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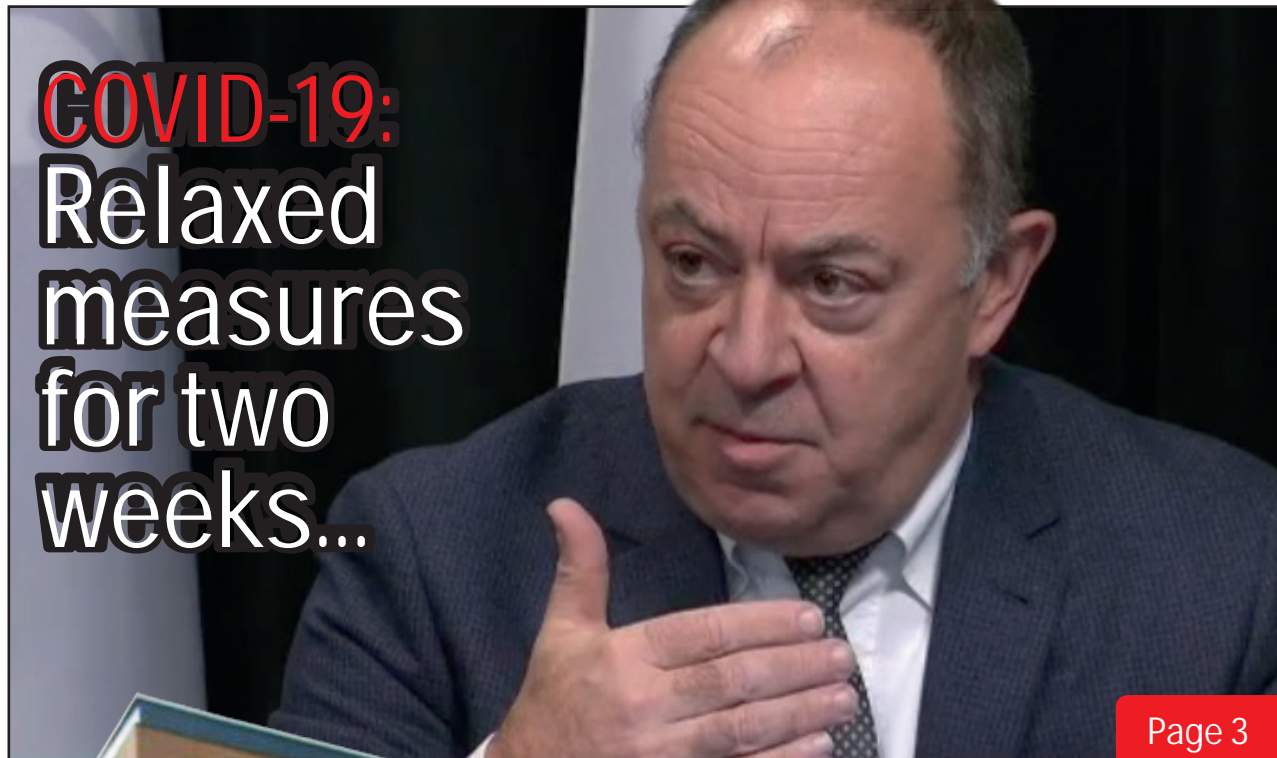
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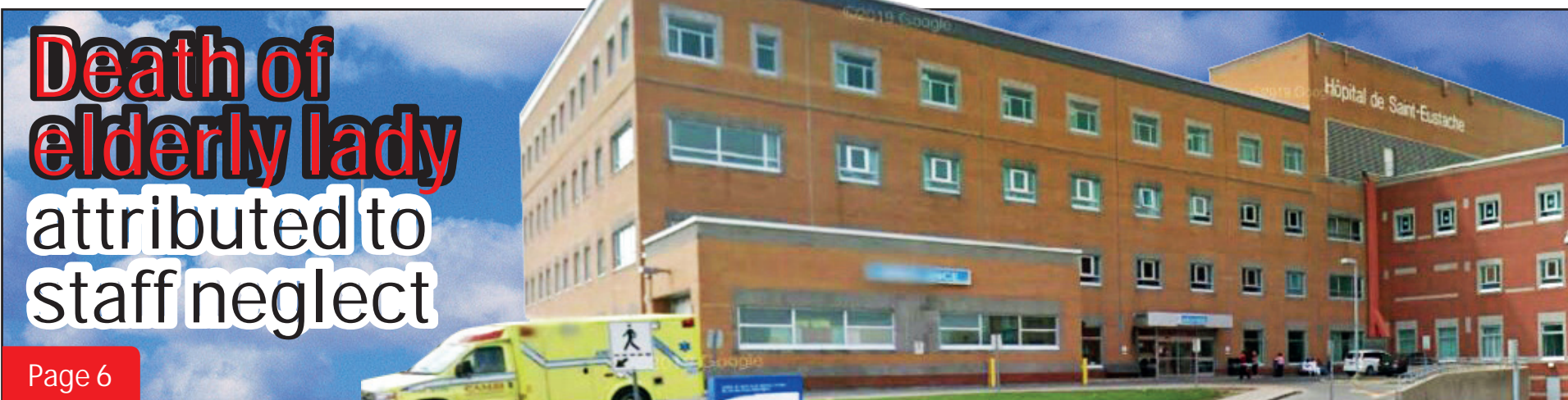
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# COVID-19: Quebec Government Relaxes Measures

*As case numbers drop, government opens up Quebec ahead of March Break.*

**MATIAS BRUNET-KIRK**

The Legault government announced on Tuesday that it will be relaxing COVID-19 health measures in the run-up to March break, as case numbers continue to drop.

The provincial government announced it will be allowing indoor pools, sports arenas and movie theatres to reopen in red zones throughout the province as of Feb. 26.

Activities such as free skates and indoor sports amongst family bubbles will be permitted. The government reiterated that health measures and maximum capacities would be put in place to ensure physical distancing and masks would remain mandatory.

The number of people allowed to gather outdoors will also increase from four to eight, given that masks are worn and physical distancing is respected.

This is in addition to the reopening of libraries and museums announced last week. "So there is a nice list of activities to stay busy for a few days," said Legault.

The only region of Quebec switching colours will be that of the Outaouais, which will be going from a red to an orange zone as the situation has stabilized.

## Curfew Remains

The 8 PM curfew will be left in place in red zones, restaurants and bars will remain closed and it is still strictly prohibited to have indoor gatherings of any kind.

"The pandemic is not over," said Legault, adding caution was still necessary as there are "still some significant risks for Quebecers."

The government added that though it discourages the rental of cottages or hotel rooms in other regions, they will not prohibit it nor will checkpoints be set up to restrict access between regions.

Premier Legault nonetheless asked that if Quebecers decide to travel, that they both remain in their family bubble and respect the 8 PM curfew. "We don't want people renting houses with other families," said Legault.

The government will instead be asking police forces across the province to especially patrol highly touristic areas, where chalets and hotels are available. Police will strictly enforce curfew and family bubble measures and issue fines upwards of \$1500 to those breaking the rules. At the moment, an average of about 1000 fines are issued every week.

