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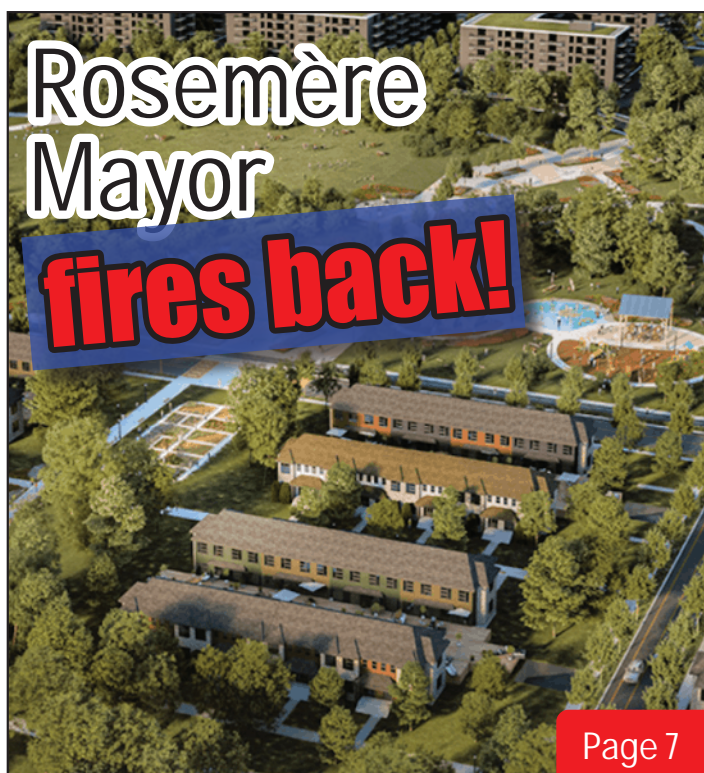
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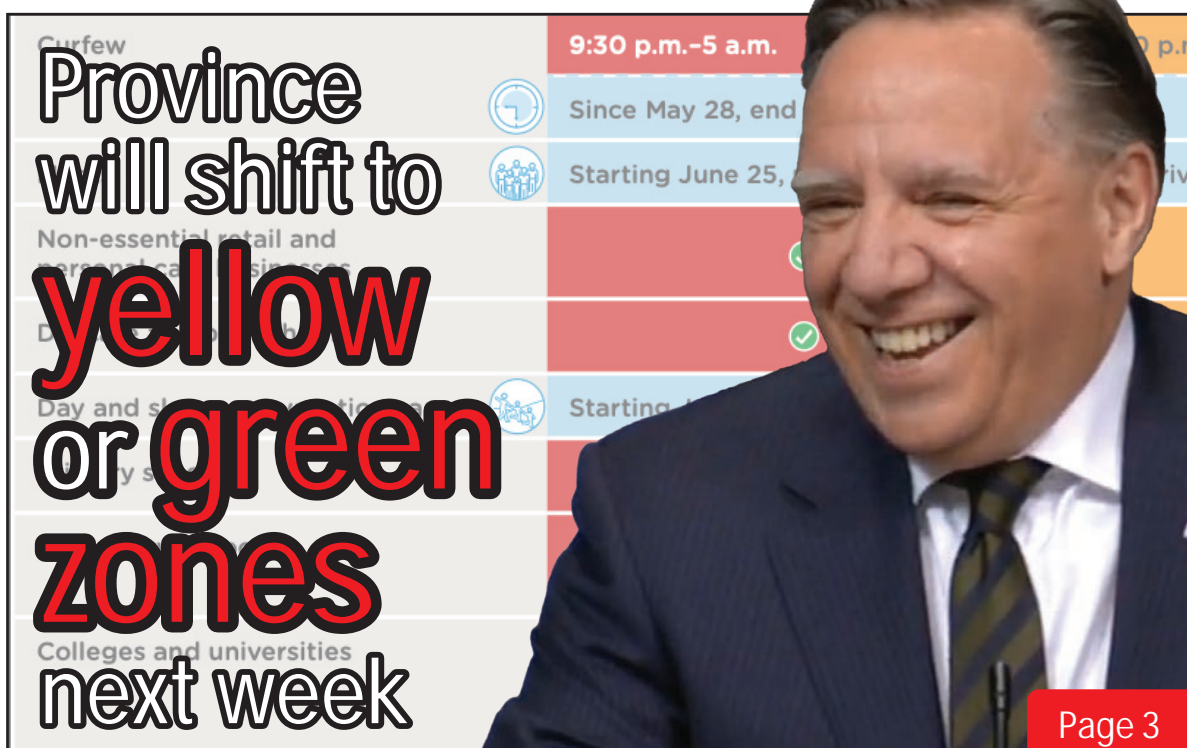
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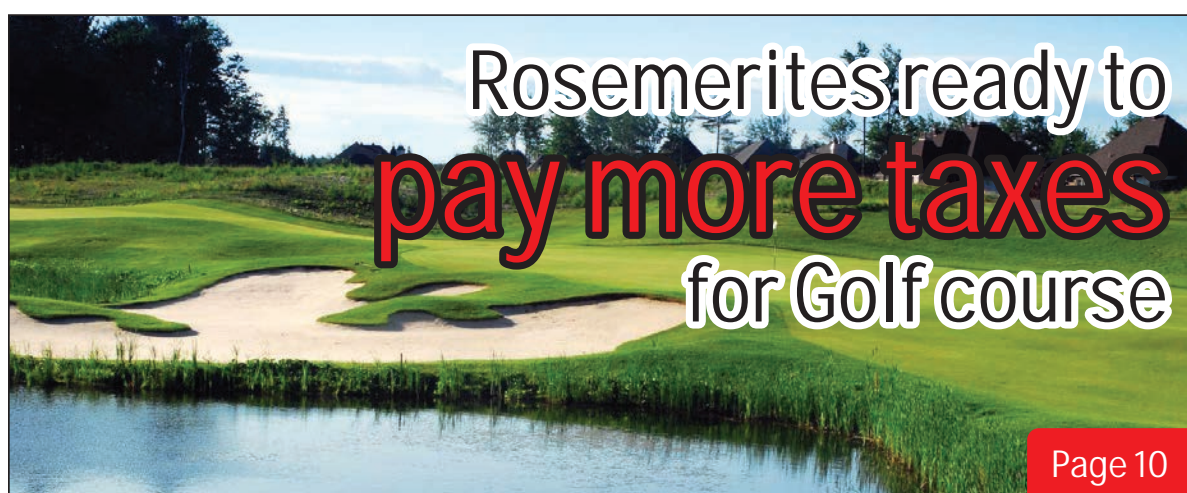
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Mayor
fires back!**

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Province
will shift to
**yellow
or green
zones**
next week

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Rosemerites ready to
pay more taxes
for Golf course

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Montreal a yellow zone as of Monday

The entire province will shift to yellow or green zones next week

FORTHCOMING LOOSENING OF MEASURES, BY LEVEL

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Learn more about all the details of these measures at [Quebec.ca/reopeningplan](https://quebec.ca/reopeningplan).



