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Vol. 17 - 20

May 14, 2021

450-978-9999

www.ns-news.com

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**RIPTB,  
partner  
of the  
2021 Peace  
Officers  
Torch Run  
campaign**

Page 3



The City of  
Deux-Montagnes  
**"united  
for the  
climate"**  
declaration of  
commitment

Page 5



**CHSLDs  
double  
dosed  
in the  
Laurentians**

Page 3



**Back-  
to-the-  
Earth Day  
in Rosemère**

Page 7



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# The RIPTB, partner of the 2021 Peace Officers Torch Run campaign

**MARIA DIAMANTIS**

Local Journalism Initiative Reporter  
For The North-Shore News • info@newsfirst.ca

The Run (CAF) is launching a visibility campaign today, together with the Association of Quebec Police Directors (ADPQ), aiming to publicize its mission for the benefit of Special Olympics Quebec (OSQ) and to demonstrate the collective commitment of Quebec police officers and peace officers to this cause.

As of May 10th, police services, including the Régie intermunicipale de police Thérèse-de-Blainville, will affix stickers representing the logo of the Peace Officers Torch Race on their police vehicles. In addition to contributing to the enhancement of the police function and that of peace officers among the general public, this major operation represents an important step towards affirming CAF's commitment to its community and to special Quebec athletes.

This campaign, launched in the heart of Police Week, precedes the Torch Relay, a significant event for CAF which will take place on June 17 across the



*“Quebec police directors wish to emphasize the social commitment of their police officers in their community.”*

province. In this one, several friendly races will be organized there by the various police services and peace officers in order to raise funds for OSQ, in compliance with the sanitary measures in force.

“It is with great pride that the Association of Quebec Police Directors is committing to this visibility campaign. Quebec police directors wish to emphasize the social commitment of their police officers in their community. Together, we

have made the promotion of the police profession a priority. In this police week, a big thank you to all the peace officers in the province for their daily commitment” said Pierre Brochet, president of the ADPQ | Director, Laval Police Department

Each year, in collaboration with the police, CAF organizes a multitude of fundraising activities while raising public awareness of the cause of people living with an intellectual disability.

Special Olympics Quebec has been offering throughout the year, throughout Quebec and for 40 years, training programs and a network of competitions for more than 8,000 athletes, aged 2 and over, who have an intellectual disability. Sports programs offered in 17 disciplines aim to improve the physical condition, self-esteem and social inclusion of people with intellectual disabilities.

## CHSLDs double dosed in the Laurentians



**MARIA DIAMANTIS**

Local Journalism Initiative Reporter  
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The Integrated Health and Social Services Center (CISSS) des Laurentides announced that the second round of vaccination against COVID-19 for residents in residential and long-term care centers (CHSLDs) in the region has been completed since May 8.

Residents in CHSLDs now benefit from full vaccine coverage against COVID-19! Thus, residents housed in CHSLDs who had consented to the vaccination were able to receive a second dose of Moderna vaccine within the prescribed timeframe, i.e. a maximum of 112 days after the administration of the first dose, which will allow them to benefit from a maximum protection.

In addition, this important operation took place to the delight of residents and their families and

was masterfully carried out by the vaccination teams of the CISSS des Laurentides. “While there is an active circulation of variants in the community, the administration of the second dose of the vaccine to residents in CHSLDs is timely. This will ensure optimal protection for our most vulnerable. I would like to thank our staff for having carried out this operation with remarkable efficiency,” said the Deputy Chairman and CEO of the CISSS des Laurentides, Mr. Jean-Philippe Cotton. He also wishes to underline the importance of continuing to respect the sanitary instructions.

“Vaccination offers a real barrier of protection, but it must be added to all the measures contributing to the fight against the virus. It therefore remains essential not to relax the measures and to continue our collective efforts which will gradually make it possible to regain a certain normalcy,” he declared.

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Layout: Media Trek

Distribution: DIFFUMAG

Printing: TC. TRANSCONTINENTAL

National Representation: Project funded in part by

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Canada

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Canadian Community Newspapers Association



ISSN number : 1923-0648

Annual subscription : \$97.38 tax incl. • Per copy : \$1

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# OPINION & Editorial



## The pandemic could change cities forever

Phantom office towers, empty metros, deserted cafés, traffic-choked streets, PPTD - post-pandemic trauma disorder - the future is both bleak and ... surprisingly ... promising

During past epidemics, cities' populations shrank due to deaths and the flight of those who could afford to leave. Will it be any different this time?

Humanity flourishes when knowledge is shared, collaboration becomes a priority, and healthy competition is exercised face to face. The history of cities is a reflection of the agony and ecstasy of humankind's search for meaning. As places become more densely populated, they become more productive. It's just that cities are sometimes good places to live and other times terrible places.

