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Road Safety Awareness Campaign

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Page 6

OPEN LETTER TO PRIME MINISTER JUSTIN TRUDEAU

Dear Prime Minister Trudeau:

The media outlets publishing this letter are competitors. We publish news in every region in Canada. In both languages. We don't always see eye-to-eye.

So an open letter to you – and the prominence we're giving it in our publications – is unprecedented. But then so is the threat to news media in Canada. And, frankly, so shocking is the inaction of your government that it demands this unprecedented step.

For months, you and the Minister of Canadian Heritage, Steven Guilbeault, have promised action to rein in the predatory monopoly practices of Google and Facebook against Canadian news media. But so far, all we've gotten is talk. And with every passing week, that talk grows hollower and hollower. As you know, the two web giants are using their control of the Internet and their highly sophisticated algorithms to divert 80% of all online advertising revenue in Canada. And they are distributing the work of professional journalists across the country without compensation.

This isn't just a Canadian problem. Google and Facebook are using their monopoly powers in the same way throughout the world – choking off journalism from the financial resources it needs to survive.

The difference is that other countries are putting their foot down. Australia's parliament – with support from all parties – has enacted comprehensive new legislation requiring the two web giants to negotiate collectively with that country's media. And

they've backed up these new rules with enforcement teeth.

Time and again, you and your government have committed to similar action. The Minister of Canadian Heritage has specifically and repeatedly committed to tabling legislation this spring. But after months of promises, there is still no legislation. And with the summer parliamentary recess approaching and the strong possibility of a fall general election, words alone will not sustain Canadian journalists through the long months of legislative inaction and relentless power plays by Google and Facebook.

Indeed, recently, Facebook announced short-term commercial arrangements with a few Canadian media outlets. Until all news media in this country can negotiate collectively with Google and Facebook, the two multinationals will continue to use their market dominance to drive terms that are in their interests.

Let's be clear: Canadian news media are not looking for new funding or new taxes, or user fees. We're not calling for – and certainly don't want – restrictions or regulations affecting freedom of speech.

In fact, the health of our democracy depends on a vibrant and healthy media. To put it bluntly, that means that you, Prime Minister, need to keep your word: to introduce legislation to break the Google/Facebook stranglehold on news before the summer recess. It's about political will – and promised action. Your government's promise.

The fate of news media in Canada depends on it. In no small way, so too does the fate of our democracy.

Jamie Irving
Chair of News Media Canada
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George Bakoyannis & George S. Guzman
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FATHER'S DAY
June 20, 2021

Page 10-11



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Ban on all outside fires in Deux-Montagnes

MARIA DIAMANTIS

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

SOPFEU's crucial mission in Quebec

A ban on open fires in or near the forest came into effect on Wednesday evening, June 9, 2021, in the territory of Deux-Montagnes. Under the municipal by-law 1668, this decision of the Government of Quebec, taken in collaboration with the Société de protection des forêts contre le feu (SOPFEU), results in a ban on the use of an outdoor wood-burning fireplace in Deux-Montagnes, even if full protective measures are taken. This ban must be respected until SOPFEU lifts the ban in force in the Deux-Montagnes MRC.

About SOPFEU

The SOPFEU's mission is to provide forest fire protection to ensure the sustainability of forest areas at the lowest possible cost. Given the importance of natural resources and their economic impact, the SOPFEU plays a leading role for the benefit of the entire community.

Meteorological observations and forecasts are at the heart of the SOPFEU's work. The organization's know-how is based on its advanced capacity to analyze data provided by 193 weather stations. This way, the SOPFEU can monitor the situation in the forest province-wide and evaluate at-risk areas, every hour of every day. In addition, airplanes fly over the forest looking for suspicious smoke according to circuits based on weather conditions, the fire danger rating, or lightning.

The SOPFEU suggests forest activity restrictions as soon as the situation requires them. It has

developed a series of tried and tested mechanisms to quickly inform the public and industries about situations presenting a danger of fire. Its deep expertise and state-of-the-art facilities and equipment enable the SOPFEU to make the best real time decisions to protect forest areas.

Awareness and Prevention

Every year, 70% of fires are due to human activity, which shows the importance of education and awareness activities. The SOPFEU is working to lower this average through various prevention initiatives. Outdoor activity establishments, forest companies, and the media are important collaborators who also inform the population about high-risk situations.

The SOPFEU has approximately 450 employees, strategically spread throughout Quebec. Its Quebec City headquarters are complemented by four main bases, located in Baie-Comeau, Roberval, Maniwaki, and Val-d'Or, and several secondary and auxiliary bases as well. Some 300 forest firefighters, protection agents, and bird-dog officers are deployed, as is to be expected. The SOPFEU also features a solid team for forest fire protection, along with cutting-edge training, information, weather forecasting, telecommunications, and IT.

The SOPFEU's strength also resides in the powerful network that it has established over the years. As a non-profit organization, it serves to connect the Quebec government, the forest industry, and major private woodlot owners. Managers of parks and outdoor activity establishments, municipal fire chiefs, forestry supervisors, and the media are all valuable collaborators maximizing the SOPFEU's range of action. Keenly aware of the value of the forest, all these people support the organization in terms of both information and interventions.



Deux Montagnes in Excellent financial health



MARIA DIAMANTIS

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The City of Deux-Montagnes tabled its consolidated financial statements as of December 31, 2020, during the regular municipal council meeting last Thursday June 10th.

City representatives announced that in addition to reflecting a prudent and skillful management of public funds, the financial results for 2020 confirm the City's proven capability to develop responsibly while ensuring diversified and quality services for all Deux-Montagnes residents. The redevelopment of certain neighbourhoods in the city is revitalizing them and at the same time increasing the tax base for the benefit of all citizens.

"Our financial performance demonstrates once again how rigorously our elected officials are managing public funds. The municipality's general manager and treasurer also play a key

role in achieving our organizational and financial objectives. I'm especially grateful for the work they do," said Deux-Montagnes Mayor Denis Martin. "Sound financial management like this allows us to reinvest more in infrastructure and residential services. Many streets were repaved, and a new park has been built without having to mortgage the City's fiscal future."

Deux-Montagnes ended 2020 with an operating surplus of \$1.4 million, representing 4.9% of its original budget. This surplus is largely due to a \$1.3 million provincial COVID grant and a decrease of \$200,000 in expenses and other fiscal items.

Of the \$8.8 million in investments made in 2020, more than \$4.5 million was dedicated to urban infrastructure (permanent dike, sewer and water system, Parc Armitage). The federal/provincial grant the city received for the permanent dike covers approximately 80% of its cost.

The financial statements for 2020 fiscal year are available on the Deux-Montagnes website.



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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



The Second Shot...

Well, how do you feel, now that you have, or at least are scheduled for your second shot? The Québec bureaucratic machine worked seamlessly for the first jab, but is now in the weeds for the second.

