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Anglo-Quebecers
to resist
CAQ's Bill 96
LIBERAL's C-32



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Alzheimer
drug
approved
by the FDA



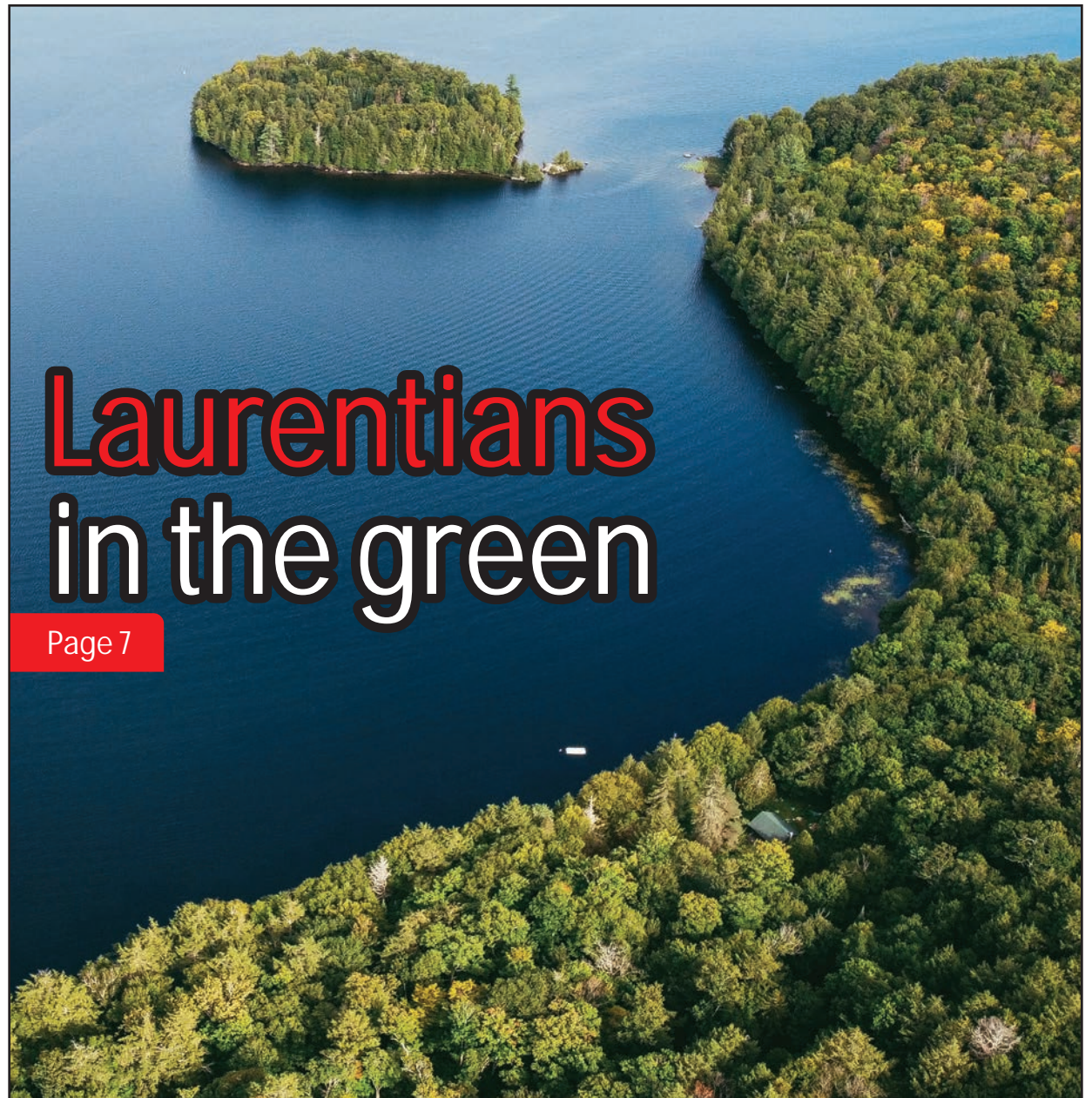
Food and Drug Administration

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More than
500,000 vaccines
administered
in the Laurentians



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Laurentians in the green

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QCGN urges anglo-Quebecers to resist CAQ government's Bill 96

Panelists suggest Trudeau's support is motivated by 'political calculation'



MARTIN C. BARRY
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After more than a half-century of rising and falling tensions between Quebecers over the use of English and French, concerns are rising among stakeholders that some rights and protections Quebec anglophones fought for since the introduction of Bill 101 more than 40 years ago are threatened by Quebec's proposed Bill 96 and changes to Ottawa's Official Languages Act.

'Our Place in Quebec'

On the evening of June 21 and the morning of June 22, the Quebec Community Groups Network hosted a policy webconference entitled 'Our Place in Quebec and Canada.' It brought together English-speaking Quebecers to discuss the rights of Canada's official language minority communities as well as overall human rights.

The speakers and moderators included Minister of Official Languages and Economic Development Mélanie Joly, Sainte-Rose MNA Christopher Skeete, former Ahuntsic MP Eleni Bakopanos, former Liberal political advisor Warren Kinsella, and human rights lawyer and McGill University professor Pearl Eliadis.

'Charter-free,' says Jennings

"Bill 96 effectively creates a Charter-free zone with respect to a wide range of interactions between individuals and the state in Quebec," QCGN president Marlene Jennings said in introductory remarks, referring to the Canadian and Quebec charters of rights.

She maintained that Bill 96, which some are now referring to as the new Bill 101, will make

a major impact on areas of everyday life such as commerce, employment, education, access to public services, free expression and the operation of the province's legal system.

Undermining the courts

"Where rights that would otherwise be protected are infringed, the courts under Bill 96 will not be able to review and remedy the conduct under either the Canadian or the Quebec Charters," she said. "Further, this bill positions the Quebec Nation as holding collective rights, although these rights are not defined. And the bill places the National Assembly, not our courts, as the arbiter between these collective rights and individual human rights."

Warren Kinsella suggested that both the provincial and federal governments were motivated by political expediencies to propose Bill 96 and changes to the Official Languages Act respectively at this particular time.

"[Premier François Legault] was aided and abetted in that regard by Prime Minister Trudeau, who in my opinion is seeking seats in the province of Quebec at the expense of not just the federation, but also the anglophone minority in the province of Quebec and to hell with the consequences," Kinsella said, alluding to a possible snap election being called by the Trudeau government this fall.

Courting Quebec's votes

Pearl Eliadis agreed. "I completely agree that Prime Minister Trudeau is courting Quebec votes. And given the timing, his initial response of, you know, 'there's not much to see here folks, let's move on,' I think is a political calculation," she said.

Kinsella pointed out that at 100 pages in length, Bill 96 contains "some extraordinary provisions," just one of which would be the ability of Quebec's



From the left, former Ahuntsic MP Eleni Bakopanos and Quebec Community Groups Network president Marlene Jennings are seen here discussing the impact of Quebec's Bill 96 during the QCGN's webconference held on June 21.

language police to enter business premises and "demand that you hand over your cell phone in order to determine whether an insufficient amount of French has been communicated on it. You know, accessing private messages with individuals and personal information. It's just extraordinary. It is, in my view, completely unconstitutional."