## Thinking about families

Premier Legault stated the relaxation of restrictions is an effort to accommodate parents and give them options for activities and entertainment to do with their children over the week of March break.

Legault also stated it is to encourage children and teenagers to get outside more often and be able to play sports. Nonetheless, group sports such as hockey will still have to wait.

The government is also asking for the help of employers in being accommodating towards staff with young children, who may be scheduled to work over the break.

"It's not a good idea to ask grandparents to babysit children," said Legault, "please give them a few days off if you can."

"Spring is coming. But if we want a beautiful spring, we have to be careful," said Legault.



**"Spring is coming. But if we want a beautiful spring, we have to be careful," said Quebec Premier François Legault.**

## Case numbers and new variants

These changes come amid increasingly falling numbers of cases, hospitalizations and death rates. The province registered 669 new cases and 20 deaths on Feb. 16, numbers not seen since late September, setting a new record for 2021.

This is in addition to a recent announcement that 90,000 Pfizer-BioNTech will be delivered this week, allowing the province to ramp up vaccination efforts in long-term care facilities and seniors homes.

The government is nonetheless acting cautiously in its loosening of measures. There are still 771 patients in the hospital with

COVID-19, therefore postponing surgeries and exhausting front-line health care workers.

National public health director Dr. Horacio Arruda also made a specific note that evolving strains of COVID-19 variants in the province. Namely, the more contagious B.1.1.7 strain, known as the British variant, still poses a serious risk of kickstarting the third wave.

The government will monitor the situation closely and reevaluate the new measures in two weeks. "I hope Quebecers are cautious during March break," said Legault, hoping the province won't see a surge in cases similar to that which happened over the holiday period. He added that if things go well, there is the possibility of further loosening of restrictions as of Mar. 8.

## Hotel quarantine measures for air travellers come into effect February 22

As announced last week, starting February 22, air travellers returning from non-essential trips abroad, landing in Canada will have to quarantine in a hotel, at their own expense.

They will isolate in a federally mandated facility for up to 72 hours while they await the results of a polymerase chain reaction test, commonly known as a PCR test.

Health Minister Patty Hajdu said travellers will need to book a hotel in the city in which they first arrive in Canada, either Vancouver, Calgary, Toronto or Montreal. Hotel booking information will be available online as of Thursday.

Those with a negative result on their arrival test will be able to take a connecting flight to their final destination.

"Costs of these hotel stays may vary slightly at

each location. It is up to the traveller to choose where they wish to stay and book in advance of departure," said Hajdu.

"The price will include costs associated with the room, food, cleaning, infection prevention and control measures, and security as well as transportation."

## \$2000 per person for three days

It has been estimated that the potential cost of the three-day quarantine hotel stay will be \$2,000.

Those who test positive will be moved to a designated quarantine facility as the government monitors new variants of the coronavirus. Hajdu says vaccinated Canadians will not be exempt.

The testing requirement is in addition to

the mandatory 14-day quarantine period for returning non-essential travellers. The government has had travel restrictions on most foreign nationals in place since March 2020.

## Changes at land border

As of Feb. 15, non-essential travellers entering Canada through the land border will soon need to provide proof of a negative COVID-19 test within 72 hours of arriving. Essential workers, such as truckers, emergency service providers, and those in cross-border communities, will be exempt from this requirement.

Border officers can't legally deny entry to Canadians, but those who show up without proof of a test could face fines of up to \$3,000.

Starting Feb. 22, travellers entering Canada at the land border will also be required to take

a COVID-19 molecular test on arrival as well as toward the end of their 14-day quarantine.

## Ports of entry in Quebec

St-Bernard-de-Lacolle (Highway 15), Que.  
With additional ports of entry with onsite testing as of March 4:  
St-Armand, Que.  
Stanstead (Route 55), Que.

The government said it is working to supply all other ports of entry with test kits for travellers to take to meet these requirements.

Public Safety Minister Bill Blair said all travellers, whether arriving by land or air, will also be required to submit their travel and contact information, including their quarantine plan, electronically through the ArriveCAN app, before crossing the border or boarding a flight.



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# OPINION & Editorial



## What the Biden administration means for Canada

Canadians wonder what a Biden administration will mean for Canada, which includes the outcome of the scuttled Keystone XL pipeline. And for good reason. A dramatic change in governance in the United States will likely have significant implications for Canada so Canadian policymakers in both the private and public sectors should be prepared to respond to the new opportunities – and new challenges.

One area where change is likely is the bilateral trade regime. The Biden administration will almost certainly be more inclined to restore a rules-based regime for trade between the U.S. and its trade partners including Canada. This implies fewer unilateral actions taken by Washington against exports from trade partners on dubious grounds of “national security,” a common theme of the Trump administration. In a related manner, the Biden administration will likely be more willing to return to trade resolution mechanisms to deal with trade disputes including restoring the capacity of the WTO to staff trade-dispute tribunals.

A return to a rules-based trade regime is good news for Canadian businesses. Among other things, it will reduce business uncertainty faced by Canadian exporters, which should lower their costs of capital and thereby improve the climate for domestic investment. However, this optimistic perspective must be tempered by current realities in the U.S., which include a relatively high level of unemployment. President Biden has signalled that his economic recovery program will emphasize government purchases from domestic companies and this “buy local” focus may be a major bilateral trade irritant going forward.

A second area of change will be a substantial increase in government spending, especially in alternative energy and, possibly, physical infrastructure programs. Canadian construction and alternative energy companies with affiliates in the U.S. might benefit from what will likely be a major spending effort, as those companies would ostensibly be treated as domestic companies under any buy local conditions attached to the government programs.

However, a possible and less favourable indirect effect is that increased U.S. government spending might lead to higher U.S. interest rates. Given integrated financial markets, higher interest rates in the U.S. will put upward pressure on interest rates in Canada. The Bank of Canada might therefore raise interest rates sooner than it would otherwise choose to do so or accept significant downward pressure on the Canadian dollar. Changes in the U.S. tax and regulatory regimes can also be expected. In particular, the corporate tax rate will rise as will personal and capital gains tax rates on upper-income individuals. By themselves, these changes will make the Canadian tax environment more competitive in a bilateral context. It will also make Canada a more attractive location for “star” immigrants such as scientists and engineers. At the same time, higher corporate and personal taxes, combined with a reimposition of a much stronger regulatory regime, might slow the U.S. economic recovery and indirectly dampen Canada's post-COVID recovery.

And again, we've already felt the impact of the Biden administration's approach to energy policy with the president's cancelling of Keystone XL, which would have carried up to an estimated 830,000 additional barrels of oil per day from Alberta to refineries along the U.S. Gulf Coast.

Finally, while the Biden administration raises taxes and reimposes regulations in the U.S., Canadian government policymakers should be more proactive in reducing red tape and high marginal tax rates that have hitherto discouraged investment and entrepreneurial activity in Canada. Indeed, there may well be an emerging opportunity for Canada to become a much more attractive location for innovators and entrepreneurs if policymakers in Canada seize the opportunity.