What's to blame? Confusion, vacillating science, and bad communication from expert communicators. For example, Canada's National Advisory Committee on Immunization changed its mind about using the AstraZeneca (new name Vaxzevria) three times, in a month. In Québec and across the country health districts have also had to hire volunteers at call centers and local clinics. No medical experience or organizational skills for many of them, will result in inevitable line ups and confusion. The other hurdle is the need to quickly dispense of some vaccines, rushing to find an arm for some vials approaching expiry dates.

The issue now is whether those who did take the AstraZeneca vaccine or Covishield, can switch to a Pfizer or Moderna. Politicians like that idea because using a mix of different vaccines will help people get fully vaccinated more quickly. Some epidemiologists assure us that mixing an AZ with mRNA vaccines like a Pfizer or Moderna, "will trigger stronger, more robust immune responses". The same National advisory committee, that changed its mind three times, now recommends mixing is ok. Not sure who believes them now. Quebec and Ontario are on board, primarily because of supply issues. BC's believable Chief Medical Officer Dr Bonnie Henry, says it's preferable to receive the same vaccine for both doses, but "it is equally safe and works just as well". Others will just tell us not to mix, like Public Health England "every effort should be made to give [patients] the same vaccine". The U.S. is not allowing its citizens to mix vaccines "owing to a lack of data". And still others are not sure. But what is certain, according to a recent Oxford University study headed by a Prof Matthew Snape, the trial's chief investigator, "expect chills, fatigue, headache, malaise and muscle ache". It would be wise not to administer the vaccine mix to a ward of nurses, on the same day. Says the professor, "you're sure to have high absenteeism on the floor the next". The University's first full report on the mixing effectiveness is due this month.

The second vaccine means so much to so many. Finally, you will be able to do what you have not been able to, forbidden by law in some circumstances. You can now hug, visit, shop, travel inside

Canada and soon internationally, eat out, not quarantine, not isolate. Life is back!

But wait, those restaurants and businesses you once ate and shopped at are short staffed. Why? Stay home and get paid. The federal government continues to write those 500 dollar a week cheques (reduced to \$300 in July) for 38 weeks under the CERB program. Why work when Justin Trudeau sends me cheques. Still others have had plenty of time to think about their next career move and have switched jobs, professions, are returning to school, or have started their own business. Besides, working front line in the retail industry has become dangerous. This pandemic has resulted in a heightened sensitivity to health and hygiene. One likened working a bar or restaurant as dangerous as going down into a coal mine every day.

People are redrawing the blueprints of their lives. Many are quitting because employers are not flexible about remote work. They want to continue to work from home or from wherever. They save money on clothes, lunches, car expenses, in fact many have sold their cars and switched to two wheels or transit when in need, saving as much as \$5 thousand a year. So all these factors are hampering post pandemic recovery with a seemingly record number of job openings available. This will affect the amount of time it takes to receive an on-line item, service at restaurants, curb side pick up, name it.

'Jobs Canada' shows 1.5 million results. Statistics Canada recently reported 700 thousand jobs available in Canada. Indeed.com reports a record 250 thousand availabilities on its web site. Not sure which is accurate, maybe they all are because of their filters. Bottom line is, service won't be as quick, and will cost more.

Are you ready for your third shot? Pfizer CEO Albert Bourla projects the next vaccine requirement within 12 months and in fact, yearly, like a flu shot. Of course, Pfizer wants to sell vaccines. It's a business after all. But I like Mario Ostrowski's reasoning, an infectious disease specialist at the University of Toronto. He says "if a new variant causes severe illness to those already vaccinated", it will then be time to get jabbed again. Until then, seems we're safe.

That's What I'm Thinking

Robert Vairo

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Father's Day 2021: the blessing and curse of the Pandemic

RENATA ISOPO
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Father's Day means many things for different men, and can come with associated feelings of love, connection, and caring; and sometimes, grief, loss and regret.

While Father's Day can seem to have a very commercial focus as other holidays, it remains a day of celebrating the most important relationships in men's lives. Caring for the next generation is a key role for men and is often associated with images of being both provider and protector.

Among the many and varied descriptions of masculinity, the relationship that men have with their children is a very significant connection. Men rarely talk about it, perhaps because it doesn't seem sufficiently "masculine", is too intimate or private to discuss. Sometimes they don't have the words.

Often it is not until their children have grown up, or even when approaching the end of their own lives that men express regret for spending too much time at work, and not enough with their family. Sadly, many men only start talking about the importance of their family relationships after a crisis like family separation or a loss of a child has occurred.

A revolution is underway

Canadian men are becoming more vocal about their role in fathering, and the value they place on connection with family, particularly their children. What is occurring is a quiet men's revolution. While not as vocal as the women's movement, it is noticeable in the way men talk about achieving a better work-life balance,

and how men behave differently as they walk together with their children, proudly push the carriage, or access parental leave.

Things may have changed with Covid-19

Lockdown and work restrictions have enabled many dads to be around the home more than they might ever have been. Workplaces have suddenly been able to be flexible and unintentionally family-friendly. This has enabled men to participate more in their children's lives and the household generally, and for many, this has been revolutionary in terms of what might be a better working arrangement going forward. They have been better able to be active and present in their fathering, and to experience that they are both wanted and needed by children and partners.

A recent Canadian study provided evidence that while average childcare hours for both parents increased during the pandemic for dual-income families, there has been a relative increase for average childcare hours for males compared to females. It indicates changes in the ways that fathers take a role in being present in their children's lives today.

This year, Father's Day will be unique in terms of the loosened restrictions it places on celebrations. For many separated dads, lockdown has meant difficulty seeing their children, and this may finally provide relief from their sadness and isolation.

Many men, regardless of whether they are in a family relationship or are separated, identify fathering as something which is a central part of their lives. It takes patience, thoughtfulness, and conscious work to navigate the different life stages, and how they affect the fathering role.

Dads' time and attention is what children enjoy; watching a favourite show together, lingering over light conversation, playing board games will all be very meaningful because they are about time with their father. Contacting grandparents by Zoom and talking across the generations about being a kid and a dad, or how kids and parents have changed, is a super way to acknowledge generations of fathering.

Time to Celebrate Dad

Fathers matter in the lives of their children. During this time of COVID-19, however, dads of young children may find themselves dealing with totally unexpected, stressful, and uncertain circumstances, such as juggling changes in employment, concerns about getting essentials, and financial matters.

Both moms and dads had a lot to deal with, but stay-at-home orders also provided a welcome silver lining. There's more family time as dads and moms may have the unexpected opportunity to spend more time at home. This June, as families celebrate Father's Day, many babies, toddlers, and teens are spending more time with their dads, and dads may be experiencing the unexpected joys of more time with their children.

