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tightened, again
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goes from 6 to 5 years
in the Laurentians**

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The vaccine. A safe way to protect ourselves.

Restrictions tightened, again

The provincial government has announced stricter measures two weeks after relaxing them.

MATIAS BRUNET-KIRK

Premier François Legault announced stricter health measures across the province as cases continue to rise throughout Québec.

As of Thursday, gyms have been ordered to close and places of worship have been imposed limits of 25 people - down from 250. All indoor sports will also be banned.

High school students

By Monday, school rules will also change, where grades 9, 10 and 11 will return to hybrid learning. Students will therefore attend in-person classes on alternating days, combined with at-home virtual learning.

The government has cancelled all afterschool activities and sports. These changes come only two weeks after the government allowed students to return to classes.

"The situation is fragile and it could become critical very rapidly. This is why we must act in prevention in red and orange zones," said Legault during the government's weekly press conference on Tuesday.

These measures are applicable in all red zones, including those announced in Québec City and Gatineau last week.

Curfew remains in Montreal

Montreal will remain a red zone and not see its curfew moved backwards, as the government still deems the situation as "stable." Curfew will still run from 9:30 PM to 5:00 AM.

"It's surprising we're not seeing a significant rise in cases," said Premier Legault about the situation in Montreal, but specified that could change in only a "matter of days or maximum a few weeks."

"There's a higher risk this week over last week that there's a strong increase in case numbers in Montreal," said Legault.

The government made it clear these measures were preventive and that it would not hesitate to move the curfew earlier if the situation got out of control.

Defending measures

Legault defended his management of the crisis and his decision to reimpose stricter measures just two weeks after relaxing them.

"I would rather let Public Health adjust for the health of all Quebecers over defending a position blindly because it was the position they held last week," said Legault.

He added that Public Health was making decisions in accordance with the information



The government announced it will be closing gyms and limiting the number of worshippers allowed in religious establishments.
Photo: François Legault via Facebook

"There's a higher risk this week than last week that there's a strong increase in case numbers in Montreal,"

they currently had and that they are acting in a preventive manner.

Increasing vaccinations

The stricter measures will run parallel to growing vaccination efforts underway across Montreal and the rest of the province. The government

announced it would be further opening up vaccine eligibility.

All Quebecers 60-years and up are now eligible to book an appointment to get their shot. This is in addition to people who suffer from a chronic illness and may be at a higher risk of contracting the virus.

The government also stated that essential workers, such as teachers, daycare educators and police officers would be vaccinated, but did not give a specific date.

Health Minister Christian Dubé also announced that those 55-years and above could get an Astra-Zeneca shot if they wanted, opening a "parallel" vaccination stream. This comes after health authorities recommended the vaccine not be used on people under 55-years of age, due to the risk of blood clots.

The government also made available no-appointment immunization at mass vaccination sites across the province in order to increase uptake. Eligible people can therefore check which locations offer the program and show up without an appointment.

Situation in Quebec

The newest decisions come amid a steady rise in reported cases across the province. On Tuesday, the province recorded 1,168 new cases and 1 new death.

These numbers are accompanied by a fairly steady number of hospitalizations, reported at 514 across the province with 121 people in intensive care.

This signifies a 30% rise in new cases over the last 2 weeks, worrying many about the intensity of the third wave in Québec. So far, the third wave of COVID-19 has hit other Canadian provinces like Ontario and British Columbia, much harder.

With 2,334,695 first vaccine doses already received, roughly 18% of the population of Québec, the government is still confident they can reach their Jun. 24 objective of giving any Quebecer their first dose.

Nonetheless, many say much needs to be done to ramp up immunization rates and prevent the waste of vaccines. Roughly 5,000 doses were lost over Easter weekend after turnout to vaccination sites declined.



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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



First Generation Vaccines. Only the Beginning.

It's a full-on race between vaccines and Covid virus variants. Every wave of this virus is worse than the previous. We are into the third with some provinces registering more infections in a day than ever before. Isn't it mind boggling that we can not get a handle on this enemy?

Because vaccines have simply not been into the arms of the world fast enough, virus variants are given more time to develop and multiply. It's happening in Canada where only 7% of the population has been vaccinated as of April 1, compared to nearly 60% in Israel, 25% in the UK, US 23%. Sadly, Canada ranks 43rd in global rankings of vaccinations per capita. Even by the end of the year, it's estimated that only 10% will be vaccinated in developing countries. And therein lies a very serious problem, for the poor in those countries, and for the rest of the world.

Epidemiologists tell us as long as the virus has an opportunity to infect, wherever it may be, the more likely it is that mutations and variants will emerge, which could make first generation vaccines ineffective.

There is no sense of urgency in Canada, except for politics. Justin Trudeau choses instead to pick a fight with Ontario's Doug Ford who needs more vaccines, now, as the PM defends his Procurement Minister. "Anita is doing an incredible job" in getting vaccines. Please! We have a Prime Minister who has never, ever accepted any responsibility for wrong doing, weakness, much less failure.

