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Vaccines are 'weapons of mass reduction'

Québec pharmacies are set to participate in mass vaccination campaign

MATIAS BRUNET-KIRK

The provincial government updated Quebecers on the vaccination campaign on Tuesday, outlining their plan to use pharmacies as vaccination centers. Quebecers will therefore be able to get their COVID-19 shot at local pharmacies.

The program will be rolled out as of Mar. 15 in over 350 participating pharmacies in Montreal, said Minister of Health and Social Services Christian Dubé at a press conference on Tuesday.

This will be added to with a subsequent rollout of the program in over 1400 participating pharmacies across the province. "This is really good news," said Minister Dubé.

Appointments will nonetheless be made through the government's official website or over the phone, where people will be able to choose a location where to get the vaccine.

Pharmacies will still follow the same age group guidelines the government has outlined, making the program a complimentary service to the immunization efforts in mass vaccination centers.

Weapon of massive risk reduction

Minister Dubé said that "vaccination is our weapon of massive risk reduction," pointing specifically to the current situation in Montreal where case numbers remain concerning. Vaccination efforts will therefore be concentrated to reduce the spread of the virus.

Dubé highlighted the importance of the campaign in the Greater Montreal area where he said "the epidemiological situation is interest-

ing," due to the growth in numbers of the B.1.1.7 strain, popularly known as the British variant "12-15% of positive cases are of that variant," said Dubé, adding that "if it keeps going up, next week could become very dangerous."

"We are working under the assumption all over Quebec that these are all variants," said National Director of Public Health Dr. Horacio Arruda.

Calm before the storm

The Health Minister said he was "weighing his words," but felt "scared about the situation," where Montreal could be "the calm before the storm."

"It will lower our level of risk," said Dubé about vaccination, but cautiously added that "we still have a long way to go to control the contagion."

The plateau in cases many are seeing at the moment could be misleading, said the Ministry of Health, as the lowering curve of the old variant and the rising curve of the British variant, could be cancelling themselves out.

Lessons learnt

Vaccination efforts in Montreal continued to grow this week. Over 16,000 vaccines were administered throughout Greater Montreal on Monday, said Daniel Paré Director of the vaccination efforts, adding that many lessons had been learnt on how best to operate.

"We are really pleased that people accept to be vaccinated," said Paré, but said measures were being taken to further increase vaccination capacity and options for booking appointments. Dubé added that more chairs would also be provided for the elderly people waiting in line.

Minister Dubé asked all those with an appoint-



Minister of Health and Social Services Christian Dubé spoke of vaccines as being a "Weapon of massive risk reduction". Source: CPAC

ment to not arrive too early. I know you don't want to miss it but you don't have to worry your vaccine is reserved," he said, adding that arriving 5 to 10 minutes before was sufficient.

He also stressed that to reduce the number of people waiting in line, no one should arrive without an appointment and that only one caregiver could accompany the person being vaccinated.

Different situations throughout the province

The Ministry also reminded Quebecers that vaccine rollout was different between regions due to the different conditions.

"Each region has a unique epidemiological situation," said Dubé, adding that for example, the Montérégie region has more senior facilities that are of higher priority for vaccination. Therefore authorities have to slightly delay the rollout for other segments of the population.

As more vaccines become available and the capacity for appointments increases, the govern-

ment will open up slots to larger portions of the population.

How to book an appointment

People who are 70 years or older can now book an appointment for a vaccine. Those who are caring for a loved one over the age of 85 years more than three times a week are also eligible.

Residents are only required to bring photo identification and proof of residence. The process will be paperless with little to no contact.

The government says the easiest way to book an appointment is through their website at [Quebec.ca/vaccinCOVID](https://quebec.ca/vaccinCOVID). If some have difficulties doing this, they can also book their appointment by calling 1 877 644-4545.

The closest vaccination centre currently active for Parc-Extension residents is at the Parc-Extension CLSC, located at 7085 Hutchison Street.

[Quebec.ca/vaccinCOVID](https://quebec.ca/vaccinCOVID)
1 (877) 644-4545.

The Thérèse-De Blainville Chamber of Commerce join vaccination campaign



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The Federation of Quebec Chambers of Commerce (FCCQ) and the Chamber of commerce and industry of Thérèse-De Blainville (CCITB) will act as a link between the Government of Quebec and businesses wishing to host vaccination campaigns. To do this, they are now launching an online form for companies to indicate their interest, to allow government authorities to identify the best potential sites.

The information will be sent to the Ministry of Health and Social Services, which will make the selection and communicate directly with the companies selected.

Since January, the FCCQ has been in contact with the Government of Quebec, in particular the Minister of Health and Social Services, Christian Dubé. He submitted to him a detailed game plan to identify the companies likely to participate in the vaccination campaign, in order to provide the ministry with the most clear and standardized information possible. "We believe that companies can play a major role in vaccination, but also our network of chambers of commerce well established in their local environment, to network between companies interested in hosting vaccination campaigns, or even contributing to the 'collective effort thanks to their workforce'," said Charles Milliard, President and CEO of the FCCQ.

"When the government approached us in

January, we assured it that we were going to work extra hard to contribute to the public effort to vaccinate as many Quebecers as possible. Our 130 chambers of commerce and our corporate members allow us to reach nearly 50,000 companies, of all sizes and from different sectors of activity. Our entire network will therefore be called upon to participate in this vaccination campaign throughout Quebec, in urban areas as well as in remote regions," continued Mr. Milliard. One of the challenges for the government will be to identify companies with employees with relevant experience related to health within the staff of their own organization, whether they are nurses, doctors, physiotherapists, pharmacists, etc. These individuals will be able to obtain immunization training and take on the role of immunizing employees and their families.

"We have a privileged position with businesses in the region to support the government in this operation. The CCITB supports this initiative of the FCCQ and will take advantage of its members who wish to volunteer to host a vaccination campaign," added Cynthia Kabis, Executive Director of the Thérèse-De Blainville Chamber of Commerce and Industry. "With their roots in their community, the involvement of the various chambers of commerce in their community will help effectively link businesses and government. We will also be launching a social media campaign to encourage as many businesses as possible to participate. This operation is a real war effort, and the private sector will respond to the call," concluded Charles Milliard.