In short, the allure of cities, their crowd-generated excitement, innovation and opportunities, especially for families are always in popular demand. During epidemics, in the past, cities were depopulated by death, and families facing an urgency for exodus. Yet, time after time, the lure of the city pulls people back after the immediate danger.

Even emergency-inspired measures can become permanent. Quebec's pandemic lockdown increased the percentage of provincial companies with half their employees working remotely, from 11 to 34. Office managers don't expect anywhere near all of those workers to return to their downtown office buildings whether in Laval or in Montreal. Clearly, before the lockdowns, there was a lack of imagination and a distrust on the part of employers who thought that unless workers were at their office desks, they wouldn't be productive. Now, we know that's not true. What the post-pandemic urban landscape will look like is an urgent question for everyone. While experts differ on how, and to what extent, our cities will definitely bounce back, they agree that life in them will not be the same.

Public transit is a major part of the uncertainty about the coming city, given the COVID-19 induced upheaval in moving people around big cities. Many businesses now assert that some remote workers are even more productive at home than they were in office towers, because they have gained the 90 minutes and more, they had spent commuting to and from work. Suburbanites have always had issues, to put it mildly, with their enormous, horrific daily treks to downtown, crossing bridges or moving snail pace on jam-packed highways 440, 13, 15 crawling to work. Employers realistically expect the legacy of remote work will be that a fifth to a third won't go back to on-site locales.

Furthermore, anything that affects food, and income generated from food, affects cities profoundly. Street food is fundamental to the economy of megacities, particularly the off-the-books economy that keeps marginalized people alive.

There may be a glimpse of the downtown future already visible in the high-end Montreal and Laval retail districts. Coffee drinkers can buy lattes from their favorite coffee shop. It's a continuation of some of the trends in quick-serve environments, part of society's concession

to convenience and technology - even in fast-food outlets these days - people order from kiosks or pick-up windows.

Another indicator that North American cities are heading for major resets is visible in real estate markets. It has been noted that clients with commercial subleases, even the biggest renters caught in five or 10-year leases, are now trying to sublease 10,000-100,000 square feet because they have realized that workers are not coming back, at least for this year and next. That's a crisis that many experts also consider an opportunity for major urban centers to do what they did a century ago - transform manufacturing and trade buildings into places where new activities emerge. They will have to similarly adapt third-millennium cities to the downswing of office work.

In general, public opinion agrees that cities will become younger, still offering the most opportunities for jobs; the exodus of older, more virus-susceptible and more affluent people will open up affordable space for younger workers. The true pull of urban life - art, culture and street festivals - won't be replaced by the internet, but will move to the inner suburbs. If, that is, the next generation of suburbs caters to more home-based work and shorter commutes, as is becoming apparent.

The post-pandemic city, relatively more spread out, less affluent and younger in its demographics, and, ominously for many, probably subject to virus-tracking surveillance technology, will not be the same as the pre-pandemic city it used to be. But if governments seize the chance for renewal offered by the Coronavirus, the future will be brighter.

In short, the allure of cities, their crowd-generated excitement, innovation and opportunities, will always attract people to them, especially the young.

Will it be different this time in the wake of COVID-19? Yes, that much is predictable. Public transit, for instance, a major part of the uncertainty about the coming city, will be drastically altered, given the COVID-induced upheaval in moving people around large cities.

Downtowners, local or off-island, will not re-embrace the packed-like-sardines subway rides, or waiting for the next train, which at rush hour always comes just as full as the one you let pass. Those days are done. The drop in transit has not come entirely from people working remotely or biking to the workplace. Streets once nearly deserted during initial lockdowns are now traffic-choked again in many heavily-populated areas, as people yield to diminished contact with others, masking, social distancing, in fear of exposure to the dreaded virus.

The post-pandemic cities, notably Laval and Montreal, more spread out, demographically younger, and ominously for many, probably subject to intrusive virus-tracking surveillance technology, will take on a new profile whose dynamics are yet to be defined. But they will be, as always, places that hold the good and bad in tension and heartbeat until disaster strikes again.

**Renata Isopo**  
renata@newsfirst.ca



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# Deux Montagnes Council meeting

## The City of Deux-Montagnes adheres to the “united for the climate” declaration of commitment.

**MARIA DIAMANTIS**  
Local Journalism Initiative Reporter  
For The North-Shore News • info@newsfirst.ca

The City of Deux Montagnes council meeting took place on May 6th, 2021 at 7:30 p.m. once more virtually due to the safety regulations for Covid-19.

### New online service

Mayor Denis Martin announced a new online service with the service d’urbanisme which will allow citizens to apply for different permits from the comfort of their homes without having to travel to the city-hall. All permit requests for tree-felling, tempos, sheds, commercial occupation certificates, demolition permits, private garages, watering permits and pools etc. will be available online. The service will be available by the end of May.