Pharmaceutical companies are enjoying an unprecedented bonanza of profits at the expense of an infected world. I mentioned in an earlier column that Canadian humanitarian Stephen Lewis urged pharmaceutical companies waive the intellectual property rights during the pandemic only, so that generic drugs can be more quickly and be vastly distributed to poor countries. Since then, more countries and organizations world wide have argued for patent suspension. It is not going to happen because the world needs leadership and we have none, at least no one who is willing to take on the powerful pharma industry.

Imagine if Covid were a country, a country at war with the rest of the world. A health policy advisor with an organization called the People Vaccine Alliance, asks the question, in war, "would governments leave the decision of arms and technology to the manufacturers to protect their own population?". Absolutely not. Vaccines are our weapons

and this IS a war, but strangely and shockingly, there is no sense of urgency to reign in and direct.

This is a world emergency. Our lives are at stake, and we can not allow pharmaceuticals to do as they please for the sake of profit, today and tomorrow. Did you watch Pfizer CFO Frank D'Amelio tell shareholders, there is "significant opportunity" to raise the price of vaccines. "We believe it's becoming increasingly likely that an annual (if not bi-annual) revaccination is going to take place". And he made it clear the \$19.50 US per dose was pandemic pricing. "Once it's at the endemic stage, we typically charge \$175.00 a dose".

Aw come on D'Amelio! This is a humanitarian matter. Have you no soul!? It's a human emergency for God's sake. The folks in poor countries need to be vaccinated otherwise we will all pay.

Pfizer and the others know exactly what they doing. And their stock prices reflect it. With governments as clients, many of whom pay in advance, it's a beautiful world. Meanwhile, almost three million are dead so far, the global economy battered, and taxpayers deeply in debt. Shame.


By the way, AstraZeneca, mired in controversy not to mention public relations, has changed its name hoping we will forget the past. The British-Swedish pharma is now called Vaxzevria. It assures governments it's only a name change, nothing more.

Have you noticed? The election campaign has begun in Canada. The Liberals know they only have to secure Quebec and the GTA to win. So of course, Mr. Trudeau was in Quebec, rubbing shoulders with a winner, Francois Legault, in announcing some money for an EV plant in St Jerome, another in Trois Rivières for high-speed internet access. Legault needs to buddy up with Trudeau because Quebec needs bigger federal health transfers from Ottawa if it's to balance its budget by 2025-26, as required by the Balanced Budget Act. It's all politics folks.

Politics is even in the timing of the first shot of vaccines. Trudeau keeps proudly saying we will get our first vaccine by June, my, just in time for an election. In fact, we should all have received BOTH shots by then, and by the prescribed 21-day interval, not four months. But we're not, because somebody failed us.

That's What I'm Thinking.

Robert Vairo



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Rosemère Receives Government Grant for Tylee Marsh Trail Rehabilitation Work

MARIA DIAMANTIS

The City of Rosemère has received \$150,000 in financial assistance from the Ministère de l'Éducation, under its program to support the upgrading and improvement of trails and outdoor activity sites (PSSPA), for the rehabilitation of the Tylee Marsh Trail. The total cost of the project amounts to \$1,059,438, but thanks to the generous contribution of the Québec government, Rosemère was able to recover 14% of the eligible costs.

As it may be recalled, this bridge, which is very much appreciated by residents, was badly damaged by the floods of 2017 and 2019. Rosemère had carried out temporary solidification work which was finally considered unsafe

“The projects under the PSSPA not only allow outdoor enthusiasts to enjoy nature in complete safety,
Isabelle Charest



and was permanently closed to the public in the summer of 2019.

“Like you, we are very much looking forward to returning to the beautiful site of the Tylee Marsh Trail. We can assure you that this rehabilitation project is proceeding according to a tight

schedule that complies with the steps required by the Ministère de l'Environnement for carrying out such work in a wetland environment. With foundation work and the trail deck under way, the railing and landscaping will be finalized in April for an official reopening scheduled for mid-May,” stated Rosemère Mayor Eric Westram.

As for Isabelle Charest, Minister of Education and Minister responsible for the Status of Women, she made a point of reaffirming how important safe and accessible infrastructure is to the Québec government: “The projects under the PSSPA not only allow outdoor enthusiasts to enjoy nature in complete safety, but also

enhance the value of Québec’s territory, while contributing to the vitality of its regions. I am very pleased that residents of Rosemère and the surrounding area will once again be able to use the Tylee Marsh Trail to take part in physical activities, fill their lungs with fresh air and admire nature.”

The minimum age required for gargle sampling goes from 6 to 5 years in screening clinics in the Laurentians



MARIA DIAMANTIS

Offered in screening clinics for COVID-19, the gargle sampling method is now extended to children aged 5 and over. Less invasive, this new method is obtained by the saliva collected when the person gargles with spring water.

In order for the sample to be correct, it is strongly recommended to practice gargling at home before going to the clinic. To do this, 5 ml of water and a small cup are needed. As requested during screening, the person should gargle with water for 5 seconds in the mouth, then 5 seconds in the throat (head back). This sequence must be done twice. Whether for chil-

dren or adults, a non-compliant gargle sample cannot be analyzed in the laboratory. The test will then be done using a swab from the throat and nose.

Note: gargle sampling cannot be offered to certain groups.