Right of seizure in Bill 96

Eliadis said that up to 1982 in Canada, federal police authorities could be conferred with extraordinary power through a Writ of Assistance, which allowed them to enter homes and businesses and seize whatever they wished without any prior judicial authorization such as a warrant.

While noting that the Canadian Charter of Rights and Freedoms came into force in 1982 and put an end to this when it declared Canadians have a right to be free of unreasonable search and seizure, Eliadis said Bill 96 "does not require

any prior judicial authorization for any form of search and seizures. I mean, that is only one of the many measures."

Who is a Quebecer?

On day two of the conference, federal Official Languages Minister Mélanie Joly and Sainte-Rose MNA Christopher Skeete who is responsible for English-language community relations in the CAQ government, vigorously defended the proposed language reforms, without declaring much more than what they'd previously said.

While Skeete maintained he had no time to answer questions as he had to be at another engagement, Bakopanos asked him to define who is included in the Quebec Nation. "I hear that question a lot – we're all Quebecers," he replied without further elaboration. "I don't think a lot of the members of the English-speaking community feel that way," Bakopanos responded.

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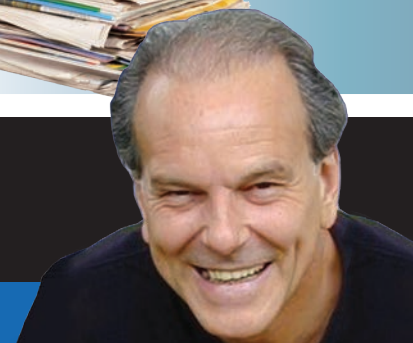
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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



Pfizer, Moderna or a Habs Vaccine?

The only void in these series is RDS's Pierre Houde "...et c'est le buuuuut", as well as his impeccable and accurate use of the French language. This ridiculous contract with the NHL, only allows Houde and 'les boys' to broadcast 60 (41) Canadiens games per season under the 12-year deal. The rest are blacked out. Houde is part of the Habs family and he is not there for this spectacular climb. So sad. But otherwise...

How about those Habs! Can you not think of a better vaccine for us? For the first time in a quarter century, we are this close to hoisting Lord Stanley's silver chalice. Yvan Cournoyer nailed it in his pre game broadcast taped appearance prior to the Habs 6th game against the Vegas Golden Knights. After this pandemic, its multiple restrictions, so many of us stuck indoors, these series are not only a phenomenal uplifting for the province, but the best vaccine, not for the body but for my head space. We're alive again! The results are making us so happy. Demolishing the Maple Leafs, sweeping the Jets from Winnipeg, and then defeating the team so many broadcasters predicted would win the Cup, the Vegas Golden Knights. In the words of Jackie Gleason, "how sweet it is".

Is it because we did so poorly during the regular abbreviated 56 game series? Is it because we were able to clinch a playoff spot by only one point? Is it because our expectations were so low? Is that the reason for such explosive excitement today? Call it serotonin, call it dopamine, we are experiencing euphoria, and the best may be yet to come.

"Happiness is associated with reduced neuroendocrine, inflammatory and cardiovascular activity" - *The National Academy of Science*. Aside from promoting a healthy lifestyle, happiness, such as the Habs have been delivering since the series against Toronto began, some scientific journals claim "happiness may even increase your life expectancy".

And this is much more than happiness. Beating all odds, three times in a row, when none of the well-known broadcasters predicted the Habs would beat any of these teams. Did the Golden Knights' Mark Stone actually say the series against the Habs "...will be like playing an AHL team, 4 easy wins"? Did a bunch of Leaf players really LOL when Quebec presumed the Habs would be

alive after 5 games, and announced 25 hundred fans would be allowed at the Bell Center for game six? Total underdogs. Maybe that's why it's jubilation, cloud nine, rapturous, ecstasy! Maybe even a bit of good sportsmanship revenge.

Add to this, the elevation of Carey Price to some kind of God like figure. Even Chris Cuthbert and his colour commentator were forced to conclude several times during the games' broadcasts, that opposing players' shots were missing the net because they were in awe of Price. They know Price will make the save, unless the puck is perfectly launched and placed, leading to so many misses.

A stand-up goalie seems to be a must.

It was with Ken Dryden, who won so many trophies, he became the most decorated goalie of the 70's winning 6 Stanley Cups between 1971 and 1979. And certainly with Patrick Roy. Roy was stopping the unstoppable when the Habs won their 23rd and 24th Stanley Cup in 1986 and 1993. He won the Conn Smythe trophy for the Most Valuable player in the post-season in his rookie year (1986), and won the Conn Smythe again in '93. Four games to one win in both series. The first against Calgary, the second against Wayne Gretzky's L.A. Kings.

And the current Habs penalty kill has to be mentioned as a vital ingredient of a winning team. Says TSN's Travis Yost "This is the best penalty-killing unit we have seen in the postseason in the Real-Time Scoring System era"

True, it's not the miracle fix of a Pfizer or Moderna, but a Habs vaccine sure makes us feel good, very good, and an immense relief, after such a long, frustrating, stressful pandemic journey.

What a difference a summer makes. I don't even want to think about life a summer ago, neither do you, I'm sure. But it's a new world. Armed with at least one if not a double vaccine, please remain cautious. And now with a Habs vaccine, enjoy this brand-new summer, the summer of '21.

Thank you, merci, Montreal Canadiens!

That's what I'm Thinking

Robert Vairo

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Anglo 'Task Force' ready to tackle Bill 96, Bill C-32 language issues

They maintain Bill C-32 will establish 'asymmetrical bilingualism'



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In the wake of the Quebec government's planned language law reform, a group of English-speaking Quebecers who say they are "from all walks of life" has emerged "to defend individual and language rights and cease attacks on the freedoms of all Quebecers and their institutions," says the group.

"The 'White Paper' and Bill C-32, Bill 96 and the proposed Constitutional amendment, taken as a whole, are a fundamental restructuring of the Canadian constitution, language policy and our basic human rights and freedoms," says Colin Standish of Cowansville, founder of the group, while adding they "will fervently oppose Bill 96's excesses."

Over 200 amendments

Like other critics of the CAQ government's proposed language law reform, the Task Force maintains that Bill 96 contains over 200 amendments, including vast search and seizure measures, restrictions on who is entitled to receive

government services in the language of their choice, a cap on English CEGEP enrolment, and a false definition of who qualifies as a member of Quebec's English-speaking community.

They say Bill 96 also seeks to eliminate the bilingualism of more than 50 of the 89 bilingual-status municipalities across Quebec, and effectively "deinstitutionalizes the English language and its speakers in Quebec." They say the Task Force was formed when members recognized that they were being abandoned by the major political parties in Quebec's legislature and in the federal Parliament.