Updated on June 8, 2021

	GOAL: MOST REGIONS RETURN TO THE ORANGE LEVEL BY MAY 31	GOAL: MOST REGIONS RETURN TO THE YELLOW LEVEL BY JUNE 14	GOAL: MOST REGIONS RETURN TO THE GREEN LEVEL BY JUNE 28	END OF AUGUST End of color levels if 75% of those aged 12 years old and over have received a second dose
Curfew	9:30 p.m.-5 a.m.	9:30 p.m.-5 a.m.	None	None
	Since May 28, end of curfew			
Masks	Starting June 25, relaxation of restrictions at private gatherings for people that received both shots of their vaccine			
Non-essential retail and personal care businesses	✓	✓	✓	✓
Daycare and pre-school	✓	✓	✓	✓
Day and sleepover vacation camps	Starting June 25, day and sleepover vacation camps open			
Primary schools	✓	✓	✓	✓
Secondary schools	✓ Alternating among secondary school grades 3, 4 and 5	✓	✓	✓
Colleges and universities	✓ Distance teaching	✓ Some face-to-face groups resume Activities allowed in groups of 6	✓ Majority in face-to-face	✓ Majority in face-to-face
Outdoor private home gatherings	✗	✗	✓ Maximum occupants of 2 homes (distancing)	✓ Maximum 10 people or occupants of 3 homes (distancing)
	Since May 28, maximum 8 people or occupants of 2 homes			
Indoor private home gatherings	✗	✗	✓ Maximum occupants of 2 homes (distancing and masks)	✓ Maximum 10 people or occupants of 3 homes with distancing and masks
Private events or social activities in outdoor public settings	✓ Maximum 8 people (distancing and masks)	✓ Maximum 12 people (distancing and masks)	✓ Maximum 12 people (distancing)	✓ Maximum 50 people (distancing)
Private events or social activities in rented halls or indoor public settings	✗	✗	✓ Maximum occupants of 2 homes (distancing and masks)	✓ Maximum 25 people (distancing and masks)
Face-to-face work	✗	✗	✓ Tele-work recommended	✓ Gradual resumption



MATIAS BRUNET-KIRK
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The provincial government updated Quebecers on further relaxation to COVID-19 measures at a press conference held on Tuesday afternoon. As of Monday, Jun. 14 all regions of Quebec will turn to either yellow or green zones with the loosening of many health restrictions.

“What a beautiful month of June in Quebec! The weather is nice, the Canadians are winning,” joked Premier François Legault, adding that the epidemiological situation was stable and the situation continued to improve.

As of Monday, there were only 178 new reported cases of COVID-19 and 1 death across the province. “Since the situation is going well, we are continuing our deconfinement plan,” stated Premier Legault.

The entire province will further deconfine as of next Monday, with regions like Montreal and Laval shifting from orange to yellow zones. Some exceptions may apply to this, notably in the Chaudière-Appalaches which is still seeing steady case numbers.

Yellow zone

This change means that many sectors in business and social life will be allowed to open further. Most importantly, people will now be allowed to invite people from one other household into their homes, given they respect masking and social distancing.

The government will also allow school graduation ceremonies and proms to move forward as of Jul. 8, given teens have received their first dose of the vaccine for a minimum of two weeks.

A limit of 250 people will apply but social distancing and mask-wearing will not be obligatory and dancing will be permitted.

“Students in orange zones won’t have to wear the mask in the classroom because of the heat-wave, but they’ll have to wear it in common areas and buses,” added Premier Legault the day before.

Bars and indoor sports

Maximums in places of worship will also go from 100 people to 250 and weddings and funerals will be permitted to host up to 50 people. Indoor, contactless sports will also be allowed in groups with a maximum of 12 people.

The yellow zone also allows bars to open. Patrons will be allowed to go for a drink inside a bar, given they respect the maximum of the occupants of 2 homes and practice social distancing and masking when moving around. Bar patios are allowed to reopen as of Friday, Jun. 11.

Restaurants will also no longer be restricted to only 2 adults from separate households, rather allowing for the entire occupants of 2 separate homes.

Vaccination running smoothly

As vaccine rollout continues to run smoothly, the government said it feels confident in allowing these relaxations to sanitary measures.

“We’re now one of the best places in the world to have given the first dose,” said Premier Legault, adding that it was thanks to all Quebecers. “You are all showing your solidarity,” he said.

Currently, there are 6,220,734 who have received at least a first dose of a COVID-19 vaccine, accounting for roughly 66.4% of the population. The government’s objective is a 75% rate of inoculation in the population to reach collective immunity.

The government also recently announced that it would be forwarding second dose vaccination schedules from 16 weeks to 8. This will allow people to receive their second dose earlier and reach the objective of 75% immunity by the end of the summer.



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OPINION & Editorial



Politicians haven't been honest about their carbon taxes

Politicians owe taxpayers the truth

When you got straight A's on a report card, it's a good bet you rushed home from the school bus to show your mom and dad. Maybe they even stuck it on the fridge. But if that report card was covered with F's, you probably weren't that eager to bring it up at dinner time.

When it comes to their carbon tax plans, both Liberal and Conservative politicians are acting like the youngster who's trying to hide their bad report card from their parents.

Politicians aren't being truthful with taxpayers.

Before the last federal election, the Trudeau government told voters it had "no intention" of raising its carbon tax beyond \$50 per tonne.