The mayor announced the repair of major streets in Deux Montagnes with high quality materials since the last time the streets were repaired was in 2002. There will be also new speed indicators in the streets to remind drivers of the speed limits for the safety of all.

Three by laws were amended and financial assistance payments were given to five recognized organizations. At the skate park in parc Olympia, a contract for the installation of a slab concrete was approved.

### The “united for the climate” declaration of commitment

By a resolution adopted at the municipal council the City of Deux-Montagnes is committed to its citizens to make the fight against climate change a priority, by adhering to the Declaration of Commitment United for the Climate, initiated by the Union of Quebec Municipalities (UMQ).

The declaration United for the Climate recalls the leading role of municipalities in the fight and adaptation to climate change. It allows municipalities to make a clear commitment to their population, to act and take concrete steps to fight and adapt to climate change.

“No one can turn a blind eye to the climate emergency. As a municipality, we have a duty to make decisions that will reduce our ecological footprint on the territory, through different spheres, such as infrastructure, our urban planning tools, mobility, to name a few. By adhering to the United for the Climate declaration of commitment, we are assuming our responsibilities and expressing our willingness to act as an example to generate measurable and positive effects on the climate today and for future generations”, declared the mayor, Denis Martin.

Here are some concrete examples of commitment taken by the city of Deux-Montagnes to fight against climate change:

- Adoption of a tree policy (more strictly restricting felling)
- Planting of hundreds of trees
- Modifications to municipal buildings to make them less energy-intensive
- Change to the refrigeration system at the arena for a more ecological system
- Continue to replace municipal vehicles with electric cars
- Acquisition of properties to create new green spaces



*“No one can turn a blind eye to the climate emergency. As a municipality, we have a duty to make decisions that will reduce our ecological footprint on the territory.”*

Change of infrastructure to eliminate overflows  
Wooden play modules

### Commitment declaration United for the Climate

The declaration of commitment United for the Climate, adopted by the UMQ stresses in particular that climate change causes global changes and that these changes require local responses (concrete measures must be taken to forward by municipal decision-makers to adapt living environments, infrastructures and services to the population). It also recalls that climate change require political commitment and for a shared response: we are all part of the problem, but we are also all part of the solution, governments, as citizens.

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# A beautiful yard

**THIS WEEK'S TIP**

## Invasive insects in Central Canada

**If a non-native species is introduced to a new ecosystem, it can wreak havoc on the environment.**

**Since it generally has no natural predators, there's nothing to stop it from rapidly increasing its population and taking over the territory. Here are two invasive insects that pose a threat in Central Canada.**

**EMERALD ASH BORER**  
These metallic green beetles tunnel under the bark of healthy ash trees. Their larvae feed on the inner bark, killing the tree within a few years. Signs of an infestation include tiny D-shaped holes in the bark, but early detection is difficult. Since emerald ash borers live and breed in wood, the most effective way to prevent their spread is to avoid moving firewood from one area to another.

**SCARLET LILY BEETLE**  
Red on top and black underneath, these tiny beetles have an insatiable appetite for lily leaves. If left unchecked, they'll devour a plant's entire foliage, leaving just a bare stem. Since the larvae also feed on leaves, as well as buds, flowers and stems, they can do a lot of damage in a short period of time. Lily plants should therefore be frequently checked for signs of infestation, including holes in the leaves and soft, brown masses. Homeowners can help protect Central Canada's biodiversity by learning how to identify the presence of invasive species on their property and promptly addressing infestations.




# Back-to-the-Earth Day in Rosemère



**MARIA DIAMANTIS**  
Local Journalism Initiative Reporter  
For The North-Shore News • info@newsfirst.ca

The city of Rosemère will maintain their compost bag distribution to all citizens as part of their annual Back-to-the-Earth Day event scheduled for May 29.

Due to the pandemic, the 2021 edition had to be revisited in order to comply with government directives. This is why the environmental booths, document shredding and compost sales are not part of the 2021 program. The tree shoot distribution will be held in June.