'Asymmetrical bilingualism'

The group maintains that the Trudeau government's Bill C-32 proposes changes to the Official Languages Act that will establish asymmetrical bilingualism – a unilingual French Quebec and a bilingual rest of Canada – by placing the status of the French language ahead of the promotion of bilingualism, the protection of linguistic minorities and access to public services and justice.

They claim Bill C-32 will also extend French-preferential laws to federally regulated businesses across Canada and entrench flawed

provincial language laws in federal legislation nationwide.

An unconstitutional rewrite

"Bill 96 intends to unilaterally and constitutionally rewrite the Canadian constitution," says the Task Force. "It declares that Quebecers form a nation, with French the common and only official language of Quebec, and boldly proclaims the 'Quebec nation'."

"This would reshape and distort the Canadian Constitution. The proposed amendment cannot be passed unilaterally by Quebec. Furthermore, Bill 96 is shielded by the notwithstanding clauses of the Canadian and Quebec Charters to prevent judicial scrutiny."

The Task Force says it believes that the only truly threatened languages and cultures throughout Quebec and Canada are those of Indigenous peoples. They are appealing to more community leaders from across Quebec, from all backgrounds, to join the Task Force.

EP's Henderson on board

A number of former and newly-awakened Quebec anglophone rights activists have waded into the growing language controversy and have stated their support for the Task Force.

"The Canadian Constitution is the bedrock of our civil liberties and national unity," says former Equality Party leader Keith Henderson. "We cannot allow it to be adulterated by the excesses of a Quebec government hellbent on violating our unity and freedoms."

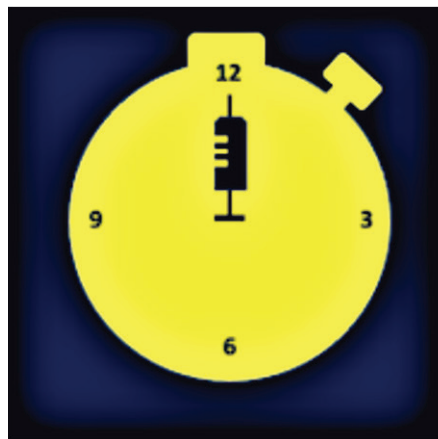
"The unconstitutional aspects of the Bill are flagrant, and extend far beyond the amendment," says Brent Tyler, a constitutional lawyer and veteran of numerous court challenges involving Bill 101. "The Quebec government is seizing jurisdiction over federally regulated trademarks and workplaces. That's not allowed, period."

'We are all Quebecers'

"We are all Quebecers," says Andrew Caddell, a former Canadian diplomat and journalist. "We must be treated equally before the law. There are no groups more important than others. Rights and freedoms are not negotiable. We can fight back, but we need people of good faith to pitch in."

"If Bill 96 and C-32 are adopted there is no guarantee that parents of students in English schools will receive information and services in English," says Marcus Tabachnick, former chairman of the Lester B. Pearson School Board.

The CISSS des Laurentides is launched a mobile application for last-minute doses: NotifVAX



NotifVAX

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When receiving a notification indicating the availability of a dose, the user will have between 2 and 5 minutes to accept or decline it. Thereafter, the user must go to the vaccination site before the requested time. A delay or non-compliance with the instructions could lead to the cancellation of the appointment which will then be assigned to another person. Note that the NotifVAX application does not use geolocation or mobile phone number. The user is therefore anonymous and not localized. The number of notifications sent depends on the number of last minute doses available on a vaccination site. "We are really proud to have developed this mobile application. This is a first in Quebec! The enthusiasm is present and so far, we have had an excellent response rate with the employees. We are confident that the Laurentians will also respond," said Caroline Chantal, director of the COVID-19 vaccination campaign.

As of now, the NotifVAX mobile application can be downloaded for free, via the Apple Store or Google Play platforms.

MARIA DIAMANTIS
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As part of the COVID-19 vaccination campaign, the Integrated Health and Social Services Center (CISSS) des Laurentides continues to redouble its efforts and innovate in order to offer various possibilities to the population of the region to receive their dose of vaccine.

It is therefore in this spirit that the brand-new mobile application NotifVAX was developed, in collaboration with the company Ble-Network. In addition to providing the opportunity to anticipate a vaccination appointment by moving quickly to a nearby vaccination site, this free mobile application allows the CISSS des Laurentides to ensure that no vaccine dose is lost. This application, which aims to be anonymous, sends notifications to users, according to:

- the selected age group;
- the types of vaccines selected; the choices among the 10 vaccination sites of the territory.



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Rosemere High launches Gofundme campaign

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

The RHS Parent Participation Organization (PPO) in its efforts to create a welcoming space for learning that is a true reflection of the bright, creative, innovative, curious, hard-working, future ready students of Rosemere High School decided to focus fundraising efforts for 2020 and 2021 on a special project to renovate the school library.

Their goal is to make it an attractive learning center, which promotes reading, facilitates collaboration, prioritizes well-being and integrates information and communication technologies. The library has not been updated for decades and no longer represents the tastes, interests and ways of learning of today's students. The proposed update will meet the needs and appeal to all diverse learners in RHS. With flexible seating, it will provide a comfortable and inspiring space for independent study and research, group projects, or simply a quiet escape to enjoy a good book.

According to the gofundme description of the RHS Parent Participation Organization, the main themes that will guide the design of the premises will be the four pillars of education, namely: To Be, To Be Together, To Learn and To Know. Students' works of art related to the chosen themes will be displayed on the pillars and thus increase a feeling of pride and belonging.

The PPO believes that the renovation of the library will invite the students to take full advantage of all the resources available to them demonstrating how much the PPO believes in them and wants to support their learning and



growth, contributing to the development of key skills such as collaboration, communication and creativity. The students will be invited to give their opinion on the design and decoration of their learning center, and it will be designed to meet their needs. It has been shown that students learn best when they feel good about their environment. Teacher input will also be key for a layout and the technological equipment


that would be most conducive to innovative educational projects.

The RHS administration and Sir Wilfrid Laurier School Board are on board and will be assisting in this huge endeavour. SWLSB will be helping with painting costs, electrical updates and some construction work needed, but \$55 000 still need to be raised.

The RHS PPO wants to raise funds to purchase

furniture that is inviting, comfortable, attractive, and facilitates teamwork, but also provides places to be quiet and focus. In addition to the purchase of furniture, they want to buy high-performance computers, iPads and an audio video recording system. The RHS library will be a place that helps to prepare RHS students for the future.

The Gofundme project title is: Rosemere High School-Library Renovation Project



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Laurentians in the green



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Due to the significant improvement in its epidemiological situation, the Laurentians region went to the green vigilance as of June 28.