Steven Globberman

## Put Canadian doctor shortages to rest once and for all *Here's what needs to be done*

The pandemic has presented us with many new difficulties that we're struggling to manage. It has also pushed to the forefront some long-standing challenges that we've not dealt with in the past and have become even more problematic in the time of COVID-19.

One ongoing problem that the pandemic has made much more serious and visible is the shortage of health-care workers. The focus is usually on doctors and nurses, although there are often shortages of medical technicians, technologists and other support workers.

The C.D. Howe Institute recently issued a study by Rosalie Wyonch on the acute shortages of nurses and physicians. She points out that the situation has been worsened by the pandemic.

But most Canadians don't need a study to know that we lack the means, especially the human resources, to deliver timely health care. The extended and growing waitlists for just about all non-emergency medical services make that clear.

That these shortages have been with us for years indicates that there's no easy or obvious solution. Even pouring money on it would have limited results. Most doctors respond to higher rates of pay by reducing their hours. They see leisure as more valuable than extra cash.

Increasing nurses' wages, however, would increase the number of nursing hours worked.

Instead of increasing doctors' fees for service, Wyonch recommends reducing average costs. Not only would this save taxpayer dollars, it would induce a greater supply of services as doctors work to maintain their income level. However, fees should be increased for those medical services that are very difficult to access.

An often mentioned but rarely implemented solution to deal with doctor shortages is to allow nurses, pharmacists and others to undertake certain tasks that demand a visit to a doctor's office. This would greatly improve the overall efficiency of the health-care system. It could be accompanied by increased income to those whose scope of practice would be widened.

The pandemic has brought those of us in British Columbia one long overdue increase in health-care efficiency. B.C. now recognizes and pays for telephone visits to doctors. Safety and social distancing were the initial reasons for making this move.

It's now obvious that very many consultations, perhaps supplemented with images, can be satisfactorily dealt with over the phone, saving doctors and patients time for more serious issues.

The C.D. Howe report doesn't list telephone delivery of medical services in its recommendations, but it does recommend encouraging communication and knowledge transfer among all those dealing with a patient. Implementing this recommendation is hampered because in Canada we don't yet have complete, portable and accessible medical records. The lack of such records makes our medical histories more private but it can also be detrimental to health-care delivery. The last three recommendations in the C.D. Howe report offer a long-run solution to our doctor shortages.

We must increase the number of places in medical schools in Canada. The fact that so many well-qualified, willing and able potential Canadian medical students are turned away underlines this need.

Many then go abroad for medical education, often without realizing that their training may not be recognized if they return to Canada, and that it will be difficult or impossible to get a needed residency once they're home. Thus, qualified but unrecognized Canadian doctors end up practising in other countries while our medical needs go unmet.

Some recommendations in Wyonch's report cover this issue:

- The number of residency positions must be significantly increased for locally trained Canadians, Canadians trained abroad and others trained abroad who want to come to Canada.
- We should strongly encourage the immigration of foreign trained physicians and medical students, and not only to offset those good Canadians we lose to other countries.

These recommendations have often run into opposition from the medical profession and its associations. British Columbia may soon be in a better position to counter such opposition.

A Professional Governance Act is being implemented. The recently created Office of the Superintendent of Professional Governance will have oversight over several professional associations in B.C. that were self-governing. This new structure will ensure the public and not just professional interests are well looked after.

The act doesn't cover physicians. If it did, it could best serve the interests of the people of British Columbia by increasing the supply of medical training places, increasing medical residencies, and establishing an effective and efficient system to test, recognize and offer practice rights to medical personnel (Canadian or not) trained outside Canada.

In this way, we might at last be able to put the problem of doctor shortages to rest.

Roslyn Kunin



# The CISSS des Laurentides will have eight COVID-19 vaccination sites.



**DIMITRIS ILIAS**  
Local Journalism Initiative Reporter  
For The North-Shore News  
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The Integrated Health and Social Services Center (CISSS) des Laurentides announced that eight vaccination sites against COVID-19 will be deployed in the region to offer the vaccine to the population of the Laurentians.

The cities in which the sites for the mass vaccination campaign will be: Deux-Montagnes, Lachute, Blainville, Saint-Jérôme, Saint-Sauveur, Sainte-Agathe-des-Monts, Rivière-Rouge and Mont-Laurel. The opening of these sites will be done gradually between the week of February 22 and that of March 8, always depending on the availability of vaccine doses.

The sites were determined based on various specific criteria, among others, accessibility, surface area, availability, and parking. Depending on their size, the eight vaccination sites will deliver between 780 and 4000 vaccines per day. It will thus be possible to vaccinate, on a daily basis, nearly 15,000 people for the region Laurentians when the number of doses available allows it. The vaccination process will be by invitation only and will be done by appointment.

"Our priority is to be ready and to ensure accessibility to the vaccine against COVID-19 to the entire

population of the Laurentians. Currently, we are therefore ensuring that all the logistics are optimal and want the vaccination sites in the Laurentians to be operational within the desired



timeframe," explained Rosemonde Landry, President and CEO of the CISSS.

All the details related to making an appointment as well as the progress of the vaccination campaign will be communicated shortly on the website [santelaurentides.gouv.qc.ca](http://santelaurentides.gouv.qc.ca).

The CISSS des Laurentides makes sure to respect the list of priority groups established by the Ministry of Health and Social Services

with regard to the vaccination prioritization sequence.

Simulation of a mass vaccination clinic

In order to practice, the CISSS des Laurentides held, on January 20, a simulation clinic of mass vaccination against COVID-19. Several employees from different sectors of the CISSS were called upon to create the perfect recipe that will allow the best progress of this important vaccination campaign which will last several months.

Indeed, the CISSS des Laurentides team has developed and tested different organizational scenarios. Thus, issues of space, personnel and vaccination time were considered.

The CISSS expects to need around 100 employees per site to vaccinate, whether they are vaccinators-injectors, nurses, administrative officers, security guards, etc. All parties Interested are invited to submit their application online on the [santelaurentides.gouv.qc.ca](http://santelaurentides.gouv.qc.ca) site.

## No provincial money for Charbonneau Park



**DIMITRIS ILIAS**  
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The City of Boisbriand was recently informed by the Minister of Education of the refusal of its grant application for the redevelopment project of Charbonneau Park.

"We are obviously very disappointed with this refusal. The equipment at Parc Charbonneau, such as chalets and tennis courts, have reached the end of their useful life. The complete redevelopment of the park represents a significant investment, but it is also a promising project since the new infrastructures would include suitable spaces where spontaneous activities would be possible, for all ages, summer and winter," emphasized Mayor Marlene Cordato.

In 2017, a vast citizen consultation under the theme "Draw your park" allowed nearly 1000 Boisbriannais to express themselves on the choice of facilities.

"This park, we imagined it collectively based

on the real and current needs of citizens and their families. Since the start of the pandemic, we have seen how much people appreciate green spaces and parks for walking, moving and having fun," added Ms. Cordato.

