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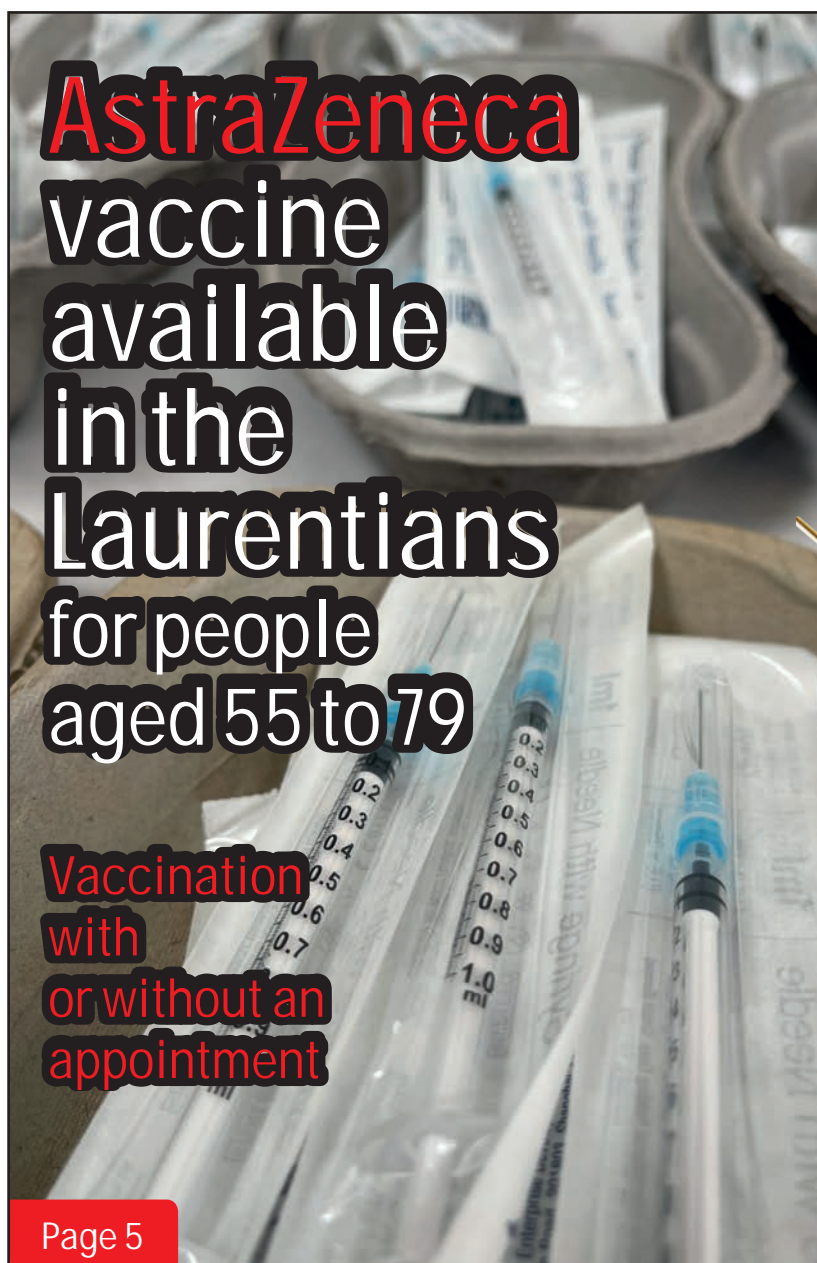
Vol. 17 - 16

April 16, 2021

450-978-9999

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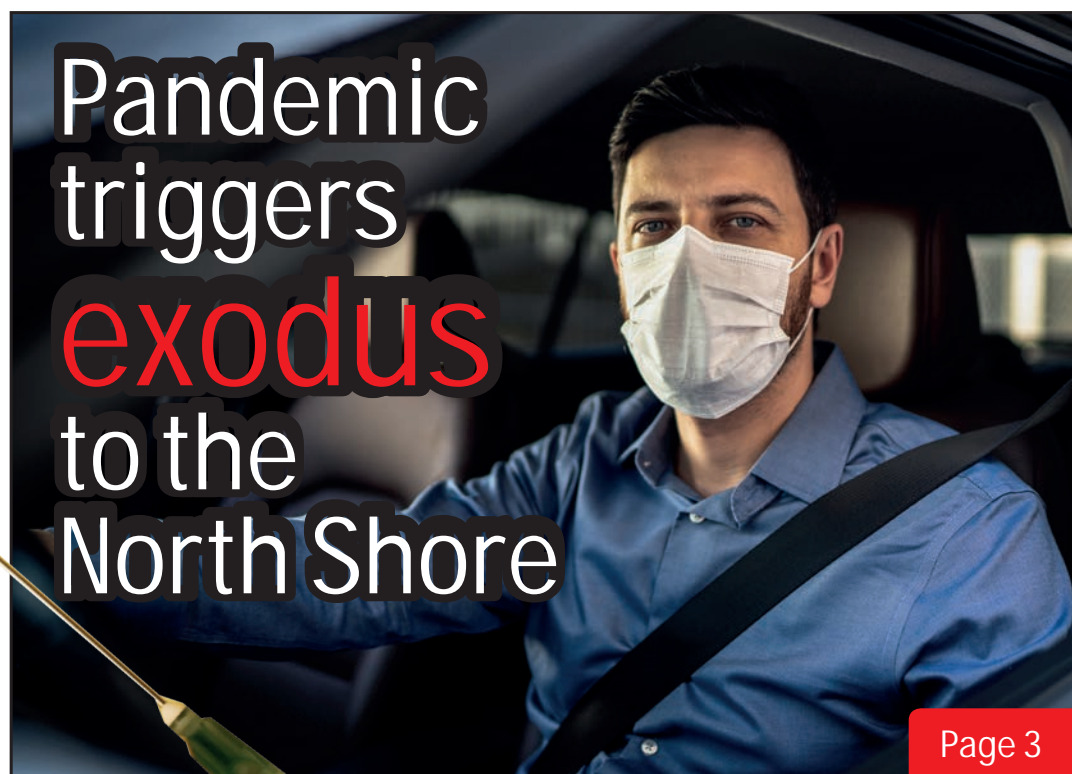
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AstraZeneca
vaccine
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in the
Laurentians
for people
aged 55 to 79