In addition to the flexibility already planned at the green level, new reductions in the existing measures have been announced:

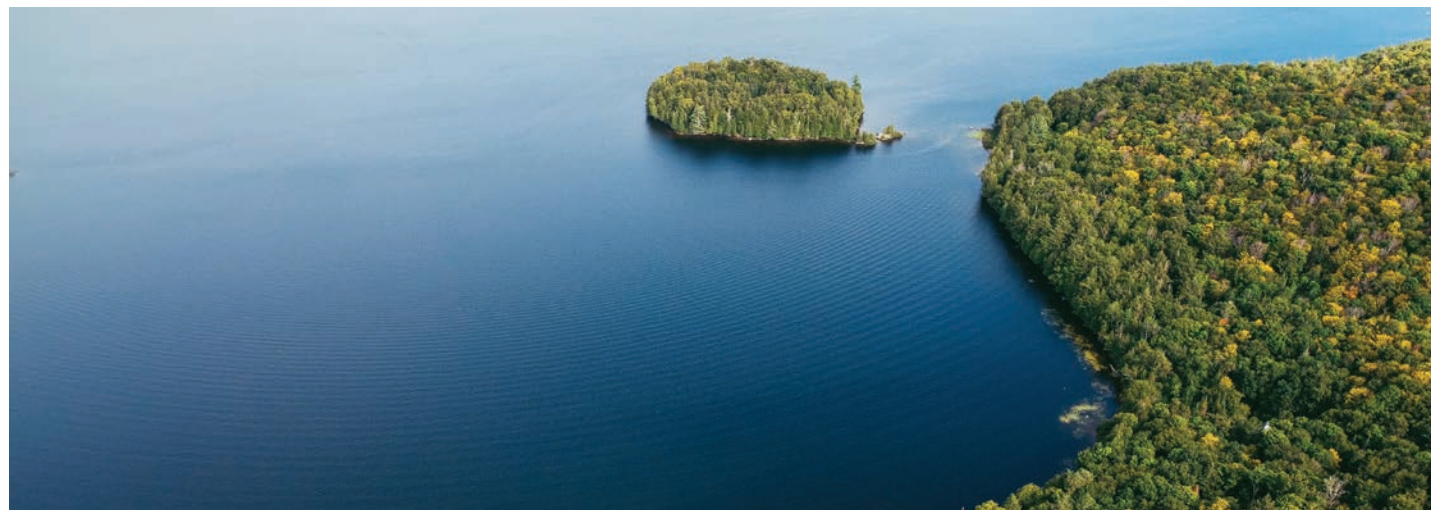
Private gatherings and outdoor terraces

- It will be allowed to hold gatherings of a maximum of 20 people on private grounds outdoor. Likewise, 20 people can be seated at the same table on terraces restaurants and bars.
- At the green level, it is allowed that a maximum of 10 people or the occupants of 3 different residences can assemble inside private homes.

Cinemas, auditoriums and stadiums with assigned seats

- The distance of 1.5 meters between the seats of people who do not reside at the same address can now be calculated laterally, which will make it possible to increase the number of spectators. Thus, seats will have to be freed up in the same row between people from different residences, but it will no longer be necessary to free up a space of 1.5 m in front of and behind people.

It should also be noted that wedding ceremonies and funerals may be held in indoor and



outdoor public places with groups composed of a maximum of 250 people who must remain seated (as during assemblies or meetings).

An encouraging picture in the Laurentians

However, compliance with sanitary measures remains essential. Once again, the decline in active cases, associated with compliance with measures and combined with the excellent participation of the population in vaccination already allows, in less than a month, the region to move to this lowest level of alert.

"The evolution of the epidemiological situation in the territory is very encouraging. I would like to

thank the Laurentians residents who have shown great adaptability until today. However, it remains important to follow the recommendations issued by the Government in order to avoid an upsurge of the virus.

Finally, I invite all those who have not yet been vaccinated to do so and those who have obtained a first dose to protect themselves from a second as soon as they are eligible. Moreover, the CISSS des Laurentides offers various possibilities for the population of the region to receive their dose of vaccine, i.e. eight vaccination sites distributed throughout the territory, to which are added the vaccination sites in companies at Airbus and Bell Textron, the region's community pharmacies and the mobile vaccination unit: the VacciBus

which hit the road on June 19," said Dr. Éric Goyer, public health director for the Laurentians.

Other reductions will come into effect on Friday, June 25 in all regions of Quebec. Among these flexibilities, it is worth mentioning:

- the wearing of a mask and distancing during gatherings in private homes would no longer be recommended for people who have received 2 doses of the vaccine;
- the resumption of festivals and major outdoor events during which spectators are standing or seated without an assigned seat, with a maximum of 3,500 people authorized on each site, subject to certain measures.

Flags lowered to half-mast for 751 hours at SWLSB

Following another devastating finding of 751 Indigenous children buried on the site of a former Indian Residential School, in Saskatchewan, the Sir Wilfrid Laurier School Board (SWLSB) will be lowering flags to half-mast in all schools, centres and at head office to honour and express our collective grief and dismay. The flags will fly at half-mast for a total of 751 hours, in memory of each life lost.

This heartbreaking news shocked our nation, once again, and reminded everyone of one of the darkest chapters in Canadian history. "Our hearts are with all those affected by the recent announcement that 751 bodies were found at Marieval Indian Residential School in Saskatchewan. As I mentioned when the 215 bodies were found in the unmarked graves of the Kamloops Indian Residential School: We can't change the past, but we must face the truth, so we can change the future," said Paolo Galati, Chairperson of the SWLSB.

"We have been developing an initiative, working with an outside consultant to conduct an introspective analysis about how the school board can make sure all schools and centres foster inclusivity, diversity and equity, and how we can be better educated on these important matters in order to take action that will impact all stakeholders. Our goal is to remove



all barriers and have learning and working environments free of any form of discrimination," added Chairperson Galati.

In 2018, the SWLSB established a First Nations, Métis and Inuit Committee (FNMI Committee) to represent the school board's interests in Aboriginal education. The mandate of this committee is to ensure integration of First Nations awareness into the educational process. With better education there is better understanding and improved acceptance. The Committee's mandate which is part of the Pedagogical Services Department will continue the conversation to find ways to ensure that the school board can support, reach out and assist its schools and centres so that everyone gains a better understanding about Indigenous peoples' culture and history.

With a workforce of more than 2,000 employees, the Sir Wilfrid Laurier School Board is the third largest English school board of the Province of Québec and has an 87.7% graduation rate. Its territory comprises the administrative regions of Laval, Lanaudière and the Laurentides. The school board provides preschool, elementary, secondary, adult education and vocational training services to over 14,000 students in 35 schools and 4 centres, as well as a business training division.

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Québec 

Is there a light at the end of the dark tunnel for Alzheimer victims?

The U.S. Food and Drug Administration's answer is a "Yes". Health Canada's help is urgently needed.

RENATA ISOPO
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On June 7, a 17-year drought in Alzheimer-related medication ended as the Food and Drug Administration (FDA), the U.S.'s legal drugs watchdog, approved Biogen's Aduhelm (Aducanumab).

The FDA's decision is overwhelming and controversial but it's not spooking drug developers narrowing in on the degenerative brain disease. The controversy revolves around clinical-trials-inconsistency. Last November, an independent FDA advisory board did not recommend endorsement, but this month the agency issued via an Accelerated Approval option.

