmaceutical company with a long-standing commitment to women's health, announced a substantial investment at its Blainville plant. The addition of a blister packaging line to the production chain for its flagship products Diclectin, Bonjesta, Pregvit, Pregvit folic 5 and Osphena® will allow the company to increase its export capacity, in addition to optimizing its manufacturing site. This \$3 million investment will also help provide and maintain quality specialized jobs in Quebec.

Blister packaging of pharmaceutical products being a requirement of authorities in many countries, the addition of this new state-of-the-art equipment will serve Duchesnay in pursuit of its international export objectives for its flagship products. As Éric Gervais, Executive Vice President for Duchesnay, mentioned: "This investment is directly in line with Duchesnay's key strategic axes. As we aim to export to more than 50 additional countries, we must give ourselves the means to achieve our ambitions while keeping all the stages of production here. In addition, in this time of a global pandemic where shortages of essential drugs are frequent, this investment contributes to increase our independence in pharmaceutical production."

This project could not have been carried out without the participation of the Business Development Bank of Canada (BDC) by providing full financing for this investment.

"BDC is delighted to support the Duchesnay team in its growth," adds Chantal Rémy, Senior Vice President, Quebec and Atlantic at BDC. "It is a company with high potential, well

"BDC is delighted to support the Duchesnay team in its growth."

Chantal Rémy
Senior Vice President, Quebec and Atlantic at BDC

positioned to meet the challenges related to pharmaceutical production. Its future in international markets is promising and above all, Duchesnay contributes to the economic vitality of Quebec! As the bank for entrepreneurs, we are proud to include them in the BDC family."

About Duchesnay

Duchesnay is a specialty pharmaceutical company with a long-standing commitment to women's health. Until recently, the company focused on filling the void in terms of scientific research and education and on developing pharmacological solutions that are safe and effective for use during pregnancy and breastfeeding.

About BDC

BDC is the bank for Canadian entrepreneurs. It provides access to financing, as well as advisory services to help Canadian businesses grow and succeed. Its investment arm, BDC Capital, offers a wide range of risk capital solutions. For more than 75 years, BDC's only purpose has been to support entrepreneurs in all industries and at all stages of growth.

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To Put Our Minds at Ease

BRIANNA FASOLI*

In tough times the fragility of one's mental health is brought to the forefront. This statement rings truest in times such as these when fear and anxiety are constantly at play within our minds. Not only do we have to worry about the persistent threat of a possibly deadly virus infecting us and our loved ones, but our lives and our habits have changed drastically. While these many changes are surely necessary evils to preserve our physical health, our mental health has not taken well to our new way of life. Continually being cooped up in our homes, not being able to see loved ones, friends and coworkers, not to mention the toll this has taken on many people's livelihoods. The total oppressing isolation of the situation is exacerbating problems new and old and is causing many to be in a very dark state of mind. With that in mind it is obviously no doubt that all of these factors have weighed heavily upon our shoulders and increased our collective anxiety and stress a hundred-fold. With this lovely reminder of how our lives have changed so unbelievably in mind, I would like to focus your attention instead, dear reader, on the valiant efforts of Bell Media to combat our society's continual battle with mental health issues and conditions.

This past Thursday, January 28, was Bell Let's Talk Day; a day in which Bell Media offered every citizen a chance in which they could make a difference and support Canadian mental health programs. You may have seen or heard their advertisements on the television or the radio or any of the many social media platforms. The ways in which the Canadian population could participate and contribute to this noble cause were very simple. Among some

"We must do our part to aid our society's ongoing battle with mental health."

of those ways there was, Bell's pledge to donate 5 cents for every call, or text on the Bell service provider. They also promised 5 cents for every view of the official 2021 Bell Let's Talk video (this year starring Michael Bublé) on all of the mainstream social media platforms. This year through all of these means of support Bell was able to raise \$7 958 671.75 to support Canadian mental health organizations.