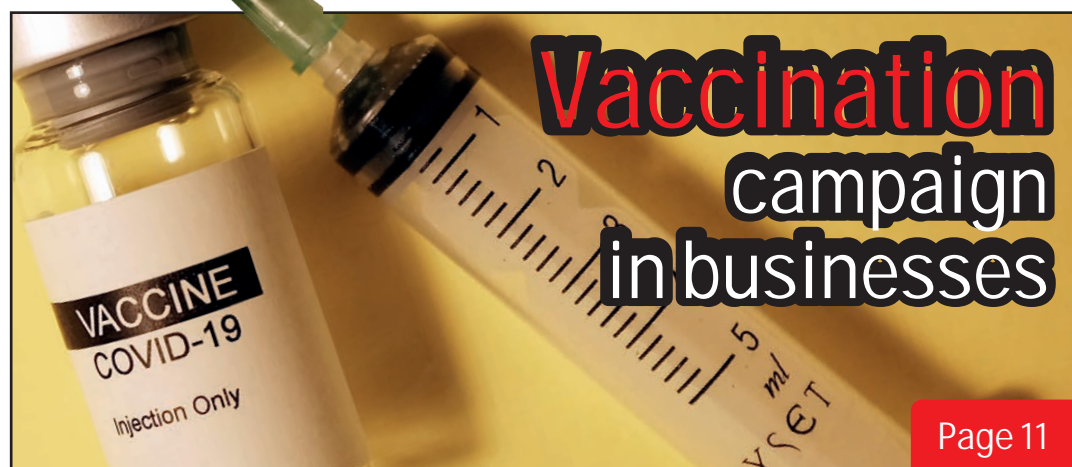
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The vaccine. A safe way to protect ourselves.

Pandemic triggers exodus to the North Shore

Harder stress tests for mortgages

MARIA DIAMANTIS

Dr. Kenneth Matziorinis professor of economics at McGill University believes that the new harder stress tests proposed by the Office of the Financial Institution Inspector will not greatly affect the Quebec housing market. Aside from the fact that property prices in our province are lower than elsewhere (due to lower wages and higher taxes), the recent federal aid given to the Quebecers to deal with the pandemic has been channeled into real estate. "People did not travel, they did not go to restaurants, so the extra money from the pandemic aid was used for real estate purchases and renovations," says Dr. Matziorinis.



The professor sees a halt in the rise in property prices in Quebec, which he considers necessary for a healthy economy, but raising the stress test to 5.25% will not stop those who already have the potential to take out mortgages and who are the majority of property buyers in Quebec.

Exodus to the North Shore

Buying a house in the North is now the thing according to the professor. Stay at home rules as well as the capability of working remotely with different communication platforms has urged a lot of Montrealers to buy properties in the North Shore where they can get a lot more bang for their buck. Properties in Rosemere, for example, are now up to half a million dollars for an average sized house and the demand is rising. North Shore towns are popular with secondary homeowners, but there is a huge increase in people making the move permanent since the pandemic started.

Mortgage stress test

Canada's top banking regulator is proposing to raise the mortgage stress test to 5.25% or two percentage points above the market rate, whichever is higher.

This is an increase from 4.79 percent, which is the current average percentage of Canada's largest lenders.

The change from the Office of the Financial Institution Inspector (OSFI) means that borrowers will have to prove that their finances can afford a loan at this higher interest rate, regardless of the interest rate of the lender. This would make it more difficult to meet the mortgage criteria, shrinking the borrowers' pool and ultimately reducing some of the upward pressure on housing prices in the country.



The regulator says it is asking interested parties to submit their proposal by 7 May, before the new rules on unsecured loans take effect on 1 June.

A look at the numbers

Currently, the average five-year mortgage rate is 4.79 percent, but it is not difficult to find a loan with about half the interest rate, just over 2%.

A look at the numbers shows how easy it is for one to get carried away.

At two percent, a \$ 300,000 25-year mortgage would cost \$ 1,270 a month. But if interest rates were 4.79 percent, where the big bank's interest rates are already, the monthly payment would increase by almost \$ 500 a month to \$ 1,709.

This is an increase of almost 35% in the debtor's monthly budget.

At 5.25 percent, with the new pressure test rate, the monthly payment will rise to \$ 1,788 per month.

If the numbers show that a borrower's finances could not afford a significant rate hike, the borrower fails the stress tests and a lender is not allowed to lend them money.

COVID-19 changed the plan

The regulator was considering setting up some other benchmark for the stress test before COVID-19, but the pandemic ruled out such plans.

In addition to the higher rate, OSFI also says it plans to "revisit the calibration of the qualifying rate at least once a year to ensure it remains appropriate for the risks in the environment."

OSFI's move comes as the average price of a Canadian house increased by 25% the year until the end of February.

This has led to a strong call for policymakers to make sure that borrowers do not exceed their potential.



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Layout: Media Trek

Distribution: DIFFUMAG

Printing: TC. TRANSCONTINENTAL

National Representation: Project funded in part by

RÉSEAU SÉLECT

TEL: 1-800-361-7262 ext 241056

Canada

Member of
Quebec Community Newspapers Association &
Canadian Community Newspapers Association



ISSN number : 1923-0648

Annual subscription : \$9738 tax incl. • Per copy : \$1

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OPINION & Editorial



It's not pro-choice, it's pro-death: 60,000,000 innocent victims since the early 1970s

We are a nation of immigrants, some say, back to the onset of the second millennium with the arrival of the Vikings in places such as Newfoundland. Even before that, our first nations can trace their roots to ancestors who migrated to North America most likely on foot and sled, across the Bering Strait when it was a path of solid ice. Immigrants we were, immigrants we are, and immigrants we will always be as borders, despite any attempt to reinforce them, will eventually collapse under the weight of the good and evil that battle in the heart of humanity in search of the Kingdom of God, not in the skies, but here on Earth.