In the midst of COVID-19, Prime Minister Justin Trudeau promised not to raise taxes or costs.

A few months later, Trudeau then blindsided taxpayers and announced that he would hike the carbon tax to \$170 per tonne by 2030 and layer on a second carbon tax through fuel regulations.

Conservative Party Leader Erin O'Toole also misled Canadians.

When he was running for party leader, he signed the Canadian Taxpayers Federation's pledge to fight carbon taxes. The pledge was unequivocal:

"I will: Immediately repeal the Trudeau carbon tax; and, reject any future national carbon tax or cap-and-trade scheme."

Less than a year after signing the pledge, O'Toole announced he would introduce a carbon tax of his own.

Why are party leaders hiding their true intentions from Canadians?

Maybe it's because politicians know voters would give their carbon tax plans a failing grade?

More than half of Canadians don't support plans to raise carbon taxes every year for the next nine years, according to a Leger poll commissioned by Secondstreet.org. The same poll showed that more than two-thirds of Canadians oppose paying \$20 in carbon taxes to fill up their car.

With the high taxes Canadians are already paying for fuel, there's no wonder they don't want politicians driving up gas prices even higher.

Taxes already account for between 31 and 42 per cent of the price at the gas pumps when you factor in all the different provincial and federal gas and sales taxes, a potential transit tax and the carbon tax. In Montreal, drivers are hit with six different taxes when they fuel up.

The average total tax bill for each litre of gas in Canada is about 45 cents. That means a family is already being soaked for nearly \$35 in taxes every time they fuel up their minivan. That's equivalent to more than a \$200 per tonne carbon tax, even before Trudeau and O'Toole hike the federal carbon tax any higher.

Despite lighter wallets, emissions continue to go up.

British Columbia has the highest carbon tax in Canada, but emissions have still gone up 11 per cent between 2015 and 2019. Canada's emissions also increased during the first year of Trudeau's federal carbon tax.

With Canadian emissions accounting for only 1.5 per cent of the global total, even if we completely eliminated emissions, it still wouldn't do much for the global environment. Even Trudeau acknowledged this.


"If Canada stopped everything tomorrow, and the other countries didn't have any solutions, it wouldn't make a big difference," Trudeau said on Tout Le Monde En Parle.

O'Toole also acknowledged that "there's nothing inherent in a carbon tax that actually lowers greenhouse gas emissions" and that a carbon tax "is not a climate change plan, the carbon tax is a tax plan."

Politicians owe taxpayers the truth. And the truth is that our already big tax bill at the pump is going up because politicians are breaking their carbon tax promises.

Franco Terrazzano

Federal Director of the Canadian Taxpayers Federation.



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Optimism buoys Quebec's 2021-2022 COVID-19 back-to-school strategy

But plan could change in August, depending on fluctuating infection rates



Education Minister Jean-François Roberge warned Quebecers not to become too excited as the agenda could be revised in August concern to green space activists.



MARTIN C. BARRY
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Elementary and high school students in Laval, the North Shore and Montreal will be allowed to put aside face masks and attend classes outside "bubbles" this fall at the beginning of the new school year if COVID-19 pandemic conditions continue to improve, the Quebec government announced last week.

Presenting the province's preliminary 2021-2022 school plan with Public Health Director Dr. Horacio Arruda and delegated education minister Isabelle Charest, Education Minister Jean-François Roberge warned Quebecers not to become too excited as the agenda could be revised in August to reflect any upward swings in COVID-19 infection rates.

A normal school year

"I'm pleased with this recommendation from public health, of course, because it's obvious that kids have better mental health when they can see each other from other classes," Roberge told journalists during a webcast press conference.

"It's important that the younger students can see the face of their teachers," he added. "So, we hope we will be able to keep this plan after August, to have a normal school year."

At the outset, the provincial government wants at least 75 per cent of 12- to 17-year-olds to have received a second dose of vaccine by the time the school year starts in late August, although even that might change. As it is now, 45 per cent of those in this age group have either already received their first dose or have made an appointment for it.

Target questioned

Acknowledging that the number of children and teens who've already received their first dose of vaccine is still far below the 75 per cent target, Arruda pointed out that many potential recipients of the vaccine have made appointments and are expected to raise the numbers.

"I think it's possible that we attain that level and more," he said. "And it's why we're going to follow up everything. There's going to be different communications strategies adapted to youth for this, and I think we should not be afraid."

In addition to being able to attend classes as usual without the encumbrance of face coverings, students will be allowed to follow extra-curricular programs, including sports and elective courses.

Sanitation still necessary

However, some protocols will still be in place, including regular sanitizing of surfaces, and students as well as staff will be obliged to continue washing their hands regularly with sanitizers. Should all go well, the students have a 90 per cent chance of starting the school year off on the right foot, Dr. Arruda estimated.

However, if COVID-19 surges again in Quebec, the government would re-impose the same sanitary measures as were in place for long periods since the beginning of last year when the pandemic started, although it would probably be on a more targeted and temporary basis.

Uncertainty over proms

Regarding the upcoming student graduation and prom season, Dr. Arruda said previous directives issued by the government that effectively cancelled proms are being re-evaluated. However, as of last week he said he was not prepared to state firmly what course the public health department will follow in its policy for proms.

"Actually, the issue of getting I would say recognition ceremonies for achievement in schools and graduation is something that is possible to be made," he said. "The issue is the bal de finissants [proms] or I would say the parties with the dresses, and that is important for kids and girls and boys and the parents."

"And I do understand the frustration, the anger against me because of this decision. But this decision was made because of the epidemiology and because of the status actually of those kids that are not still protected by vaccines."



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Massive tree-planting operation in Rosemère

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

Arbre-Évolution's socio-arboriculturists, along with corporate partners, the Rosemère public works team and dozens of Rosemère volunteers, took part in a large-scale community planting operation: 1200 trees and shrubs on six parcels of land throughout Rosemère.

Rivière aux Chiens back in the green

For the past 7 years, the Arbre-Évolution solidarity cooperative has been piloting the social reforestation program, whose objective is to plant trees in living environments in order to bring residents together and protect ecosystems. The City of Rosemère got a \$10,400 grant as part of this program, in addition to the help of volunteers for planting the trees.