However, it is not just on days of charitable recognition that we must do our part to aid our society's ongoing battle with mental health. It's not like a teenager's social anxiety or somebody's debilitating depression disappears for the rest of the year. That is one of the worst parts about struggles with mental health; it is something that cannot be seen and does not always have obvious signs, thus people can end up suffering in silence. Even before the unprecedented emergence of the Coronavirus, according to the Canadian Mental Health Association from an article written in 2018, approximately 3% of Canadian children were suffering from some kind of anxiety disorder. In my personal opinion I believe that number has most likely

doubled, if not tripled in the past year due to the newly added stress of online schooling and children's possible separation from their friends and important support systems.

The subject of mental health is a very delicate one to broach as it affects everyone differently and sometimes is followed by a dark cloud of stigma. However, it is in times like these when it is most important for us to open our minds and our hearts to those around us. We must be willing to offer and ask for support whenever it is needed and continue this healthy dialogue, not just on special days of recognition. I do realize though that for people suffering in silence sometimes it's very hard to ask for help,

especially for those suffering from anxiety for fear of rejection and dismissal of their feelings. That is why it is so important for us to keep an eye out for signs of mental health struggles in those we care for, parents especially considering this situation. Check up on your friends and keep in touch, as sometimes it just takes one kind word to remind someone that they aren't alone and unloved. We don't always know what is going on inside someone's head.

**Brianna Fasoli is a Secondary 4 student at Rosemere High School and part of our Young Journalists program at North Shore News.*

Renovation of heritage buildings in St. Therese The city gives a grant of \$20,000 to the owners of 10, rue Saint Charles



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
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The City of St. Therese gave on January 28, a \$ 20,000 grant to Marcel Desjardins and Madeleine Larose Desjardins, owners of 10, rue Saint-Charles. They thus reached the maximum amount offered by the Heritage Building Renovation Grant Program for their work.

The amount granted was used to cover part of the costs for the replacement of the membrane and the sheet metal covering of the roof, the enlargement of a heritage window in the side yard and the repair of the chimney. All of these renovations have been carried out in such a way as to retain the same cachet as when the house was built 125 years ago.

"In Sainte-Thérèse, we are fortunate to have a large number of heritage buildings, contributing to the reputation of the city in the region. However, these require much more attention than contemporary buildings in order to keep their original characteristics. Thus, I am very proud to see citizens, like the Desjardins, who are also involved in the conservation of their homes," said the mayor of Sainte-Thérèse, Ms. Sylvie Surprenant.

A little history of 10, rue Saint-Charles

The magnificent Victorian-style house located at the intersection of rue Saint-Charles and rue de l'Eglise is without a doubt an emblem of Sainte-Thérèse. Anyone who ventures into the Village will inevitably notice the imposing century-old house and its remarkable architectural components.



Also called The House of Doctor Avila Larose, this building housed the doctor's office in 1925, who devotedly practiced family medicine there for many years. In addition to working, Dr. Larose raised his seven children there. In 1984, the youngest of the family, Madeleine Larose, became the owner and in 2012 with her husband Marcel Desjardins, undertook the restoration of the house. Today, it is still inhabited by the owners on the ground floor and the second floor has been converted into two separate dwellings.

Subsidy program

In February, the City of Sainte-Thérèse identified the eligible buildings and launched this subsidy program totaling \$ 300,000, aimed at the preservation and enhancement of heritage buildings and their original characteristics. To date, the owners of buildings meeting the criteria can receive between 25% and 50% of the value of the renovations carried out, up to a maximum of \$ 20,000, for the completion of work on walls, roofs, doors and windows, and architectural details and projections of their residence.



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Excellent Location!

Pierrefonds Large 6 1/2 for rent newer construction (2004) available immediately excellent location just steps from Pierrefonds Blvd renovated kitchen with granite countertops parquet floors master bedroom with ensuite bathroom and walk in closet 2 full baths and 1 powder/laundry room in basement 2 car garage and 2 car exterior parking included



Bonjour,

Suite aux plus récentes demandes du Gouvernement du Québec par rapport à la propagation de la COVID-19, nous souhaitons confirmer que les Cinémas Guzzo seront fermés.