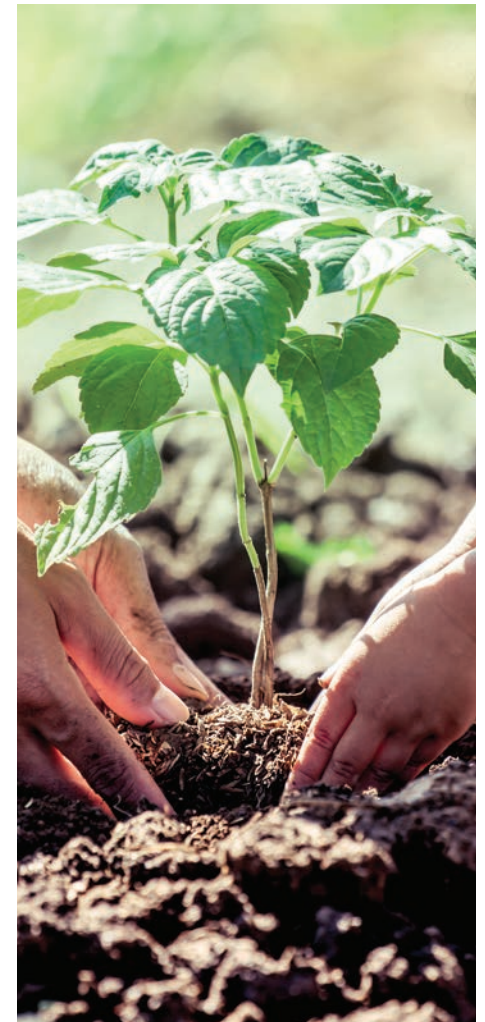
The city has set up a contactless compost distribution mechanism (drive-thru). Residents are asked to take advantage of this opportunity to ask for their "V" sticker to identify their additional green waste bins for organic material pick-ups:

Citizens living east of the railroad tracks: in the arena parking lot

Citizens living west of the railroad tracks : in the World Gym parking lot next to Hamilton Park

Residents who wish to obtain compost (4 bags per address) must register in advance via the Voilà! Rosemère platform between May 18, 1 p.m. and May 27, 12 p.m. No citizens will be allowed out of their vehicles and Town employees will deposit the compost in their car trunk.

**The amount of compost is limited.**




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## Generous to a Fault

**Q** *I have been living with my boyfriend for a year and a half and consider myself lucky to have such a great man in my life. However, we cannot see eye to eye on one subject!*

*We both grew up 1000 miles away, and my boyfriend's friends and family insist on staying with us for up to weeks at a time. We live in a vacation destination, just minutes away from a million beautiful and interesting places, but every guest is reluctant to spend a dime.*

*So far this spring, I've had houseguests for a total of three weeks. I really don't mind entertaining, but these people invite themselves and have no other plans than to hang out at our house every moment.*

*So despite working all day, I come home to a house full of hungry, messy guests to cook and clean for. Also, I feel sensitive to anyone's comments about me, my house, and my domestic skills. His mother, for example, reorganizes my cabinets while I'm at work.*

*Recently, I decided to stop taking an anxiety medication to see how I fare without it, but these weeks of pressure are really getting to me!*

*My boyfriend is generous and kind to everyone, which I admire, but how can I get him to understand this is too much for me?*

**Elise**

**A** **Elise**, a farmer views rain from one perspective and a city dweller from another. Each may be right, but only from their own perspective.

You see your boyfriend's friends as spongers who make work for you, and his mother as a woman who doesn't understand proper limits.

He may think his mother only wants to help. He may see his friends as attentive

and caring people who want to spend time with him. From his perspective, they don't want to sightsee because the purpose of the visit is to be with him. In addition, he may appreciate that they incurred an expense to visit.

On a superficial level, your letter is about setting boundaries and negotiating a settlement. But below the surface, there is a more important issue.

He has a generous nature. Though you might force or threaten him into a partial change, in a short time he will revert to his normal way of acting. It is who he is. That may explain, at least in part, why you are with him.

Why do you date someone? To find out who they are and to learn if you can live with who they are. Can you or can't you live with a man who you think is a soft touch to his family and friends? That matters because, if you say "I do" to him, you will also be saying "I do" to his friends and his mother.

You love him...but for his accommodating nature...but for his friends and family...but for the fact you can't live this way.

Then again, maybe it is not his friends or his family. Maybe he is not right for you.

You have anxiety issues, so it is important to be with someone you mesh with. Those issues don't give you the right to make others change for you. Those issues should make you more mindful of what you need.

If you force him to stop acting as he does, his friends and family will blame you. You might get your way and stop resenting him, only to have him start resenting you.

When a man wants to cut a woman off from her friends or family, we call him controlling and manipulative. If you want the same, what should we call you?

A farmer views rain from one perspective and a city dweller from another. Each may be right, but only from their own perspective.

**Wayne & Tamara**

Wayne & Tamara Mitchell are the authors of **YOUR OTHER HALF** ([www.yourotherhalf.com](http://www.yourotherhalf.com)) • Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964 or email: [DirectAnswers@WayneAndTamara.com](mailto:DirectAnswers@WayneAndTamara.com)



## Signs of heartworm disease in dogs

**Heartworms are parasites that are transmitted to dogs by mosquitoes. If left untreated, they can cause severely debilitating symptoms or even death. Here are some signs of heartworm disease to look out for.**

- Persistent cough and difficulty breathing. Heartworms can make their way to Fido's lungs and surrounding veins, making your dog work harder to get the necessary oxygen.
- Lethargy and sleeping more than usual. Animals with heartworm disease are weakened and often have a hard time finding the energy for their regular activities.
- Decreased appetite and weight loss. As heartworms mature and make their way to the heart and lungs, your dog may lose interest in eating and lose weight as a result. This may cause their ribs and chest to protrude.
- Caval syndrome. Heartworm disease can cause blockages of blood to the heart, resulting in sudden collapse or death. The warning signs of caval syndrome are laboured breathing, pale gums and either dark and bloody or coffee-coloured urine.