Sadly, Canada is not the melting pot needed to erase the fear factor that divides hyphenated Canadians from sea to shining sea. Yet I fear that we have become a nation of tolerance toward all and respect of none. We labour in search of the fleeting Utopian dream of good trouncing evil, but end up contradicting Abraham Lincoln's heartfelt desire of living in a world of 'malice toward none.' We have arrived not at Thomas Moore's Utopia but at the gates of the Dystopia so sadly acclaimed by too many, most of whom should know better, and in further sadness I believe they do but choose to ignore the stirrings of goodness and yield to the short-cuts of evil.

When did we become Dystopian? When did The Sermon on the Mount's "A City upon a Hill" descend into Dante's Inferno? Look no further than the early 1960s insidious rise of misguided feminism, a good thing hijacked by those who turned a fervent desire for equality into an out-of-control 1970s. This was and continues to be an attack on the Jerusalem of our day by those whose malice toward all gave birth to the normalization of the evil that is intrinsic in the killing of the unborn, under the guise of equality for all, but not necessarily for defenseless fetuses whose life was snuffed out, in some cases with abhorrent violence.

The opening line of the American Declaration of Independence states Thomas Jefferson's belief - that "We hold these truths to be self-evident; that all men are created equal; that they are endowed by their creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness."

True, he should have stated that men and women are created equal, but so are children, if they are allowed their God-given right to life. But it is not so. In the Dystopian World of 2021 Spaceship Earth, regardless of political stripe - from extreme left-wing authoritarianism to extreme-right anarchism and libertarianism

- the voices of equality for all submit to the absurdity of "but not for the unborn". And so, we have on our hands a culture of death, abortion on demand, abortion as gender selection, abortion as birth control, and can one believe, abortion after birth, all kneeling at the altar of rampantly out-of-control-feminism, which camouflages the killing of the unborn as a pro-choice claim when in fact it is really the negation of pro-life and the affirmation of pro-death.

Whether it be Roe v. Wade, upholding the right of the living to deny the unborn that same right to life, or jumping ahead to the insidious morally bankrupt Justin Trudeau who denied anyone who would not publicly endorse pro-choice the right to run for the equally bankrupt Liberal Party of Canada, and we have two of the many graphically pro-death realities of a society heading towards disaster.

Christ, in His confirmation and admonition of the responsibility of men and women to "let the children come unto me," meant that all children should be allowed to come unto him, not just the ones we decide should be allowed to be born, while the rest are sacrificed on the altar of selfishness, sinfulness, conscience-numbness and depravity to the point where it has now reached the dehumanizing level of "let the mother decide, after the birth, whether she wishes to keep the newborn" (or make of it a burnt offering to the heads of hell.)


Shame, shame, shame on a world conquered and enslaved by short-cuts to being human, short-cuts that lead to the killing of millions of defenseless human entities that if allowed to be born, as they deserve, would become living children of God, instead of ending up bodiless souls floating in eternity, innocent of guilt, reaching for and attaining the waiting face of God.

Ironic, that living breathing people of all ages, some protesting that Black Lives Matter, others advocating that All Lives Matter, care little for the lives of the unborn, numbering 60,000,000 who have been snuffed out since the early 1970s by the pro-death movement. Make no mistake, abortionists do not represent pro-choice, they are the purveyors of pro-death.

It's not snow falling from the sky, no, it's the ashes of those souls who were never given the right to life claimed by those who took it from them, not with the blessing of those in power but with their curse.

Renata Isopo

renata@newsfirst.ca



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Rosemere council meeting of April 12th

MARIA DIAMANTIS

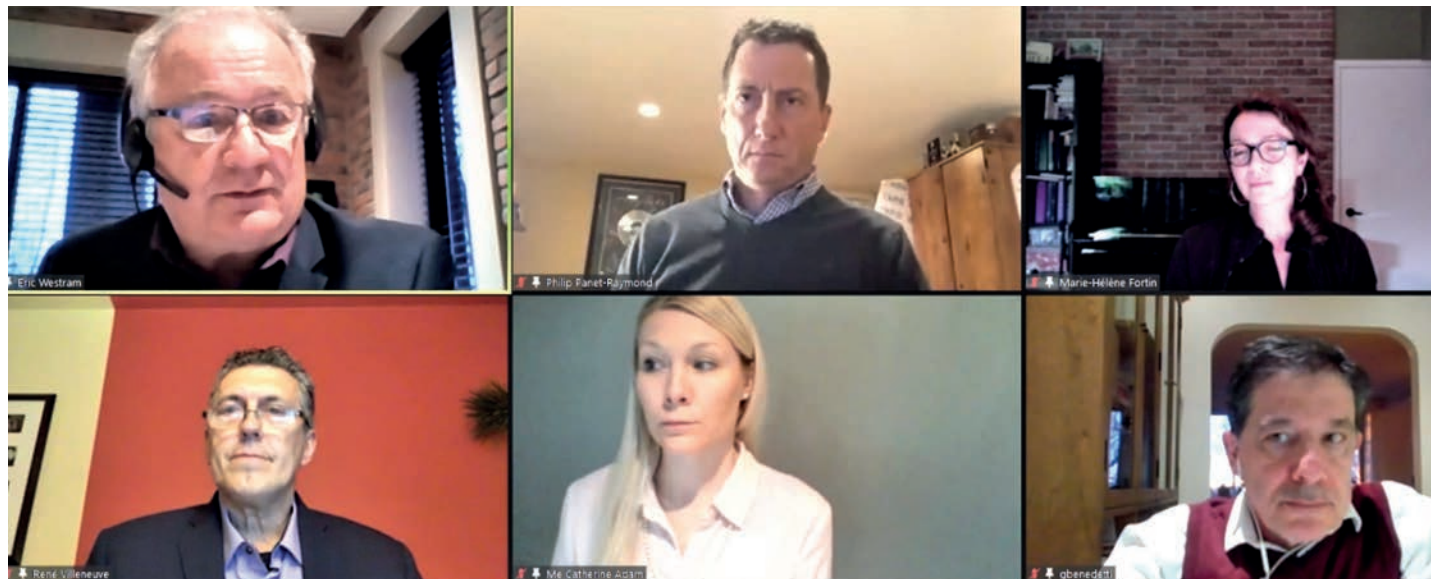
Once more the City Council meeting was held by video-conference in order to ensure the safety of our citizens and to comply with public health guidelines. Citizens were able to view the meeting live via webcast on the City's website. What was different this time around, was that residents could register with their questions and ask them directly during the meeting.