During this unprecedented time, dads and their wives/partners may be experiencing considerable stress and anxiety as they work to take care of their family in the midst of so much uncertainty.

However, it seems that in our culture, Father's Day is celebrated far less than Mother's Day. Statistics prove it. Gift buying for Father's Day lags behind buying for Mother's Day. According to the Greeting Card Industry, there are 40

million fewer cards sold for Father's Day than Mother's Day. Why is this? Don't dads deserve the recognition moms do?

Our culture often portrays men as being less significant than women. Movies and books often depict men as incapable, uninvolved, disconnected, lazy, passive, and uncaring, but in 2021 Pandemic Perception ... this is far from the truth.

If anyone would be so discriminating as to depict all women as being bossy, controlling, lazy and insensitive, we'd never hear the end of it.

Why does it seem acceptable in our culture for women to complain, gripe, and nag their husbands, yet men who also work hard and sacrifice many hours for their family are considered male chauvinists if they dare criticize women?

Fathers today face an incredible amount of stress and pressure not only from their jobs, but also because of unrealistic expectations.

What is the significance of Father's Day? Why should fathers be appreciated? When God created fathers, He gave us a tangible view of our relationship with Him. God is our strong Protector and Provider. A Strong-Tower. This is the role He wanted fathers to demonstrate, the *hole he wanted fathers to fill*. God is also gentle and nurturing like a mother. The combination of the strengths of the best father and the best mother gives a reflection of who God is.

Happy Father's Day to all you courageous godly men who aren't afraid to go against the culture and sacrificially lead your wives/partners and children *toward increasingly greater and more genuine happiness*. You are significant.



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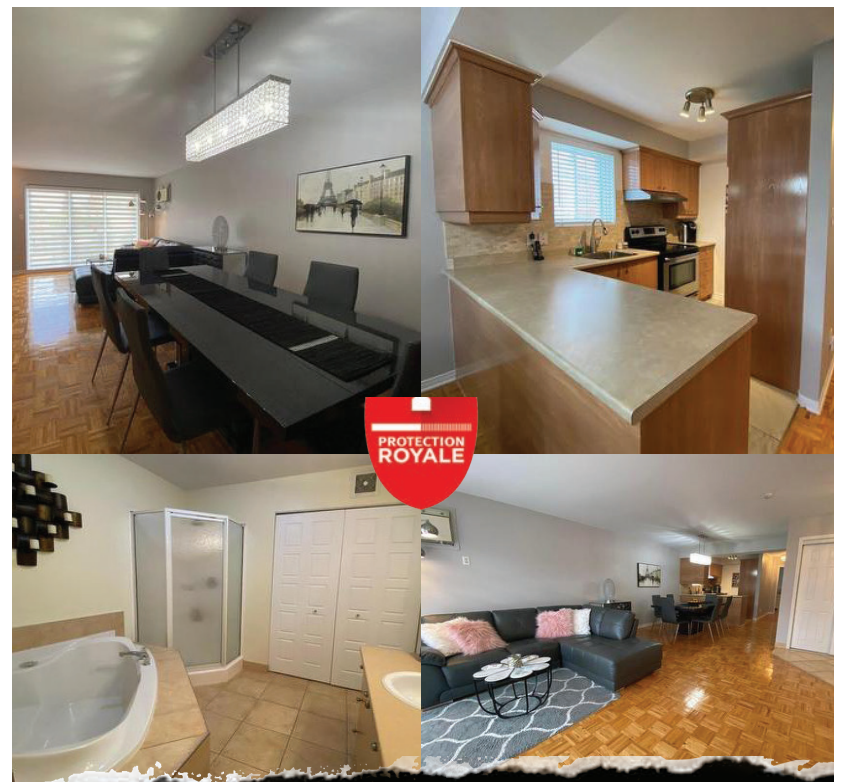
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Road Safety Awareness Campaign

MARIA DIAMANTIS

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

The Thérèse-De Blainville RCM, in collaboration with the municipalities of Boisbriand, Blainville, Bois-Des-Filion, Lorraine, Rosemère, Sainte-Anne-Des-Plaines and Sainte-Thérèse, the Régie intermunicipale de police Thérèse-De Blainville (RIPTB) as well as Terrebonne's and Blainville's Service de police, is launching the third and final phase of the road safety awareness campaign #ShareTheRoad. This campaign aims to protect vulnerable road users in terms of road safety, by raising awareness—more specifically—on sharing the road.

"Drivers' road safety remains a key objective for the Thérèse-De Blainville RCM. Phase 3 of the #ShareTheRoad "SLOW DOWN" awareness campaign is part of the continued efforts to make the various road users aware of slowing down, sharing, showing patience and being civic-minded in order to collectively improve the safety record of our MRC territory," pointed out Kamal El-Batal, director general and secretary-treasurer of the Thérèse-De Blainville RCM.

The final phase of the campaign will take place June 11 – July 11 under the theme "SLOW DOWN" and is geared towards motorcyclists and motorists. Awareness will be raised mainly through an animated video clip shared on social networks. Moreover, posters with the campaign's colours and images will be displayed in municipalities and stickers will be distributed by police officers during awareness operations.

"We know that speed still injures or kills far too many people on the road. That's why we are insisting on this message so that motorists

"We know that speed still injures or kills far too many people on the road."

adopt more cautious driving habits, slow down and follow the signs in force," added Richard Perreault, warden of the Thérèse-De Blainville RCM.

"With the return of the warm weather, sharing the road is crucial to the safety of all road users. Slow down to make our neighbourhoods safer. Whether you're biking, walking, riding a motorcycle or driving a car, let's be courteous. We're all part of the solution!" said Eric Westram, Mayor of Rosemère.

According to the SAAQ, speeding is one of the main causes of accidents in Québec. Every year, on average, speeding was the cause of 32% of deaths, 28% of serious injuries and 18% of minor between 2015 and 2019. It is important to remember that even an excellent driver, with an excellent vehicle, can't escape the laws of physics. When speed increases, the risk of being involved in an accident increases as well, and so does the severity of the accident.

This campaign is made possible through the financial assistance program of the Ministère des Transports du Québec's Fonds de la sécurité routière.



The "new" Armitage Park joybringer!



The Deux-Montagnes municipal council, at the traditional ribbon cutting. From left to right: Mr. Michel Mendes, Mr. Frédéric Berthiaume, Mr. Érik Johnson, Mr. Denis Martin, Mayor of Deux-Montagnes, Ms. Margaret Lavallée, Ms. Micheline Groulx Stabile and Ms. Manon Robitaille.