Comme toujours, nous suivons la situation de très près et nous nous ajusterons au besoin en fonction des demandes des autorités. Notre priorité demeurera avant tout la santé de nos employés et du public.

L'équipe Cinemas Guzzo

Following the most recent requests from the Government of Quebec regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed.

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 Cinémas Guzzo Team

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A Valentine's Day that makes good.

If there is one thing we all need right now, it's kindness and love. Therefore, the **City of Sainte-Thérèse** is launching the *A Valentine's Day that Makes Good* contest, which will allow Teresians to create a true chain of love.

The concept is simple: citizens are invited to send their most beautiful, sweet words or their poem by email to saint-valentin@sainte-therese.ca by February 7. Whether addressed to a specific person or to the whole community, all messages of love are accepted!

Ten messages will be drawn at random and their authors will win one of ten gourmet and comforting prizes from Teresian traders, such as a three-course meal from the 425°F restaurant, a floral arrangement designed by Jardin Dion or fine chocolates from chez Mathilde Fays. The winning love-words will then be posted on the City's website and Facebook page to share all this love with the Teresians.

"The winter activities usually organized in Sainte-Thérèse such as Winter Pleasures or FluoFest unfortunately had to be canceled due to COVID-19. It was therefore important to find a comforting alternative for the population. This competition is a happy mixture of creativity and solidarity. Take part in large numbers in this competition where the inspiration that comes from the heart will be your best asset! », declared the mayoress of Sainte-Thérèse, Mrs. Sylvie Surprenant.



The full list of prizes:

Home delivery February 14

1st PRIZE:

Delivery of a 3 course meal from the restaurant 425F for two people (\$ 100 value)

2nd PRIZE:

An arrangement Delivery green plants and flowering garden Dion (\$ 75 value)

Prices to recover store (at boutique de Sainte-Thérèse)

3rd PRIZE:

Chocolates Packaging Fays Terroir chocolate (\$ 55 value)

4th PRIZE:

Packaging chocolates Fays Terroir chocolate (\$ 45 value)

5th PRIZE:

Chocolates Packaging Fays Terroir chocolate (\$ 45 value)

Prices emailed.

6th PRIZE:

1 pair of tickets to a show at the Cabaret BMO Sainte-Thérèse (\$ 60 value)

Prices to be picked up (venue to be confirmed with the Department of culture and recreation)

7th PRIZE:

1 gift certificate at Librairie Ste-Thérèse (\$ 50 value)

8th PRIZE:

1 gift certificate at Librairie Ste-Thérèse (\$ 50 value)

9th PRIZE:

1 gift certificate Jardin Dion (\$ 50 value)

10th PRIZE:

1 check-cad Eau de Jardin Dion (value of \$ 50)



Youvarlakia , a Greek Wintery Meatball soup

When “a-storm’s a-comin’” and swirling winds are forming outside, Youvarlakia is just the type of soup you want to make. This is just not any kind of soup. This is a Greek traditional comforting winter soup with hearty meatballs simmering in a delicious lemon broth. The word comes from the Turkish “Yurvalak” meaning round.

For me when eating this soup, I get that “Ratatouille moment” (If you have seen the movie, it’s the scene where the food critic who takes a bite of a peasant dish, called ratatouille, and the flavours take him back to his childhood. He devours it with glee! His mom would make that dish which was his favourite.)

I guess we all have a favourite childhood dish and this one was certainly mine. Nowadays my mom still makes it from time to time but since I can’t get enough of it, I’ve decided to make it on my own and lots of it!

Making this soup will require very basic and few ingredients. The traditional recipe is using lean ground beef (you may use lamb, veal, pork or turkey) rice, grated onion, a few herbs, and olive oil. My mother would always use beef, which is more common in North America, but in Greece, there are not many big expanses of cattle pastureland. Livestock are mostly sheep and goat. Also, there is pork, which is king. Pork “feeds the world”, so they eat mostly pork.

The sheep and goat are pastured in the lush green Greek mountains and feed on wild herbs giving the meat a natural flavor not found in factory farms.