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OPINION & Editorial



Bizarre economic theory maintains deficits don't matter

Stephanie Kelton, in her book The Deficit Myth, maintains that government deficits don't matter. She's wrong

Author Stephanie Kelton's main point in *The Deficit Myth* is that federal deficits are not only harmless but highly desirable as devices to accelerate economic activity and resolve economic inequality. She's wrong.

Government finance is not like other finance, she maintains. Governments are issuers of money, not spenders of money. A government can't run out of money because it can create as much as it needs any time it wants. A government can't default on its debt, which is denominated in its own currency, because it can just create (print) more whenever it runs short.

Creating money doesn't burden future generations, she writes, because there's nothing to repay. Entitlements such as social security can be sustained forever. To achieve full employment, the federal government can offer a job guarantee to anyone who wants work but can't find it in the market economy.

This idea is supposed to be a new take on modern monetary theory (MMT). Nobody is sure when MMT was devised (somewhere between 1920 and 2008), by whom, or exactly what parts are at its core and which are later add-ons.

But this new twist on MMT argues that deficits don't matter, that government surpluses are counter-productive and potentially disastrous, and that there's no reason to restrain government spending. It also argues that free medical care and free university education (among many other emoluments) can be easily provided for all, climate change can be arrested and economic disparity removed.

It also suggests central banks should be eliminated or converted to government departments or parts of national treasuries, and governments should have the power to issue currency directly with no middleman. All it takes is a different mindset.

In the sense that 'modern' monetary theory is reasonably expected to be new, there's nothing new about it. It has been thoroughly tested numerous times. In Germany in the 1920s, banknotes were excessively printed before explosive inflation made them valueless.

MMT acknowledges that additional economic demand caused by larger-scale government deficit spending could raise inflation, but it has no coherent

advice on how to control it. This comes closest to admitting that there must be limits to printing money.

Given that supplementing tax revenue and debt with printed money has been a widespread practice for generations, then for all anyone knows, the methodology of printing money is already being employed to its safe limit.

Kelton brings up the example of Japan, which has had many years of stunning public deficits and a debt that's 265 per cent of gross domestic product without inflation.

She apparently can't explain why this is so but accepts it as evidence that massively increased deficits wouldn't necessarily create inflation problems. This seems to be her central innovation.

This book is a sensation in certain circles because it makes the elaborate case that unpleasant natural laws can be negated by sophisticated, creative inventions of economic theory. Something can be made out of nothing. This is the new alchemy, a 21st-century version that doesn't even need dross to be converted to gold. Gold can be created out of paper, or by bits and bytes in computers.

Recently, the Trudeau government released its economic statement, which showed how close we are already to an MMT style of fiscal management. The deficit for 2020-21 will be between \$380 billion and \$400 billion, more than 10 times what was considered unacceptably large until now. Approximately half of current federal government cash needs are being provided by the purchase of treasury securities by the Bank of Canada for dollars out of thin air.

This is how the government's lavish giveaways to vote-rich demographics in the name of COVID-19 support are being financed. Statistics Canada calculated that federal income support works out to nearly \$7 per \$1 of actual income loss. The personal savings rate is soaring right along with the deficit.

The government continues to insist, and some so-called economists agree, that federal debt relative to GDP is the lowest in the G7 group. That's only true if provincial deficits and debt are irresponsibly disregarded. It's one country, one taxpayer population and one GDP.

Morris Dorish



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COVID-19 | Vaccination by age group begins in the Laurentians



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The COVID-19 vaccination campaign begins for the general population, based on age. Given the limited availability of vaccine doses, vaccinations for the general population will proceed in stages. In the Laurentians, as of February 25, people aged 85 and over (born in or before 1936) were invited to book a vaccination appointment. The simplest and fastest way to make an appointment and to follow the campaign's progress by region is to visit <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination/>. Family members are encouraged to help their elderly loved ones with making online appointments as needed. Ms. Rosemonde Landry, President and Executive Director of the CISSS des Laurentides, applauds this new milestone in the COVID-19 vaccination campaign. "The start of vaccinations for the general population marks a particularly important development in our battle against the virus. I want to thank all of our personnel and all of our partners who put in the work so that this massive operation could deploy rapidly," she said. Dr. Éric Goyer, the Director of Public Health for the Laurentians, also insisted on the need to remain vigilant for everyone's protection, especially given the presence of new variants of the virus. "Vaccination makes it possible to believe that we are advancing toward a better future. But it is important to reiterate that the vaccine can take up to three weeks to achieve



maximum efficacy. So we must not let up in any way, we must maintain our good habits and compliance with the health measures in force," he stressed. The CISSS des Laurentides will have eight mass vaccination sites in the Laurentians. These will be located at the following addresses:

1. Deux-Montagnes: Olympia Arena: 611 20th Avenue

2. Lachute: Kevin-Lowe-Pierre-Pagé Arena: 80 Hamford Avenue
3. Blainville: 820, Curé-Labelle Boulevard
4. Saint-Jérôme: Quartier 50+: 425, Jean-Baptiste-Rolland Boulevard East
5. Saint-Sauveur: Versant Saint-Sauveur: 191 Chemin du Lac Millette
6. Sainte-Agathe-des-Monts: Centre sportif Damien Héту Arena: 40 Rue Brissette

7. Rivière-Rouge: Vallée de la Rouge Sports and Cultural Centre Community Hall: 1550 Chemin du
 8. Rapide
 9. Mont-Laurier: Espace théâtre: 543, Rue du Pont
- These sites will open progressively between the week of February 22 and the week of March 15. Residents must not show up to be vaccinated without having first obtained an appointment.



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WOMEN IN THE WORKPLACE

How to claim your seat at the table

There are a variety of obstacles that can prevent women from achieving their career goals, whether it's assumptions about their leadership potential or a lack of support for work-life balance. Here's some advice to help women thrive in male-dominated fields and claim their seat at decision-making tables.

- **Redefine expectations.** The bias about “bossy” women persists, but pushing yourself to be assertive and not hold back in discussions can boost your self-confidence and change how these traits are perceived in female employees.
- **Find your own voice.** While it's important to be confident, women should avoid trying to emulate “masculine” leadership traits if that isn't who they are. Instead, recognize the value in the unique strengths and perspectives you bring to the table.
- **Forget about perfection.** Women have a tendency to only apply for a job if they think they meet all the criteria for the position. Don't be afraid to take risks and seek opportunities where you can learn as you go.
- **Build a support system.** Women can benefit from finding a mentor as well as sharing resources and knowledge with other women in their field. In addition, having a supportive partner who takes on an equal amount of responsibility at home is key.