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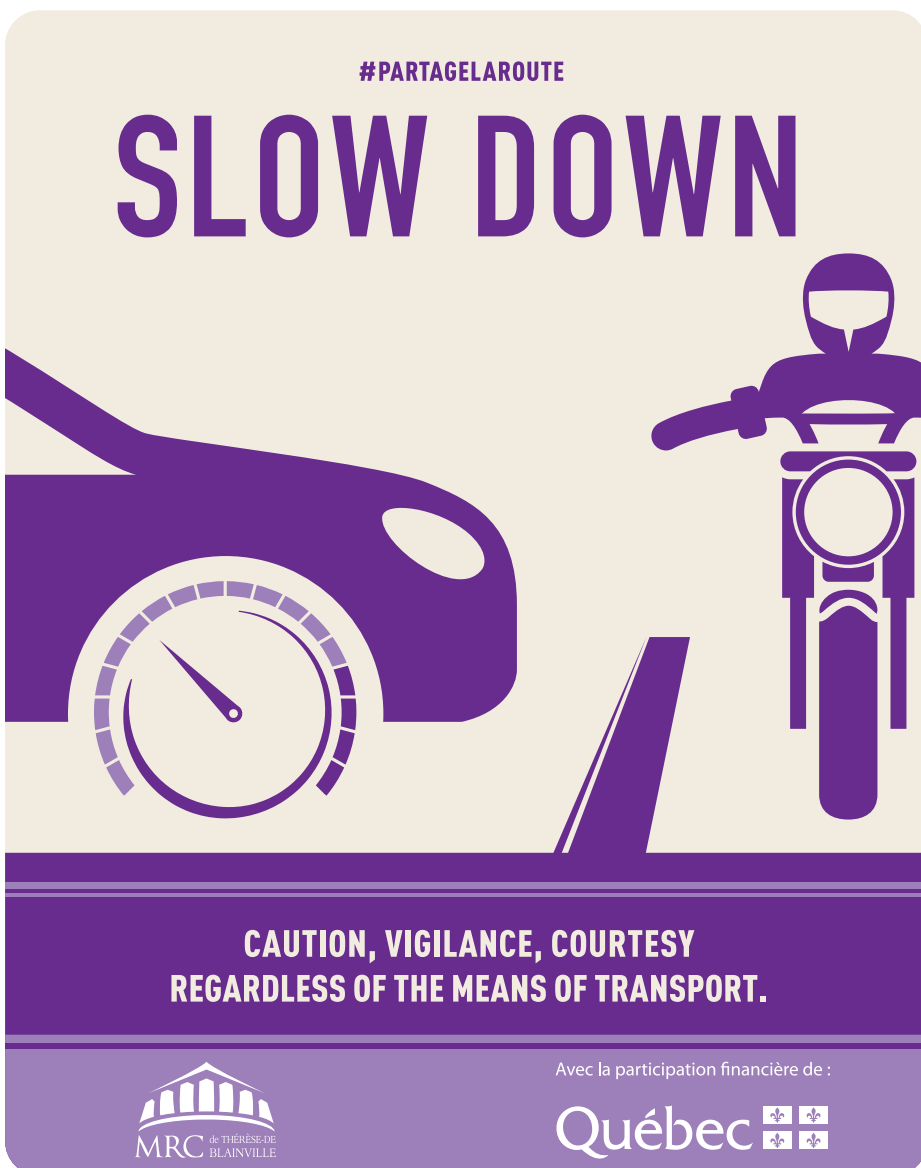
Over the past year, Armitage Park located on Oka Road, at the intersection of 26e Avenue, has undergone a real metamorphosis, to say the least. From a green space with lawn bowling grounds, it has grown into an essential park offering attractions for all generations. The new developments now completed and already highly appreciated by the population and were officially inaugurated by the municipal council of the City of Deux-Montagnes last Thursday, June 10th.

"We were impatient to inaugurate this inter-generational park and the 3rd area with water features on the two-Montagnais territory. Seeing the many families treading the ground there since the arrival of good weather, we are happy to note that the nautical themed park is already helping to improve the quality of life of people

in the neighborhood, and even elsewhere," said Denis Martin, mayor of Deux-Montagnes.

With its water games (in operation since the end of last May) and its new play areas for children, including one designed for 2-5 year olds and another for 6-12 year olds, Armitage Park allows families to take full advantage of the site and go on an adventure thanks to the magnificent fun ship made of wood (the first installed in Québec!).

This park is not only for the little ones. In addition to the lawn bowling grounds, the park now houses a lighted volleyball court and a rest area with shade cloth and deckchairs. There is also an inclusive carousel at Armitage Park, designed for the use of all, regardless of the child's abilities. The carousel, large enough to accommodate several people, both children and adults, has a seat and handles for comfortable and optimal use of the game which improves depth perception and coordination.



Rosemère greener than ever! Acquisition of 13.2 Hectares to Protect the Grand Coteau Forest

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For conservation purposes, the City of Rosemère has officially acquired 13.2 hectares of mature woodlands with high ecological value in the Grand Coteau forest.

A grant of \$1,063,650.33 from the Government of Québec and the Communauté métropolitaine de Montréal (CMM), in equal parts made this new green step possible. This acquisition will allow the consolidation of the vast Grand Coteau forest corridor, which constitutes a green infrastructure that extends from the agricultural plains of Mirabel in the west to the Assomption peat bogs in the east.

The City of Rosemère was able to acquire this green space, which will therefore be forever preserved and protected from any real estate development at a cost of \$1,693,582. These 13.2 hectares represent the acquisition of five privately-owned lots with talks ongoing for the City's acquisition of two additional lots, totalling approximately seven hectares.

The Grand Coteau forest is a true jewel with high ecological and environmental potential. It is a mature forest with close to 120 plant species, several waterways, a great diversity of wildlife and some large trees whose majestic size betrays their venerable age (150-200 years). In addition to being a wonderful place to observe a good number of rare species, the site provides habitats for several threatened species.

In a few years' time, marked trails will be developed in the forest and will create ecological connectivity with the natural environments of the forest corridor. This acquisition is perfectly in line with the draft Urban Plan that Rosemère presented to its residents in early 2021. This plan focuses on the conservation of green spaces and improvements to the residents' quality of

life to make Rosemère a sustainable and innovative town.

"The acquisition of these lots within the blue-green infrastructure is making it possible to increase the number of protected spaces on Greater Montréal territory. The Grand Coteau forest provides a rich environment that is home to a diverse range of wildlife and plant life. Its conservation comes as excellent news. The Québec government, in collaboration with the CMM, is proud to have supported the Town of Rosemère for this project, which will benefit the entire territory as well as the residents of today and tomorrow," mentioned Chantal Rouleau, Minister of Transport and Minister responsible for the Metropolis and the Montréal region.

"The Grand Coteau forest features abundant, diversified vegetation as well as a vast network of natural habitats. This significant component of Greater Montreal's blue-green infrastructure and the Grand Coteau forest corridor is essential to the region's ecological balance," emphasized Valérie Plante, Mayor of Montreal and Chair of the Communauté métropolitaine de Montréal. "It is with projects like this one that we will be able to preserve the collective wealth of our natural environments and achieve our metropolitan objective of protecting 17% of the territory. I congratulate and thank the Town of Rosemère for its efforts in this regard!"