Mayor's report

During the Mayor's opening remarks, Eric Westram spoke about the success of the information meeting on March 24th concerning the golf course. 314 residents participated sharing their ideas with the council in a respectful and constructive manner. "I thank them greatly for their participation. We must work together in partnership to maintain and improve the quality of life of the entire community and to make Rosemere a sustainable, innovative and forward-looking town" said Mayor Westram.

According to Westram, several steps have to be taken before the preliminary adoption of the redraft of the urban plan, including a major characterization study which will extend over 4 seasons to determine the ecological value of the former golf course. A public consultation will take place after talks with the local supralocal organizations to validate the preliminary draft of the urban plan. The mayor emphatically reiterated that nothing will proceed without the approval of the Rosemere residents who will always have the last word as long as he is mayor.

The mayor also announced plans to honor the



city's volunteers and community organizations. "I am not yet in a position yet to announce the winners honored citizens awards but I would like this opportunity to highlight the commitment of remarkable actions of citizens and community organizations who work often behind scenes to help the most vulnerable," said the mayor

Question period

Most of the questions revolved once more around the golf course. A lot of discussion focused on the percentage of use of the golf course as green space compared for the rest for development. The mayor explained that although nothing is final, the city has to find an equilibrium between the environmental needs

and socioeconomic and demographic needs. Since the city's population has been decreasing and the value of the properties skyrocketing the mayor said that in the end plans have to be made to attract new development and more citizens to the city in order to maintain schools, sports associations and various services paid by the residents. New developments need more space especially since in Rosemere residents do not like large multi floor complexes which increases the space needed for new houses for the same number of people.

Urban planning and public works

Five minor dispensation requests were adopted as well as 18 for the site planning and architectural integration program. A variety of contracts

were awarded and amended for different services (Planting and watering of existing trees, bike paths, tree branch collection, transportation and disposal, street cleaning with vacuum sweepers, repair and maintenance etc.

Subsidies and donations

The following organisations benefitted from city funds: Centre prévention suicide Faubourg, Marraïne Tendresse, Fondation Sir Wilfrid Laurier – 2021 Annual Gala, Fondation Collège Lionel-Groulx — Virtual award of bursaries to 2020-2021 graduates, Moisson Laurentides – 2021 Annual Golf Classic and Gala Méritas — Rive-Nord high school

AstraZeneca vaccine available in the Laurentians for people aged 55 to 79

Vaccination with or without an appointment

MARIA DIAMANTIS

Two options are now possible to obtain the AstraZeneca vaccine available for people aged 55 to 79. Interested persons can actually go without an appointment to the places and time slots published on the Internet, or even make an appointment online.

Note that this offer with or without appointment of the AstraZeneca vaccine is available in all vaccination centers in the region, according to established time slots. The vaccine

AstraZeneca is reserved for people aged 55 to 79 (year of birth 1966 or before).

The next walk-in vaccination clinics for the AstraZeneca vaccine will be posted on the website www.santelaurentides.gouv.qc.ca, in the Coronavirus / Vaccination section.

If residents still wish to make an appointment online, visit the Clicsante.ca website

For those who do not have access to the Internet or who have difficulty using it, residents can call 1 866 495-5833 to receive support in order to make an appointment.





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Upcoming Registration for Recreational and Cultural Activities with Voilà! Rosemère

MARIA DIAMANTIS

The City of Rosemère is including a registration section for recreation and library activities in its Voilà! Rosemère communication platform. Residents will now have to access this free app before registering for a course or an activity for themselves or a member of their family.

“This addition is an important step towards centralizing our residents’ information in one and the same place! In addition to offering Rosemerites a far more user-friendly and dynamic registration platform than the previous version, residents now have access to a much more complete overview of their activities with the Voilà! app. So, I invite all those who have not yet had the opportunity to download Voilà! Rosemère, to do so quickly,” said Rosemère Mayor Eric Westram.

Due to the public health measures currently in place, in-person recreational and cultural activities have unfortunately been suspended for an undetermined period of time. However, while waiting for the registration period for the day camp on April 13, residents are invited to create their free Voilà! Rosemère account or to link their Citizen’s Card to their existing account.

Moreover, the city points out that in order to register for a recreational or cultural activity, Rosemerites must have, at all times, their Citizen’s Card up to date and valid for the duration of

“This addition is an important step towards centralizing our residents’ information in one and the same place!”

the selected activity. To renew a card or to check the validity of family members’ Citizen’s Cards, residents must contact the library or the Recreation Department.

The Voilà! Rosemère digital platform is safe and easy to use. The principle is simple: Residents download the app onto their smartphone or tablet and create their user profile by entering their address. They will then be able to select the information and notifications they wish to receive by identifying their preferences in their profile. For example, residents will be able to choose to receive notifications of emergency situations and/or reminders for various waste pick-ups, view the calendar of activities that interest them, register online for recreational activities and receive all municipal news. This app will also enable them to view their tax bill, apply for permits online and report non-urgent problems to their town, such as a pothole or a broken streetlight. Lastly, residents will have the opportunity to take surveys issued by the Town to express their views on various issues of concern to them.