Women in politics: advice for getting started

An increased presence of women in government has been associated with a number of benefits, from improved confidence in democratic institutions to greater public spending on health and education. Here's some advice for women who want to get into politics.

FIND A CAUSE AND START LOCAL

Reflect on the problems that affect your community and how you could fix them if you were in government. Even if you don't run for office right away, identifying causes you care about will give you the drive you need to pursue a career in public life. Additionally, this will help you identify where you should direct your efforts to have the most impact. Consider different levels of government, school boards or lobbying groups.

GET TO KNOW THE PEOPLE AND THE PROCESS

Volunteering for a political campaign or working for an elected official is a great way to gain practical skills and learn the ropes. You'll also have plenty of opportunities to interact with people from all walks of life, hear their concerns and familiarize yourself with the issues that matter most to the community.

AVOID LINGERING ON THE SIDELINES

You don't have to wait until you're the “perfect” candidate to run for public office. If you have decent public speaking skills and a passion for making a positive difference in your community, you can have a real impact. Besides, the best public servants are those who continuously learn from their constituents and colleagues.

Finally, women who are successful in politics don't go it alone. Find a mentor, reach out to family and friends for support, and get assistance from organizations that offer training and advice.



March 8, 2021

International Women's Day



The Municipal Council and Management of the City of Deux-Montagnes would like to pay tribute to all its employees and elected officials who, through their involvement and professional dedication, help improve the quality of life in our community.



The healthy *woman*

How women can stay physically and mentally fit in uncertain times

The **COVID-19 pandemic** has impacted the lives of women across the country. Some are on the frontlines of the crisis, others have lost their jobs and others still are working from home while taking care of their children.

Regardless of how the pandemic has affected your life, it's important to be aware that ongoing stress can take a toll on your health. This can result in a loss of appetite, difficulty sleeping, weight gain, frequent headaches, problems with digestion and more.

In these uncertain and unsettling times, here's a look at what you can do to take control of your physical and mental well-being.

ADOPT HEALTHY HABITS

Whether you're 17 or 70, there are steps you can take to improve your physical and mental health. Here are some habits you can adopt that'll serve you well during the pandemic and long after it's over.

- Get some fresh air every day (preferably somewhere you can connect with nature)
- Exercise for at least 150 minutes per week (dancing, running, weight training, etc.)
- Limit your consumption of coffee, alcohol and tobacco products
- Reach out to a professional if you notice a decline in your mental health
- Keep in touch with friends and family (opt for phone and video calls rather than text messages and emails)
- Eat a healthy, balanced diet (although the occasional treat is good for morale)
- Make time for relaxing activities every day (meditate, listen to music, read, etc.)
- Avoid spending too much time watching the news or scrolling through social media
- Create an evening routine to help you sleep (start by putting away your devices at least 30 minutes before bed)

TAKE CHECKUPS SERIOUSLY

Regardless of your age, it's important to attend follow-up appointments after any treatment or surgery. In addition, be sure to keep up with the screening tests recommended for a woman your age. This might include a mammogram, pap test, bone density test or fecal immunochemical test (to look for signs of colon cancer). Your family doctor might also advise that you get vaccinated against certain illnesses such as shingles, influenza and human papillomavirus.

CONTACT SPECIALISTS AS NEEDED

If you experience pain or discomfort, don't hesitate to seek treatment. Reach out to the right health-care professional, and schedule a consultation before the situation deteriorates. Remember that mental health ailments are as important to treat as physical ones.

By adopting healthy habits, taking checkups seriously and contacting specialists as needed, you'll help mitigate the potential health consequences of living in turbulent times.



We pay tribute to the progress made towards an increasingly egalitarian community!

INTERNATIONAL WOMEN'S DAY

reminds us of the importance, even today, of continuing our actions to promote equality for all women.

Together, let's get involved and make efforts to improve women's economic and social conditions.

We all want to know more about COVID-19 vaccination



There are many reasons to get vaccinated, including protecting ourselves from the complications and dangers caused by infectious diseases, but also to stop the return of infectious diseases that are avoidable through vaccination.

The COVID-19 vaccination campaign now underway is aimed at preventing serious complications and death from COVID-19. We also use vaccination as a way of protecting our healthcare system and getting back to a more normal life.

When did the vaccination campaign start?

COVID-19 vaccination in Québec began in December 2020 with the delivery of the first vaccine doses. Because the availability of vaccine is limited, categories of people deemed at higher risk of developing COVID-19 complications have been given priority. As more vaccine becomes available in Canada, the categories of recipients will be extended.

Order of priority of recipients of COVID-19 vaccines

- 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 People 80 years of age or older
- 6 People 70 to 79 years of age
- 7 People 60 to 69 years of age
- 8 Adults under 60 years of age who have a chronic disease or health problem that increases the risk of complications of COVID-19
- 9 Adults under 60 years of age who do not have a chronic disease or health problem that increases 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

What supply strategy was used to acquire the vaccines?

The Government of Canada signed advance purchase agreements for seven promising COVID-19 vaccines with the following companies: AstraZeneca, Johnson & Johnson, Medicago, Moderna, Novavax, Pfizer and Sanofi Pasteur/GlaxoSmithKline. The purchases are conditional upon approval of these vaccines by Health Canada.

To date, the Pfizer and Moderna vaccines have been approved for distribution in Canada. Soon, other vaccines from these companies will be used to speed up COVID-19 vaccination.

What types of COVID-19 vaccines are being studied?

There are three types of vaccine currently being studied.

- 1 mRNA vaccines:** These vaccines contain part of the RNA of the virus which has the ability to make the S protein located on the surface of the virus. Once the RNA messenger is inside our cells, they make proteins similar to those on the surface of the virus using the instructions provided by the RNA messenger. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. The RNA fragment is quickly destroyed by cells. There is no risk that this RNA will alter our genes.
- 2 Viral vector vaccines:** These contain a weakened version of a virus that is harmless to humans. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.
- 3 Protein subunit vaccines:** These contain non-infectious fragments of proteins that mimic the envelope of the virus. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.

Will an mRNA vaccine alter our genetic code?