Excluded

Clientele Healthcare workers presenting symptoms associated with COVID-19. Anyone without symptoms of COVID-19 whose condition may require intubation or bronchoscopy within 48 hours. Anyone without symptoms related to COVID-19 awaiting a transplant as well as the donor.

Anyone unable to gargle accordingly and children under the age of five.

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WHAT'S UP!

North Shore Edition



In Sainte-Marthe-sur-le-Lac

The Health Challenge has undergone a major transformation... starting with its name! TOUGO is a source of information, tools and invitations that inspire Quebecers to take simple actions on a daily basis to find the pleasure of living healthier.

The City of Sainte-Marthe is taking advantage of TOUGO month to encourage all citizens to move in their city! Discover and use the infrastructures at your disposal and take part in the two TOUGO competitions.

In Sainte-Thérèse

Following the analysis of the level of the Rivière aux Chiens, the progress of thaw and precipitation announced for the next 14 days, the City of Sainte-Thérèse officially lifts the flood risk notice on its territory.

The water level of the Rivière aux Chiens decreased and stabilized at a normal level for this period. The City would like to point out that watercourses such as the Mille-Îles River have no impact on the Rivière aux Chiens. The teams continue to monitor the level of the river and they remain ready to intervene if necessary.

No building was affected by the flooding in Sainte-Thérèse. Water from the Rivière aux Chiens reached certain sites, as well as Richelieu Park, but no damage to the properties was

recorded. The various municipal stakeholders acted promptly to ensure the protection of the residents concerned.

In Bois-des-Filion

With the call for tenders from contractors to begin construction this fall of a first interchange of Highway 19 (Saint-Saëns in Laval), the completion of Autoroute 19 between Laval (A-440) and Bois-des-Filion (A-640) will finally pass its most crucial stage: the imminent start of work.

For Mayor Gilles Blanchette, this announcement is historic and does justice to a community that saw its downtown (80 houses, 30 businesses) be expropriated in 1974 for a highway that never came:

"As mayor of Bois -des-Filion, I know how much this announcement was awaited and hoped for by the population of the City of Bois-des-Filion and all the cities of the northern crown and Laval. I am happy, along with all my colleagues from the municipal council, of this announcement which concretely launches this project after all these years of demands, studies and analysis. I would like to thank the Government of Quebec and the Minister of Transport, Mr. François Bonnardel, for having accelerated the process of carrying out this project, as well as our MP Mario Laframboise,

who was monitoring its progress very closely. I also thank the federal government for maintaining its financial commitment to this project. I also salute the work of my predecessor at the town hall of Bois-des-Filion, Me Paul Larocque, who was its most ardent promoter. Completion of Highway 19 will certainly be one of the spearheads of the development of our region over the next few years," said Mr. Blanchette.

This major work, which will begin next fall, will take place over several years and will be carried out in different work packages, from

Laval to Bois-des-Filion. The City is continuing its collaboration and exchanges with representatives of the Quebec Ministry of Transport, with a view to landing the project harmoniously in Bois-des-Filion, taking into account the already developed area and the environment. The project also includes the widening of Boulevard Adolphe-Chapleau by adding an additional lane between Autoroute 19 and 31e Avenue. It also includes lanes reserved for public transport with an express bus service from Bois-des-Filion to the metro in Laval.



Voula Kottaridis

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In Lorraine

The City supports its organizations

“The organizations did not have it easy during the last year, as did their members, who were not able to practice their favorite hobbies, their sport, their passion. Both the younger and the older have had to be patient. I am therefore very proud that we are able to help these organizations, which have achieved the feat of maintaining themselves despite a really difficult context. Thank you for being here again to support our community, get our people moving and entertain them,”said the mayor of Lorraine, Mr. Jean Comtois.

Here are the recipients of this financial assistance and their projects:

- Laurentides-Lanaudière regional football association: Promotion and activities
- Rosemère Rive-Nord speed skating club: Equipment purchase
- Youth club Les Alérions: Artistic workshops for teenagers
- Club Lorr “Seniors”: Videoconference activities for members
- Club Optimiste L’Orée-des-Bois: Virtual interactive meetings-conferences

- Girls Guide of Canada: Continuation of activities
- Pre-kindergarten Le Jardin de Lorraine: Update of learning notebooks
- Tout en sport - Basketball Laurentides: Outdoor basketball tournament in Lorraine

In Saint-Eustache

A real heritage and architectural gem in Victorian and Neo-Georgian style, the Globensky manor was built in 1861 for Charles-Auguste-Maximilien Globensky, former lord of Rivière-du-Chêne. Acquired by the City of Saint-Eustache in 1961, it housed the town hall of Saint-Eustache until 1986. Listed as a heritage building by the Quebec Ministry of Culture and Communications, this magnificent building now houses the Globensky manor museum area where exhibits highlighting the history and heritage of Saint-Eustache are presented. Located in the heart of Vieux-Saint-Eustache, the manor is a unique place for gatherings and festivities. It is also the starting point for several tourist circuits with commentary on the heritage attractions of this historic district.