REGISTRATIONS FOR RECREATIONAL ACTIVITIES NOW THROUGH



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A special thank you to the winners of our 2021 Honoured Citizen Award

- Ms. Ann Gillard
- Ms. Shannon Lemm
- Mr. Jean Denis Nantel
- Mr. Normand Painchaud
- Ms. Carole Gingras and the Horizon Rosemère Association
- The Regroupement des Artistes de Rosemère

The Town of Rosemère would like to thank all of the volunteers who devote themselves to our community on a daily basis throughout the year. During this unprecedented pandemic, we also salute the efforts of those who give their time to help people who are alone or have special needs, to ensure that they do not go without. Together, you demonstrate the strength of the caring community that is Rosemère.

From the bottom of our hearts, we thank you for this commitment that makes all the difference!

thank you



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

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MATURE LIFE

Say "no thanks" to osteoporosis

One in three women will suffer a fracture due to osteoporosis during her lifetime, especially after menopause, when bone tissue deteriorates much faster. *Here are some tips to overcome this silent but challenging disease.*



In the kitchen

The fight against osteoporosis begins with a calcium-rich diet. This includes dairy products, of course, but also sardines and salmon (with the bones, when it's canned), dark

green vegetables and legumes. Calcium-enriched orange juice, as well as fortified soy, rice and almond drinks are also good choices. Foods rich in vitamin D should also be part of a daily diet, including milk, fatty fish, eggs, chicken livers and margarine.

Fruits and vegetables help by reducing the acidity of the body, which promotes better bone health. Furthermore, it's important to include several servings of protein in the daily diet, as it plays an integral role in maintaining bone mass. Whole proteins are found mainly in meats, fish and seafood, plus there are also protein alternatives. It's advisable to avoid excess alcohol, salty foods and caffeine.

In the pharmacy

Our diets often don't provide us with the recommended daily allowance of calcium and vitamin D. Taking supplements is therefore essential. Ask your doctor or pharmacist about the recommended dosages for your age and your health.

What you should know about the Canada Pension Plan (CPP)

Planning for retirement? Here's what you need to know before completing your Service Canada pension application.



The amount of your pension is based on the amount of your contributions and the number of years you contributed. To offset a decline in revenue, years during which your earnings were low could be excluded from the calculation, especially if you raised your children as the primary caregiver. In March 2014, the average payment for a new beneficiary when applying at 65, the normal retirement age, was \$611.85 per month. You can apply at age 60, but your pension will be reduced. Similarly, your pension will be increased if you apply later than at age 65.

The best time to apply for your pension depends on your health, your savings, and your retirement plan. You can also split your pension with your spouse to reduce income taxes. Tools are available on the Service Canada website at www.servicecanada.gc.ca to help you make the best choices.

You're eligible for a pension if you're 60 years of age or older and you've paid at least one contribution to the Canada Pension Plan. If you are under 65 and are disabled when your pension comes into force, it could be converted into a disability benefit.

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Vaccination campaign in businesses

MARIA DIAMANTIS

The FCCQ and the CCITB wish to bring together the entrepreneurial community and the population around the vaccination centers in companies

The Federation of Chambers of Commerce of Quebec (FCCQ) and the Chamber of commerce and industry Thérèse-De Blainville (CCITB) announced the first 13 business vaccination centers made by the Minister of Health and Social Services, Christian Dubé.

The centers unveiled last week represent the first phase of the in-company vaccination operation. The government's objective is to create at least one center in each region of Quebec and to vaccinate 500,000 Quebecers thanks to the involvement of businesses.

"A new page of collaboration between business and government is being written before our eyes and we are delighted about it. The FCCQ is proud to have been active from the start in mobilizing its vast network and we would like to thank all the companies who filled out the form we had posted to show their interest in hosting a vaccination clinic. The government has chosen to retain a limited number of centers for this first phase, but it is remarkable to see such a large number of companies, from all over Quebec, who wish to collaborate," declared Charles Milliard, President and CEO of the FCCQ.

"Targeting companies interested in hosting a vaccination campaign was necessary to speed up the implementation of this initiative. The CCITB is proud to have collaborated with the



"The companies that agreed to get involved did so for free to help the health network."

Charles Milliard, President and CEO of the FCCQ

contributions will make a difference. In addition to the businesses that will lend their premises, there are many other nearby businesses that can also play a role by providing vaccinators, support staff, security personnel or offering logistical assistance. We are going to continue our involvement in order to facilitate the future networking between the identified poles and the companies able to meet the needs of human and material resources," added Mr. Milliard.

Vaccination in the workplace should begin in May according to the government. The FCCQ and the CCITB invite the population to be vaccinated as soon as possible, according to the order of priority provided by the government, and to respect the time slots chosen in order to be able to complete the vaccination campaign as soon as possible.

"The companies that agreed to get involved did so for free to help the health network. I congratulate them and thank them. Their efforts will help protect the population and revive our economy as quickly as possible. As a trained pharmacist, I cannot stress enough that the vaccine is our best weapon for a return to normal life," concluded Charles Milliard.

FCCQ to quickly collect this data. We solicited our members and carried out communication campaigns with companies whose characteristics corresponded to those sought by the Ministry of Health and Social Services. We would also like to underline the great participation of the companies of the region, which volunteered to protect our population," added Cynthia Kabis, Executive Director of the CCITB.

Bringing companies together towards a common goal that leads to concrete actions is the aspired role of the network of chambers of commerce. Up to now, the FCCQ and the CCITB have been able to effectively link the interested companies and the government, which selects the vaccination centers.

"Organizing a vaccination hub is one of the many ways businesses can help and all types of

The Deux-Montagnes fire department gets new fire engine



A new pumper-type vehicle entered service on April 6, 2021, within the Deux-Montagnes intermunicipal fire safety service.

This vehicle, equipped with a cabin that can carry a team of five firemen, has a centrifugal pump with a capacity of 1,250 gallons per minute (GPM), a tank of 600 gallons of water, a closed control panel, a FoamPro system with FRC foam level, a thermal camera, as well as compartments for transporting intervention equipment.