None was more excited for this purchase than the mayor of Rosemère. The Green Rosemère was part of his teams mandate and it seems that concrete steps are taken to fulfill that promise. "The Town of Rosemère is once again taking action to pursue its vision of preserving its green spaces with high ecological potential. It is therefore our duty to protect this treasure trove of biodiversity that the Grand Coteau forest truly is. We are not the only ones to say so, as the independent firm Nature-Action Québec, in its analysis of the ecological potential of the territory, described the Grand Coteau forest

Rosemère supports local businesses once again

In order to promote buying local and thereby support the region's economic re-start, the Town of Rosemère is offering a free page of advertising to local businesses on its territory on the fourth page of the June, August, October and December editions of Rosemère News, the Town's municipal newsmagazine. This initiative—entirely funded by the Town of Rosemère in the amount of \$12,000—is providing local businesses with an opportunity for visibility in all Rosemère households.

Selected by random draw, six businesses will be promoted in this way through each edition. This initiative is in addition to the Business Community section of Rosemère News, a section dedicated to the businesses and commercial establishments participating in the Rosemère is my business campaign, in collaboration with the Chambre de commerce et d'industrie Thérèse-De Blainville (CCITB) and its Aile des gens d'affaires de Rosemère (AGAR). To be eligible for this new opportunity, commercial establishments must be located in Rosemère and have, on hand, their valid permit to operate in the Town. Interested commercial establishments must register by filling out an online form when the contest is announced in AGAR's monthly newsletter. To make sure they don't miss out on anything, we invite commercial establishments to join by send-

ing an email to Alexandra Simard, liaison officer for the Rosemère territory (asimard@ccitb.ca).

This new advertising showcase is stepping up the actions that Rosemère is putting in place to support its businesses that did not have an easy time during the COVID-19 pandemic. In addition to the decree of 0% interest rate on unpaid tax bills in 2020, and until July 5 in 2021 for merchants, the Town took part in the #onvoustend advertising campaign when commercial establishments reopened in June 2020.

And lastly, we should mention the overwhelming success of the purchase voucher campaign in November 2020, just before the holiday season. This participatory fund-raising campaign injected some \$30,000 into the local economy. Through the Town's financial support, residents purchased vouchers at participating commercial establishments for \$20 and the Town topped up the vouchers by 50%, adding \$10 more. In just a few days' time, all 1,000 vouchers were snapped up!

"More than ever, our businesses need us! They are run by passionate, committed, proud people. Take the time to rediscover them this summer. Not only will you make great discoveries and original finds, but this will have a positive impact on the community as a whole," stated Eric Westram, Mayor of Rosemère.



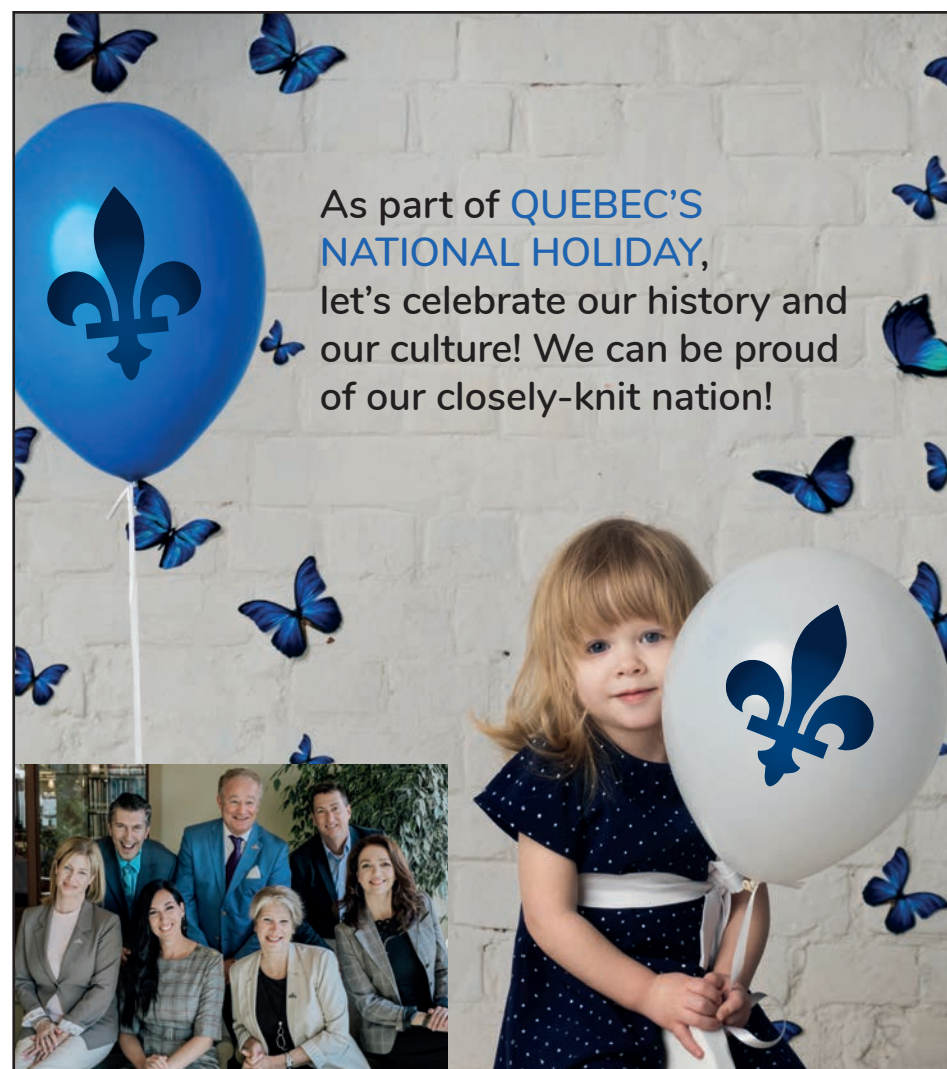
The Grand Coteau forest

area as being a 'real nature reserve that is already home to a very rich and diversified wild life and plant life'. We are extremely proud that our efforts are proving successful and allowing us to protect our natural heritage," stated Eric Westram.

About Greater Montréal's blue-green infrastructure

The blue-green infrastructure is a recreational and tourism network that protects and enhances

the natural environments, landscapes and built heritage of Greater Montréal for the benefit of its residents. Financed by the Communauté métropolitaine de Montréal, the Government of Québec and the municipalities, the many projects within this infrastructure promote active and public transportation and contribute to maintaining biodiversity, mitigating the impacts of climate change, improving residents' quality of life and enhancing the attractiveness of the Greater Montréal area.