The FDA follows stringent rules, to get things right. Aduhelm is the first medical intervention to address an underlying cause of Alzheimer's – beta-amyloid plaques that accumulate in the brain. It's a start. There's light at the end of the tunnel.

Waiting for miracles

For scientists who begrudgingly sat on the committee awaiting positive clinical trials, major funding was at risk. The choice was to pour more money into the pot, while leaving millions to suffer and degenerate, waiting for miracles. The FDA waited no more.

Although Aduhelm received support from industry groups, and from patients with urgent needs for treatment, prompting the FDA's approval it, the decision isn't free of doubt. Some members of the scientific/medical community have raised objections.

Doctors have expressed concerns. Three members of the expert committee who voted against approval back in November,

resigned. The FDA has deemed their concerns unwarranted. Dissenting scientists aren't necessarily right, the agency surmised. FDA big-wigs don't often make mistakes; neither do they hold their breath waiting for the Big Bang theory to resolve this two-decades-old Alzheimer emergency.

The inconsistency of the science and the highly-public-debate around the approval of Aduhelm hasn't dampened the pharmaceutical community's enthusiasm, signaling new waves of treatments in the next few years piggybacking on approval, despite how controversial that approval seems.

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\$56,000
per patient annually

THE COSTS OF NEW FDA-APPROVED TREATMENT FOR ALZHEIMER'S

69° 5:15
FOX 19 NOW

Ironically, initial research for Covid-19 didn't cause as much raucousness as the FDA's approval of this urgent drug. Historically, several factors have made the development of Alzheimer-fighting drugs an uphill battle, characterized by a 17-year history of failure to bring drugs through clinical trials. Clinical trials were even stopped in 2019; it wasn't clear that they could or would satisfy clinical objectives.

Research into problems afflicting trials for Alzheimer preventive-and-curative drugs shows that their development has proved prohibitively expensive. In 2018, Alzheimer's and Dementia: Translational Research and Clinical Interventions (a journal of the Alzheimer's Association) estimated development costs at \$5.6 billion.

Comparatively, the average investment needed to bring new drugs to market is \$1.3 billion, according to Securities and Exchange Commission (SEC) filings for companies that applied for FDA approval between 2009 and 2018. The cost of 'new' drugs is about \$985 million.

Older estimates put costs at \$2.8 billion. Attracting funding is always challenging, even more so for Alzheimer's. Contrary to popular belief, it has nothing to do with aging. The approval of Aduhelm confirms that.

Urgent treatment needs

Alzheimer's and Dementia ... points out that FDA's decision, based on imperfect data, "signals an urgency" to approve new treatments. "Follow-on-drugs" become industry leaders, especially if they demonstrate better safety and/or efficacy than the drugs that are first-to-market.

This approval "paves the way" for more effective drugs. For Alzheimer's, it might not be one drug to dominate, as more get approved. New-approved-drugs may complement one another.

The way that the medical community presently thinks of Alzheimer's Disease is that it's likely going to be a cocktail of medication that comes together to have true success at delaying progression, the study explains. "If we're looking to treat AD with a drug-cocktail, history suggests it's individually approved drugs that make up the cocktails," the paper concludes.

There are potential pitfalls for future drugs to consider. With an approved drug available, it may be more difficult to recruit participants for clinical trials, slowing discovery, as patients will seek diagnosis because of available treatment.

Aduhelm's costs are high, \$56,000 for a year's supply, the brunt borne by Medicare, and the data remains questionable, probably pushing patients towards other drugs, even if they're in clinical trials.

Additionally, there is the question of how well Aduhelm actually performs during the critical follow-up study mandated by the FDA as a condition of approval. Whether it can truly slow cognitive decline, as well as help address levels of beta-amyloid from the brain, remains questionable based on current data. But if no risk, no knowledge.

Biogen will likely have another drug ready for evaluation, as Phase 3 clinical trials for another beta-amyloid antibody treatment called Lecanemab are scheduled for completion by 2024 and 2027.

Laval/Québec Alzheimer Societies react



Mrs. Nouha Ben Gaied, Director of Research-and-Development at the Québec Alzheimer Society (photo above), thinks the FDA approval is very positive news. "Canada welcomes the FDA's findings. It's not perfect but research will continue to ensure Aduhelm's efficacy. It's the first time we have proof of its effectiveness for people at early stages of the disease," she informed The Laval News.

"Early diagnosis is important. FDA approval is a huge step. We now need approval from Health Canada, which usually takes 18-22 months, after which the drug becomes available. Then there's negotiation between pharmaceutical companies and La Régie de l'assurance maladie du Québec (RAMQ). We can't compare with USA costs, although there will be similar pricing aspects."

Europe, Australia, and Japan have also approved the medication. "This is the first of many more but it will come with challenges. We need to invest more in research and unite our efforts as we did for Covid-19; stakeholders are waiting anxiously - over 50 million around the world with Alzheimer's. We need to invest now to be able to age with dignity and a certain autonomy," Mrs. Ben Gaied concludes.

Louise Sutterlin, Director-General of Laval Alzheimer Society, stated by telephone, that they're aware of the FDA approval. "There's a course-of-action already in place to study its implications," she confirmed.



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An Outdoor Classroom for McCaig



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

As Covid-19 re-established the importance of the outdoors for many different health reasons, McCaig Elementary school in Rosemere went one step further constructing an Outdoor Classroom which was completed on Monday, June 7th 2021.

Thanks to different fundraising efforts by the parents, 35 000\$ gathered and allocated for this project. The Material Resources Department of the Sir-Wilfrid-Laurier School Board also contributed towards the project. The total projected cost for this initiative is 102 000\$.

The phenomenon of open-air learning is widespread, with different schools in Canada adapting their outdoor classrooms to their needs. While the characteristics of outdoor classrooms can vary dramatically from school to school, the benefits of bringing children outdoors to learn are the same.

Way before covid struck, the British Office for Standards in Education emphasized that outdoor learning made subjects more vivid and interesting for pupils. It also stated that

it enhanced the pupils' understanding of the taught subject. This can be down to a number of different key reasons, but most prevalent is the fact that outdoor learning settings provide an alternative environment to the regular classroom. Some children find it difficult to learn in a classroom-based environment. The structure of indoor lessons, or the confined table settings can hinder someone with a more hands on approach to learning. By taking the classroom outside, you provide an alternative learning space for those who find it difficult to learn indoors.

Outdoor lessons tend to be more socially interactive, more relaxed and much more pupil lead. And this learning style is great for those who find indoor lessons difficult. Not only this, due to the nature of the lesson plans – outdoor lessons are much more socially interactive. This therefore can help to promote new friendships among peers, as well as a healthy respectful relationship between teachers and pupils.

Furthermore, learning outdoors promotes a healthy relationship with their natural surroundings. As well as teaching pupils to identify potential hazards, increase self-awareness and improve health and fitness levels.

More than 500,000 vaccines already administered in the Laurentians



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

The Integrated Health and Social Services Center (CISSS) des Laurentides announced that the COVID-19 vaccination campaign has passed the milestone of 500,000 doses administered in its territory. Vaccination activities are actively continuing in the ten vaccination centers in the Laurentians as well as at VacciBUS, which crisscrosses the Laurentians.