### UMQ recommendations

In addition, the Union of Quebec Municipalities (UMQ) has just submitted its recommendations to the government with a view to tabling the 2021-2022 Quebec budget in March. Among these, we find the enhancement of the financial assistance program for recreational and sports infrastructures, so that a greater number of structuring projects such as the one in Charbonneau Park can benefit from it.

"I welcome the UMQ's initiative and I believe that the economic recovery of all regions of Quebec also requires investments in sports and recreational infrastructure. Municipalities must be able to implement unifying projects that meet the needs expressed by the population," said the mayor.

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# Death of an elderly lady in the emergency room attributed to staff neglect.

*Saint-Eustache hospital sued by family.*



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Two sisters are suing the Saint-Eustache hospital for more than \$ 760,000 after their mother died while waiting for more than five hours in the emergency without being taken care of.

"I find it quite disgusting that she died all alone in a corner, in a little hospital gown. She died without us. That is what hurts me the most in that," rages Josée Antonacci, tears in her eyes, thinking about her mother, Claudette Goyer according to national media.

The 71-year-old woman died on October 31, 2019, in the waiting room of the Saint-Eustache hospital.

The night before, in the evening, she had gone to the hospital for a magnetic resonance imaging (MRI), but she was in so much pain that the procedure failed and could not be completed.

The hospital tech staff recommended that they go to the emergency room for Ms. Goyer to be examined and told them that they [the employees] would be notified of her imminent arrival. This is where a series of "gross negligence" occurred, according to the lawsuit.

## At the ER

Once at the emergency, around 9:30pm, the daughter of Ms. Goyer said to a person at the reception that they arrived for an MRI but were not given a chance to explain further.

"Take a number, go sit down and wait for someone to call you at the pre-triage in a few minutes," a receptionist allegedly told them

which they did. After a half hour, Ms. Goyer's daughter asked again and was told to wait. The old woman then told her daughter that she could go home, which she did.

For reasons that are not clear, the patient never went to triage and no one came to see her, for several hours, despite being in a hospital gown and having an IV receptacle in her arm.

At around 3 a.m., a patient noticed that the woman had not moved for a while and alerted the staff.

But it was too late, Ms. Goyer had succumbed to pulmonary emphysema and drug intoxication, according to the coroner's report.

"We wonder how long it would have taken before they found my mother if this gentleman hadn't warned them?" How far could it have gone? »Josée Antonacci wondered.

*"I find it quite disgusting that she died all alone in a corner, in a little hospital gown"*

**Josée Antonacci**

## No response

She and her sister Chantal therefore brought a lawsuit against the Saint-Eustache hospital for an amount of \$ 764,500 for all the damages suffered.

They tried to get answers from the establish-



ment, but without success, while the hospital allegedly "refused any collaboration", without ever apologizing.

"We do this so that it does not happen to other families, so that there is justice for our mother," Said Mrs Antonacci. The Laurentian Integrated Health and Social Services Center indicated that it could not comment since the situation "is currently the subject of legal proceedings", saying it is "saddened by the bereavement experienced by the family".

## Extracts from the prosecution

"There are unquestionably gross negligence, serious shortcomings and serious faults which led to the death of Ms. Claudette Goyer"

"About 5:30 a.m. after the arrival of Ms. Goyer

at the emergency room, a patient present in the waiting room, who seems to be the first to have cared about her after all these hours, would have informed a hospital employee that a lady in a wheelchair had not moved for a very long time."

"If it had not been for all these unacceptable shortcomings Ms. Goyer could have received the appropriate care in due time and her death would have been avoided without any possible doubt."

"Nothing in Ms. Goyer's medical history could explain such a sudden death, other than the fact of having been an elderly patient, vulnerable and suffering who was left to her fate for several hours in a waiting room until it is too late. "



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# Deux-Montagnes February 2021 Council meeting



The regular monthly meeting of the Deux-Montagnes municipal council was held via tele-conference on February 11th at 7:30 pm.

Mayor Denis Martin started the meeting with an update of the significant construction happening in the Two-Mountains territory due to the REM expansion. He announced that already the Deux-Montagnes commuter train station had been demolished and the viaduct on Oka street will also be demolished in order to enlarge the railway. Also, there will be traffic disruptions from the 15th to the 28th of February 2021. The mayor was also happy to confirm that the outdoor winter activities in park Olympia continue showing the absolute need for the residents during pandemic times.

\$450 were given to the Polyvalente Deux-Montagnes Excellence Gala and a resolution supporting the Coalition Santé Laurentides was passed by the council adding the voice of the MRC Deux-Montagnes to this important organization which has as its goal the modernization and enlargement of the various health centers in the area.

Also a lease to rent the Olympia Arena for a COVID-19 vaccination center was approved in order to serve the larger MRC Deux Montagnes area. This regional vaccination centre for COVID-19 is being established in collaboration with the CISSS des Laurentides and the lease will be from the 15th of February until the 31st of August 2021. The lease will be a free service and the mayor and DG will be authorized to sign it.

The city also decided to join to the recently launched campaign by the Union of Quebec Municipalities (UMQ) under the theme “Democracy with respect, out of respect



*“Democracy with respect, out of respect for democracy”*

for democracy”. The Union of Quebec Municipalities (UMQ) is launched a national campaign on the above theme. For the UMQ, the start of the year is a great opportunity to launch this initiative, given that 2021 will be a high point in municipal democratic life. In

anticipation of the municipal election next November, the UMQ’s campaign aims to make people want to run for politics and get involved in the public sphere. For the Union, this means enhancing municipal democracy and consolidating the bond of trust which unites citizens to their democratic institutions.

A new collective agreement was also approved for the firefighter’s union of Quebec local section Deux-Montagnes. This agreement will have a 5-year value from the 1st of January 2019 to the 31st of December 2023.

In Public works, four contracts were renewed

for 2021 by the council, namely the contract for the transport and disposal of household Hazardous waste, the contract for the supply of crushed stone, the contract for street sweeping and parking lots and the contract for the marking of streets and parking lots

There were no questions sent by the residents and the mayor closed the council meeting wishing everyone a happy St. Valentine’s and announcing that the next one will also be run in the same fashion up until the Quebec health services allow the municipalities to hold again in person meetings open to the public.



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February 19, 2021 • The North Shore News • 7



# We all want to know more about COVID-19 vaccination



COVID-19 vaccination in Québec began in December 2020 as part of a massive effort to prevent serious complications and deaths related to COVID-19, and stop the virus from spreading. Through vaccination, we hope to protect our healthcare system and allow things to return to normal.

## A VACCINATION OVERVIEW

### Why get vaccinated at all?

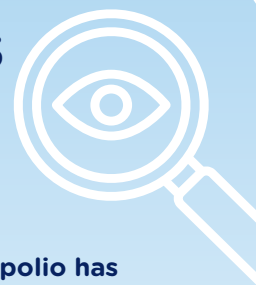
There are many reasons to get vaccinated (all of them good), including protecting ourselves from health complications and the dangers stemming from infectious diseases, as well as making sure they don't resurface.