No. Messenger RNA does not enter the cell's nucleus or come into contact with the nucleic DNA. As such, it cannot alter our DNA in any way.

How do COVID-19 vaccines work?

When someone receives the vaccine against the virus that causes COVID-19, their body starts to defend itself against the virus. An immune reaction occurs which neutralizes the virus producing antibodies and activating defense cells.

Most COVID-19 vaccines in development prompt the production of antibodies to block protein S; the protein that allows the virus to infect the human body. This prevents the virus from entering and infecting human cells.

The virus that causes COVID-19 is composed of strands of ribonucleic acid (RNA) genetic material surrounded by a crown-like envelope with proteins that include the S (spike) protein, hence the name "coronavirus."



What side effects can be expected from injection with the COVID-19 vaccine?

Some minor side effects may occur, such as redness or pain at the injection site and fatigue, fever or chills. These symptoms are less common among vaccine recipients over the age of 55, are usually benign and do not last long.

As of now there are no known serious side effects from mRNA vaccines. While other random problems may arise, such as a cold or gastroenteritis, they are not related to the vaccine per se.

Because the vaccine does not contain the SARS-CoV-2 virus, it is not capable of causing COVID-19. However, people who come into contact with the virus in the days leading up to their vaccination or within 14 days of receiving the vaccination could still develop symptoms and get the COVID-19 disease.

As such, following health measures remains important until such time as a majority of the population has been vaccinated.

Why did it take 40 years to develop a flu vaccine but only nine months for one against COVID-19?

Past efforts, particularly during the SARS epidemic in 2003, advanced coronavirus vaccine research and accelerated the fight against COVID-19.

There are currently over 50 COVID-19 vaccines undergoing clinical trials around the world, the result of unprecedented scientific cooperation. Considerable financial and human resources have been invested in the development of vaccines that meet regulatory requirements in such a short span of time.

Public health and regulatory authorities in many countries, including Canada, are working hard to ensure that as many safe and effective COVID-19 vaccines as possible become quickly available to their populations.

Why are two vaccine doses required?

The second dose "reminds" the immune system to continue producing antibodies and ensures long-term protection. In current circumstances, where COVID-19 is spreading very fast, administration of the second dose may be delayed somewhat to be able to vaccinate more people with the first dose.

Québec.ca/COVIDvaccine

1 877 644-4545

Québec 



The first round of vaccinations in private seniors' residences completed.



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The Integrated Health and Social Services Center (CISSS) des Laurentides announced that the first round of vaccination against COVID-19 for all residents housed in private seniors' residences (RPA) in the Laurentians territory is completed. In total, some 6,000 RPA residents have agreed to receive the vaccine, or nearly 90% of people housed in the region's 85 certified RPAs.

The CISSS des Laurentides reminds everyone that the second dose remains important and will be offered as soon as possible. Regarding the small percentage of unvaccinated residents, it should be noted that the majority of these could not receive the vaccine due to their symptomatic state or a positive result for the disease. Therefore, these people will be offered the vaccine later.

It should also be remembered that the maximum efficacy of the vaccine seems to be reached 28 days after administration in the elderly.

"The administration of the first dose of the vaccine to residents accommodated in RPA is another particularly important step in this vaccination campaign which aims to protect as quickly as possible the most vulnerable people. I want to salute the hard work of the teams who made it all possible in such a short time. Due to the size of our territory and the strict instructions



regarding the movement of the vaccine which made this operation more complex, our teams brilliantly met this major challenge

by administering between 400 to 900 doses on a daily basis, in 10 days only", emphasized the President and CEO of the CISSS des Laurentides, Ms. Rosemonde Landry.

The COVID-19 vaccination campaign has already started in the general population, depending on age groups. Thus, in the Laurentians, people aged 85 and over (born in 1936 and before) have been invited, since February 25, to make an appointment to be vaccinated.

As of February 26, 11 a.m., 19,575 COVID-19 vaccines have been administered in the Laurentians.

Imaginary Lover

Q Four years ago I cheated on my husband and left my marriage. Since then I have worked hard to learn from this life experience. I have done this by going to therapy regularly where I was diagnosed with depression and placed on antidepressants.

Reflecting back now, I have come a long way. No longer am I the person I was four years ago. This has come through hard work and tremendous self-examination.

I have begun dating a man who I care for deeply. We have been dating for two months, and it appears we are really connecting. Since I am in my mid-30s, obviously I bring a history to this relationship which he has asked me about.

How much do I share about my past? He knows I was married, and I explained the reasons why we broke up. I know the affair is not the reason. There were plenty of red flags long before I acted out.

I explained why I believe our marriage did not work but left out this detail. I ask myself how it would benefit our relationship if I shared this information with him, and if I did share it, would he hold it against me in the future?

Most recently I shared with him that I was diagnosed with depression and am taking antidepressants. His reaction to this information was quite shocking. Rather than being understanding, he expressed concern whether the drugs alter my personality so much he truly does not know who I am.

I was so stunned all I could do was cry, because I felt judged. Here I worked so hard to become a healthy adult, only to be questioned about whether my personality was genuine because of the drugs.

So, I pose this question to you. Do I share with him about my affair? Am I being deceptive if I don't tell him? When do you tell someone this kind of information?

He felt I should have told him immediately about my depression rather than wait two months. My feeling is you have to know and trust that individual before you share such vulnerable information. I am still feeling hurt after his depression reaction.

Candice

A Candice, there is a line in George Orwell's book 1984 that goes something like this. "If you want to keep a secret, keep it from yourself." Stop seeing this as a secret you need to divulge. There is one main question in your letter. This is our answer.

Why would you consider telling this man about previous cheating, once he said, "I don't know who you are." It sounds like self-punishment to us. You want to put him in a position to punish and reject you.

A better question to ask us is, should I break up with him? Our answer is yes.

He made two claims. Your personality is false because you are "under the influence" and you should have told him immediately.

Apparently, he has a list of assumptions about the woman for him. He knows who she will be without having met her. We don't know all the qualities on his list, but that person has as much substance as a child's imaginary friend.

His list, however, does tell you who you are dealing with. He is not looking for the one for him. He is looking for the one he invented in his mind. And he already gave himself an out—I don't know who you are.

If this is his reaction to a common, legally prescribed medication you need to take, don't tell him anything more about yourself.

He's negated the two months of dating and the two months spent learning who you are.