 ROSEMÈRE

ville.rosemere.qc.ca



**Even once vaccinated,
you still need
to protect yourself.**





Let's work together to keep respecting health measures
so we can protect each other.

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

Québec 

FATHER'S DAY
June 20, 2021

Crown him

KING FOR A DAY

Here are a few ideas for dad!

Are you looking for the perfect Father's Day present but don't know what to buy? Here are some gift ideas for several types of dads.

THE ATHLETE

If your father's a fitness enthusiast, he'll likely appreciate:

- A sturdy, insulated water bottle
- A membership to a specialized gym
- A duffle bag for his workout gear
- A pair of high-quality running shoes
- A set of wireless headphones

THE BOOKWORM

If your father always has his nose in a book, consider:

- A personalized bookmark
- A new release by an author he loves
- A patterned book sleeve
- A gift certificate from a bookstore
- An e-book reader

Regardless of the gift you choose, remember to include a heartfelt card that shows your dad how much he's loved and appreciated.

2 amazing dads from movies you can watch together!



Life is Beautiful

Guido Orefice is an optimistic, cheerful man. When he and his family are interned in a Nazi concentration camp, Guido turns the experience into a game to spare his young son the cruel truth.

The Pursuit of Happyness

After his wife abandons them, Chris Gardner must raise his son alone. Based on a true story, this father does everything in his power to ensure his child's well-being, even when they're forced to live on the street.





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* While quantities last.



Crown him

KING FOR A DAY

FATHER'S DAY

June 20, 2021



A GIFT FOR EVERY TYPE OF DAD

If you're wondering what to get your dad for Father's Day, it's a good idea to consider his hobbies and interests. Here are some suggestions for different kinds of dads.

THE MOVIE BUFF

If space permits, your dad might appreciate a vintage film projector or studio lamp. Alternatively, consider getting him a movie-themed trivia game, a scratch-off poster or a collectible figurine from his favourite flick. There are also many great reads about film history and culture.

THE CHEF

One way to impress a dad who loves to cook is by spoiling him with new kitchen accessories. Consider

buying him a quality cutting board, Japanese chef knives, barbecue utensils or a new apron. If your dad has a green thumb, another option is to get him potted herbs he can grow outside or in the kitchen.

THE COLLECTOR

If your dad is a stamp enthusiast, he'll likely appreciate a magnifier to help with identification or a UV lamp to assist with observing phosphorescent markings. For the father who collects coins, consider getting him a rare or commemorative piece, a specialized storage album, a magnification loupe or a cleaning bath for his coins.

THE OUTDOORSMAN

The dad who enjoys spending time in nature is likely

to welcome getting a set of hiking poles, an engraved compass, a pair of waterproof binoculars or a wilderness survival handbook. Alternatively, check to see if some of his camping, hunting or fishing gear could use an upgrade.

THE MUSIC LOVER

For the dad with a passion for music, buy a water-resistant portable speaker, wireless headphones or a guitar pick maker. Alternatively, get him a music-themed keepsake such as a wall clock depicting his favourite band, drink coasters that look like CDs or records, or cufflinks shaped like a treble clef or the instrument he plays.



HAPPY FATHER'S DAY!

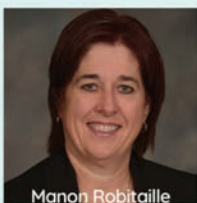
On this special day, take the time to thank the fathers that are dear to you.

We extend our warmest wishes to all fathers!

*On behalf of the members of the municipal council of the
City of Deux-Montagnes*



Denis Martin, maire



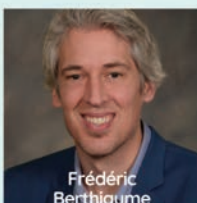
Manon Robitaille



Erik Johnson



Micheline
Groulx Stabile



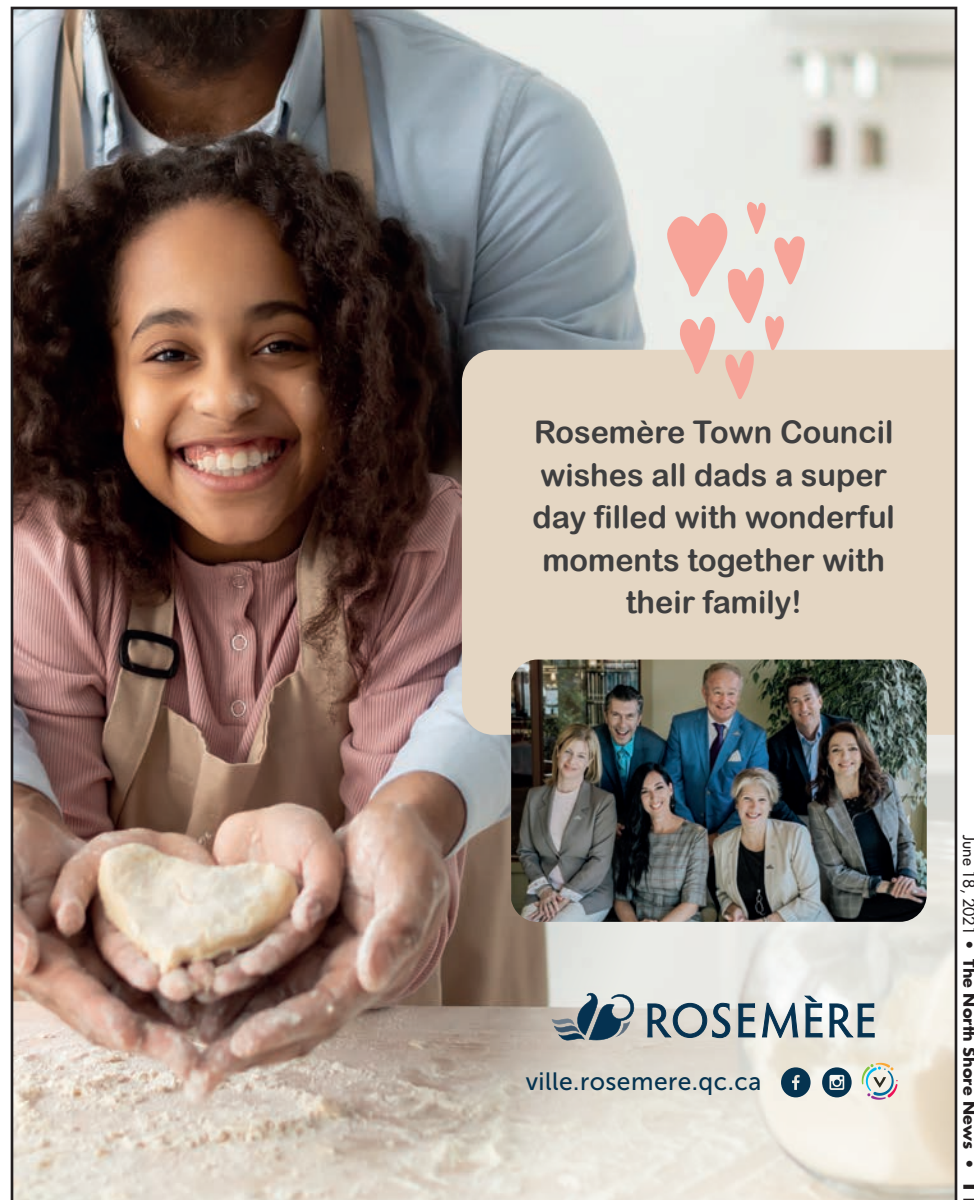
Frédéric
Berthiaume



Michel Mendes



Margaret Lavallée



Rosemère Town Council
wishes all dads a super
day filled with wonderful
moments together with
their family!