Since I can’t tolerate cooked onion, (it’s my stomach that dictates), I omit the onion in the meatball mixture (make sure it sits in the fridge for at least 1 hour), instead I used grated carrot and perhaps you can substitute with dehydrated onion flakes. As for the rice, I love using instant rice, they puff up and almost double the meatballs in volume. Once they are cooked, then the traditional egg and lemon base, called avgolemono is carefully stirred into the cooking liquid and within minutes, the whole dish is transformed into a frothy, delicious and very satisfying soup. Give this soup a try; it will be absolutely worth your time and effort!

For the Rice Meatballs

- 450 grams lean ground beef (I used turkey in this batch)
- 1/3 cup instant (or short) grain rice
- 1/4 small onion, finely grated (I omitted in this batch)
- 1 grated carrot
- 2 tbsps. grated ginger (optional)
- ½ bunch fresh parsley, minced
- 3 TBSP. fresh dill, minced
- 1½ tsp. salt
- ½ tsp. freshly ground pepper
- 2 tbsp hp sauce or Worcestershire sauce (optional)
- 1 egg
- ½ cup of all-purpose flour (for rolling the meatballs).

For the broth:

- 1 tbsp olive oil
- 1 small chopped onion
- 1 stick celery
- 6 cups of water
- 2 bay leaves
- 2 tsp. Zest of lemon or lemon peel
- 1 tsp salt
- 1/2 cup of rice

For the egg-lemon broth (Avgolemono)

- 2 whole eggs
- The juice of 1 lemon or more

Instructions:

1. In a large bowl, mix the meat, egg, rice, carrot, ginger, parsley, dill, salt & pepper. Using your mix everything until well combined. Important to leave the mixture to rest in the refrigerator for at least 15 minutes (this will prevent the meatballs from breaking up when boiled.). Roll the meat mixture into your hands and form into balls. Depending the size, if you make them small, yields about 30 meatballs. set them aside.
2. In a large pot, sauté the onion and celery into the olive oil. Add 6 cups of water, Add the bay leaves, lemon peel and bring to a boil
3. Meanwhile, in a small bowl, place the flour and roll each meatball in it, coating each one well.set aside.
4. Drop the meatballs gently into the boiled water, add the salt and simmer on low, fully covered, for about 30 minutes.
5. Add the rice. Cook for another 15 minutes
6. To prepare the Avgolemono sauce for the soup, put the eggs into a medium bowl and whisk very well until frothy. Add the lemon juice and whisk again. Start “tempering” the eggs by adding a ladle of hot soup to the bowl while whisking constantly. Add one more ladle and whisk again until combined. Stir in the egg-lemon broth into the soup, mix well and bring to a gentle simmer, over medium-low heat, for just a minute or so, making sure the soup doesn’t come to a boil.
7. Leave it on the stove top and *it’s ready to serve!*

Deadline: WEDNESDAY before publication at 1 p.m. Classifieds

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In Memoriam & Obituaries

DUMAS, Gaston 1937 - 2021



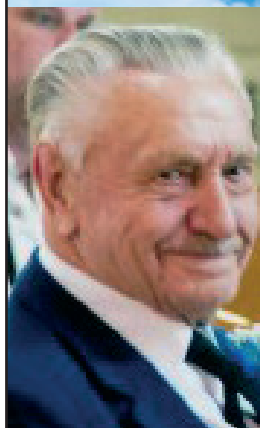
De Boisbriand, on January 24, 2021, at the age of 83, passed away Mr. Gaston Dumas, husband by first marriage of the late Mrs. Pierrette Lépine and second marriage of Mrs. Suzanne Cummings MD He left to join his deceased brothers and sisters: Léontine, Mariette, François, Armand, Claude, Gisèle, Marcel and Claudette. He is survived by his children, Daniel (Sylvie) and Sylvie (Richard), his 3 grandchildren, Marc-André, Jason and Maude; Suzanne's daughter, Agnès and her 3 children, Pierre-Yves, Philippe and Hélène.