### How effective is vaccination?

Vaccination is one of medicine's greatest success stories and the cornerstone of an efficient healthcare system. That said, as with any medication, no vaccine is 100% effective. The efficacy of a vaccine depends on several factors, including:

- The age of the person being vaccinated
- Their physical condition and/or state of health, such as a weakened immune system

## THE IMPACT OF VACCINES AT A GLANCE



- The World Health Organization (WHO) estimates that vaccination helps **prevent over 2 million deaths** every year, worldwide.
- Since the introduction of vaccination programs in Canada in 1920, **polio has been wiped out** across the country and several other illnesses (such as **diphtheria**, **tetanus** and **rubella**) have virtually disappeared.
- **Smallpox** has been **eradicated** throughout the world.
- The main bacteria responsible for **bacterial meningitis** in children—*Haemophilus influenzae* type B—has become **much rarer**.
- **Hepatitis B** has for all intents and purposes **disappeared** in young people, due to their having been vaccinated in childhood.



## COVID-19 VACCINES

### Are the vaccines safe?

**Definitely.** COVID-19 vaccines have been tested for quality and efficacy on a large scale and passed all necessary analysis before being approved for public use.

All required steps in the vaccine approval process were stringently followed, some simultaneously, which explains why the process went so fast. Health Canada always conducts an extensive investigation of vaccines before approving and releasing them, paying particular attention to evaluating their safety and efficacy.

### Who should be vaccinated against COVID-19?

We aim to vaccinate the entire population against COVID-19. However, stocks are limited for now, which is why people from groups with a higher risk of developing complications if they are infected will be vaccinated first.

### Can we stop applying sanitary measures once the vaccine has been administered?

**No.** Several months will have to go by before a sufficient percentage of the population is vaccinated and protected. The beginning of the vaccination campaign does not signal the end of the need for health measures. Two-metre physical distancing, wearing a mask or face covering, and frequent hand-washing are all important habits to maintain until the public health authorities say otherwise.

### On what basis are priority groups determined?

The vaccine will first be given to people who are at higher risk of developing complications or dying from COVID-19, in particular vulnerable individuals and people with a significant loss of autonomy who live in a CHSLD, healthcare providers who work with them, people who live in private seniors' homes, and people 70 years of age and older.

As vaccine availability increases in Canada, more groups will be added to the list.

### Order of priority for COVID-19 vaccination

- 1 Vulnerable people and people with a significant loss of autonomy who live in residential and long-term care centres (CHSLDs) or in intermediate and family-type resources (RI-RTFs).
- 2 Workers in the health and social services network who have contact with users.
- 3 Autonomous or semi-autonomous people who live in private seniors' homes (RPAs) or in certain closed residential facilities for older adults.
- 4 Isolated and remote communities.
- 5 Everyone at least 80 years of age.
- 6 People aged 70-79.
- 7 People aged 60-69.
- 8 Adults under the age of 60 with a chronic disease or health issue that increases the risk of complications from COVID-19.
- 9 Adults under the age of 60 with no chronic disease or healthcare issues that increase the risk of complications but who provide essential services and have contact with users.
- 10 Everyone else in the general population at least 16 years of age.

### Can I catch COVID-19 even after I get vaccinated?

The vaccines used can't cause COVID-19 because they don't contain the SARS-CoV-2 virus that's responsible for the disease. However, people who come into contact with the virus in the days leading up to their vaccination or in the 14 days following it could still develop COVID-19.

### Is COVID-19 vaccination mandatory?

**No.** Vaccination is not mandatory here in Québec. However, COVID-19 vaccination is highly recommended.

### Is vaccination free of charge?

The COVID-19 vaccine is **free**. It is only administered under the Québec Immunization Program and is not available from private sources.

### Do I need to be vaccinated if I already had COVID-19?

**YES.** Vaccination is indicated for everyone who was diagnosed with COVID-19 in order to ensure their long-term protection. Nonetheless, given the current limited availability of the vaccine, people that contracted COVID-19 should wait 90 days from when they were diagnosed before being vaccinated.

Québec.ca/COVIDvaccine

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## Coming of Age

**Q** I am 18. Since I was a little child, my mother promised she would pay for my education if I went to college. She emphatically said this when I was in high school. That is one reason I focused on extracurricular activities.

I knew she had large savings, and because she promised my education, I did not think much about money. But when the time came, she refused to help. Instead, she sent the money back to China so her brother could buy a new apartment.

I was furious.

She said it was no big deal, and I should apply for a student loan. I cried and she just let me cry. I applied for the loan because I had no choice, but I was heartbroken. I was also desperate.

In high school we did not have to worry about tuition, so I did not know what to do. This was totally new to me.

I have never been close to my mother, but I never thought she would do something like this. Emotionally, something died between us. Now I don't even want to see her at home. I would love to move out, but financially it is not possible.

My mother took advantage of my innocence. I was young and did not know what's up with the world. Now it seems she has set out to destroy me.

Deep down, I also fear her. There is so much I don't know about the world, and maybe I will be tricked again. I have one thought. If my own mother can do this, then who can I trust? Who am I to the rest of humanity?

Sometimes when I sit close to people on the bus, I feel scared. In the middle of the night I wake up furious, then the tears start coming. I cry and cry and cry until I go back to sleep. What am I supposed to do with my feelings?

Grace

**A** Grace, when Alice was in Wonderland she fought to keep her wits about her. You must do the same.

Your mom threw you down the rabbit hole, leaving you in a world of inside out and upside down. Alice escaped by waking up. That is your escape as well.

You have two problems. The first is financing your college education; the second is learning how to manage your mother. We'll talk about the first one first.

Focus on your main goal, which is to graduate from college. Sit down with a financial aid person at school and determine the amount of money you need, the economies you can make, and the scholarships or grants that are available. Add the total amount and consider part-time employment, especially jobs that come with tuition reimbursement. Also think about taking fewer classes, if that is needed.

With the assistance of people who have the expertise to help you, explore all possibilities. Come up with a realistic financial plan and focus on that. And get a personal bank account your mother cannot access.

That's part one. The second part is learning how to manage your mother.

She pulled the rug out from under you at the eleventh hour. If you believe she did that to keep you in her household and under her control, keep your plans and finances as secret as possible.

You must be careful and clever, because you don't have another place to go. You don't want to be homeless on top of this, and your mother may be capable of even harsher, unexpected surprises.

A tie has been broken. It left you in the lurch, and it told you that you don't matter. Like any betrayal, it left you wondering what else about the world is not true.

But your mother is one person. You cannot allow yourself to paint the world with the brush of one person. The world is full of people. We believe most of them are good and care about others.

S.L.A. Marshall, as army general and military historian knew many soldiers. He believed that the majority of soldiers shot over the heads of the enemy. It didn't matter that they were soldiers. Their humanity said, "That is another person, and I do not want to take their life."