Since last December, this unprecedented operation for the CISSS des Laurentides requires the deployment of a large number of resources. From material transport logistics to resources human, all sectors are involved.

"We are very proud of the work accomplished so far and keep in mind the objective of administering two doses to all eligible Laurentians as

soon as possible in order to improve considerably the immune protection of our population. We would like to thank everyone involved in this campaign, which is still actively going on," said Caroline Chantal, director of the COVID-19 vaccination campaign.

The population of the Laurentians can count on the eight vaccination sites of the CISSS des Laurentides

spread throughout the territory, in addition to the vaccination sites in companies at Airbus and Bell

Textron, the community pharmacies in the region and the mobile vaccination VacciBUS which hit the road on June 19.

The CISSS des Laurentides reminds the population, vaccinated or not, that it is important to continue to respect the health instructions in place.



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Cheesecake à la melomakarona

Let me introduce my friend Billie Bitzas and her sister Helen. They have this amazing food blog called Mia Kouppa (which means 1 cup), mostly recipes passed down to them from their parents. I say mostly because they have wonderful ideas of their own like this recipe called **Melomakarona Cheesecake!**

So I mentioned I had the cream cheese and the cookies but there's more ingredients needed to make it properly. I made the mistake of diving into a recipe without necessarily having all the ingredients and this is what happened to me. So, the recipe I'm going to post is a slightly different one. After all my friends did mention in their recipe to experiment "Let your creativity run wild! The cake is your canvas!" And so, I took their advise!

...but if you want to do the actual recipe, it is well worth going to their website and checking it out (miakouppa.com). Of course, this will work if you have the cookies. This is where you would approach your friend of Greek heritage and ask them, "do you have any melomakarona left over and possibly donate them to me?" If you have the nerve that is, haha!

If you're really curious about this cookie crust you can visit the previous issue recipe, I posted in North Shore News December 2020. I am being out on a limb here and you can try it from scratch!

As for the basic cheesecake, following some simple tips, will bring you a crackless, and chunkless cake!

Here is what I did:

1. A water bath for the actual cheesecake to be baked in
2. The cheeses and eggs should be at room temperature (leave out for at least 1 hour)

(My take) Cheesecake a la Melomakarona

Ingredients

- 6-7 crumbled melomakarona cookies
- 2 packages of cream cheese (450 grams) (Room temperature)
- 1 log soft type goat cheese (fresh chèvre) 300 grams (room temperature)
- 3 large eggs (room temperature)
- 3/4 cup (180 ml) granulated white sugar
- For the topping:
- Mixed berry sauce (add 1/4 cup sugar to 2 cups frozen berries and simmer in a small saucepan, just until the sugar dissolves)

Instructions

1. Adjust the oven rack to the lower-middle position and preheat oven to 350°F
2. Make the crust: Using your fingers, crumble the cookies into a bowl. (You can also pulse it all together in the food processor.) Press firmly into the bottom and slightly up the sides of a 9-inch or 10-inch springform pan. No need to prebake, the cookies are already baked!
3. Make the filling: Using a handheld or stand mixer fitted with a paddle attachment, beat the cheeses and granulated sugar together on medium-high speed in a large bowl until the mixture is smooth and creamy, about 2 minutes. On medium speed, add the eggs one at a time, beating after each addition until just blended. After the final egg is incorporated into the batter, stop mixing. Another useful tip: To help prevent the cheesecake from deflating and cracking as it cools, avoid over-mixing the batter as best you can.
4. Prepare the simple water bath: You need 1 inch of water in your roasting pan for the water bath. Wrap aluminum foil around the springform pan. Pour the cheesecake batter on top of the crust. Use a rubber spatula or spoon to smooth it into an even layer. Place first the roasting pan directly into the oven, then place cheesecake pan inside the large roasting pan. Carefully pour water (I used my tea kettle) inside the pan.
5. Bake cheesecake for 55-70 minutes or until the center is almost set. When it is done, the center of the cheesecake will slightly wobble if you gently shake the pan. Turn the oven off and open the oven door slightly. Let the cheesecake sit in the oven in the water bath as it cools down for 1 hour. Remove from the oven and water bath, then cool cheesecake completely uncovered and still in the spring pan at room temperature. Then cover and refrigerate the cheesecake for at least 4 hours or overnight.

Use a knife to loosen the chilled cheesecake from the rim of the springform pan, then remove the rim. Place it on a large serving tray, and top with the mixed berry sauce...*enjoy!*

Prison of Her Own Making

Q *I've never tried this before, but what the hell. A few years ago my husband of 10 years left me out of the blue. It was awful for my sons and me, though it was not a happy marriage.*

He was verbally and mentally abusive, and I went into an angry shell. I changed from the happy person I once was into this monster. When he left I realized it was the best thing he could have done for me.

It was hard to meet people, so I tried online dating. I met two great guys. I let dating go on way too long because I couldn't let go of either one. It was selfish of me and wrong, but I never wanted to hurt anyone.

Well, they found out. One left, never to be seen again. One stayed, but with a price. It has been over a year now and he won't let it drop. He says he will never trust me enough to marry me. But it's also like I am carrying his cross for the rest of the girls who screwed him over.

I keep jumping through hoops, and nothing seems to work for him or please him. He is a hard man to deal with. He is a cop and has an awful mouth. Most of the time, it is all his way or nothing at all.

My friends say dump him, I'm too good for him, I don't need this, and I don't deserve it.

I feel I made a terrible mistake, and I am so sorry. But enough is enough. What do you think? Am I wasting my time?

Zena

A Zena, you couldn't make up your mind between two men. The better one left, as well he should have, because he knew you didn't see him as the right one for you.

The second man saw you as his opportunity. He judged you as not good enough. He's a cop and he's been around the block. You proved yourself untrustworthy, and he deals with untrustworthy people every day. He knew how to treat you, so he put you in his cuffs.

You seem to attract abusers, and this cop is your first husband all over again. Your husband did you an enormous favor by leaving you, yet now you are desperate to marry the same sort of man.

Nothing predicts that the two of you will ever have the healthy relationship of two people in love with each other. He thinks you are not good enough for him, and you know he will never marry you. How is that not your answer?

But your letter isn't about love. It's about trying to rescue yourself from what you did. You basked in the attention of two men, stringing them along. Now you hope to deny the reality of what you did by triumphantly landing one of them.

No one wants to be in a competition like that. That's why people are careful their employer doesn't find out when they are looking for another job. They know employers might fail to promote, or even fire, someone who is disloyal.

You are loath to admit that neither man was right for you. You hoped one of them would be, because that was better than the alternative—going back to the dating site and starting over again. But love is not a competition. Love is not an auction. Rewarding the highest bidder is the opposite of love.

The first man thought, how could she love me if she was trifling with him? His honest heart got a shock. The second man is a foul-mouthed bully. He wasn't even your choice.

Treat this as a lesson learned. Trust is difficult to earn. It can be lost in an instant and lost forever.