It should be noted that the acquisition of this pumper truck was included in the plan to replace the fleet of vehicles from the Fire Department, whose previous vehicle was more than 20 years old.

"In terms of safety, it is essential to stay abreast

"This new vehicle, at the cutting edge of technology,"
Norbert Vendette

of developments in tools and work techniques. This new vehicle, at the cutting edge of technology, will improve our response capacity throughout the territory we serve, in particular through its more powerful pump," underlined Norbert Vendette, Director of the Deux-Montagnes / Sainte-Marthe-sur-le-Lac Fire Department.

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DIRECT? ANSWERS

From Wayne & Tamara

Coming of Age

Q *I am female and a triplet. Unfortunately, my relationship with my parents is almost nonexistent due to the anger I have felt toward them. Throughout high school my parents treated one daughter like gold, and the other two were left hanging.*

Both of my siblings have their drivers license. I do not, in fact, even have a permit. My parents forbade it because they think I have anger issues and will end up hurting someone. Sadly, the only people I feel anger toward are my parents.

I want them to understand how I feel. I want to prove to them I can act mature and safe behind the wheel and get along like any other civil adult. However, whenever I broach the question to them, they brush it off, which usually makes us end up in a screaming fight.

I will soon leave for college, and I don't know how to fix the relationship with my parents. I feel horrible about everything, and since I will be away at college, I want two things. Please tell me what to do to fix this strained and difficult relationship and how to stop blowing up at them?

Cecilia

A Cecilia, your letter sounds as if you are trying to win approval from your parents, or trying to disprove their erroneous beliefs. Your letter does not sound like a letter from an angry person.

You don't say your parents had you clinically assessed for anger, that you received a diagnosis, or that you have been counseled for anger management.

The reality is you got stuck with a label and labels are hard to pull off. It's not

that all labels are bad. When the label is positive, a child might try to live up to the label. But the label you received is damaging.

Perhaps you were a fussy baby; perhaps your parents' favored child resembled someone your parents wanted to curry favor with; or perhaps, as a child, you put your parents on their back foot when you caught them in a lie and they used this label to control you. We don't know.

But something here does not fit. You express yourself like an innocent person, a person misjudged. And if you were unjustly labeled, why wouldn't you be angry? Furthermore, how is it you are grown up enough to go off to college but are not grown up enough to drive?

Your parents don't get to have it both ways.

You sound to us like a young woman who is self-aware. You're off to college. You are of age. Once you leave home, you can solve the license issue for yourself. What's more, in college you are free to pull off that label once and for all.

Not all parents are fair. Some parents create rivalry among their children. Some parents mis-parent. Some parents act as if their child should be infallible when they themselves are highly fallible.

There is no reason to think your parents will outgrow their behavior. But there is reason to believe you can take the steps necessary to improve your life. Not to show them up, but to step into the adult world.

Near the end of Jane Austen's novel *Pride and Prejudice*, Elizabeth Bennet, the main character, says something wise. "Think only of the past as its remembrance gives you pleasure." That's the soundest advice we can give you.

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

Paws & Claws

Can I change my rescue dog's name?

Do you adore your new rescue dog but dislike their name?

If so, don't feel like you're stuck calling your pooch something you wouldn't choose yourself. In fact, in some cases changing a dog's name can be beneficial, especially if they were mistreated in the past. A new moniker can help your dog make a fresh start in a happier, more loving home.

It may take a few weeks to get your dog used to responding to the new name, but it's not hard to do. Be consistent about using it and always say it in a happy, enthusiastic manner. Keep treats in your pocket during the adjustment period. Every time your pup responds to the new name, give them a treat. The idea is to get your dog to associate the new name with rewards.

If you prefer to make the change gradually, try using both names. For example, if you want to change Charlie's name to Buddy, call him Charlie-Buddy for a week or two. Once he gets used to responding to the combined name, drop the old one.

While you shouldn't do it often, don't feel bad about changing your pup's name. Dogs don't identify with them the way we do. If they respond happily when you call them, it's due to their eagerness to please you and not because of the name itself.

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Village Greek Salad

Who says you can't make friends with salad? Well, the Simpson family makes fun of their daughter Lisa who is a vegetarian. In one episode, they hold a bbq and insists that the bbq won't be a success if they don't serve meat. But trust me, with this hearty Greek salad, you can attract the biggest meat eater into eating this!

Greek salad or horiatiki salad is a popular salad in Greek cuisine generally made with pieces of tomatoes, cucumbers, onion, feta cheese (usually served as a slice on top of the other ingredients), and olives (typically Kalamata olives) and dressed with salt, pepper, Greek oregano, and olive oil. Common additions include green bell pepper slices or caper berries (especially on the Dodecanese islands). Greek salad is often imagined as a farmer's breakfast or lunch, as its ingredients resemble those that a Greek farmer might have on hand. Outside Greece, "Greek salad" may be a lettuce salad with Greek-inspired ingredients, even though the original dish is distinguished by the absence of lettuce. Meanwhile, the variant without lettuce may be called horiatiki, 'peasant salad', or 'village salad'.

Lettuce, tomatoes, feta (often served in multiple cube-shaped cuttings mixed with the vegetables), and olives are the most standard elements in an American-style Greek salad, but cucumbers, peperoncini (pickled hot peppers), bell peppers, onions, radishes, dolmades, and anchovies/sardines are common. In Detroit, for example, Greek salad includes beets, and in the Tampa Bay Area, it often includes potato salad. Dressings containing various herbs and seasonings are frequently used in the U.S. This style of Greek salad is rarely encountered in Greece.

As for assembling a Greek salad, there's no real way. You can't go wrong, it will taste great regardless! You can toss all the ingredients in a bowl or present it in a fancy way to impress your guests!

In my recipe these are the main steps to take note:

- This salad is not mixed
- The feta cheese is not cut in cubes but rather a large piece is placed on top of the salad.
- The tomato and cucumber should be cut in fairly large pieces
- Typically, green pepper is used in the traditional Greek salad.
- Olives are added whole not sliced.
- The salad is served on a plate. Do not serve it in a deep bowl.