Don't let your mother color the rest of your life. Don't let your mother make the rest of the world into your enemy.

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@WayneAndTamara.com](mailto:DirectAnswers@WayneAndTamara.com)

# Deux Montagnes library reopens



After long weeks of having to prohibit access to its shelves, the Deux-Montagnes library is able to give free access to its shelves to subscribers as of Thursday, February 11, 2021.

In order to comply with current health measures, the capacity will be 40 people at a time and subscribers will not be able to stroll or read inside the library. Tables and computers will be available, but by reservation a maximum of 24 hours in advance.

Also, it should be noted that the opening hours have been revised in order to align with the current 8 p.m.: curfew, the library will close at 7 p.m. instead of 8 p.m., Monday to Friday.

## READY-TO-TAKE

The ready-to-go service remains in operation. Subscribers can still reserve documents via the library catalog or by phone (450 473-2796, option 5) during opening hours. They will receive a call when their documents are ready to be picked up at the counter.

## RETURN OF DOCUMENTS

Subscribers must continue to use the exterior book chute (located to the right of the front door) to return borrowed documents. Due to the quarantine of documents upon their return

for a minimum of 24 hours, there will be a delay between when the books are returned and when they are removed from the subscriber's file.

## VIRTUAL ACTIVITY PROGRAMMING

This winter, the library is offering activities exclusively online or in the form of take-home kits. Registrations are underway!

## RESERVATION OF TABLES AND COMPUTERS - WHAT YOU NEED TO KNOW

Reservations must be made by phone, 24 hours in advance: 450 473-2796, option 5.

Study spaces can be reserved for a period of 1 h to 4 h.

Children under 11 must be accompanied by an adult residing at the same address. A space cannot accommodate more than two people. Wearing a mask is compulsory. Headphones must be worn if audio is used on a computer.

For any additional information, visit the library's website (<http://bibliotheque.ville.deux-montagnes.qc.ca/accueil.html>) or contact the team by phone at 450 473-2796, option 5.

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# Fresh funds for the Saint-Eustache nature park



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

The City of Saint-Eustache will receive support major financial contribution of \$ 994,431 which will be paid as part of Hydro-Québec's Integrated Development Program (PMVI), following the construction of the Patriotes substation at 315-25 kV and its power line, which was commissioned last October. This large sum will allow the development of a recep-

*"Hydro-Québec is proud to support such initiatives that enhance the great outdoors and their attractions for all."*

**Marc Boucher**

President  
Hydro-Québec TransÉnergie et Equipement

tion area, which will include a service pavilion and a green parking lot. It will also serve to increase the area of the park by facilitating the acquisition of land adjacent to the woodlot.

"We are happy to collaborate with the City of Saint-Eustache to carry out a project that will allow families and residents of the city to take more advantage of this vast natural space," said Marc Boucher, President of Hydro-Québec TransÉnergie et Equipement. Hydro-Québec is proud to support such initiatives that enhance the great outdoors and their attractions for all.

"Hydro-Québec's significant contribution, as part of the Integrated Enhancement Program, helps us enhance and preserve the largest green



space in our territory. This natural park with an extremely precious ecosystem, reserved for outdoor activities, is now protected in perpetuity, which constitutes a legacy of inestimable quality for future generations," said Pierre Charron, Mayor of Saint-Eustache.

## About the Integrated Enhancement Program (PMVI)

The PMVI is a voluntary program of Hydro Quebec which aims to improve the living environment of the communities that host its new transmission facilities (substations and lines). As part of the PMVI, Hydro-Québec

pays each of the municipalities affected by its projects a determined amount to enable the implementation of initiatives chosen by the communities.

## Commissioning of the Patriotes substation

In service since October 2020, the Patriotes substation can cope with the sustained growth in electricity needs in the cities of Saint-Eustache, Deux-Montagnes and Sainte-Marthe-on the lake.

The municipality has acquired a woodlot of over 65 hectares to make it the largest

four-season natural and recreational park in Saint-Eustache. Most of it is located on the site of the Richard-Giroux cross-country ski trail. In addition to offering the Eustachians an attractive place for interpretive and outdoor activities that do not distort the place, the park offers a peaceful and serene space in the heart of the city, where visitors can recharge their batteries and enter in close contact with nature. This project is based on a land-use planning process that included an important component of citizen consultations.

# "Democracy In respect, out of respect for Democracy"

Par respect pour la démocratie,

**BOISBRIAND  
S'ENGAGE**



La voix des GOUVERNEMENTS de proximité



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

The City of Boisbriand adhered to the recently launched campaign by the Union of Quebec Municipalities (UMQ) under the theme "Democracy with respect, out of respect for democracy".

"The City of Boisbriand, like many other cities in Quebec, fully adheres to this declaration of commitment to democracy and respect. I say this with emotion because no one is ever completely safe from being bullied. We may not share the

same opinion, but we should always be able to debate with respect the issues of our society in the political and public space, including social media," said the mayor, Marlene Cordato.

An action plan, including around ten awareness and support measures for municipalities and the public, is added to the UMQ campaign. Various actions stemming from this plan will also be deployed during the year.

"In my name and that of all my elected colleagues, I welcome the initiative of the UMQ and I hope that this first step towards greater respect for democracy will find an echo in all the cities and municipalities of Quebec," concluded the mayoress.

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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.

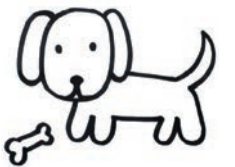
As usual, we are monitoring the situation very closely and will adjust as necessary based on requests from the authorities. Our priority will remain above all else, the health of our employees and the public.

The Cinémas Guzzo Team

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## Drawing competition for the kids of Sainte-Thérèse



The children of Sainte-Thérèse are invited to take out their colored pencils and participate in large numbers in the drawing competition "The doggie of your dreams". The lucky winner will see his creation transformed into a real plush keychain format, 1000 copies of which will be distributed during the next edition of the Christmas Village.

To participate, young Teresians must produce an original drawing representing a fantastic animal or creature. It should be done on a white, letter size sheet and should preferably not contain too much detail to facilitate production.

"Since we are spending a lot of time at home at the moment, why not take the opportunity to develop ones artistic streak? This competition is a great opportunity for children to have fun, to give free rein to their imaginations and to make positive use of this period of confine-

ment. Especially since the result will turn into a precious memory for a lucky little one! », underlined the mayoress of the City of Sainte-Thérèse, Mrs. Sylvie Surprenant.

Drawings must be sent by email to [cultureetloisirs@sainte-therese.ca](mailto:cultureetloisirs@sainte-therese.ca) or by mail to the Culture and Recreation Department (Ville de Sainte-Thérèse, 6, rue de l'Église, Sainte-Thérèse, QC, J7E 3L1 ) before March 31. The works will be evaluated by the Culture and Recreation Department, which will contact the winner.

To be eligible, participants must be between the ages of 5 and 12 and be residents of Sainte-Thérèse. They must provide their name and that of a parent, as well as an email address and phone number.





