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# The future is feminist...

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

At the dawn of International Women's Rights Day, on March 8th, the theme being The future is feminist, the Laurentian Women's Network (RFL) is highlighting the tireless contribution women working within its member groups.

The Laurentians women's group released a statement about the collective feelings of their volunteers and staff during a particularly hard period.

The pulse of the workers and volunteers was sounded recently and they answered with one word to explain their state: survivors, breathless, fighters, tired, concerned, alone, but also strong, in solidarity, lucky, confident, with a wind for change, altruistic, secure, joyous and in equality. "The breathlessness among our members is palpable", explains Myriam Gagné, general coordinator of the RFL. Most maintain their offer of services to women in the region, free of charge, despite the increase in requests

and the glaring lack of staff. The observation remains that the women's groups in the region, although tired, are still mobilized!

## Projects aplenty for the next year

It should be noted that three second-stage shelters for women who are victims of domestic violence and their children will open in about a year. The relevance of these has also been highlighted in the exploratory research on post-separation conjugal violence in the Laurentians, which the RFL has kept in check. The original campaign Show your colors on raising awareness of sexual assault among young people aged 15 to 25 is still available at [www.annoncetescouleurs.org](http://www.annoncetescouleurs.org)

Also, several members of the RFL are fighting for better working conditions for women. "On this International Women's Day, let's spare a thought for our health care workers, our daycare educators, our teachers and any other women working in the public service," adds

Myriam Gagné.

RFL will celebrate its 35th anniversary this year! Since then, he has worked to improve the living conditions of women in the region, by ensuring that their realities are better known, recognized and taken into account at all local and regional levels.



# International Women's Day

*Minister Jean Boulet announces initiatives to promote labor market participation of women in science and technology*



**DIMITRIS ILIAS**  
dimitri@newsfirst.ca

The empowerment of women in fields not "traditional" for them is an issue of great importance.

So, the announcement by the Minister of Labour Mr. Jean Boulet, of measures on March 8th aimed at promoting the integration into the labor market of a larger number of women in science, technology, engineering and mathematics (STIM) fields, is a welcome event.

In order to increase the number of qualified women workers in these fields, it was decided to relax the eligibility criteria relating to expenses linked to the participation of women within the framework of the short-term training program favoring internships in the professions prioritized by the CPMT, Engineering and Information Technology component (COUD-Génie TI). This program supports businesses in need of skilled labor in the fields of engineering and information technology. It aims to train professionals by distributing or adapting certain vocational, technical or university training programs in order to meet the needs of businesses.

The proposed changes to the eligibility criteria are as follows:

- salary reimbursement increases from \$20,000 to \$25,000;
- the salary of the mentors who will accompany the candidates can be covered by the program up to a maximum of \$150/h;
- expenses related to the promotion of projects to businesses and female clients and aimed at encouraging them to participate in the program may be reimbursed up to a maximum of 10% of the actual cost of the subsidy;
- costs related to training promoting the integration of good practices in human resources for the integration of women into the labor market can be reimbursed.

The Minister noted that a call for projects targeting the various labor market partners is underway. Launched on February 8, 2022 as part of the Global Strategy for the Promotion and Valorization of Trades and Professions,

this call aims to promote the development of original means to promote STIM to women and encourage them to choose trades in these sectors, for example through real and immersive experiences. Organizations have until April 15, 2022 to participate.

The Minister is also launching two other calls for projects. The first, steered by the Conseil Emploi Métropole (CEM), aims to stimulate initiatives that encourage the graduation and pursuit of higher education for women in STIM or that facilitate their transition to the labor market, particularly for women who face difficulties. Eligible stakeholders from the greater Montreal region and other regions of Quebec can now submit their projects, which will be received and analyzed continuously until the available fund is exhausted.

The second call for projects launched was presented as part of the Future Skills agreement between the CPMT and the Center for Future Skills (FCC). Its objective is to increase the presence of women in the labor market and to support organizations in the STIM sectors in the process of inclusion. The projects sought must propose innovative ideas to promote the requalification and upgrading of women's skills and to create inclusive workplaces in these sectors. Projects can be submitted now. They will be received and analyzed continuously until the available budget is exhausted.

These three calls for projects will help women choose careers in STIM, succeed in their educational path and integrate the labor market in more inclusive environments.

"We are aware of the needs of the labor market in information technology and engineering, but also of the great potential that women represent in these booming sectors where they are under-represented. Since there are many qualified and well-paid jobs there, we are adjusting the means put in place so that a greater number of them pursue careers in STEM fields. There is no reason that these highly sought-after sectors escape women. It's up to us to act to offer them the opportunity to discover the full potential of these trades and professions! As a learning society, we do everything necessary to allow them to develop their skills and integrate in such strategic employment fields for Quebec!" said Jean Boulet, Minister of Labour.

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# The three IRON LADIES of the Trudeau government Part 1

## Chrystia Freeland, the Ukrainian successor



**DIMITRIS ILIAS**  
dimitri@newsfirst.ca

As part of the ongoing tribute to International Women's Day, we present in three sequels the three iron ladies of the federal government starting with Chrystia Freeland.

Federal Finance Minister Chrystia Freeland has played a key role in persuading the United States and the European Union to exclude Russian banks from the SWIFT interbank system in order to deprive the Putin regime of part of its war budget.