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

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How to get a job without work experience or a degree

Are you looking to land your first job or make a career change? Even if you lack experience in a prospective field, it still may be possible to find a position in it. Here are some tips to help you get the job you want.

- **Diversify your training.** Whether you sign up for online courses, participate in professional workshops or complete a certification program, any attempt to broaden your education will show employers that you're dedicated and eager to learn.
- **Rely on your network.** Your friends and family members may have connections that prove invaluable to your job search. Let them know the type of position you're looking for, and ask if they'd be willing to make a referral or arrange an introduction.
- **Expand your knowledge.** Spend some time researching the field that interests

you. This will allow you to determine what roles you'd be best suited for and to familiarize yourself with the industry terms and key players.

- **Refine your resumé.** Organize your CV to highlight the skills that would make you a good candidate for a particular position. Include relevant volunteer work, passion projects and hobbies to demonstrate your interest in the field.



If you succeed in getting an interview, don't let your lack of experience be seen as a flaw. Focus on discussing your strengths, and emphasize your willingness to learn on the job.

How to discuss salary expectations in an interview

If you have a job interview coming up, you may be anticipating a question about salary expectations. Here are a few tips to help you avoid underestimating your worth or risking rejection by asking for too much.

Avoid specific figures

Ideally, the question of salary will only be brought up once the recruiter has clearly expressed interest in your candidacy, as this puts you in a better position to negotiate. If the subject comes up early in the process, however, explain that you'd rather wait to discuss salary but that you're confident you'll be able to come to an agreement.

That being said, the recruiter may still try to deduce your expectations by inquiring about your current salary or asking what your minimum rate would be. In this

case, you can mention that your current job doesn't have quite the same responsibilities as the open position and that you'd like to know more about the company's expectations for the role before you discuss specific numbers.

Encourage negotiation

Despite your best efforts, you may end up in a situation where the recruiter insists on an answer. Therefore, it's a good idea to research the average for this type of position beforehand and inquire about the company's salary range to help you determine a fair rate. Be sure to emphasize that you're open to negotiation.

Finally, keep in mind that you'll have opportunities to revisit your salary after working with the company for a few months.



NOTICE OF CLOSURE OF INVENTORY

Notice is hereby given that following the death of Stelios LOIZOS (the "Deceased"), domiciled at 1082 ave Parkview, Chomedey, Laval, (Quebec). H7W 1N7, who died in the city of Montreal, on January 27th 2020, an inventory of the Deceased's property has been made in accordance with the law and can be consulted by interested parties at the domicile of the Liquidator, Souly Loizos, situated at 257 Martin ave, Dorval (Québec) H9S 3S1. Given on June 11th 2021. Souly Loizos, liquidator

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In Memoriam & Obituaries



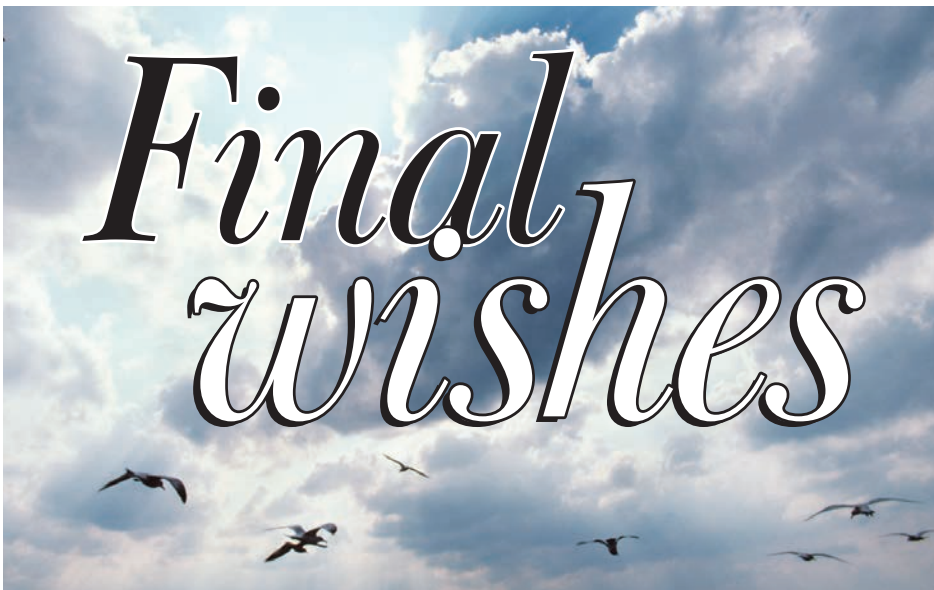
Savaria, Pierre
1938 - 2021

Resident of Sainte-Marthe-sur-le Lac, on June 24, 2021 at the age of 82, passed away Mr. Pierre Savaria, husband of Mrs. Mireille Lanthier. Besides his wife he is survived by his children, François (Bernadette) and Nathalie, his grandchildren, Simon, Hugo, Mathieu, Denis, Stéphane, his great-grandchildren, his sister, Suzanne, his aunt, Françoise Aubertin as well as many other relatives and friends.



Florence Noble (Young)
1930 - 2021

At the Lachute Residence, on June 26th 2021, at the age of 91. Beloved wife of the late Gerald G. Noble. Loving mother to James (Dennis Almost), Robert (Marie Rainey), Donald (Sandra Paré), Rodger (Linda Trainor) and Timothy (Jessica Legault). Predeceased by her grandson Jon, she was a cherished grandmother to Katie, Michael, Ellen and Emily. Proud great-grandmother to Archer and Penny. She also leaves behind her two brothers, Mr. William (Bill) Young and Mr. Mervin Young, her two sisters-in-law, Mrs Marjorie Noble and Mrs. Shirley Noble, her nephews and nieces and many friends.



Maintaining the quality of life of your loved ones



Life insurance exists to protect the surviving members of your family from financial loss associated with your death. Theoretically, people who have the most to gain from taking out life insurance are those who will leave others in need when they die, such as a spouse or children.

By taking out sufficient life insurance, you can guarantee the preservation of your family's lifestyle and goals in the event of your death. The first step is to evaluate your personal situation. The best way to go about this is to establish an up-to-date financial plan that takes into account your family's needs. The goal is to calculate the immediate living expenses that must be met so that your family will not have to deal with any financial worries in case of death.

An estimate of final expenses should also be made, especially funeral expenses, lawyer fees, as well as estate taxes —when a death occurs, the assets of the deceased are taxed before being passed on to heirs. The policy holder's debts should also be taken into consideration, such as credit card balances, a mortgage, and personal loans.

The death of a family member will have an effect on the family budget; there will, of course, be a drop in income if the deceased worked, but this might be balanced by a reduction in certain expenses, such as groceries, clothing, and transportation. In short, a sufficient amount has to be planned for so that beneficiaries will be able to maintain the lifestyle they are used to.

Adequate life insurance can prepare you and your family for the unexpected.