## Cinnamon Buns, a treat for all seasons!

The moment you hear someone mention a cinnamon bun, you can't help it, but your mouth starts to water. Everything about it is therapeutic, from the moment you roll out the leavened dough, sprinkled with cinnamon sugar, watching it rise as it bakes, the wafting aromas in your kitchen, the gooey texture, you can then finally take a bite into it!

The cinnamon roll originated in Scandinavia. Roman spice traders introduced the Sri Lankan cinnamon spice to Europe.

**Fun fact:** in Sweden Since 1999, [October 4th has been promoted as Cinnamon Roll Day (Kanelbullens dag)! Swedish kanelbulle dough typically also contains cardamom (powder or buds), giving it a distinctive flavour.

The size of a cinnamon roll varies from place to place, but many vendors supply a smaller size about 5 centimeters (2.0 in) in diameter and a larger size about 10 cm (3.9 in) to a side. The larger variety can be found in Finland, called korvapuusti 'a cuff on the ear', fig. "pulling someone's ear for disciplining", where it can be up to 20 cm (7.9 in) in diameter and weigh up to 200 g (7.1 oz).

In Sweden and Finland, cinnamon rolls are traditionally enjoyed during a coffee break, or fika, which is a get-together with friends. National Cinnamon Bun Day (Kanelbullens dag) is observed on October 4 in Sweden.

In North America, it is commonly eaten for breakfast or dessert. When eaten for a breakfast in the U.S., it may be served with cream cheese frosting. In this recipe, there are pecans and raisins.... the sky is the limit!

### Ingredients

- 3 cups (450 g) unbleached all-purpose flour
- ¼ cup (55 g) sugar
- 1 ½ tsp instant yeast
- ½ tsp salt
- 2/3 cup (150 ml) warm water
- 2 eggs
- 1 ¼ cups (280 g) unsalted butter, softened
- 2/3 cup (140 g) packed brown sugar
- 1 tbsp ground cinnamon

### Filling:

- 1/8 cup butter, melted
- 1/2 cup sugar
- 1 teaspoon ground cinnamon
- 1/2 cup chopped pecans
- 1/2 cup raisins

### Frosting: (Optional)

- 1/8 cup butter, softened
  - around 2 cups confectioners' sugar
  - 1 teaspoon vanilla extract
- Directions for the dough

### Preparation

1. In a stand mixer fitted with the dough hook, or in a bowl with a wooden spoon, combine the flour, sugar, yeast and salt. Add the water and eggs. Mix just until the dough starts to form.
  2. Add ¾ cup of the butter. Knead the dough roughly for 5 minutes with the dough hook or with your hands on a lightly floured work surface. The dough will be soft and slightly sticky. Place in a lightly oiled bowl. Cover with plastic wrap. Let rise in a warm, humid spot for 1 hour 30 minutes or until doubled in volume.
  3. In a bowl, combine the brown sugar, pecans, raisins and the cinnamon. Butter a 13 x 9-inch (33 x 23 cm) baking dish.
  4. On a generously floured work surface, roll out the dough to form a 20 x 12-inch (50 x 30 cm) rectangle. Brush with the remaining butter and cover with the filling mixture. Starting on one of the short sides, loosely roll up the dough to get a 12-inch (30 cm) long cylinder, like a cake roll. Cut into 8 slices.
  5. Arrange the slices cut side up in the baking dish without letting them touch. Cover with plastic wrap and let rise in a warm, humid spot for 1 hour or until doubled in volume. At this stage, you can refrigerate the dough for up to 12 hours. In this case, let the dough sit at room temperature for 30 minutes before baking.
- Frosting is optional, just make sure they are completely cool before you frost...enjoy!

# Deadline: Classifieds

WEDNESDAY before publication at 1 p.m.

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# In Memoriam & Obituaries

## NOISEUX NÉE BRIEN, Marthe 1926 - 2021



In Saint-Eustache, on February 15, 2021, at the age of 94, passed away Mrs. Marthe Brien, wife of the late Fernand Noiseux. Preceded by her late daughter Sylvie (Yves), she is survived by her children Marie-Madeleine (Herman), Luc (Chantal), and Michèle (Bernard), her grandchildren Martial, Guillaume (Laurianne), Magali, Vincent (Marianne) and Julien (Camille), her great-grandchildren Arnaud, Liam and Olivia, her de facto spouse Gilles Rolland and her daughter Luce as well as other relatives and friends.

## MICHAUD, Étienne 1993 - 2021



At the CISSS des Laurentides, in Lachute, on February 5, 2021, passed away at the age of 27, Étienne Michaud. He is survived by his parents Julie Leclerc and Alain Michaud, his sister Laurence, his brother Julien, his grandparents Robert and Denise, his uncles and aunts, his cousins and cousins as well as his foster family Denis, Denise, Cindy and Karine.

## BRIEN, Kathy 1976 - 2021



De Nomingue, on February 8, 2021, at the age of 44, accidentally passed away Kathy Brien, spouse of Sebastiano Libero. She was the daughter of Ms. Manon Guillette and Mr. Gérard Brien. Besides her husband and her parents, she leaves in grief her children Cindy and Tommy, her sister Janick (Alain), her brothers Karl (Isabelle) and Ian (Julie), her stepmother Cécile Côté (André Boucher), her beautiful -brothers, sisters-in-law, nephews and nieces as well as many other relatives and friends.

## BÉLANGER, Jean-Guy 1946 - 2021



At the CISSS des Laurentides Lachute, on February 13, 2021 at the age of 74, passed away Mr. Jean-Guy Bélanger, husband of Mrs. Ginette Davis. Besides his wife, he is survived by his daughter, Brigitte (Steve Warner), his grandson, Alexandre Warner. He also leaves his brother, Mr. Jean-Pierre Bélanger (Diane Lapierre), his three sisters, Mrs. Pierrette Bélanger (Raymond Chalifoux), Mrs. Colette Bélanger and Mrs. Diane Bélanger (late Serge Déry), his nephews and nieces as well as many friends.

## DE COSTE, Isabelle 1931 - 2021



In Blainville, on February 12, 2021, at the age of 89, passed away peacefully Mrs. Isabelle Kunzli, wife of Mr. Pierre De Coste. Besides her husband, she is survived by her children Richard (Nancy) and Suzanne (Serge), the children of her husband Francine (Judes), Guy and Denis, her grand and great-grandchildren, her brother Roy (Ninon), his sisters Claudette (Richard) and Carmen (Gilles) as well as many other relatives and friends.

## UNITED - THROUGH DISTANCE -



### ACCESSIBLE

Our team has adapted to the new reality so you can mourn without added worry. You can now safely interact with your loved ones using the new technology that we've implemented.

We're here to guide you when selecting these new options and we're committed to meeting your needs in a responsible manner.

### SERVICES

- Arrangements via telephone or virtual meetings
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# HOROSCOPE

Week of **FEBRUARY 21 TO 27, 2021**

The luckiest signs this week:  
**VIRGO, LIBRA AND SCORPIO**



## ARIES

You'll have a lot of details to sort through at home or with your relatives. Fortunately, once tensions ease, you'll feel great about where you stand with your partner and loved ones.