“The Globensky Manor, which proudly stands in the heart of Vieux-Saint-Eustache, has been



one of the privileged witnesses of a large part of our collective history” said the mayor of Saint-Eustache, Mr. Pierre Charron. Visitors to

the page are also invited to participate, submit thematic suggestions or ask questions about the Globensky mansion.

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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.

Québec.ca/COVIDvaccine

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Québec 



How to relieve the symptoms of shingles



Shingles, or herpes zoster, is an infectious disease caused by the reactivation of the chicken pox virus. It's characterized by a rash that appears along a nerve or nerve ganglion, usually on the chest or back. The resulting blisters can cause intense itchiness, diffuse pain and an acute burning sensation. If you suspect you have shingles, seek medical attention as soon as possible: early detection is key to reducing both the severity of the disease and its potential compli-

cations. Depending on your situation, you doctor might prescribe antiviral medication or painkillers. In addition to medication, there are certain things you can do to better manage the pain caused by shingles: • Wear loose clothing to prevent friction in affected areas • Use moist compresses to reduce the burning sensation • Apply a calamine-based lotion to curb itchiness • Get as much rest as you can and try to relax (meditate, read, or listen to music, for instance)



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How to prevent and relieve lower back pain

Lower back pain is a common side effect of aging. **Here's how to go about preventing and relieving it.**



Prevention

Good posture is essential for preventing lumbar aches, as is the position you sleep in. Try to sleep on your side with your knees bent. If you can only sleep on your back, a firm mattress can help to prevent back aches.

In addition, maintaining a healthy weight can help reduce the amount of strain put on your spine. Try to exercise regularly, ideally by performing activities that are of moderate intensity.

You should also try to avoid lifting heavy objects. If you need to pick one up, keep your back straight, use your abdominal muscles and bend your knees.

Relief

As much as possible, try to integrate physical activity into your daily routine that won't impact your back. Swimming and walking are two good examples. Yoga and tai chi are also great low-impact activities that allow you to gently stretch and strengthen your muscles.

Consulting a physiotherapist is another good idea, as these professionals can teach you various stretches and exercises that will provide relief. Massage therapy and ibuprofen can also help you manage your pain.

If these methods fail and the pain persists, be sure to consult a healthcare professional, ideally before it becomes unbearable or spreads to other areas of your body.

Rosemère Golf course dossier (Part 2)

“There is no hurry and residents will always have the final word”



MARIA DIAMANTIS

The City of Rosemère held a virtual information evening on March 24 to present the exhaustive process that led to the tabling of the preliminary draft of the Urban Plan in January 2021, which came about as a result of some 15 public consultation activities. Thus, more than 300 citizens were able to discuss their vision of Rosemère's future with Town representatives, including experts in land use planning and citizen participation from the firm Provencher-Roy, who have assisted the municipal administration since the beginning of this vast project in 2018.

“We intend to tell you about the process that led to this outcome. Our goal is to put our cards on the table in a transparent way so that you can understand the reasons that led Council to table this preliminary draft of the Urban Plan in January 2021. We want to explain the path that supports it, the fifteen or so public consultations that have taken place since 2018 and the urban planning vision that resulted, in June 2020,” stated Mayor Eric Westram at the outset.

This information evening had two components. First, there were presentations on the important citizen participation in the preliminary draft of the Urban Plan development process, legal concepts and the regulatory framework, as well as the value of expropriating the former golf course and the fiscal impacts that would result. However, most of the evening was devoted to the citizens, who were given a long question period during which they were able to express their opinions and share their concerns about the impacts of the preliminary draft of the Urban Plan on their living environment in a respectful and constructive manner.

Social Acceptability at the Heart of the Process

The issue of the former golf course was certainly the subject of the greatest number of citizen interventions. The Mayor of Rosemère reassured residents that Council is firmly committed to consulting them before any regulatory changes are made: “As long as I am Mayor, nothing, absolutely nothing, will be done without social acceptability. And nothing will be done in haste. The land is not for sale and

“We intend to tell you about the process that led to this outcome. Our goal is to put our cards on the table in a transparent way so that you can understand the reasons that led Council to table this preliminary draft of the Urban Plan in January 2021.”

stated Mayor Eric Westram

does not belong to the Town of Rosemère, so I hope that the owner has clearly understood the questions raised by residents this evening, because any project will be subject to social acceptability.”

On this subject, Mayor Westram thanked the citizens for their contribution and showed himself to be a unifying force, specifying that the visions are in agreement: “I have heard you this evening and Council agrees that there is no rush on this matter. The preliminary draft of the Urban Plan is, moreover, clear on this point: the Town will prioritize redevelopment before any new development.”

Next Steps

There are still major steps to be taken before the preliminary draft of the Urban Plan is adopted. A call for tenders is under way to hire a firm which will conduct a study to characterize the ecological value of the former golf course, including analyses during each of the four seasons, to obtain a better understanding of the situation. The study will be released as soon as it is completed. The Town must also ensure with the Communauté métropolitaine de Montréal (CMM) and the MRC Thérèse-De Blainville that the proposed vision is consistent with the development schemas of both supra-local organizations, and that any necessary adjust-

ments are made. Then, a public consultation will be held to validate the adoption of the preliminary draft of the Urban Plan. Finally, a consultation with the whole population will take place on the day a golf development project respecting all the criteria of the future Urban Plan is presented to the Council.