"As soon as we put out the call to Rosemerites on our communication platforms to volunteer for this large-scale planting operation, many of them hastened to favourably respond, in just a few days' time! I'm so proud to be part of this tightly-knit community that is very involved in protecting the environment. These planting operations are a strong, concrete gesture for the enrichment of our urban forest and for improving the quality of life of all our residents," said Rosemère Mayor Eric Westram.

"Rosemère submitted a request to us this winter and it was clear that we could meet their greening needs, while creating a positive impact for the City's residents and their environment," stated Julien Hamelin-Lalonde, project manager for Arbre-Évolution. Among these needs are those of the Rivière aux Chiens and its banks,



which have been significantly affected by the loss of ash trees ravaged by emerald ash borers. "The ash tree problem is causing us many headaches. We appreciate being able to team up with Arbre-Évolution and its program to remedy the situation and improve other spaces in Rosemère," explained Caroline Roy, Urban Forestry and Horticulture Coordinator for the City of Rosemère.

The other revegetated green spaces that Mrs. Roy mentioned are those in the Des Bernaches Street, Cheminot woodland (Bourbonnière Park), Roland-Durand Boulevard and the Rosemère train station areas. Dozens of volunteers moreover lent a hand in these areas to take part in the planting operations. "Planting a

tree is an act of faith in the future and a gesture of solidarity towards the younger generations. This is what the volunteers did with us!" added Hamelin-Lalonde.

Ateliers Jacob and three other partners providing support

If Arbre-Évolution was able to inject more than \$10,000 into this project, it is thanks, in particular, to Ateliers Jacob, a company that specializes in high-end kitchen equipment. "We are striving to give back to the planet and make a positive gesture for communities. Arbre-Évolution and the social reforestation program seem to us to be an excellent way to do this!" mentioned Laurence Gaudreau, marketing director of this company.

In addition to Ateliers Jacob, the companies Actumus, Multicolore and Agence de voyage SolSya helped top up the project's budget. "This is our first association with Arbre-Évolution. We are delighted to create a positive impact in Rosemère," added Tristan Limoges, director of sales and marketing for Actumus, a health products developer. "From the moment we opened our travel agency, it was only natural to do our part for the environment, as we believe in responsible tourism. With the contributions of our clients and the same amount matched by SolSya, we are able to get involved in this renaturalization project in our community. We are very proud of this," mentioned Sylvie Aquin, founder of Agence de voyage SolSya.

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A semblance of normalcy



Traffic at the food court of Place Rosemère

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

No matter how many depressing news we are used to swallow every day concerning the virus, summer is the great endorphin inducer.

That and the fact that cases, hospitalizations and deaths in Quebec are dropping drastically. Ever since here in the North Shore we moved to the orange zone, terraces in restaurants as well as the food courts are allowing customers back in...or rather out.

NSN visited Rosemere mall and Faubourg Boisbriand last Monday. Even though a working day the places had significant traffic. At least those that were open since there is still a shortage of workers according to the restaurant owners.

Cues were forming in the food court of Place Rosemère and all the terraces in Faubourg Boisbriand had customers taking advantage of the relaxation of the rules and the beautiful weather.

"We did not hesitate a second once the rules changed" said Isabelle a Boisbriand resident. "We felt more confident because of the vaccination and the latest numbers. On top of that, who can say no to this weather?" she added

Rosemère Mayor fires back

“Quartier Melrose” is inadmissible.

MARIA DIAMANTIS

Local Journalism Initiative Reporter
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The City of Rosemère was called upon to respond to a public presentation of a project by the owners of the former golf course that raised questions among some citizens. According to a press release from the City, it is made clear that neither the City nor the City Council was aware of the project entitled “Quartier Melrose”. The City learned of this project through the media on June 2.

The project was submitted on March 10 by François Vachon and Patrick Varin, owners of the former golf course. Following this submission, Rosemère notified the owners in writing on March 16 that their project was inadmissible due to its non-compliance with the current zoning. Furthermore, Mayor Eric Westram had

“The councillors and I have taken note of the project submitted on March 10 by the owners of the former Rosemère golf course.”



declared on March 16: “The councillors and I have taken note of the project submitted on March 10 by the owners of the former Rosemère golf course. And since it does not respect the minimum guidelines set by our fellow citizens in the urban planning vision, this project will never see the light of day as long as I am mayor of this town. I reiterate that no zoning change will be made without consultations with all Rosemerites

as well as with those in the areas adjacent to the property, as prescribed by law. I say it again: I am committed to protecting as much of the land as possible as green space, while preserving our Rosemère identity.”

The City and its Council announced that they believe that nothing has changed since March 16. The “Quartier Melrose” project represents the same project as the one submitted last March. It

is therefore still inadmissible, despite the marketing campaign launched via an Internet site.

The City of Rosemère has declared that it will continue with the citizen participation approach it has been taking since 2018 in the former golf course file. This has led Mayor Westram to say that “the citizens of Rosemère will have the final say in this matter, as we have always stated.”

Residents in private seniors' residences in the Laurentians are now fully vaccinated



MARIA DIAMANTIS

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The Centre intégré de santé et de services sociaux (CISSS) des Laurentides announced that, as of June 1, residents of private seniors' residences (RPAs) in the Laurentians region have received their second dose of vaccine. Residents of these facilities are now fully vaccinated against COVID-19!

Residents of RPAs who consented to vaccination were able to get their second dose within the prescribed deadlines, enabling them to enjoy maximum protection against the virus.

This important operation was conducted onsite at each of the RPAs and executed by the CISSS des Laurentides mobile vaccination teams.

“For our seniors, full vaccination combined

with the positive evolution of the epidemiological situation in our region, along with the gradual reopening now underway, is a major step forward on the way to resuming a normal life. Seniors can now rejoice at the prospect of seeing progressively more of their family and friends, which will be extremely beneficial to their well-being,” said the deputy President and Executive Director of the CISSS des Laurentides, M. Jean-Philippe Cotton.

Mr. Cotton also emphasized the importance of complying with health regulations. “With the summer season beginning soon, we must keep in mind that protecting everyone's health and safety remains our top priority. It's why we must remain vigilant, even if our seniors are now fully vaccinated. I am counting on everyone's cooperation on this last leg of our collective efforts to vanquish the virus,” he declared.