You cried over his remark. Make that cry the cry which comes at the end of a relationship.

We have advice for the next man you date. Some information belongs solely to you. It doesn't affect anyone else, and it does not belong to anyone else. There is no requirement to share all of your secrets, especially if that person might use them to injure you.

Where does the desire to confess come from? You regret doing it, and you learned your lesson. You married the wrong person, couldn't face ending it, and added another misstep. You know you will never do it again. The issue has been resolved all time and forever.

Yet you still feel guilty. You don't need to confess and be forgiven by some third party. Once a lesson is learned, that ends it.

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

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A tribute to 16 volunteer mentors Moment Mentor as gala in Sainte-Thérèse



DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
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The CCITB, as a partner of the mentoring network, underlined the exceptional commitment of its volunteer mentors. During the gala Moment Mentor as in Sainte-Thérèse, the Thérèse-De Blainville Chamber of Commerce and Industry (CCITB) joined forces with the Mentor Network to pay a vibrant tribute to the 16 volunteer mentors of its mentoring unit.

Of these 16 mentors, 3 achieved the highest recognition awarded by the Mentoring Network. The "Diamond certification level" was awarded to mentors by the National Bank, partner of the event and Great Builder of the Mentoring Network, for their volunteer involvement with mentored entrepreneurs and for their commitment to promoting entrepreneurship and promote mentoring for entrepreneurs in and outside their region.

Diamond Recognition was given to:

- **Alain Martineau**
- **Jean-Claude Boies**
- **Serge Dion**

gold awards, silver, bronze and mentor attestations were also awarded to:

- **Mr. Dominic Prigent (Gold)**
- **François Cantin (Gold)**
- **Gilles Chaumillon (Gold)**
- **Ms. Julie Lalonde (Gold)**
- **Nathalie Lachance (Gold)**
- **Luc Jalbert (Bronze)**
- **Pier-André Roy (Silver)**
- **Pierre Maisonneuve (Bronze)**

"The CCITB is proud to be able to offer a quality mentoring service to new entrepreneurs. None of this would be possible without the generous involvement of these mentors,"

**Cynthia Kabis,
CEO of the CCITB**

- **Mr. Pierre-Paul Bourdage (Bronze)**
- **Serge Bohec (Gold)**
- **Shawn Johal (Certification)**
- **Yves Guindon (Silver and Gold)**
- **Mr. Yves Da Silva (Bronze)**

"The CCITB is proud to be able to offer a quality mentoring service to new entrepreneurs. None of this would be possible without the generous involvement of these mentors, each more dedicated than the last. They are committed to the development of entrepreneurs in the region and invest precious time in supporting them in their challenges and questions," said Cynthia Kabis, CEO of the CCITB.

During this major event, 266 mentors from

all regions of Quebec were recognized for their voluntary and altruistic commitment to entrepreneurs in the province.

There is anticipation that the post-pandemic economic environment will be particularly difficult for entrepreneurs, particularly for small and medium-sized businesses, the CCITB's target market. Having access to a mentor, to someone who has lived through difficult situations, entrepreneurial and human trials, who can provide good advice and offer a listening ear, will be a crucial need for many entrepreneurs. The Mentoring Network is probably the most important tool that Quebec entrepreneurship will need over the coming months, in addition to the funding that will also have to support it.

About the Mentoring Network

The Mentoring Network is dedicated to developing the full potential of entrepreneurs through mentoring. In collaboration with partners, they create lasting support relationships based on listening and sharing, across Quebec and the Francophonie. They believe that the growth of companies depends above all on the well-being of those who run them. Through mentoring, help is given to entrepreneurs to find the support they need to thrive so that they can fully contribute to the economic development of their region. In Quebec, the Mentoring Network relies on the major support of the Ministère de l'Économie et de l'Innovation (MÉI), the National Bank, Quebecor and Desjardins, as well as on leading partners, in particular: Air France, Barreau du Québec, Cascades, Cogeco, Canada Economic Development, Laval Economic Development, Solidarity Fund FTQ, Hydro-Québec, Intact Assurance, Léger, RBC Royal Bank and Quebec Youth Secretariat.



Serge Dion (CCI Thérèse-de-Blainville)
receiving his Diamond Recognition

Mayor Marlene Cordato elected to the Caucus of Metropolitan Municipalities



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As a representative of the North Shore, Ms. Cordato sits in the Caucus of Metropolitan Municipalities of the Union of Municipalities of Quebec (UMQ) as of the 1st of April, together with the Mayor of Repentigny, Chantal Deschamps, as well as the mayors of Saint-Eustache and Mascouche, Pierre Charron and Guillaume Tremblay respectively.

"It is with great enthusiasm that I welcome this new mandate. The North Crown Caucus shows parity with two mayors and two mayor-esses. A few days before International Women's Day, this simple fact already makes me very proud. I would like to take this opportunity to underline the work accomplished by my counterpart from Sainte-Anne-des-Plaines, Mr. Guy Charbonneau, who will end his mandate in a few weeks and whom I will succeed," said Ms. Cordato.

In addition to these new functions within the Caucus of Metropolitan Municipalities at the UMQ, Marlene Cordato also sits on the board of directors of the Réseau de transport métropolitain exo. She also holds several positions within the MRC Thérèse-De Blainville, in particular those of president of the Emergency Measures Committee and of the Fire Safety Committee, delegate representative to the Regional Energy Table, to the ICI Table., the Watercourse Delegates Bureau and the Agricultural Advisory Committee. Delegate



Mayor Marlene Cordato

member of the Régie intermunicipale de police Thérèse-De Blainville, after having held the presidency until December 2019, Ms. Cordato was vice-president of the Committee for Economic Development, Metropolitan Facilities and Finance of the Metropolitan Community de Montréal (CMM), representative of the MRC at the CMM and representative of the North Crown on the board of directors of Montréal International. Since January, she has also been co-spokesperson for the Table of Prefects and Elected Officials of the North Crown in the field of public transport.