At the same time, the Town of Rosemère will be participating in the Quebec government's Great National Conversation on Urban and

Regional Planning. “You can be assured that we will contribute to the debate. Council has been supporting the efforts of the Union des municipalités du Québec in this regard since last fall and we will continue to be active in order to obtain more tools for our municipal administrations,” concluded Mayor Westram.

Rosemère is inviting its citizens to consult its various communication resources in order to follow the developments of the various dossiers.

SUMMER SCHEDULE HAS ARRIVED

- ✓ Organic waste pickups will revert to a weekly schedule, from Tuesday to Friday depending on the sector.
- ✓ Regular waste will be picked up every other week, between Tuesday and Friday depending on the sector.



 ROSEMÈRE



DIRECT? ANSWERS

From Wayne & Tamara

Looking for Loopholes

Q My boyfriend and I had a great start to our relationship. We were medical students then. We trusted each other and were both clear that cheating is a dealbreaker for us.

When we moved to different cities to start our specialty training, we saw each other less. Things got busier but we tried working things out, always thinking about the light at the end of the tunnel. Nonetheless, we felt really happy once we met.

Two years ago, someone anonymously messaged me on a networking site saying my boyfriend was seeing someone else. There was no evidence, but I immediately called him and he denied it.

One day, I went into paranoid mode and checked his phone while he was asleep. I saw flirty messages. The next morning I confronted him and asked who she was. He said they were coworkers and friends, and he was just helping her review. That was our first big argument.

Of course, I believed him. We even got engaged last year!

Fast forward to three months before our wedding. Another person messaged me, this time with proof! Turns out, their relationship became physical both before and after he proposed to me.

Bit by bit, he told me the truth. He admitted they were friends, part of a group who went out together and reviewed in his apartment, until the two of them were left alone. But he never once mentioned this group of friends to me. He said he was afraid I wouldn't give my permission to hang out with them.

He said the girl made a move and kissed him first, and his lust took over. After that, they had sex for a few more meetings until he realized what they were doing was wrong. He claims he ended it with the other woman three months ago and was going to tell me.

My life crumbled. The person I thought I knew best and trusted most, suddenly became a stranger. We broke up and our wedding was canceled.

A month and a half after D-day, we still communicate. He's remorseful and readily answers my calls, even though he knows I just want answers.

I will be flying to another country for 18 months of further training, while he'll be staying in our home country for his training.

He says he'll fly to see me once he's done and court me again. He says I'm the person he wants to live with in this lifetime.

Can a person really change? Will I be able to get past this feeling of betrayal?

Heidi

A Heidi, a loophole is defined as an exemption that can be used to avoid the effect of a law. You and your boyfriend are both looking for a loophole.

In this case, the law you want to avoid is a law of human nature.

Your boyfriend's first line of defense was to lie. His second line of defense was to blame you. (You wouldn't approve of his group.) His third line of defense was to blame the other woman. (She started it.)

If you stay with him, his final defense will be, "It couldn't have been all that bad because Heidi stayed."

Of course it isn't all that bad to him. He's not the one betrayed. Proceeding as before is what a cheater wants because they are not the injured party. But if you had cheated on him, would he be so lenient on you? Of course not.

His excuses are the archetypal responses of a cheater who is caught. It's the classic pattern, but because you haven't been through this before, you don't recognize the pattern. Still, your gut told you to cancel the wedding.

When he blamed the other woman, he admitted he can "fall prey" to any other woman. In trying to wriggle off the hook, he set the hook. He admitted, "I cannot control myself and you cannot trust me."

You were not paranoid when you checked his phone. You smelled gas and looked for the leak. That's realism, not paranoia.

Perhaps you've had to explain to a patient that they have a terminal disease. Now you're on the other side of that. You must face that your relationship with this man is terminal.

Reactions to cheating—the disgust, the outrage at the unfairness, the suspicion, the traumatic response—are not something a skillful counselor can talk you out of. They are part of your human nature.

Counseling can be helpful in many areas, but it cannot overcome the basic needs built into us for trust, for justice, and for love.

In a marriage, there can be no loopholes. Why? Because with people who belong together, none are needed.

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



5 things you should NEVER feed your dog

You may already know that grapes, garlic and chocolate are dangerous for dogs to consume. However, there are a number of other foods that can be just as toxic. *Here are five things you should never feed your pooch.*

- 1. Yeast dough.** Yeast causes dough to rise and it'll do the same in your dog's stomach, making it distend painfully. Furthermore, during the fermentation process, yeast produces ethanol, which can lead to alcohol poisoning.
- 2. Alcohol.** Booze has the same effect on dogs as it does on humans, and the smaller the dog, the more dangerous it is for them to consume it. Intoxication can lead to disorientation, vomiting, diarrhea and even death.
- 3. Dairy products.** Milk and other dairy products can cause digestive problems and trigger food allergies. As is the case with humans, some dogs are more sensitive than others.
- 4. Xylitol.** This artificial sweetener is found in many types of gum, candy, toothpaste and even peanut butter. While safe for humans, it can increase your dog's insulin levels, leading to hypoglycemia. In turn, this can cause vomiting, lethargy and even liver failure.
- 5. Bones of any type.** Dogs love to chew on bones but gnawing on them can splinter and injure their digestive systems. Stick to store-bought chews instead.