Your pooch may not show any signs of having heartworms until the infestation is severe. Prevention is therefore of the utmost importance. Veterinarians recommend getting your dog tested for heartworms once a year and administering preventive medication once a month.



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## 3 tips for preventing heatstroke this summer



Did you know that the feeling of thirst subsides with age? It's true! As we get older, we feel less thirsty. That's why the elderly are at greater risk of developing ailments such as dehydration and heatstroke. Here are three tips to help prevent discomfort this summer.

### 1. Drink lots of water

Heatstroke happens when you neglect to keep yourself hydrated in a hot environment. Therefore, it's essential to drink regularly and eat lots of fruits and veggies with a high water content (e.g. citrus fruit, melons and cucumbers). Tip: always bring a reusable water bottle wherever you go.

### 2. Stay cool

Turn your fans on and program your air conditioning system to maintain a comfortable room temperature. Keep your blinds and curtains closed during the

day to prevent the sun's rays from heating up your home. When need be, find shelter in an air-conditioned area such as a grocery store, restaurant, shopping mall or pharmacy to keep your body temperature in check.

### 3. Exercise in the morning or evening

When summer rolls around, plan your workout schedule according to the outside temperature. Exercise in the morning or evening when it's nice and cool. Avoid strenuous activity during heat waves and those hotter times of day.

### Ask for help!

Heatstroke should be treated as a medical emergency. If you or a loved one is experiencing dizziness, nausea, vomiting, headaches or any other worrying symptoms (e.g. rapid heart rate, irritated skin, confusion), **call 911**.

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## Detox Greens

So, Easter is over, and I have eaten way too much bread, too many sweets, meat etc. A little detox plan is in order. These go-to greens Called horta in Greek, are a big staple in Greek cuisine. With something like 300 different wild edible greens many are also cultivated and Greek farmers markets sparkle with emerald mounds of wild and cultivated chicories, arugula, chard, spinach, sorrel, collards and other greens in the brassica (cabbage) family. Anyone who's eaten in a Greek restaurant or household ,or perhaps has traveled to Greece ,has probably at least seen a plate of boiled wild greens. Many of the greens are served alone , drizzled with extra virgin olive oil and/or topped with a huge slab of feta cheese. I know I started this column stating that around this time of the year I have eaten way too much bread, but this dish definitely cries out for a huge crusty baguette by its side...sorry (not sorry)

They are very easy to prepare.

Like spinach, boiled greens wilt and reduce when cooked to a fraction of their original quantity. So, it may seem like quite a lot, but for four ample servings, you will need approximately three pounds of greens. As for seasoning them, sweet greens such as chard and sweet dandelion take best to lemon, while bitter greens such as mustard greens go best with vinegar, preferably a white balsamic (you want to bring out its sweetness, while reducing acidity) These greens are a great side dish for grilled or baked chicken or fish or soup. A very common green is the dandelion (Taraxacum officinale). Known as radiki in Greek, dandelion greens are eaten raw or cooked in salads. Personally, I am not too fond of it. I find it way too bitter. It's only logical. When I was a child, I would ask my mother, why are you feeding us weeds? Did we do something wrong? Feeling like we were punished, we were told that it was the healthiest food on earth. I would eat a couple of forkfuls and then it was brushed aside...far far aside.

The beauty of this green, is that you can find it everywhere from country fields to backyards and even along the highway, you would spot someone picking them. Talk about living dangerously for your food!

Last summer I was so lucky. My neighbours in Rafina-Greece are an elderly couple, which I utterly adore. I was spoiled. Whatever they cooked, they always put aside a portion for me and my husband. Now that is a vacation! Who needs a private resort? They always cooked a variety of foods, but cooked greens being a staple in a Greek traditional home was one of the dishes they brought to me. In The picture is this wonderful sweet, fresh, and lively colour of a green called Amaranth (Amarantus blitum). This particular dish is called Vlita. This ubiquitous summer green is my favourite from all the greens. It's smooth texture and sweet flavour goes especially well with zucchini.

## Detox Greens

### Ingredients

- 3 pounds of greens (any type)
- 6 large zucchini
- Olive oil
- Salt, pepper, garlic powder

### Method

1. Wash the greens and zucchini in a colander and shake off excess water. Blanch the greens briefly , or depending on the texture, you might want to boil them a little longer.