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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

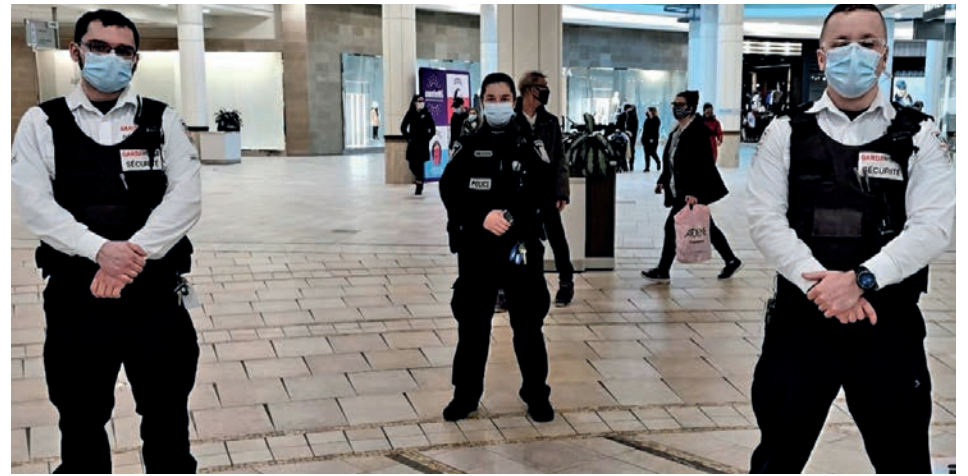
Following the most recent requests from the Government of Quebec regarding the spread of COVID-19, we wish to confirm that all Cinémas Guzzo will be closed.

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

#EnsembledanslapréventiondelaCOVID | #AllTogetherInCOVIDPrevention

Special police operation: Spring Break



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For The North-Shore News
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The Régie de police Thérèse-De Blainville will be particularly active from February 26 to March 7 to minimize the risk of the spread of Covid-19 during the period of Spring Break. The success of this operation lies mainly in the fact of intervening with citizens who do not respect the sanitary measures in force. During these 10 days, the police service aims to provide more vigilance in places where there is a risk of an increase in traffic: Parks, The skating rinks, Outside places, Businesses and Libraries.

Since the businesses have reopened, the police have been visiting merchants to ensure that they have put in place the necessary measures to control the number of customers present and that the distancing rules are respected. "We are going to be active as we have been since the start of the pandemic. Moreover, we take the opportunity to underline the excellent collaboration of young people and families, we note the commitment on their part when respecting



sanitary measures. Our presence is reassuring and encourages good behavior," emphasized the communications and organizational development sergeant, Karine Desaulniers.

Particular attention will also be paid to gatherings in private residences and public places. Calls for denunciations concerning health rules have been treated as a priority since the start of the pandemic.

March Break in Rosemère



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Aware that March Break is going to be a challenge for parents this year and determined to continue to stimulate its living environments, the City of Rosemère has organized several activities, both online and outdoors, that are bound to please the whole family.

Rosemerites are therefore invited to be entertained in the comfort of their own home or to enjoy the parks and recreational facilities to take advantage of winter's pleasures, while complying with public health guidelines. Access will be reserved for residents, who will be required to have their Citizen's Card with them at all times.

"Recreational activities are few and far between during this pandemic. It's important for us to show Rosemerites that we're here for them and that our wonderful community spirit is still alive, despite social distancing. It's a way to help keep their morale up and encourage them to continue their efforts to curb the spread of the virus," explained Mayor Éric Westram.

Program of activities

till March 7:

- Online escape game La Station oubliée (The Forgotten Station) (created by Immersia)*
- Lego* creative workshops

- Creative origami workshops to make planes, birds and animals*
- Loans of books, movies and board games from the library
- Snowman Hunt (Boule de neige)
- Public skating at the arena*
- Private half-rink rentals*
- Outdoor skating (15 rinks, including 4 with hockey nets)
- Groomed walking trails
- Sliding hills
- Free access to Domaine Vert Park

**Registration is required for these activities and space is limited. Some activities are offered in French only.*

Reminder of public health guidelines

On February 26, the Government of Québec announced some easing of restrictions in Red Zones for indoor and outdoor recreational and sports activities. However, the City of Rosemère wishes to remind all residents of the importance of continuing to comply with the following guidelines at all times: staying within family bubbles for activities at the arena, no gatherings (maximum 8 people outdoors), physical distancing of 2 metres, wearing a face covering at all times, mandatory hand sanitizing or washing and respecting the maximum capacity of the freely accessible areas and the curfew.



Youvetsi

Comfort food in a clay pot

Youvetsi is a baked Greek dish made with chicken, lamb or beef and pasta, either (orzo) or noodles, and tomato sauce, usually spiced with allspice and sometimes cinnamon, cloves or bay leaves. Other common ingredients include onions/shallots, garlic, beef stock, and red wine, as well as some cheese to serve.

So if you have a clay Dutch oven (pot), I'm going to suggest using it!

It's an ancient method of cooking which uses a two-part (top and bottom) unglazed clay pot that has first been soaked in water. When heated to a high temperature, steam is created, adding moisture to whatever is being cooked and retaining nutrients.

Just be careful before using it, follow these steps

- Always soak the pot in cool water for 10 to 15 minutes before using it.
- Never put a clay pot in a preheated oven because it will crack from the shock of the heat
- Bake at high temperatures (400° to 475° F) to let the moisture that's saturated the clay slowly turn into steam.
- Do not place a hot clay pot on a cold or cool surface as it will crack. So, when taking a hot pot out of the oven, always place on a wood or heat resistant trivet or potholder.
- Clay pots should not be used on top of the stove.
- Add liquids sparingly -- as any food you're cooking will throw off liquids and you don't want the pot to overflow.
- Because it retains heat, a clay pot will continue to cook after you take it out of the oven. So, either factor this into your cooking time or else remove the cover and the food soon after removing it from the oven.

You will need:

- 500 g Medium Orzo
- 1 kg beef or Chicken pieces (you can leave bone on) in portions
- 1 onion, finely chopped
- 2 cloves of garlic, grated
- 1 cinnamon stick
- 4-5 allspice grains
- ½ tsp. cumin
- 2 tbsp. tomato paste
- 150 ml red wine
- 800 g grated tomatoes
- 1 tbsp. sugar
- 700 ml water
- 150 g Kefalotyri (Greek hard cheese) or Asiago, grated
- olive oil
- salt
- pepper

METHOD

In a non stick pot, heat 5-6 tsp. of olive oil. Salt and pepper the beef (or any other type of meat) and sauté for 3-4 minutes on all sides until golden brown. Transfer the beef to a plate.