LaFortune Carrière, Gizèle
1930 - 2021

At the CISSS des Laurentides, on June 21, 2021, passed away at the age of 90, Mrs. Gizèle LaFortune, wife of the late Mozart Carrière. Predeceased by her son Jean as well as by her grandson Philippe, she is survived by her son Robert (Danièle Bastien), her granddaughter Ariane (Martin Corriveau), her great-grandchildren Malik and Abigaël Corriveau, her sister Pierrette LaFortune, her brothers-in-law and sisters-in-law, her nieces and nephews as well as other relatives and friends.



Langlois Née Courcy, Monique
1925 - 2021

In Rosemère, on June 25, 2021 at the age of 96, passed away Mrs. Monique Courcy, wife of the late Mr. Hubert Langlois. She is survived by her children, Francine (Denis), Johanne (Serge), Lucie (François), his grandchildren, his great-grandchildren, his sisters Laurelle and Yolande, his nephews, nieces as well as many other relatives and friends.



Blais, Jean-Marie
1944 - 2021

In Montreal, on June 25, 2021 at the age of 76, passed away Mr. Jean-Marie Blais. Husband of Paulette for the past 53 years, he is survived by his sisters and brothers, brothers-in-law, sisters-in-law, his caring godson Jean-Sébastien, his nephews and nieces, as well as many friends.

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

Week of JULY 4 TO 10, 2021

The luckiest signs this week:
LEO, VIRGO AND LIBRA



ARIES

You'll have a lot of running around to do. Remember to grab your list before you head to the grocery store, otherwise you'll have to make two trips. You'll be in the mood to chat, and some people will try to pick a fight.



TAURUS

You'll calculate your vacation budget more than once to make sure you can afford every activity. However, since details are easily overlooked, it's best to plan to do more rather than less, even if it means sacrificing some things later.



GEMINI

Your initiative will be at the forefront. At work and elsewhere, you'll create opportunities for yourself and take full advantage of them. You'll feel more energized after drinking a second cup of coffee and taking your vitamins.



CANCER

You'll likely review your finances before leaving on vacation, which may generate some anxiety about spending money. But don't forget that happiness is priceless. As for matters of the heart, love will come knocking when you least expect it.



LEO

You'll want need to spend time with those around you. Doing so will give you a chance to take a break from work. You'll indulge in longer lunches so you can better connect with your colleagues, employees and associates.



VIRGO

You'll take advantage of your vacation to complete a few projects, both work-related and around the house. Don't forget to take a break though, and remember to set aside some quality time for yourself.



LIBRA

Your love of life will prevail, and there will be an opportunity to celebrate in some way. You might select some reading material for your vacation, but it won't be easy to decide. Also, make sure certain responsibilities don't get overlooked.



SCORPIO

Change is long overdue, and now's the time to take action. Whether you're on vacation or not, you'll start implementing a new business strategy or looking for a better job. You'll also freshen up your decor at home.



SAGITTARIUS

You'll participate in training sessions, conferences and negotiations at work. In your love life, you'll get tired of being at your partner's beck and call. It's going to take a lot of effort to change certain habits at home.



CAPRICORN

If a vacation is fast approaching, you won't be able to truly get away from it all, as certain matters will keep you in contact with the office. In your love life, you'll meet someone who keeps you waiting before your next encounter.



AQUARIUS

You'll be able to tie up loose ends and finish the projects you've been putting off for quite some time. Avoid improvising your vacation plans. Given the circumstances, many tourist spots will be completely booked, so make your reservations this week.



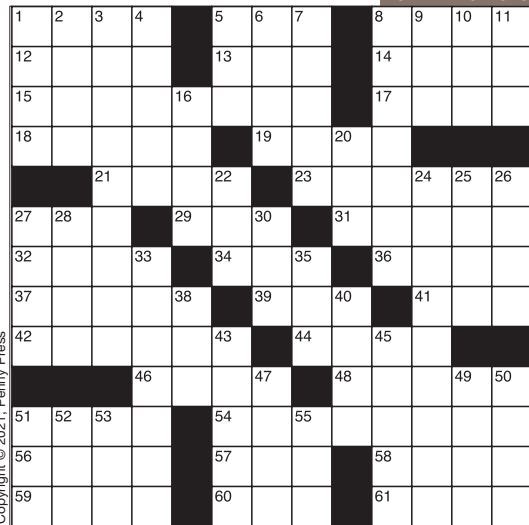
PISCES

You'll want to spend your vacation at home. However, you'll quickly find that projects like improving your gardens and landscaping get in the way of more fun activities and your ability to relax. This will be the theme of your vacation.

Coffee Break

CROSSWORDS

PUZZLE NO. 1013



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ACROSS

1. Ship's pole
5. Society woman
8. Grating
12. Canyon's answer
13. Affirmative
14. Hard to come by
15. Auto safety device
17. Freshly
18. Common flower
19. Herringlike fish
21. Prune
23. Explodes
27. Quilting party
29. Trendy
31. Gold purity measure
32. Sound receivers
34. Public transport
36. Certain parasites
37. Precincts
39. Lump
41. At once
42. Panties
44. Phonograph record
46. Floral necklaces
48. Friend, in Barcelona

51. Preposition
54. Spread rumors
56. Stadium part
57. Preschool downtime
58. Fat
59. Health clubs
60. Blue above
61. Shady trees

20. Big boat
22. Riotous crowd
24. Foremost
25. Mexican dish
26. Hearty soup
27. Suitor
28. Make money
30. Used a shovel
33. Mariners
35. Lay lawn
38. Look at
40. Inclination
43. Road markers
45. Grin
47. Drench
49. Wheat

DOWN

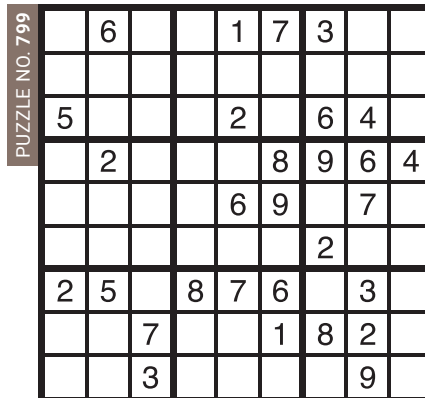
1. Tableland
2. Poker holdings
3. Smashed
4. Carrier
5. Tinting agent
6. Electric swimmers
7. Scrub
8. Happening bit by bit
9. Managed
10. Anger
11. Morning drops
16. Upper edge

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.**

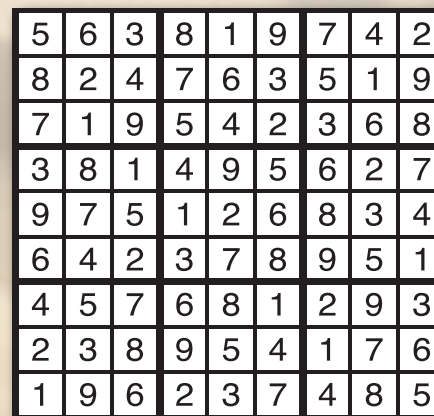


Last Issues' Answers

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Sudoku



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