Besides these potential poisons, you should never feed your dog food that isn't fit for human consumption. Ingesting raw eggs or chicken can lead to salmonella poisoning and eating spoiled meat can make them sick.





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A Beautiful Bahn Mi Sandwich

When my Vietnamese neighbour brought back from her trip to Toronto a bag load of bahn mi sandwiches for me, I flipped!

Looking at them first glance they might look like a basic sub, but, These sandwiches are a little more exotic than your typical "hoagie" of ham and cheese or peanut butter and jelly!

Bánh mì is the Vietnamese word for bread. In Vietnamese cuisine, it also refers to a type of short baguette with thin, crisp crust and soft, airy texture inside that is often split lengthwise and filled with various savory ingredients like a submarine sandwich and served as a meal. Plain bahn mi is also eaten as a staple food.

A typical Vietnamese roll or sandwich is a fusion of meats and vegetables from native Vietnamese cuisine such as chả lụa (pork sausage), coriander leaf (cilantro), cucumber, pickled carrots, and pickled daikon combined with condiments from French cuisine such as pâté, along with chili and mayonnaise. However, a wide variety of popular fillings are used, from xú mại to ice cream. In Vietnam, bread rolls and sandwiches are typically eaten for breakfast or as a snack.

The sandwich often contains a spicy element such as thinly sliced fresh chilies. You can omit the chilies ... I do! As much as I love the heat, my mouth can't take it!

This recipe for a bahn mi sandwich starts with a crusty French roll that's piled high with deli meats, pickled vegetables, avocado slices and fresh herbs. It's a hearty meal that's full of flavors, colors and textures!

I love to make my favorite restaurant style sandwiches at home, especially when I don't feel like cooking dinner, I can make these delightful sandwiches in a pinch!

There are popular variations of the bahn mi recipes, but this version is with classic cold cuts, mayo, shredded carrots, sliced avocados and a fresh crusty baguette! By all means please do not forget the cilantro! It's a make it or break it situation! For me this herb does it all! I understand many don't like this herb it's either love it or hate it, but please do consider adding this you will not regret it!

Here's what you need:

- Cold cuts or any other grilled meat like chicken or thinly sliced pork. Even left-over rotisserie works well. It's the rest of the ingredients that give it the authentic Bahn mi flavour
- Very crusty baguettes – just really good, normal bread rolls. Crusty on the outside, soft on the inside! When you cut the baguette open, the crust should literally crumble everywhere and make a total mess!
- Pate – pork or chicken, any normal pate that's not heavily flavoured with liquor or a flavouring like orange is just fine.
- Mayo – mayo + pate creates a unique juiciness and savoury richness that we know and love about Banh Mi!
- Pickled carrot – simple to make, the soft crunch and tartness is such a great contrast to the other textures and flavours
- Cucumber, coriander/cilantro, avocado

Assembling

The beauty of this meal there is no cooking! Just assemble!

Here's how it's assembled:

- Split the roll or baguette down the top middle (not along the side like you'd normally do)
 - Smear with pate then mayo on one side
 - Jam in the ham, cucumber strips, carrot, avocado slices, then lastly coriander/cilantro (please use it!)
 - Any other veg, meats or herbs are most welcome. Use whatever your heart desires!!
- Now grab that crusty sandwich, close your eyes, give it a good bite and let the flavours take you to one of the most beautiful seven natural wonders: Halong bay!

Deadline: **Classifieds**

WEDNESDAY before publication at 1 p.m.

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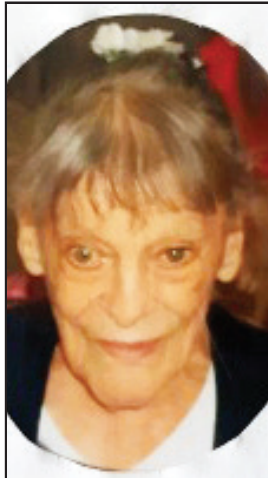
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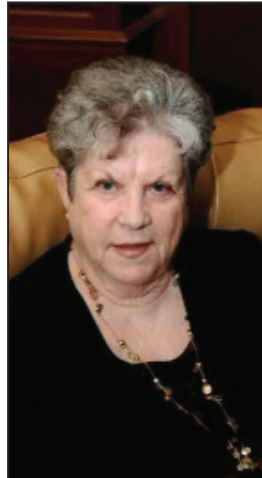


In Memoriam & Obituaries



LEMAIRE, DENISE
1934 - 2021

At the Hôpital de l'Enfant-Jésus, on March 30, 2021, at the age of 86, passed away Mrs. Denise Lemaire, daughter of the late Mrs. Françoise Lampron and of the late Mr. Aurèle Lemaire. She lived in Quebec and was a native of Drummondville. A tribute will be paid to him in Drummondville when possible. She is survived by her son, Marco Alarie (Kathy Manon); his grandchildren: Christophe Alarie (Sara-Kim), Samuel Alarie (Vicky), Jordan Alarie and Kasandra Alarie (Jordane); as well as his nephew Benoit (Claire), cousins, cousins and friends.