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Majority of Rosemerites ready to pay more taxes for Golf course

According to the Léger survey on the Preliminary Draft of the Urban Plan and the future of the golf course

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

A press conference was held by the City of Rosemère to present the results of a survey conducted by the firm Léger among 500 residents to solicit their opinion on certain aspects of the preliminary draft of the urban plan tabled last January. The future of the former Rosemère golf course, an issue that has been widely publicized in recent months, was obviously at the heart of this study.

For Mayor Eric Westram, it was essential to get the pulse of the population on this issue of great importance to the population: “The goal of this survey was to confirm or deny the opinion of Rosemerites regarding this preliminary draft of the urban plan, which resulted from three years of public consultations. Also, the context of the pandemic has complicated the way to exchange and collect the concerns of citizens as we could do before. Thus, this scientific survey was the best way to continue our citizen engagement approach that we have been implementing for the past four years,” he explained.

72% of citizens agree with the City's position

Nearly three out of four citizens (72%) somewhat or totally agree with the City's position, which set a minimum of 50% of the former

golf course area to be preserved as green space and natural environments. For Mr. Christian Bourque, Executive Vice-President of Léger, who presented the results at the virtual press conference, this is an indisputable result: “Combined with the fact that 91% of respondents indicated that they had already heard about the project, this response rate scientifically confirms strong public support for the City's position.”

On the financial issue, 71% of citizens are divided as follows: 33% of residential property owners refuse any increase in their tax bill to finance the acquisition, in whole or in part, of the former golf course site. Of those who are willing to see their tax bill increase, 38% would be willing to pay up to 5%, 16% up to 10%, 3% up to 15% and 6% up to 20%.

Communication satisfaction

Three-quarters of the population (75%) believe that, in general, the Town consults citizens sufficiently on important issues.

The survey also validated some of the points raised during the public consultations on the revision of the Urban Plan. Regarding the need for housing, the majority of citizens still consider it a priority to increase the supply of housing, especially for young families (67%), but also for seniors (59%).

Not surprisingly, the majority of citizens would prefer that future buildings be limited to 4 stories or less in the key sectors of the town. This is notably the case on the site of the former golf course

Rapport

Perception des citoyens sur le projet de plan d'urbanisme



DATE 2021-06-01 NUMÉRO DE PROJET 70773-005



near Highway 640 and Labelle Boulevard (65%) and in the Labelle Boulevard sector between Grande-Côte Road and Bouthillier Boulevard (71%).

Mayor Westram stated at the press conference: “The survey results show that the findings that emerged during the consultations still meet the expectations of the vast majority of our community. As I have always stated, no zoning changes will be made without consultations with all Rosemerites. Social acceptability is part of our DNA and I will maintain this way of governing.”

About the survey

Léger indicates that the telephone survey was conducted among 500 Rosemerites aged 18 and over, who could speak either French or English. The maximum margin of error associated with this sample is plus or minus 4.1%, 19 times out of 20. The questionnaire was composed of about 30 variables including profile questions, with an average completion time of 10 minutes. The full survey report is available on the website at www.ville.rosemere.qc.ca.

Water troubles

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

Residents served by the water purification station of the City of Sainte-Thérèse got an alert to boil their water last Tuesday. According to officials, chlorine levels were found to be too low leading to the alert. For the citizens concerned, it was necessary to boil the water thoroughly for 1 minute before consuming or using it.

Watering ban in effect

Served by the water purification station of the City of Sainte-Thérèse, Boisbriand is following suit by issuing a ban on mechanical and automatic watering for all of its territory, until further notice. Only manual watering is authorized, either using a hand-held container or a hose with gun held continuously by the user.

The low water level in the Mille-Îles River, the

very high water consumption rates currently recorded and the heat of the last few days are forcing the City to issue this ban, in order to ensure adequate pressure for everyone for the drinking water network and a sufficient quantity of water to fill the various reservoirs of the cities.

It should also be noted that very high water consumption increases the speed in the pipes and makes the deposits loosen, which has the same effect as a rinsing operation and could cause brownish water.

The water games are open due to the heatwave. It is allowed:

- to fill your swimming pool, if necessary;
- water your vegetable garden;
- water the new peat or the seeding, if you have a permit.

The City launched its automated messaging system (SAM) to notify registered citizens. Citizens will be notified as soon as the situation is restored.