 **ROSEMÈRE**

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DIRECT? ANSWERS

From Wayne & Tamara

Urges

Q My best friend is a guy I've known six years. He is like family. I am married and we are all friends. We would do anything for each other. He had a girlfriend who hated me because she thought we were way too close.

I hadn't seen him for about a month because he travels. I've always been the chunky one, so during that time I decided to lose weight. Well, when he saw me again, I was down about 20 pounds. He was shocked.

When I got out of the car, he looked me up and down, put his arms out for a hug, and said, "Well, are you going to give me some love?" So I gave him a hug and we went inside. I've lost even more weight since then.

The next time I saw him, I picked him up. He stays with us when he is in town. We hung out, talked, and drove back to my house. He, my husband, and I went out that night to a little bar where a friend works.

We were having a great time when one of the guys my husband and I know walked over and gave me a hug. My friend freaked out. He said, "You know she's married, and this is her husband." He said that like five or six times.

Ever since that night, whenever we talk or text, he makes comments about how he will never have sex with me. It doesn't even fit the conversation. He won't even look at me anymore when he is talking to me.

He also says I don't support him, though I have supported him, right or wrong, a million times. Fine. I don't see what the problem is after all these years.

For no apparent reason, he's not talking to me much, though he calls my husband to ask advice about his ex-girlfriend. Then he goes off about how I don't pay enough attention to my husband when we all go out. He told my husband he wants to hang out with him, and not include me.

He also gave my husband a hard time

about our "agreement" and said it's not right. My husband and I have an agreement, when we are out, that we can socialize with whomever we want as long as we go home together.

My husband and I are not the kind who are all over each other, and our agreement does not include cheating. This is the way it's been for five years, and my friend has never had a problem with it.

What in the heck is wrong with him? Why is he acting like this?

Dominique

A Dominique, Shakespeare's wrote, "Beshrew the heart that makes my heart to groan."

Beshrew is an unusual word that means "to make evil." If we updated Shakespeare's language, the quote would read, "Damn that heart of yours for making my heart ache."

When you lost weight, he moved you from his friend zone to his sexual fantasy zone. He said he would never have sex with you, because that was exactly what was on his mind.

You understand that. That's why you included the phrase "he looked me up and down."

First, he tried to warn off other males from giving you attention. Then he tried to get you to show him more affection by claiming you don't support him. Finally, he began working on your husband. He thought excluding you from their company would increase your desire for him.

He is punishing you for his thwarted sexual interest, breaking the rules of friendship, and blaming you for it. His heart groans with desire for you.

He is either going to have you or end his friendship with you. That's why you and your husband can't be friends with him anymore.

Wayne & Tamara

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



Paws & Claws

Running with your dog: factors to consider

Are you looking for ways you and your dog can be more active together? Here are some things to think about before you take your pet for a run.

Characteristics of the breed

Cats can be classified as being adventurous, timid Flat-faced dogs tend to have trouble breathing and, therefore, a low tolerance to vigorous exercise and heat. Large, deep-chested breeds, on the other hand, are prone to stomach twists if they're too active after eating. This is why it's best to consult your veterinarian before you take your dog for a run.

Weather and terrain conditions

If you run in the summer, be sure to take regular breaks so your dog can catch its breath and stay hydrated. This is crucial to prevent heat stroke. You should also avoid running during a heat wave. Additionally, remember to check your pet's foot pads often for cuts and scratches. Depending on the season, you might also need to use booties or a balm to protect your dog's paws.

Finally, make sure you have the right equipment before you head out. You can find a selection of harnesses, leashes and running belts at your local pet store.



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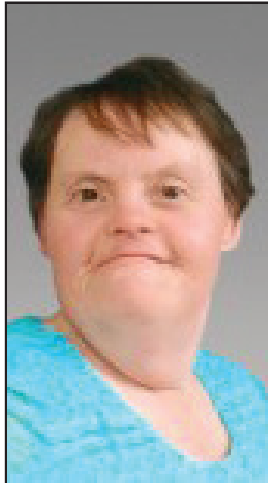
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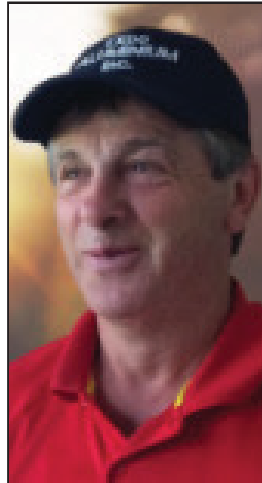
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In Memoriam & Obituaries



Berry, Marjorie Joan
1953 - 2021

It is with deep sadness that the Berry family announces the death of Marjorie Berry, on June 5, 2021, at Residence Lachute. Marjorie was predeceased by her parents Violet and Watson as well as by her sister Lois. She is survived by her sisters Jean (late Wayne), Kay (Don), Marion, Doreen (Rock), Coreen (Barry) and her brother Ronald.



Corriveau, Michel
1953 - 2021


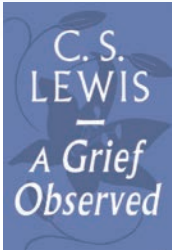
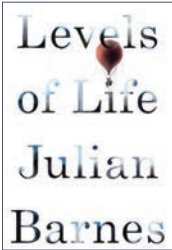
Of Sainte-Anne-des-Plaines, on March 11, 2021, at the age of 67, passed away Mr. Michel Corriveau. He is survived by his children Eric (Éloïse), Marc-André (Jessie) and Stéphanie (Christian), his grandchildren Charles-Étienne, Océane, Victoria-Rose and Samuel, his wife Johanne and his children (Myriam and Francisque), brothers, sisters, brothers-in-law, sisters-in-law, nephews, nieces, as well as many relatives 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.