TESSIER, MONIQUE
1940 - 2021

In Quebec City, on March 31, 2021, passed away at the age of 80, Mrs. Monique Tessier, daughter of the late René Tessier and the late Madeleine Tessier. She is survived by her children: Nathalie Bertrand (Sonia Lavallée) and Dominique Bertrand (Annie-Karina Ouimet and the children). Appreciated by all, she left in peace, surrounded by her children.

Gone but not forgotten

Thanatophobia: understanding and overcoming death anxiety



FUNERAL AND ESTATE PLANNING

If you want to plan for your death and make things easier for your loved ones after you're gone, look into writing a legal will and pre-planning your funeral.

It's normal to have concerns about aging or to worry about how your loved ones will cope after you're gone. However, for some people, a fear of death or dying can cause severe anxiety that disrupts their daily life. This is referred to as thanatophobia. Here's what you should know.

SYMPTOMS

Thanatophobia, also known as death anxiety, is a type of anxiety that generally only manifests itself if the affected person thinks about or is confronted with the subject of death. Depending on the severity of the phobia, it can cause a variety of symptoms such as:

- Increased anxiety about dying or losing a loved one
- Chronic insomnia stemming from a fear of dying in your sleep
- Persistent feelings of guilt, sadness or anger
- Panic attacks when the subject of death is brought up

Someone with thanatophobia might also avoid places that remind them of death, such as hospitals and cemeteries, and activities they view as potentially fatal such as driving or flying.

TREATMENTS

If thanatophobia prevents someone from living a normal life, there are therapies that can help ease the fear associated with death. Cognitive behavioural therapy, for example, focuses on changing thought patterns and developing strategies to deal with feelings of anxiety. Practising relaxation techniques such as meditation and deep breathing can also help.

If death anxiety is interfering with your daily life, don't hesitate to speak with your doctor or consult a mental-health professional.



LARRIVÉE, FRANÇOIS
1929 - 2021

At the CHUS-Hôtel-Dieu in Sherbrooke on March 29, 2021, Mr. François Larrivée passed away at the age of 92, residing in Val-des-Sources. He was married to Mariette Leroux.



MEILLEUR, RICHARD
1951 - 2021

In Laval, on April 3, 2021, at the age of 69, passed away Mr. Richard Meilleur, husband of Mireille Sauriol. Besides his wife, He is survived by his children; Jonathan (Misty), Stéphanie (Claude), her grandchildren; Cederik, Kaelyn, Luca, Lowik, Mikeliya, Jean-Sébastien (Sandra), Sandra (Sébastien), Mathieu (Lena-Béatrice), his-great-grandchildren, his brothers, his sister, as well as several relatives and friends.



Peters, Ruth
1962 - 2021

The passing of Ruth Alice Peters, 59 years, occurred on April 2, 2021. Ruth is survived by her siblings; David (Tena) Peters, Milton (Kathy) Peters, Dorothy (Ed) Rempel, James (Debbie) Peters, and Sharon (Roger) Freer. Ruth is predeceased by her parents Peter & Delores Peters.

Contact us today to place an obituary or in memoriam in our next issue
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HOROSCOPE

Week of **APRIL 11 TO 17, 2021**

The luckiest signs this week:
CANCER, LEO AND VIRGO



ARIES

You'll take on a renovation pro-ject or purchase quality applian-ces for your home. Your friends will have a positive influence on you, helping you to strengthen your social connections and be more active.



TAURUS

Using your unstoppable determination, you'll take on a variety of great initiatives, each more exci-ting than the last. You'll take ac-tion even though you're short on time or in an unstable financial situation.



GEMINI

Stress is one of the greatest health threats of the modern age; if you don't take time to relax, you won't be able to escape it. You should adopt a more spiri-tual lifestyle that's in line with your values.



CANCER

Even if you're reserved, you'll spend a lot of time in excellent company this week. You may be respon-sible for planning an important meeting at work or an event with your relatives.



LEO

At work, you'll be in line for a promotion. If you're looking for a job, you'll soon find a position with a lot of potential for quick advancement and a successful future.



VIRGO

The idea of going on vacation or enjoying a quick getaway will cross your mind. If you planned to take this trip with a group, it's possible that some compli-cations will come up.



LIBRA

You'll display your generosity, but there are some who'll take advantage of it. This will prompt you to seek more respect from ot-hers. Your tendency to be outspoken will set the record straight.



SCORPIO

You'll need to prepare for a negotiation. Whether it's for work or a major purchase, it'll require a lot of time and patience on your part to gather the necessary information.



SAGITTARIUS

This is an excellent week to settle disputes and clear up any bil-ling errors. You'll win your case at every turn. There will also be many small matters you need to resolve.



CAPRICORN

Buying a property takes time and money. Fortunately, this undertaking will prove to be quite pro-fitable for you. You'll be proud of your attempts to boost your self-confidence.



AQUARIUS

You'll enjoy wonderful moments with your family. Perhaps you'll need to work on a project toge-ther, such as planning a move or reorganizing your sched-ule be-cause of work. This will cause some stress.