ENJOY GREAT TASTE

BARBIES

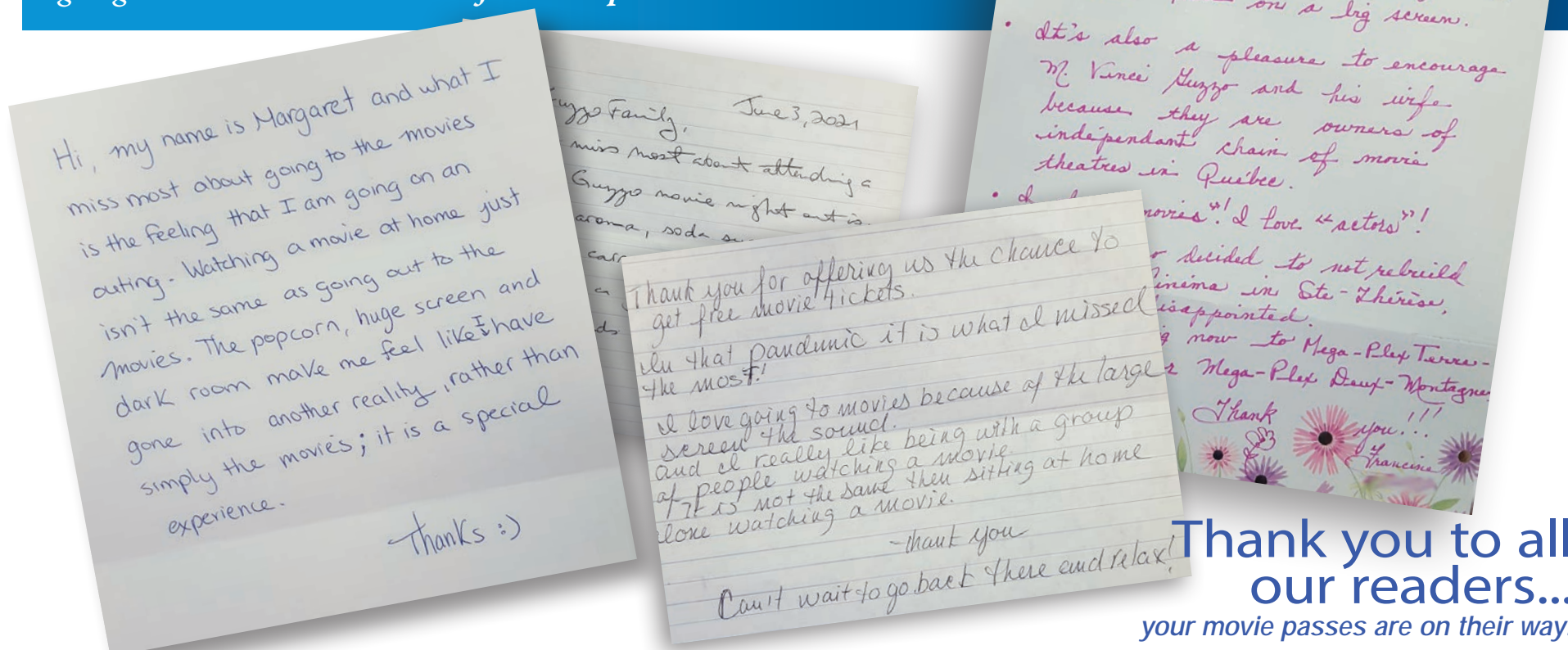
— RESTO • BAR • GRILL —

ENJOY OUR TERRACE



Letters are rolling in from **satisfied readers**

With cinemas now open, excited readers happy to be receiving free passes, expressed in writing what they missed most about going to the movies. Here are a few examples:



Thank you to all our readers...
your movie passes are on their way!

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News
presents
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Simply send us a self-addressed stamped envelope along with an enclosed letter telling us what you miss most about going to the movies and we'll send you ***passes for 4 people to any Guzzo Cinemas.**

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* While quantities last.



Gravitational Pull

Q I am 34, a female adult child of an alcoholic father. He passed away when I was 12. I have three older brothers and an older sister. All four siblings still live at home with my mother, a classic martyr.

I moved out at 18. During the six months it took to save money to move out, my mother would guilt-trip me or verbally abuse me into staying home. These tactics worked on my older siblings, and my older brother is being groomed to continue the dysfunction after my mother passes on.

Once on my own, I worked on myself and emerged as a moderately lucid person. I deal with my family on the usual holidays and birthdays, out of duty. I wrestle with doing the right thing. My mother and I were never close, and I do not expect or want a close relationship with someone who has been so selfish and controlling.

I cannot have meaningful conversations with my siblings because it is like they are in a time warp, and I am the only one who is growing and changing. We have the same guarded surface conversations year after year.

My husband and I recently purchased a home and are planning on having children. We have already talked about how much interaction we will allow our kids to have with my family—which will not be much.

When I told my mother we were buying a house, she asked how many bedrooms. I replied, then out of the blue she said she did not want to go into a home when she gets older. I knew immediately what she was implying.

But being a people-pleasing child of an alcoholic, I did not immediately respond. I changed the subject. In another conversation, she went on and on about how bad nursing homes are. This time I was more prepared. I said not all homes are bad, and if you check on your family member regularly, it should be okay.

She again said she did not want to be put in a nursing home. I finally said she was not going to stay with me. My husband and I both work, and we will be having children. Then she said she could watch the children.

Nothing in my dealings with my mother implies a closeness that would make her think this would happen. We never got on.

We do not hug. We do not say "I love you." I spend maybe 10 days a year with this person.

She has handicapped my older siblings who have no friends and never formed romantic relationships. This person thinks she is going to live with me, and I am livid.

Since the time I said she will not be staying with me, she continues to say she does not want to go to a home. I thought, since I have been separated from the family unit for so long, the codependency and guilt would go away. It has not.

I need someone else's insight to give me back my peace of mind. Short of outright saying, "We are not close, I will never live in the same house with you again, and my children will have limited contact with you and my siblings," what does one say?

Tinsley

A Tinsley, you can't let a door-to-door salesman talk on and on. If he's selling something you don't want, you close the door.

You are looking for a champion to tell you what is blatantly obvious. But because of the way you were raised, you still struggle to claim your right to independence.

Visiting your mother allows her to deceive herself into believing she was a good mother. But she made your siblings perennial children, and that is why they are not able to care for her now. You broke free of her orbit once before. Now she wants to use that success against you.

Mars is a tough environment to live in. There's no air and the radiation levels are high.

If you live there, you must create a self-sufficient environment, like a bubble or a geodesic dome, in order to survive. In effect, that's what you did. You created a space where you, your husband, and family could thrive. Now she wants to suck all the oxygen out of your bubble.

It's time to sever ties with the mother ship. She wants to wheedle her way into the lifeboat you made for yourself. Enlist your husband's aid to protect your family from the damaging radiation this woman will expose you to.

It is impossible to live on the red planet without a protective dome. It is equally impossible for you to live on this planet without protection from her.

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



How to choose a cat to take home

Have you decided to adopt your first cat? Before you welcome a feline into your home, here are a few tips to help you choose the perfect companion.

Assess its personality

Cats can be classified as being adventurous, timid or somewhere in between. Adventurous cats have a penchant for climbing and exploring, and they tend to be very energetic. Timid cats, on the other hand, don't respond as well to change and often prefer quiet environments. Likely, your new pet will fall somewhere in the middle. It may be hesitant at first but ready to play once it gets used to its surroundings.

Evaluate its environment

If you have young children or other pets, an adventurous cat is more likely to fit in with your family. For older adults and people who live alone, a timid cat may be a better fit. Cats with a mix of these traits are well suited for families with an established routine that offers a balance of activity and rest.

Determine its needs

How you care for your cat might depend in part on its breed. A hairless cat, for example, may need to wear a sweater to conserve body heat, whereas a long-haired cat must be frequently brushed. In addition, some breeds can be more aggressive, and those with flat faces shouldn't be too active during hot weather.