This Greek Salad recipe comes together quickly and is bursting with fresh, bright flavors and beautiful colors.

The vegetables:

Fresh ripe red tomatoes, green peppers, cucumbers, olives
(Red onion is optional)

Salad dressing:

This vinaigrette takes no time at all.

Whisk together any vinegar (I like white balsamic) extra virgin olive oil (preferably from Greece), and a pinch of salt and pepper. Taste and adjust the ratios if desired. A dash of oregano

Greek Feta

When it comes to flavor and texture Make sure you add the best feta, and if it comes from Greece, you're getting the real deal.

Pre-crumbled cheeses are never in the same league as blocks of cheese that you slice, grate or crumble just before serving. Make sure it comes in a salty brine, it makes so much difference, keeping feta soft and fresh.

Directions:

You'll need the Basic ingredients. Easy as 1,2,3!

1. The basic Greek salad is made with sliced tomatoes, cucumbers green peppers and olives
2. Drizzle with the salad dressing
3. The cheese: place a slab of the feta on top and voila!

Deadline: WEDNESDAY before publication at 1 p.m.

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In Memoriam & Obituaries



BEAULNE, BERNARD
1940 - 2021

Of Saint-Eustache, on April 10, 2021, at the age of 80, passed away Mr. Bernard Beaulne, husband of Mrs. Céline Drouin. Besides his wife, he is survived by his sons Francis (Josiane), Claudel and Simon (Mélessa), his granddaughters Elodie, Ophélie, Maxim and Alexie, his sister Aline (Claude), his brothers-in-law and sisters-in-law, his nephews and nieces as well as many relatives and friends.



SOUKSAVATDY, OUNHEUANE
1960 - 2021

De Boisbriand, on April 9, 2021, at the age of 61, passed away Mr. Ounheune Souksavatdy, husband of Mrs. Phensavanh Souksavatdy. Besides his wife, he is survived by his daughters Mina and Alisa (Louis-Philippe), his 7 brothers and sisters in Laos, his nephews and nieces Christophe Thipsouvanh, Darouny Souksavatdy and Vatthana Thipsouvanh (Sophie Kor). He also leaves in grief his cousin Chanhpheng Souksavatdy (Soumboun Thipsouvanh), his cousin Khamla Souksavatdy (Bounheuang Souksavatdy) as well as many other relatives and friends.

What to do if a loved one passes away abroad



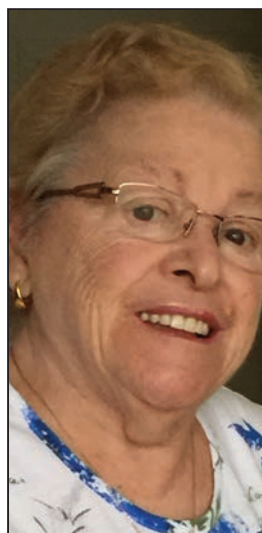
Learning about the death of a loved one is never easy, especially if they passed away while abroad. Managing formalities in a country where the language, laws and customs differ from your own can make the grieving process that much more harrowing for family and friends involved. If a loved one has sadly passed away while abroad, continue reading to find out the right course of action.

FUNERAL ARRANGEMENTS

The representative must quickly decide if the deceased's body will be repatriated (either in a coffin or urn) or buried in the country where the tragedy occurred. It's important to keep in mind that funeral practices and related costs (burial, cremation, etc.) vary greatly from one country to the next. In fact, certain regions in the world prohibit cremation while others impose strict time constraints for embalming or incinerating a corpse.

Furthermore, specific documents and certificates are necessary in many cases. Depending on the circumstances and place of death, long delays, among numerous other factors, can interrupt the body's repatriation. In addition, every airline has its own requirements and restrictions in relation to the transport of coffins or cremated remains.

Finally, all the costs related to the funeral arrangements and repatriation of the deceased's corpse or ashes are the family's responsibility. In the case where the deceased had travel insurance, the insurer may cover the entire or partial cost of related expenses.



ST-CYR NÉE PLANTE, CLAUDETTE
1935 - 2021

Peacefully, on April 10, 2021, at the age of 85, passed away Mrs. Claudette St-Cyr, wife of Réjean St-Cyr. Besides her husband, she is survived by her 2 children, her son Pierre (Sophie), her daughter Josée (Guy), her 5 grandchildren, Amélie, Ariane, Xavier, Frédéric and Lily-Rose. His presence will remain in our memories and in our hearts.



COLLINS, JEAN
1946 - 2021

In Saint-Eustache, on April 9, 2021, at the age of 75, passed away peacefully and surrounded by his family Mr. Jean Collins. He was the husband of the late Mrs. Sylvie Jean Jean-Legros. He is survived by his daughters Dany (Serge), the ex-husband of Dany Stéphane, Sindye (Yvon), his grandchildren Vanessa, Alexandre and Hayden, his brothers and sisters, brothers-in-law, sisters-in-law, nephews and nieces as well as other relatives and friends.



VALLÉE, VEARN
1937 - 2021

Mr. Vearn Vallée de Grenville passed away on Tuesday April 6, 2021 at the age of 83. He was the husband of Lise Dumont. Predeceased by his parents Napoléon Vallée and Mona Bennett as well as his sister Clarisse. He leaves his son Luc (Nathalie), his grandson Francis (Joany), his brother Joe (Virginia), his sisters Françoise (Laurent) and Ivy as well as several brothers-in-law, sisters-in-law, nephews and nieces.

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

Week of **APRIL 18 TO 24, 2021**

The luckiest signs this week:
LIBRA, SCORPIO AND SAGITTARIUS



ARIES

In spite of yourself, you'll be the focus of everyone's attention. You'll cause a sensation and be applauded for an impressive ac-complishment. In an effort to do the right thing, you'll perform some kind of heroic act.



TAURUS

Your family needs you, so you'll spend part of the week at home. You may have to sell or purchase a property, which means you'll need to prepare for a big move.