*Less is more beneficial retaining all its nutrients. Of course, you can eat them raw, but this method brings out its sweetness and flavour.*

2. Boil the zucchini in another pot
3. Drain the greens and chop roughly.
4. Allow to boil the zucchini a little longer and then Slice the zucchini into large pieces, or leave as is
5. Serve on a platter and Drizzle some olive oil and vinegar. Season to taste





## REVENUE DEVELOPMENT AND GRANT WRITING OFFICER

The Quebec Community Newspapers Association (QCNA/AJRQ) is seeking a mid-career Revenue Development Officer to manage and support the English-language community media of Quebec with grant application support, as well as sourcing novel revenue generating models that will help sustain the minority language community media in Quebec. We are seeking a professional with a successful track record in grant writing for Federal and/or Provincial grants. Bilingualism is essential.

### WHO IS QCNA?

Since 1980, The Quebec Community Newspapers Association is dedicated to the professional and economic development of English community newspapers and their enterprises serving minority communities in Quebec. Recognized as the official representative of Quebec's official language community newspapers by the federal and provincial governments, the public, and by the vast majority of Quebec's community press whether independent, corporate, or not for profit, the QCNA is as unique as the members it serves.

### Duties would include:

- Developing the capacity of English community media in Quebec (news papers both print and online, and radios) to fully benefit from funding initiatives from all levels of government.
- Perform a continuous watch of all programs and funding opportunities for community media and relay ongoing information to targeted newspapers and radios.
- Provide targeted support and training to English community media representatives towards successful grant proposal writing and relevant project planning.
- Build a database of vetted external consultants and experts in various fields to support OL community media.
- Perform a survey to identify the needs of English community media and develop an action plan.
- Develop an online communication tool to disseminate information.
- Deliver training sessions and give one-on-one support to targeted media.
- Perform extensive research and maintain an up-to-date inventory of all potential funding opportunities for minority-language community media in Quebec.
- Support QCNA with annual core program funding, grant writing and reporting.
- Research novel revenue-generating models that will help sustain the sector (from marketing and advertising, to contests and events, and beyond.)

We are looking for someone who is self-motivated and self-disciplined, has excellent communication skills, can work independently but is team-oriented, and is dedicated to contributing to the growth of the English language community media sector in Quebec. Preference will be made to those who are bilingual and have a track record in applying for government grants.

The QCNA office is located in Gatineau, Quebec.

Please submit a cover letter and resume to: [info@qcna.qc.ca](mailto:info@qcna.qc.ca)

# Deadline: **Classifieds**

WEDNESDAY before publication at 1 p.m.

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# In Memoriam & Obituaries



**BRISSON, Martin**  
1933 - 2021

At his home, on May 9, 2021, at the age of 87, passed away Mr. Martin Brisson, son of the late Mrs. Élisabeth Brisson and the late Mr. Alcide Brisson, husband of Mrs. Florence Martin. He is survived by his wife and his children: Nancy (Richard) Sandra, Pascal (Karine); his grandchildren: Simon, Sara, Nicolas, Gabriel, Mathilde, Adélie and Éliot as well as his brothers and sisters, brothers-in-law and sisters-in-law, nephews, nieces, cousins, cousins and friends.



**JOURDAIN, Charles Valentin**  
1947 - 2021


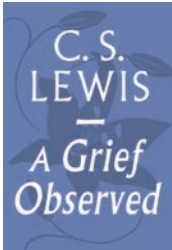
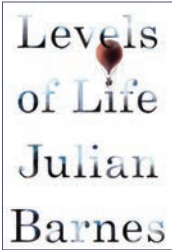
At Élyme des Sables, a palliative care home in Sept-Îles, on May 8, 2021, Mr. Charles-Valentin Jourdain, son of the late Mrs. Marie-Louise Fontaine and the late Mr. Georges Jourdain, passed away at the age of 73. The funeral was entrusted to the professionals of La Maison Funéraire AGM, 851, boul. Laure, Sept-Îles. He is survived by his brothers and sisters: Florence, Edmond, Jean-Marc, Benoit, Denis, Rosalie, Juliette and Malvina, his brothers-in-law and sisters-in-law as well as his nephews and nieces.

## Dearly departed

MOURNING • REMEMBERING • COMMEMORATING

### Dealing with grief: four tips for grappling with loss

Grief is something that needs to be actively worked through. Freud outlined this idea in his seminal essay "Mourning and Melancholia," and his theory of grief work remains at the core of modern approaches to handling loss. Here are four strategies for actively dealing with grief.