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Tiropita with butternut squash rolls

Tiropita or tyropita (Greek: τυρόπιτα, "cheese-pie") is a Greek pastry made with layers of buttered phyllo and filled with a cheese-egg mixture. It is served either in an individual-size free-form wrapped shape, or as a larger pie that is portioned. Layered dishes like tyropita may originate from layered pan-fried breads developed by the Turks of Central Asia before their westward migration to Anatolia in the late Middle Ages (cf. baklava).

Some scholars state that the ancient Greek placenta cake and its Eastern Roman (Byzantine) descendant, plakountas tetyromenous (πλακούντας τετυρομένους, "cheesy placenta") and en tyritas plakountas (εν τυρίτας πλακούντας, "cheese-inserted placenta"), are the ancestors of modern tiropita. A recipe recorded in Cato the Elder's De Agri Cultura (160 BC) describes placenta as a sweet layered cheese dish:

Shape the placenta as follows: place a single row of tracta along the whole length of the base dough. This is then covered with the mixture [cheese and honey] from the mortar. Place another row of tracta on top and go on doing so until all the cheese and honey have been used up. Finish with a layer of tracta...place the placenta in the oven and put a preheated lid on top of it. When ready, honey is poured over the placenta. What's more, they're not complicated and can be made ahead, stored in an airtight container for the refrigerator or stashed in the freezer for later!

Now there are many variations for a tiropita, especially when cheeses are concerned. But in my case nothing stopped me from adding an other ingredient. It's very low in calories and has so much fiber, unlike the typical spinach I used roasted butternut squash.

You should roast the squash in advance and cool it down, just remember to let it strain so you don't have that extra water in your filling. But you will see that there is semolina in the filling, absorbing any moisture and making it thicker.

This recipe is so easy, unlike the traditional triangles I just roll them up like you would a wrap sandwich.

Tiropita with butter-nut squash rolls

Ingredients

For The Filling:

1 Small butternut squash (roasted in the oven before hand)

- 260 grams feta cheese crumbled
- 350 grams goat cheese or ricotta
- 1 egg
- 4 tablespoons fine semolina
- Grated nutmeg or any other spice you like

For The Rolls:

- 450 grams filo pastry sheets defrost in the fridge overnight
- Lots of olive oil

Instructions

For The Filling:

- In a mixing bowl, combine all of the ingredients for the filling and set aside.

For The Rolls:

Preheat oven to 350 degrees F

- In a clean and dry working surface, place 2-3 sheets of filo. Grease gently with olive oil using a pastry brush.
- Place another 2 filo sheets on top and grease again with olive oil.
- On the long side of the sheet, place a 4 cm thick lining of filling. Fold each ending (to secure the filling) and start rolling the sheet all the way through in order to form a log. Continue with the rest in all making about 4 logs
- Place in a large well-greased pan (preferably with olive oil) or baking tray.
- Grease each roll all around with olive oil as well.
- Using a sharp knife, score along the log to create pieces. This will prevent steam from forming inside and easier to cut afterwards
- Bake for about 40 minutes or until they get a nice golden color.
- Let it stand for 5 minutes and then cut each roll into pieces and serve.

Deadline: WEDNESDAY before publication at 1 p.m.

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In Memoriam & Obituaries



LEVASSEUR, Line
1962 - 2021

In Sept-Îles, on May 20, 2021, passed away at the age of 59, Mrs. Line Levasseur, daughter of the late Roger Levasseur and the late Anne Plourde, domiciled in Sept-Îles.



BEAUDOIN, Gustave
1953 - 2021


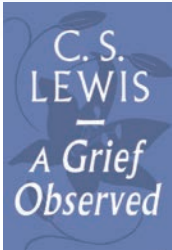
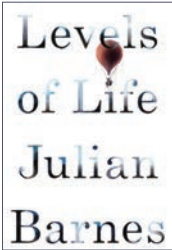
At the Hôtel-Dieu de Québec, on May 18, 2021, at the age of 67, passed away Mr. Gustave Beaudoin. Born in Blanc-Sablon on October 31, 1953, he was the son of the late Dame Jeanne D'Arc Dumas and the late Mr. Paul-Eugène Beaudoin. He lived in Sept-Îles. Given the current situation (covid-19), a ceremony will be celebrated at a later date. Mr. Beaudoin is survived by his brothers, his sister and his brother-in-law: Armande (Serge Baribault), Paul Jr., the late Jean-Charles, Romuald as well as several cousins, cousins and friends.

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.



GAUTHIER, Line (Delarosbil)
1953 - 2021

In Quebec City, on May 1, 2021, passed away at the age of 67, Mrs. Line Gauthier, spouse of the late Herménégilde Delarosbil and domiciled in Sept-Îles.



BÉRUBÉ, Charles
1927 - 2021

Passed away at the CISSS Côte-Nord Baie-Comeau on June 2, 2021 at the age of 93 years and 7 months, Mr. Charles Bérubé. Husband of the late Mme Madeleine Emond, son of the late Monsieur Léon Bérubé and the late Dame Victoria Gagnon and lived in Longue-Rive. Mr. Bérubé is survived by his children: Jocelyne, André (Françoise Bouchard), Johanne (Daniel Bouchard), and Serge (Jenny Tremblay). His grandchildren: Benoit, André, Mathieu and David. His great-grandchildren: Justine, Zoé. His sisters-in-law from the Emond family: Monique (Jean Garon), Suzanne (Bruno Soucy), Roseline (Michel Brouilly) as well as cousins, cousins, nephews, nieces and friends.



DESJARDINS, Gaétan
1942 - 2021

At the Côte-Nord Integrated Health and Social Services Center, on May 30, 2021, at the age of 78, passed away Mr. Gaétan Desjardins, son of the late Ms. Mériilda Deschênes and the late Mr. Joseph Desjardins, husband of Ms. Delina Casey. He lived in Pointe-aux-Outardes.

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

Week of JUNE 13 TO 19, 2021

The luckiest signs this week:
LIBRA, SCORPIO AND SAGITTARIUS



ARIES

You'll want to get in better shape for the summer, and doing so will be quite beneficial for your overall health. Now's the perfect time to adopt better eating habits.



TAURUS

You'll get a lot of attention when you voice your opinion. Thanks to the internet, your words will travel around the world and be remembered for quite some time.