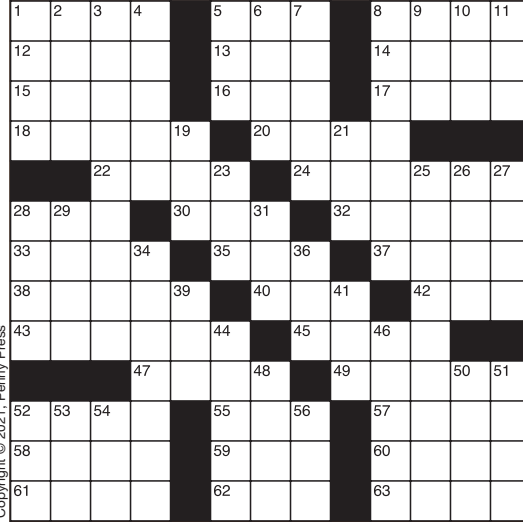
PISCES

As the warmer weather sets in, you'll want to spoil yourself, most likely with a new wardrobe. You'll be delighted that your friends con-tinuously invite you to go places.

Coffee Break

CROSSWORDS

PUZZLE NO. 1001



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ACROSS

- 1 Soda flavor
- 5 Duck-foot feature
- 8 Heroic poem
- 12 Like Darth Vader
- 13 Tree chopper
- 14 "___, Nanette"
- 15 Mortgage, e.g.
- 16 Job for a musician
- 17 Husk
- 18 Inaccuracy
- 20 Oompah horn
- 22 Largest continent
- 24 Lump of gold
- 28 Soap cake
- 30 Interfere
- 32 Wait on
- 33 Opera melody

- 35 Road covering
- 37 Elk
- 38 Prepared
- 40 Saloon
- 42 Elbow site
- 43 Guitars' cousins
- 45 Surpass 21, in blackjack
- 47 Military division
- 49 Swiss call
- 52 School groups: abbr.
- 55 Perched
- 57 Underground chamber
- 58 Relax
- 59 Schuss
- 60 "The Man Who ___ Too Much"
- 61 Acorn bearers

- 62 Nope's opposite
- 63 Transmit

DOWN

- 1 Give up
- 2 Done
- 3 Book minder
- 4 Low female voices
- 5 Move to and fro
- 6 Door sign
- 7 Started
- 8 Angered
- 9 Hawaiian food
- 10 "Holiday ___"
- 11 Atlantic food fish
- 19 Parachuter's cord
- 21 Commuter vehicle
- 23 Museum display
- 25 Large dog
- 26 At all times
- 27 Word
- 28 Thorn
- 29 Length x width
- 31 Bark
- 34 Adapts
- 36 Chafe
- 39 Hither's partner
- 41 Purchase
- 44 Ms. Spacek
- 46 Anklets
- 48 Seize
- 50 Consistent
- 51 Bawdy
- 52 Major-leaguer
- 53 Oolong or pekoe
- 54 Request
- 56 End

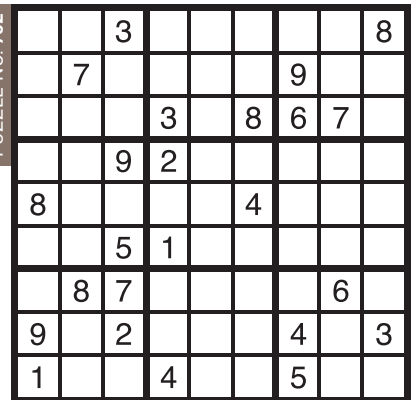
Sudoku

HOW TO PLAY:

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

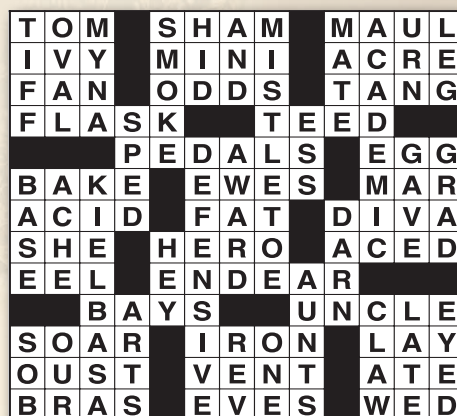
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

PUZZLE NO. 752

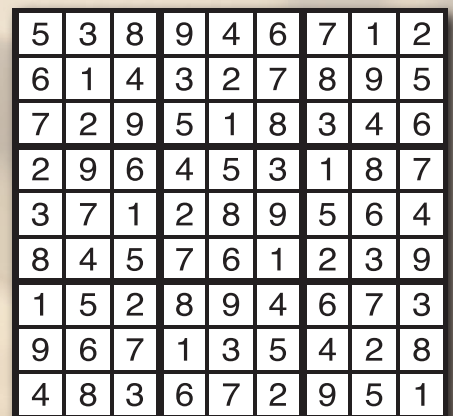


Last Issues' Answers

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Sudoku



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- Mango
- Spinach or Haricots
- Oranges
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- Avocado
- Cucumber
- Microgreens
- Bananas
- Mystery item

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