MARCOUX, Hermine (née Larose) 1931 - 2021



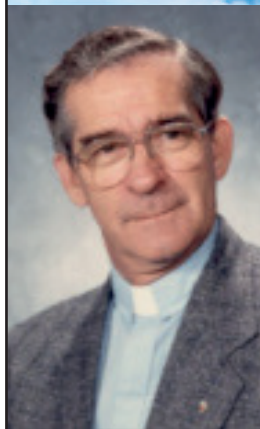
At the CISSS Antoine-Labelle Rivière Rouge, on January 30, 2021 at the age of 89, passed away Madame Hermine Larose, wife of the late Léandre Marcoux. She is survived by her children, Lise (Joseph Ackad), Richard, Linda (Marco Gladu) and Nathalie (Frank Fozo). She also leaves her nephews and nieces as well as many friends.

MAX KRAMER, Adolf 1932 - 2021



At the CISSS des Laurentides Lachute, on January 31 st, 2021 at the age of 88. Beloved husband to Claudéan Cromwell. Loving stepfather to Madeleine, Pierre, Susie, Richard, Jean-Pierre, Michel, Marie, Jean-Paul and Jean-Marc. He also leaves behind, many stepgrandchildren, his grandniece, Edith Bartsch Frankel (Simon), and many friends.

LAROCHE, Roland 1936 - 2021



In St-Eustache, January 29, 2021, passed away at the age of 85 Mr. Roland Laroché. Priest of the diocese of St-Jérôme. He is survived by his sisters Annette, Rolande, Marie, his brother Albert, his sister-in-law Françoise Dagenais, several nephews and nieces, other relatives and friends.

AUGER Née Dagenais, Doris 1939 - 2021



De Boisbriand, on January 29, 2021, at the age of 81, passed away Mrs. Doris Dagenais, wife of Mr. Raymond Auger. Besides her husband, she will be sadly missed by her children Nathalie (Alain) and Sylvain (Manon), her grandchildren Marie-Hélène, Lina-Anne, Sébastien, Sarah and Yannick, her brothers-in-law and sisters-in-law, her nephews and nieces as well as other relatives and friends.

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HOROSCOPE

Week of **FEBRUARY 7 TO 13, 2021**

The luckiest signs this week:
ARIES, TAURUS AND PISCES



ARIES

Your responsibilities at home and at work will take priority. You'll have very little time for yourself. You'll also have to or-ganize an important business meeting.



TAURUS

At work, you'll be so successful your boss won't have a choice but to offer you a raise to ensure you don't take an offer else-where. You'll be quite proud of yourself.



GEMINI

You'll contemplate existential questions, and you'll feel the need to make some big chan-ges in your life. You'll follow through on commitments in your relationship.



CANCER

You'll be able to come to an understanding with certain peo-ple in your life after an argument. You'll show great wisdom in handling the situation, which should probably be dealt with sooner rather than later.



LEO

You'll have a very stimulating week at work. However, be careful not to set unrealistically high expectations for yourself, otherwise, success might elude you. Tensions might build among your coworkers.



VIRGO

You'll be the focus of everyone's attention, so expect to re-ceive some applause and re-cognition for your achie-vements. It'll be a situation that gives you a substantial confidence boost.



LIBRA

You might have to spend a day at home twiddling your thumbs, perhaps waiting for a delivery. The situation could prompt you to reassess the decor in a few rooms of your home.



SCORPIO

If you plan to hit the road, make sure you have clear directions to avoid wasting time searching for your destination. Make sure your GPS app is up to date, as it'll prove to be a valuable resource.



SAGITTARIUS

No one likes having to tighten their belt, and that's exactly what motivates you to correct a bad financial situation. You'll take all the necessary steps as soon as you figure out the best course of action.



CAPRICORN

In addition to it being a hectic week, you'll have to fill a variety of obligations that take up most of your time. Fortunately, you know how to stay organized in this type of situation.



AQUARIUS

The arrival of a cold will signal that your body needs time to rest and recharge. You'll worry about many small things. Lear-ning how to meditate or relax another way would do you good.