GEMINI

Big plans are taking shape at home and with your partner. In particular, you might decide to move in together to start a family or merge your existing families.



CANCER

You won't hesitate to speak up when others stay silent. Fortunately, your wisdom and maturity will ensure you choose your words carefully and remain diplomatic.



LEO

You'll have some trouble reining in your spending as you shop at beautiful boutiques. As of this week, you'll start to adopt an increasingly spiritual lifestyle.



VIRGO

You'll accomplish a project that fills you with pride. If you're single, you may meet your future partner. At the very least, you'll start making plans with a new flame.



LIBRA

You'll become more aware of the importance of your health and living in the moment. You'll prioritize rest, relaxation and re-juvenation this week, which will do you good.



SCORPIO

Managing stress isn't always easy. Simply accept the situation as it is and avoid trying to swim against the current. Creativity will strike once you step away from distractions.



SAGITTARIUS

A particular event will require you to organize an emergency meeting at work or elsewhere. Many people will be counting on you, and you'll take on a leadership role.



CAPRICORN

If you have an upcoming vacation, take some time to properly organize it, especially if you plan to go abroad or take a road trip. There are details that shouldn't be overlooked.



AQUARIUS

If you're approaching the rene-wal of your mortgage or some other loan, you'll be in an excellent position to renegotiate the terms to give you more flexibility in your budget.



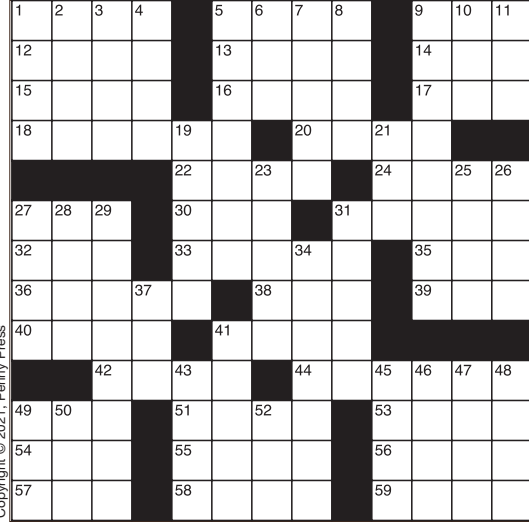
PISCES

You'll struggle to make a decision for one reason or another. Even if you repeatedly weigh the pros and cons, only looking into your heart will give you the right answer.

Coffee Break

CROSSWORDS

PUZZLE NO. 1010



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ACROSS

1. Weakens
5. Slumbering
9. ____ tide
12. Money in Venice, once
13. Skirt type
14. Neckline shape
15. Worshipped object
16. Throat-clearing sound
17. Uninvited picnicker
18. Vanquish
20. Rod's partner
22. Sugar source
24. Banish
27. Highway sign
30. Vagrant
31. Python, e.g.
32. Pretend to be
33. Flight path
35. Foil metal
36. Full force
38. Before, in verse
39. Begley and Asner
40. Trucker's rig
41. Unattached
42. Smudge

44. Andes pack animals
49. Shoemaker's device
51. Mate for mama
53. Pine
54. Rival
55. Warning
56. Garden spot
57. Sam on "Cheers"
58. Geek
59. Brood's home

11. Play the ponies
19. Monastery head
21. A very long time
23. Smoldering coal
25. Slip sideways
26. Certain bills
27. Chats
28. Land unit
29. Tripped
31. Hard metal
34. Leprechaun land
37. Naught
41. Picture holder
43. "Once ____ a Time"
45. Hymn finisher
46. Method
47. Gibbons and gorillas
48. Posted
49. Sternward
50. Misery
52. Part of mpg

DOWN

1. Coasted
2. Nurse's ____
3. College figure, for short
4. Discount event
5. Beginner
6. Word for Scrooge
7. Put forth
8. Dollar division
9. Assess
10. "Gentle ____"

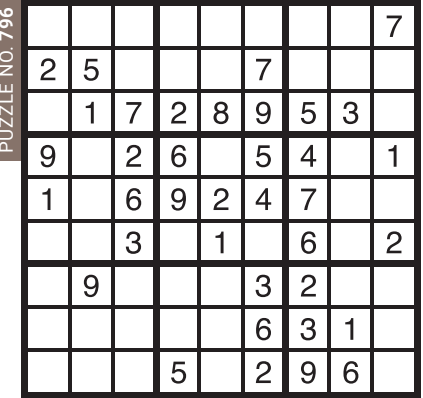
Sudoku

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.

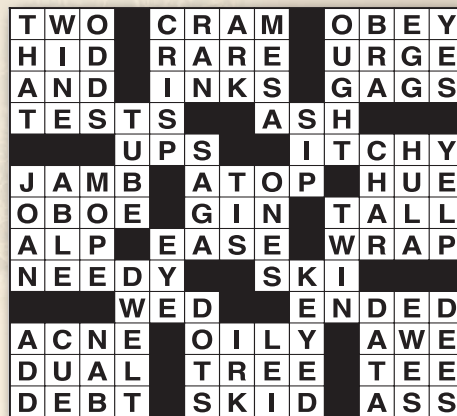
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

PUZZLE NO. 796

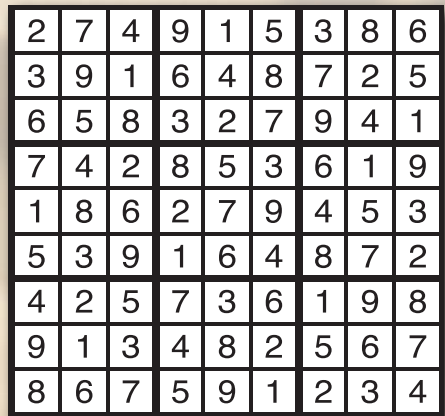


Last Issues' Answers

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Sudoku



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- Pineapple • Corn • Broccoli
- Radishes (Product of Québec)
- Tomatoes (Product of Québec)
- Mushrooms • Cucumber (Product of Québec or Ontario)
- Lettuce (Product of Québec or Ontario)
- Onions (Product of Québec)
- Apples (Product of Québec)
- Peppers (Product of Québec or Ontario)
- Pears
- Nectarines
- Mystery item

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