## TAURUS

After you purchase a new gadget, you'll have a lot of questions about how it works. You may have to go to a few different places to get satisfactory answers.



## GEMINI

Your enthusiasm and dynamism will ensure you have a lot of fun this week. You might get your hands on some cash, and you'll decide to treat yourself to a vacation or an outing.



## CANCER

Rest is essential before you jump into action. It'll do you good to get out of the house and break up your routine. Being more open and assertive will allow you to find inner peace.



## LEO

You'll be easily distracted this week. Fatigue might be to blame, in which case some down time is in order. Many people will be impressed by your creativity when they see one of your masterpieces.



## VIRGO

At work, you'll come across a mountain of documents that require your immediate attention. This will be what motivates you to get organized so that you can be more efficient and leave work earlier.



## LIBRA

Before you commit to a project that will give you a lot of responsibilities, take some time to unwind and have fun. A promotion is in the works, and the future looks bright.



## SCORPIO

You'll be enthusiastic about planning a getaway or going on an adventure. You'll finally find the time and money to take a much-deserved vacation, or at least an exciting day trip.



## SAGITTARIUS

A rather irritating situation is developing, and it's a sign that changes need to be made if you want to truly be happy. Harmony is rarely restored by sticking to the status quo.



## CAPRICORN

You'll need to make some compromises to restore harmony both at home and at work. New accomplishments will follow as you manage to broker deals with future clients.



## AQUARIUS

You'll devote all of your time to your career this week. If you're looking for a job, you'll find a position that's highly demanding but that will give you better prospects for the future.



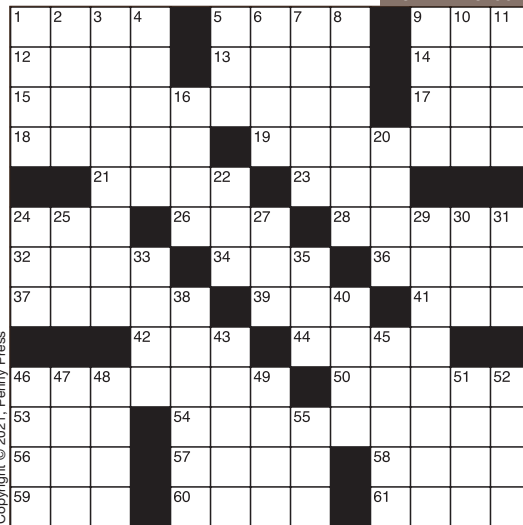
## PISCES

If you feel the slightest bit of dissatisfaction with your career, you'll make changes and find a job that better aligns with your ambitions. You might also aim for a leadership position.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 064



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### ACROSS

- 1 Corrosive
- 5 Fat
- 9 Say yes to
- 12 Fair
- 13 Govern
- 14 Rowing blade
- 15 Full of feeling
- 17 Mine find
- 18 More competent
- 19 Tough part of a steak
- 21 Commotions
- 23 Fellows
- 24 House site
- 26 Negative
- 28 Between fourth and sixth
- 32 Rams' mates
- 34 Long scarf
- 36 Petition

### DOWN

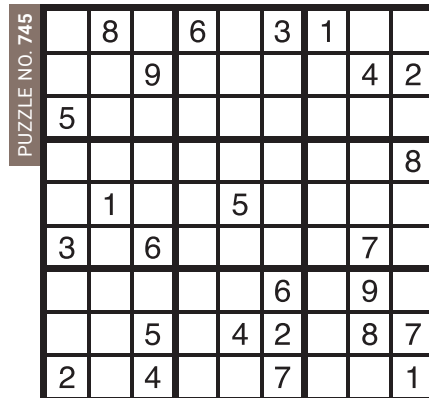
- 37 Map feature
- 39 Road bend
- 41 As well
- 42 Coal unit
- 44 Stop
- 46 Earned before expenses
- 50 Fragments
- 53 Gear
- 54 Seafood item
- 56 Pipe type
- 57 Differently
- 58 Musical group
- 59 Tiny
- 60 Colorized
- 61 Pew
- 1 On a cruise
- 2 Hair tamer
- 3 Keeps apart
- 4 Was overly fond
- 5 To's opposite
- 6 Air-breather's organ
- 7 Startle
- 8 Creed
- 9 Plunder
- 10 Aristocrat
- 11 Birch, e.g.
- 16 Branding tool
- 20 Small cut
- 22 Shed tears
- 24 Floral necklace
- 25 "My \_\_\_ True Love"
- 27 Kind of ballet shoe
- 29 Motoring nuisance
- 30 Commandments' number
- 31 Once held
- 33 Collections
- 35 Volcano's output
- 38 Flipped
- 40 Remarked
- 43 Recently
- 45 Hay storage places
- 46 Developed
- 47 Enrage
- 48 Eye rudely
- 49 Medicinal quantity
- 51 Cambodia's continent
- 52 Injection
- 55 Color of Rudolph's nose

# Sudoku

### HOW TO PLAY:

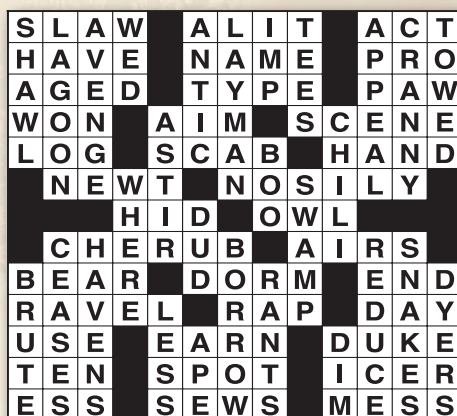
Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

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.**

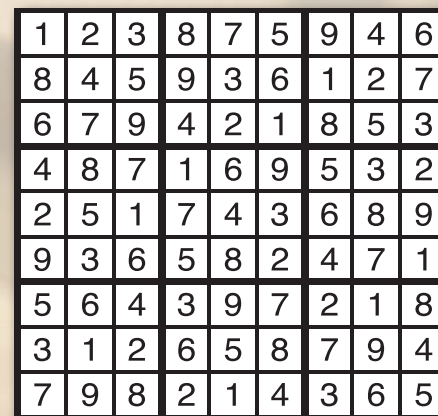


### Last Issues' Answers

## CROSSWORDS



## Sudoku



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## This week's basket:

- Cauliflower
- Asparagus
- Blueberries
- Watermelon or Pineapple
- Mango
- Kiwis
- Avocados
- Herb
- Carrots
- Red Onions
- Kale
- Lettuce
- Cucumber
- Tomatoes
- Garlic
- Red Pepper
- Mystery item (2)

Our weekly  
customers  
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per year

We now  
deliver to your  
home!

## Ordering is as easy as 1,2,3

- 1 Place your orders online or by phone before 9pm on Thursday.
- 2 or place your order on Facebook (\$5. for delivery) 
- 3 Pick up your baskets on Friday or Saturday

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