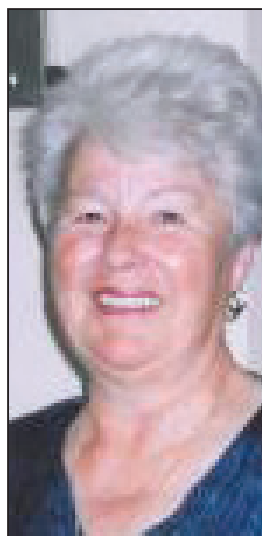




- 1. OPEN UP TO OTHERS**  
Grieving individuals need to express what they're feeling. Bottling up or ignoring one's emotions only causes them to fester. For most people, talking with friends and family members about what they're feeling is the most natural and easy way of unburdening themselves.
- 2. EXPRESS YOURSELF THROUGH ART OR JOURNALING**  
Not everyone is comfortable opening up to those around them. When this is the case, a person can express his or her feelings in a variety of other ways. Dancing, making music, and painting can all be effective means of expressing grief. Journaling is another method of releasing pent-up feelings, with the typical method being to write down everything felt and thereby identify and explore the full range of emotions.
- 3. READ BOOKS ON GRIEVING**  
Many mourners find solace, strength and wisdom in books in which novelists talk about their experience of loss. There are also books in which experts on grief and grieving provide tools for dealing with a loved one's passing. Here are some notable ones:
  - *Levels of Life* by Julian Barnes (essay)
  - *The Year of Magical Thinking* by Joan Didion (memoir)
  - *It's OK That You're Not OK* by Megan Devine (self-help)
  - *A Grief Observed* by C.S. Lewis (collection of reflections)
- 4. EAT WELL AND EXERCISE**  
Self-care is essential when grieving. Eating well, drinking lots of water and exercising regularly will help balance the griever's mood and improve their well-being. The exercise needn't be strenuous; stretching, brief yoga sessions and short walks can be a good start.  
  
Actively working through one's grief tends to be very helpful. However, oftentimes individuals need additional support, guidance or simply a listening ear. In such cases, getting support from a grief counselor can be invaluable.



**MORIN, Chantale**  
1963 - 2021

At her home, on May 5, 2021, at the age of 58, passed away Mrs. Chantale Morin, daughter of Mrs. Yolande Imbeault and Mr. Yvon Morin, wife of Jacques Savard. She lived in Pointe-Lebel. Please note that in accordance with the wishes of Ms. Chantale Morin, there will be no ceremony. She is survived by her husband and parents, her sisters: Manon (Gilles) and Mireille (Yannick), her brother Stéphane (Nadine) as well as her brothers-in-law and sisters-in-law, uncles, aunts, nephews, nieces, cousins, cousins and friends.



**BOUCHER GOUPIL, Gracieuse**  
1936 - 2021

At the CISSS de Sept-Îles, on May 7, 2021, Mrs. Gracieuse Boucher, wife of Mr. Gérald Goupil, passed away at the age of 84. She is survived by her daughters: Sylvie (Sébastien Noël), Guylaine and France (Daniel Pageau), her grandchildren: Fanny, Jean-Simon, Valérie and Michael, her brothers and sisters: Lise, Marcel, Noëlla, Jacinthe, Gratien, Gérard and Roland as well as his nephews and nieces.



**DION CARON, Yvette**  
1931 - 2021

In La Vallée des Roseaux, on May 6, 2021, at the age of 89 years and 11 months, passed away Mrs. Yvette Dion, wife of the late Mr. Patrice Caron. She lived in Les Escoumins. Due to the current circumstances and the recommendations made by the Government, the funeral of Mrs. Yvette Dion will be done in complete privacy. She is survived by her children: Jean (Diane) and France (Gérard); his grandchildren: Maxime, Antony and their mother Dany Dion; his great-grandchildren: Rose-Anna, James, Loïc, Killiam and Laura-Kim as well as his nephews, nieces, cousins, cousins and friends.

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

Week of MAY 16 TO 22, 2021

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



## ARIES

You'll participate in an event that forces you to step outside of your comfort zone. You'll accomplish great things and exceed your own expectations. This will bring you immense pride.



## TAURUS

You don't have to go far to find happiness: your home and family give you a reason to live. Don't hesitate to have your loved ones over for a meal, even if it's just to celebrate the arrival of warmer weather.



## GEMINI

When you can't tolerate the situation any longer, you'll make the necessary changes. You'll also obtain the financial means to embark on a new adventure.



## CANCER

A bit of exercise will help clear your mind and ease your concerns. If your relationship is still new, you'll seek affection and commitment. Without these things, you'd prefer to enjoy your freedom.



## LEO

You'll stand out by getting things done. No one will think of you as being all talk and no action. If you're moving this summer, you'll get a head start on packing so you don't have to rush at the last minute.