GEMINI

You won't hold your tongue, and you'll have a lot of important things to say. Your words will have a long-term impact, and they'll be heard on the other side of the world, thanks to so-cial media.



CANCER

You deserve to spoil yourself every now and then. You'll pro-bably spend time shopping in lo-cal boutiques this week. Among other things, you'll buy a few trinkets to cheer yourself up.



LEO

The next few days will be hectic. Your zeal and perseverance will allow you to stand out from the crowd. This will lead to a considerable boost in your income, which you'll be sure to celebrate.



VIRGO

You may feel that your fati-gue is building up. One night of insomnia this week could be enough to slow down a few pro-jects. Adopting better eating ha-bits is likely the solution.



LIBRA

You'll be in charge of planning an important meeting at work. There will be a lot going on in your social life. In addition, you may participate in some type of athletic competition.



SCORPIO

Don't be afraid of changes in your professional life; new responsibilities will lead to better working conditions. Time will be in short supply this week.



SAGITTARIUS

You'll be inspired to take a trip or go on an adventure, which will require a lot of planning. A training course or other learning opportunity will give you a new perspective about the future.



CAPRICORN

If there's tension between you and others, it's important to spend quality time with those people. They'll confide in you, and this new information will help you better understand the situation.



AQUARIUS

Your focus will be on your si-gni-ficant other. You'll need to make a few small changes in your re-lationship, and some quality time together will resolve seve-ral on-going issues.



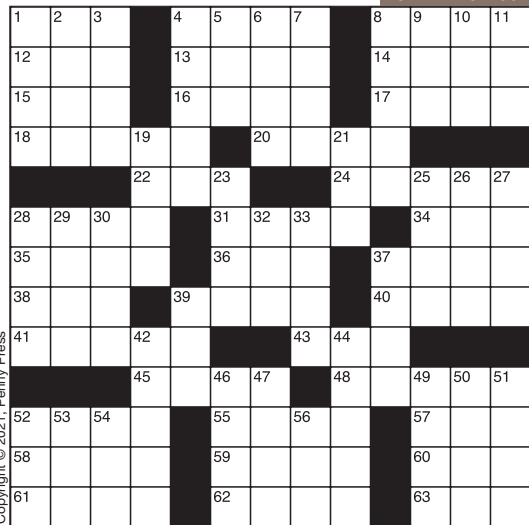
PISCES

You'll hear about an open position at work that's perfectly in line with your career goals. Some effort and patience will be necessary to get the results you want.

Coffee Break

CROSSWORDS

PUZZLE NO. 1002



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ACROSS

- 1 Find a sum
- 4 Basis
- 8 Husband's spouse
- 12 Scheduled to arrive
- 13 Jealousy
- 14 Constant
- 15 Slippery fish
- 16 Pile
- 17 Stared at
- 18 Piece
- 20 Security device
- 22 Mischievous child
- 24 Consuming
- 28 Door fastener
- 31 Found's companion
- 34 ___ good to be true
- 35 Yield to commands
- 36 Kind of grain
- 37 Skin condition
- 38 Long scarf
- 39 Old stringed instrument
- 40 "___ So Cold"
- 41 Wait on
- 43 Filled dessert

- 45 Slick
- 48 Unpleasant
- 52 Unruly kid
- 55 Diamond calls
- 57 Distinctive time
- 58 Price
- 59 Chimney duct
- 60 Walking on ___
- 61 Highly impressed
- 62 Printed words
- 63 Like a ___ of bricks

DOWN

- 1 Summer coolers
- 2 Fencing event
- 3 Snack store
- 4 Tailor again
- 5 Wallet stuffer
- 6 Shaped like an egg
- 7 Printed mistake
- 8 Calendar divisions
- 9 Climbing plant
- 10 Lawyer's payment
- 11 Discontinue
- 19 Detroit, e.g.
- 21 Used scissors on
- 23 Scheme
- 25 Urge
- 26 "___ but the Brave"
- 27 "Life ___ On"
- 28 Certain haircuts
- 29 Clarinet's cousin
- 30 "King ___"
- 32 Rowing device
- 33 Stair
- 37 Cruising
- 39 Floral wreath
- 42 Cast a ballot
- 44 Map graphic
- 46 Place for hay
- 47 Santa's time
- 49 Sofa
- 50 Set of three
- 51 Knitter's material
- 52 Bathing-suit part
- 53 Uncooked
- 54 Had food
- 56 Semiformal wear

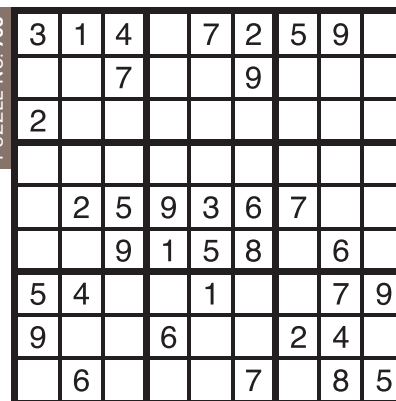
Sudoku

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. 753

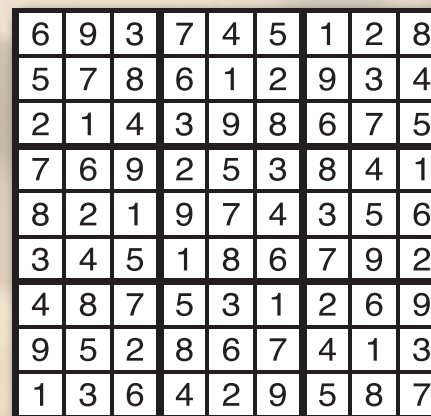


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Sudoku



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- Brocoli or Cauliflower
- Squash (butternut)
- Sage
- Zucchini
- Garlic
- Peppers
- Lettuce
- Cucumber
- Dry shallots
- Tomatoes
- Mango
- Pears
- Grapefruit
- Bananas
- Kiwis
- Mystery item

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