In the same pot, sauté the onion for 2-3 minutes until it softens, adding salt and pepper to taste. Add the garlic, cinnamon stick, allspice and cumin and sauté for 1 minute.

Continue to sauté adding the tomato paste, scraping the bottom of the pot with a wooden spoon.

Add the meat together with its juices and pour in the wine. Once most alcohol has evaporated, add the grated tomatoes and the sugar.

Bring to a boil, lower the heat and add the water. Cover with a lid and allow the meat to simmer for about 1 hour. At the end, remove the cinnamon stick and the allspice.

In another shallow pot, heat 3 tbsp. of olive oil. Sauté the Medium Orzo for 2-3 minutes and remove from the heat.

In a greased heat resistant dish or pan, pour in the orzo and top with the beef and its sauce (if using bones and whole spices , make sure they are removed either by picking them out or using a sieve to strain) stirring gently to distribute the ingredients evenly. If the orzo is not fully covered by the sauce, add as much water to cover by 2-3 cm.

Cook in a preheated oven at 400 degrees Fahrenheit for about 30 minutes, until brown and all water is absorbed. Note: if you are using the clay pot do not put in preheated oven.

Serve warm, sprinkled with grated cheese.

Deadline: Classifieds

WEDNESDAY before publication at 1 p.m.

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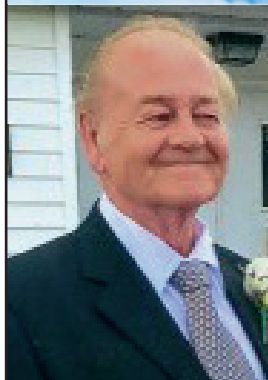
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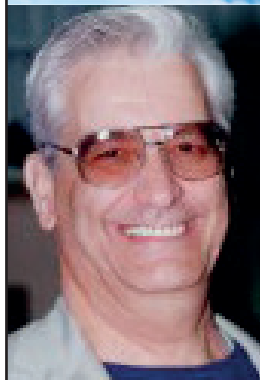
In Memoriam & Obituaries

DE RAPP, Leslie 1948 - 2021



Following a long battle against cancer, it is with regret that we inform you of the death of Mr. Leslie De Rapp, which occurred on February 26, 2021 at the age of 72 years. Son of the late Charles De Rapp and of the late Margaret W. Andrews. He is survived by his wife, Mrs. Simone Dufour. Predeceased by his brothers and sisters, Patricia, Johnny, Roger, Bill and June, he is survived by his wife, his four sisters, Betty, Carle, Claire and Rebecca (Réal Fillion), his nephews and nieces as well as many friends.

DESHARNAIS, Léo 1939 - 2021



In Saint-Eustache, on February 26, 2021, at the age of 81, passed away Mr. Léo Desharnais, husband of Mrs. Micheline Duclos. Besides his wife, he is survived by his sons Stéphane and late Sylvain, his grandchildren Francis, Valérie and Claudie, his brothers and sisters Jean-Paul, Jacques, Roger and Diane, his brothers-in-law and sisters-in-law, his nephews and nieces as well as many other relatives and friends.

BRISEBOIS, Fernand 1944 - 2021



At the CISSS des Laurentides, in Lachute, on February 24, 2021, passed away at the age of 76, Mr. Fernand Brisebois, husband of the late Gisèle Millette and spouse of the late Linda Beaudoin. He is survived by his children Nathalie (Sylvain Renaud) and Stéphane (Susan May Mendoza), his grandchildren Sophie, Sylvain Jr (Anne-Marie), Jean-Philippe (Joanie), Gabriel (Gabrielle), Naomi (Adam), Augusto and Sabrina, his great-grandchildren Charlie, Olivier, Mickaël, Rosalie, Abbie, Amélia and Maxim. He was predeceased by his brothers Laurent (late Denise) and Alfred (late Suzanne), he leaves his sisters Gabrielle (Guy) and Gilberte (late Gaétan), his sister-in-law Lise Millette (Jacques), his nephews and nieces as well as several other relatives and friends.

THÉRIAULT, Suzanne 1949 - 2021



In Mirabel, on February 23, 2021, at the age of 71, passed away Mrs. Suzanne Bergeron, wife of Gilles Thériault. Besides her husband Gilles, she is survived by her children Manon (Jocelyn), Caroline (Sébastien), Luc (Isabelle) and Julie (Hugo), her grandchildren Roby, Coralie, Léa, Gabriel and Maël, her brothers and her sisters, brothers-in-law and sisters-in-law, nieces and nephews as well as many other relatives and friends.

QUINTY, Pierre 1956 - 2021



De Mirabel, on February 23, 2021, at the age of 64, passed away surrounded by his family Pierre Quinty, husband of Anne Loubert. He now rests with his brother Charles (Chantal). He is also survived by his children Pierre-Marc (Mylène), Maxime (Valéry) and Philippe, his grandchildren Olivier, Mylia and Milan, his sister Sylvie (Roger), his brothers Benoît (Nicole) and Paul (Louise), his sisters-in-law Solange (Bob), Huguette (late Paul-Émile), and Doris (Nelson), his brother-in-law Gilles (Lucienne) his nephews and nieces as well as many other relatives and friends.

Contact us today to place an obituary or in memoriam in our next issue
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Plan for peace of mind



Have you prearranged your funeral?

While it's true that thinking about prearranged funerals isn't the happiest of jobs, it's certainly an essential one. Not only does it enable you to discuss your wishes with your family, but you also find out if your plans meet their needs and expectations. Just remember that when the time comes, they'll need some kind of ceremony to help them begin the grieving process.

A funeral organized at the last minute (the type of service, how much it should cost, etc.) can become a source of conflict for bereaved family members at a time when they need to rely on each other more than ever. By prearranging your funeral service, (called a "pre-planned funeral"), you save your loved ones from having to make those tough decisions at a difficult time.

You also give yourself peace of mind, since you're making sure your wishes are respected and that the ceremony is personalized. However, try not to leave overly detailed instructions;

give some leeway to your loved ones so they have the possibility of getting involved in the organization of the funeral and expressing their feelings.

Do you believe that a prearranged funeral is unnecessary because your wishes are already set out in your will? Don't forget that a will is often read after the funeral. That means your family may not be in a position to receive your instructions about the ceremony before it takes place.