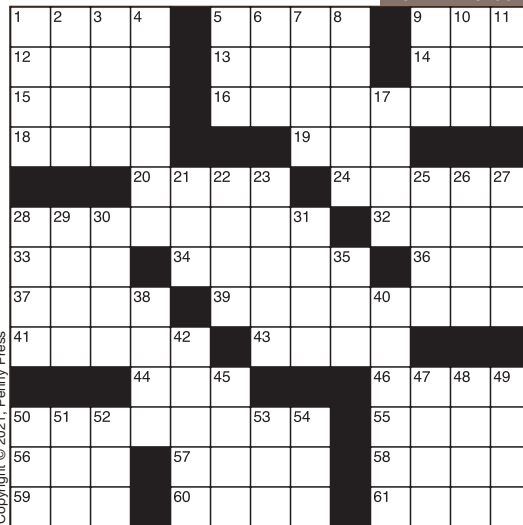
PISCES

A group of people you're in charge of will expect you to take the lead on everything. You'll have a lot of managing to do. Embrace your role and don't be afraid to assert yourself.

Coffee Break

CROSSWORDS

PUZZLE NO. 062



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ACROSS

1. Listening organs
5. Brats
9. Verbalize
12. Ink spot
13. Field cover
14. Purpose
15. Grizzly, e.g.
16. Plumpest
18. 18-wheeler
19. To's partner
20. Football throw
24. Entice
28. Received
32. Farm tower
33. Guy's date
34. Roof overhangs
36. Anti's answer
37. Legend
39. Wiggly desserts
41. Bus terminal
43. Fishermen's tools

44. Soft toss
46. Gap
50. Donations
55. Favorite star
56. Pasture mom
57. The Stooges, e.g.
58. Curtain holders
59. Sunday seat
60. Song of worship
61. Coatrack

DOWN

1. ____ and flows
2. Aweather's opposite
3. Rove
4. Band of color
5. Part of TGIF

6. Tangled mass
7. College figure, for short
8. Gush suddenly
9. Bring legal action
10. Burro
11. However
17. Foot parts
21. Chimpanzee
22. Bachelor party
23. VII
25. Kind of skirt
26. Think ahead
27. Playthings
28. Matured
29. Cloak
30. Paper holder
31. Printer's term
35. Was located
38. Chilly
40. Pullover
42. Molar, e.g.
45. Hide underground
47. Fragrance
48. Rich deposit
49. Or ____ (threat)
50. In the know
51. Great respect
52. Hot off the press
53. Actor/comedian
54. Daddy's boy

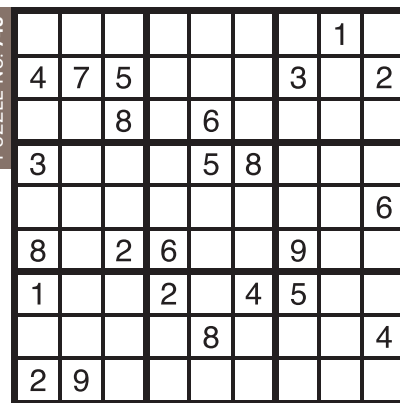
Sudoku

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.**

PUZZLE NO. 743

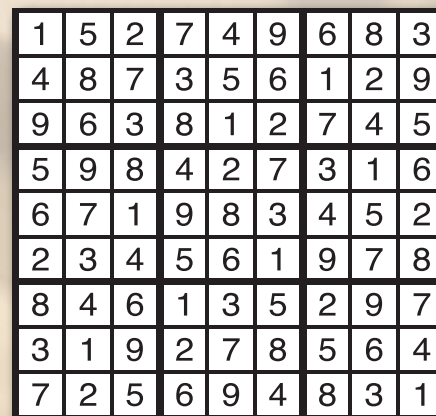


Last Issues' Answers

CROSSWORDS



Sudoku



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- Kiwis
- Apples
- Clémentines ou Oranges
- Bananas
- Parsley
- Lettuce
- Tomatoes
- Beets
- Chop Suey
- Nappa
- Broccoli • Ginger
- Peppers • Zuchinnis
- Limes • Dried shallots
- Mushrooms

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