## VIRGO

Despite a buildup of fatigue and your fragile health, you won't let yourself be kept down. You'll take steps to regain your energy. Organization and determination are key.



## LIBRA

A friend might break your trust. This will teach you to distinguish between givers and takers. As a result, you'll have more time to spend with the people you truly care about.



## SCORPIO

You'll be assigned a new project. You'll show off your talent and skills in front of many people, which could put you in the running for a promotion.



## SAGITTARIUS

You'll be overwhelmed by an urge to explore, so you'll head straight to your travel agent to plan the perfect summer vacation. You'll be motivated by curiosity.



## CAPRICORN

Certain emotions will occupy your attention for one reason or another. In addition, you'll feel a strong need for change. New clothes or a new hairstyle should do the trick.



## AQUARIUS

Morale might not be high these days, but all you need to do is get together with people you love and do something exciting. Even at the office, you can find ways to have fun.



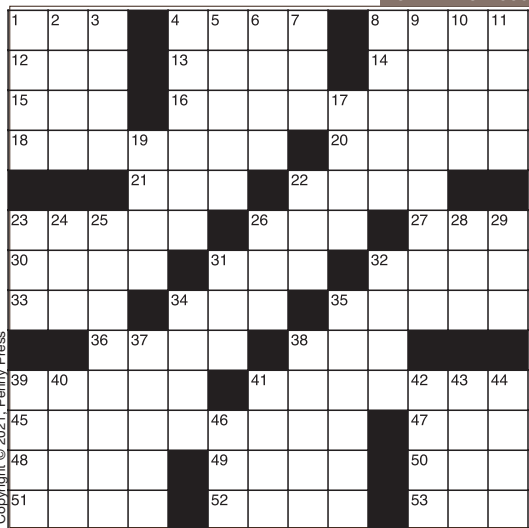
## PISCES

You'll find a pile of work waiting for you at the office. By staying organized and being methodical, you'll manage to get the job done. Don't let procrastination hold you back.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 1006



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## ACROSS

1. Confession topic
4. On the briny
8. Naked
12. Tilling tool
13. Fellow
14. Ancient
15. Finished lunch
16. Petting
18. Pillages
20. Clever
21. Hire
22. Travel endorsement
23. Although
26. Rock's Pearl \_\_\_\_
27. Margarine container
30. Five cards, in poker
31. Submit, as a question
32. Contend
33. Not even
34. Haze
35. Hex
36. Chilled
38. Blacktop
39. Winter drink
41. Married man

45. Kind of complex
47. Unhappiness
48. Past due
49. Final exam, sometimes
50. Timespan
51. Ran away
52. Prescription information
53. Earth's upper atmosphere

11. Anxious
17. Do the breaststroke
19. "\_\_\_\_ Lang Syne"
22. Dyer's tank
23. Reporter's query
24. Once owned
25. Show
26. Earthenware container
28. Times of good fortune
29. Hive builder
31. Pea holder
32. Restrict
34. Noteworthy act
35. Palace
37. Removed the center of
38. Albacores
39. Newborn cow
40. October stone
41. Sub
42. Fills with wonder
43. \_\_\_\_ and cranny
44. Withhold
46. Stylish

## DOWN

1. Fraud
2. Particle
3. \_\_\_\_-do-well
4. Level charges against
5. Sun blocker
6. Lobes' locations
7. Monkey
8. Foundation
9. Provoker
10. Monthly payment

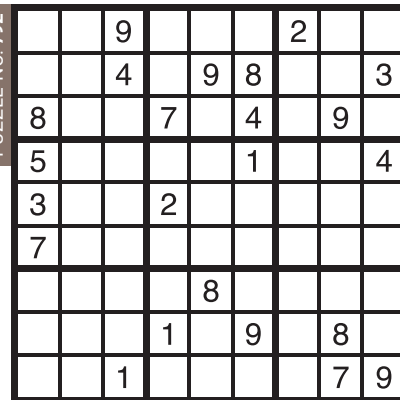
# Sudoku

## 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. 792

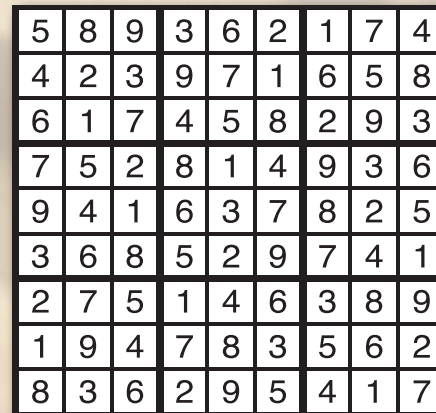


## Last Issues' Answers

## CROSSWORDS



## Sudoku



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- Blueberries
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- Lemons
- Mango
- Zucchini
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- Cucumber
- Tomatoes
- Onions
- Apples
- Mystery item

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