It's important that you prearrange your funeral services, not just for you but for your loved ones as well. Maybe now is a good time to think about it.



HOROSCOPE

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

The luckiest signs this week:
ARIES, TAURUS AND GEMINI



ARIES

At work, you'll be happy to take on a new group of clients interested in your products and services. The abundance of work will also get you thinking about starting a new project.



TAURUS

A getaway may be planned at the last minute. You might also consider going to work in another region so you can enjoy new and more enriching experiences. A training course will prove beneficial.



GEMINI

When faced with a need for change, you'll be guided by the little voice in your head that encourages you to live a life of passion and adventure. Doing so will allow you to broaden your horizons.



CANCER

You'll slowly come across the right information to take your life in a new direction. You'll find yourself full of enthusiasm and joy as you plan for the future.



LEO

At work, you'll have to negotiate with a few different groups to reach an agreement following a tense situation. You'll likely play a role in your community or work union.



VIRGO

Professionally, you'll experience success when dealing with a group or the government. In terms of your health, you'll be surprised by the treatment you receive to resolve a long-standing problem.



LIBRA

You don't always enjoy being in the spotlight. However, when you accomplish a major feat, it's normal to want to receive applause and be the focus of everyone's attention for a while.



SCORPIO

You'll start seriously looking into finding a new home or buying a house. Your children will bring you a moment of great happiness.



SAGITTARIUS

You'll be extra chatty this week and always know what to say to get a laugh. A well-timed joke on your part may defuse a tense situation at work or at home.



CAPRICORN

You might start compulsively shopping. You'll also feel a strong urge to get moving and experience new things. Be careful not to drain your bank account.



AQUARIUS

It's important that you take enough time to rest so that you can start the week off on the right foot. You'll need all the sleep you can get to be efficient and up to the task at hand.



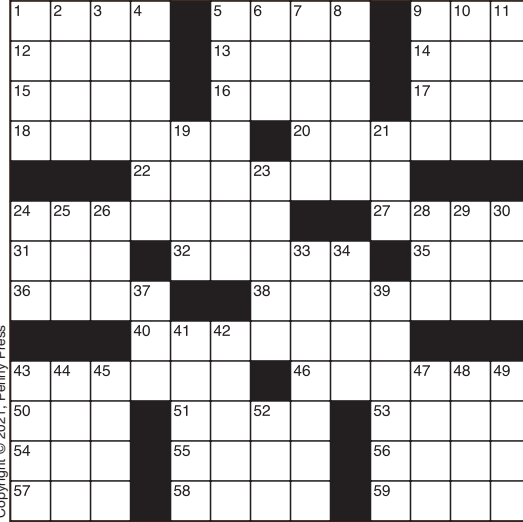
PISCES

You'll be very creative. You'll likely draw inspiration from different cultures or ways of life to create a masterpiece. As fatigue creeps up on you, you'll start to plan a vacation to get away from it all.

Coffee Break

CROSSWORDS

PUZZLE NO. 066



ACROSS

- 1 Egyptian snakes
5. Depressions
9. Wet earth
12. Stylish
13. "...maids all in"
14. "My ___ and Only"
15. Wedding-cake layer
16. "___ No Angels"
17. Bowler's aim
18. Spread out awkwardly
20. Like freezing rain
22. Struggle
24. Place for mascara
27. Bread shape

DOWN

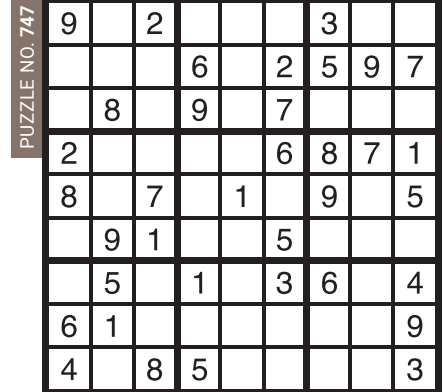
31. Negative word
32. Sunday song
35. Common ailment
36. Twosome
38. Dawn announcer
40. Landing field
43. Go to extremes
46. Munchies
50. By way of
51. Olympic sled
53. Hightail it
54. Horse's kin
55. Psychology topics
56. Helsinki native
57. Gave permission to
58. Amount owed
59. Dot
1. Drama sections
2. Cruiser
3. Wharf
4. Scribble
5. Illegal
6. Natural mineral
7. Most unsatisfactory
8. Enlarge
9. Pout
10. Part of a whole
11. Hold back
19. Cover, as gifts
21. Moray or electric
23. Keen
24. Purpose
25. "___ Light Up My Life"
26. Sooner than, to a bard
28. Frequently, to Keats
29. Beer's bitter kin
30. Animal's coat
33. Least tight
34. Day's beginning
37. Sticky roofing material
39. Rods
41. Dawdled
42. Facial cosmetic
43. President's ___ Office
44. Workbench jaws
45. Side of New York
47. Cut
48. Game of chance
49. Forwarded
52. Clump

Sudoku

HOW TO PLAY:

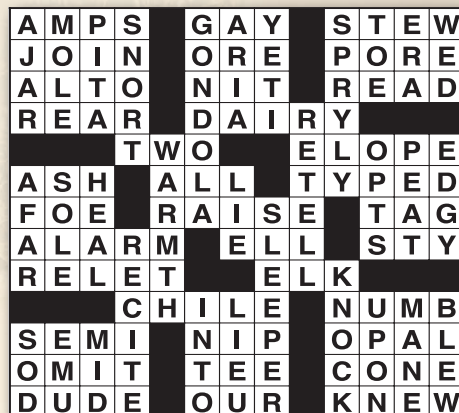
Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

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.**

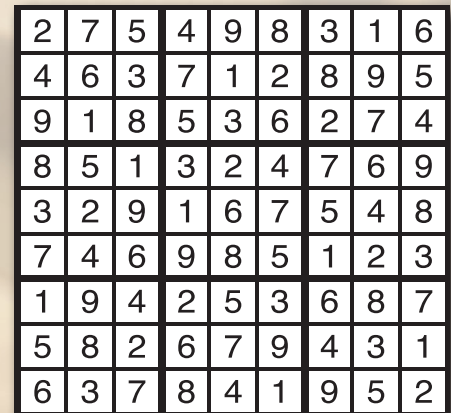


Last Issues' Answers

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Sudoku



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