Lalande Née Roy, Francine
1956 - 2021

In Sainte-Thérèse, on June 7, 2021, at the age of 64, passed away Mrs. Francine Roy, wife of Mr. Raymond Lalande. Besides her husband, she is survived by her children Marjolaine (Jean-François Joly) and Gabriel (Andrée-Anne David), her granddaughter Camille Joly and her future grandson, as well as other relatives and friends.



Delaunais, Nathalie
1970 - 2021

At her home, on June 7, 2021, at the age of 51, passed away Mrs. Nathalie Delaunais, wife of Mr. Christian Bouthot, residing in Ste-Sophie. Besides her husband, the deceased is survived by her children; Samuel and Shawn Charbonneau, other relatives and friends.



Clowater, Don
1951 - 2021

In Saint-Eustache on June 7, 2021 at the age of 70, passed away Mr. Don Clowater. He is survived by his children: Nadia (Nicolas) and Catherine without forgetting Marc and Marie-France, his grandchildren Arnaud, Sara, Alexandra, Jade, Carol-Ann, François, Pascale, Cédric and Carl, his sisters and in-laws -brothers, nephews, nieces and other relatives and friends.

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

Week of JUNE 20 TO 26, 2021

The luckiest signs this week:
ARIES, AQUARIUS AND PISCES



ARIES

Try to make time for a relaxing vacation this summer. You have all the tools you need to start your own business, and you'll have the support of several ex-perts.



TAURUS

You exude understanding and collaboration, or at least aspire to keep the peace. People can't help but smile in your presence. You'll find solutions to settle a debt or renovate a property.



GEMINI

You'll be able to lead important negotiations or close a deal that's been dragging on for too long. Don't be afraid of change; it'll be nothing but beneficial to you.



CANCER

You'll be the focus of everyone's attention, much to your surprise. Expect to be recognized for doing something heroic, even if it's just listening to the right person.



LEO

It wouldn't be surprising if one of your kids doesn't like their day camp, much to your dismay. This situation will need to be resolved quickly, so give it your full attention and consider taking a day off work.



VIRGO

When you take a vacation, be sure to rely on your GPS to avoid going in circles before you reach your destination. Some downtime at home will do you a lot of good.



LIBRA

You'll be in a good position to claim a refund or request a price adjustment. You'll think about signing up for a short training program this summer to advance your career.



SCORPIO

Your friends and family members will ask a lot of you this week, and you'll have a hard time saying no. Fortunately, they'll be very appreciative of your hard work and devotion.



SAGITTARIUS

You'll take advantage of the summer to commit to a new professional or personal project. You'll surround yourself with great partners in order to complete it. Be careful of waste.



CAPRICORN

This will be a roller coaster of a week for your energy level. You'll receive excellent news about a loved one's health, and a party will be planned at the last minute to celebrate.



AQUARIUS

Time is in short supply, and you'll have no choice but to be more organized if you want to accomplish everything you have planned. You'll participate in a surprising event that brings you much happiness.



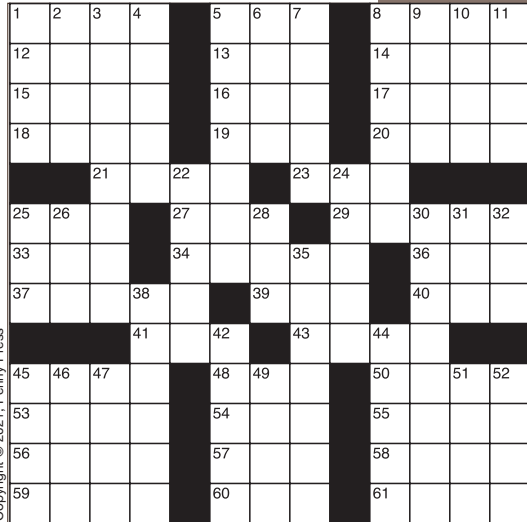
PISCES

If you're looking for a job, someone close to you will help guide you toward a remarkable career. You'll take on a project close to your heart, such as going on a trip or starting a company.

Coffee Break

CROSSWORDS

PUZZLE NO. 1011



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ACROSS

1. Dull
5. Not at work
8. Remove, as clothes
12. Suggestive
13. Tavern drink
14. Cato's garb
15. Story starter
16. Iced brew
17. "When You Wish ____ a Star"
18. Perceived
19. Disfigure
20. Office furniture item
21. Swiftly
23. ____ patrol
25. Gambling stake
27. Clod
29. Scandinavian
33. Natural mineral
34. Avoid capture
36. Tilling implement
37. Slogged through water
39. Zilch
40. Hole punch
41. Gray shade

43. Ladder rung
45. Plug up
48. Play division
50. Certain vipers
53. Tow
54. Animal park
55. TV "opera"
56. Unit of land
57. Slip up
58. Hem
59. Examination
60. Permit
61. Colored

9. Cape of Good ____
10. Self-images
11. Damp and chilly
22. Female students
24. Prepared to propose
25. Boat's front
26. Historical epoch
28. Amusing
30. "____ in Blue"
31. Miss Piggy, e.g.
32. Electric fish
35. Warp
38. Young American bird
42. Green-brown color
44. Soothed
45. Casual talk
46. Ornamental fabric
47. Mine and yours
49. Middle
51. Hotel employee
52. Went in haste

DOWN

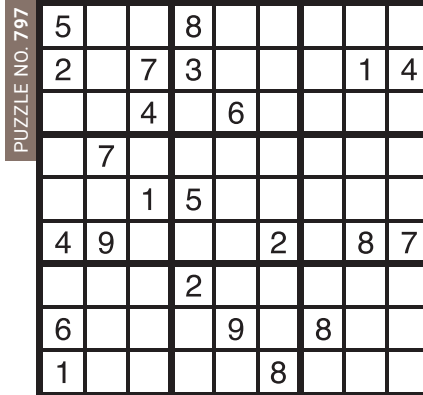
1. Sis's sibs
2. Country road
3. Received
4. Laughing ____
5. Hot cereal
6. Hopping insect
7. Is terrified of
8. Artist's workshop

Sudoku

HOW TO PLAY:

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

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

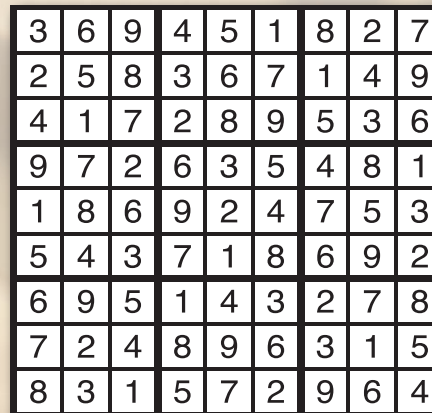


Last Issues' Answers

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Sudoku



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- Leek
- Radishes
- Potatoes
- Zucchini
- Lettuce
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- Peppers • Bananas
- Ginger or Garlic
- Mystery item

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