Ms. Freeland is also the Deputy Prime Minister of Canada, and is increasing calls and exchanges with several of her G20 colleagues to severely punish Russia for its aggression against Ukraine.

Two weeks after the war in Ukraine, which dramatically changed the world order, Canada's response was largely shaped by these three ministers. Chrystia Freeland, Mélanie Joly and Anita Anand

Canada was one of the first countries to announce the closure of its airspace to Russian aircraft. It has also banned access to its ports on Russian ships. It was the first to ban oil imports from Russia. It is also on the list of countries that have asked the International Criminal Court to launch an investigation into allegations of war crimes allegedly committed by Russian forces.

This conflict, which has already sparked the largest wave of refugees since World War II, quickly pushed Chrystia Freeland, Mélanie Joly and Anita Anand to the forefront of the Trudeau government's biggest decisions since taking office in 2015.

Chrystia Freeland's time at Foreign Affairs, where she successfully led the negotiations to modernize the free trade agreement between Canada, the United States and Mexico, still serves her well today. She had to face a president, Donald Trump, both unpredictable



and angry, and a chaotic administration in Washington.

Within the G7 countries, the crisis management was highly praised by these three ministers. Their performance has been perceived far beyond our borders. Certainly, Chrystia Freeland is a valuable political force and is considered as such not only in Canada but all over the world.

In the eyes of some in the public service, Chrystia Freeland's leadership role in this crisis has completely surpassed that of Justin Trudeau. She actually is considered Justin Trudeau's runner-up to take control of the Liberal Party of Canada when he decides to step down. The war in Ukraine affects her personally and deeply. Both of her grandmothers were born in Ukraine. Her mother, Halyna Chomiak Freeland, a lawyer, helped write the first draft of the Ukrainian Constitution. She speaks fluent Ukrainian with her children at home in Toronto.

Before making the leap into politics, Freeland was mainly a journalist in Kyiv and Moscow after the collapse of the USSR. She was closely monitored by the KGB because of her reporting and was given the code name "Frida".

On the day of the Russian invasion, Ms. Freeland thought of speaking to about 1.4 million Canadians with Ukrainian roots like her in their own language. "Ukraine is not dead," she said

# International Woman's Day

## Removing obstacles to training and employment for women



**DIMITRIS ILIAS**  
dimitri@newsfirst.ca

Just as the Quebec government seized the opportunity of Women's International day to announce programs for women's empowerment in the labor force (see article on page 2) the federal government came up with its own package of projects on the eve of International Women's Day.



On March 7<sup>th</sup>, the Minister of Employment, Workforce Development and Disability Inclusion, Carla Qualtrough, announced 26 projects approved for funding under the Women's Employment Readiness

pilot program. These projects will test and provide foundational and transferable skills training models, such as literacy and essential skills as well as wrap-around supports to access skills training, including child care, transportation and counselling.

The pilot program funds organizations to

provide and test pre-employment and skills development supports for women who face barriers to training and employment, as well as new ways to help employers increase inclusivity in the workplace. The pilot targets racialized women and/or Indigenous women, women with disabilities, women from the LGBTQ2 community and women who have been out of work for an extended period.

The pilot program will support women facing barriers across all 13 provinces and territories. The results of the pilot will inform systemic changes to skills and employment programming, to help women across the country gain better access to skills and training opportunities.

"On the eve of International Women's Day, we can take stock of the progress that women in Canada have made, and recognize the work still ahead. I'm proud to see our government invest in organizations that are leading that vital work by helping marginalized women overcome barriers to employment. This is about empowering more women to create better lives for themselves, while also building the strong, skilled and inclusive workforce Canada needs," said Minister of Employment, Workforce Development and Disability Inclusion, Carla Qualtrough

# The Conseil du statut de la femme celebrates International Women's Rights Day throughout the month of March 2022



**DIMITRIS ILIAS**  
dimitri@newsfirst.ca

On this important International Day of Women's Rights, the Conseil du statut de la femme presents a special dossier under the theme "the economic and social power of women." The Council offers this special feature on its website and in its March edition of the Gazette des Femmes magazine. It is dedicated to recognizing the contribution of women to the enrichment and quality of life of all Quebecers. Although many of them are greatly affected by the pandemic, they are at the heart of building our society and are real agents of change.

For the President of the Conseil du statut de la femme, "March 8 is an opportunity to recognize the social and economic impact of women who weave the fabric of a fair, egalitarian, prosperous and inclusive world. These women are speaking out, influencing, taking action. They tie the thread of an essential and sometimes fragile social fabric. Even more, they have the power of ambition, that of building. March 8 is also an opportunity to recall the fragility of



achievements in terms of women's rights and to emphasize the importance of equality"

The Conseil du statut de la femme campaign will be available throughout 2022. In addition to being accessible on the CSF website, it will be launched via several third-party websites and on social media from 3 to 31 March, with the aim of informing and raising awareness among as many people as possible.

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#### Publishers:

George Bakoyannis  
George S. Guzman

#### General Director:

George Bakoyannis

#### VP Sales & Marketing:

George S. Guzman  
sales@newsfirst.ca

#### Graphic Design:

Elena Molter  
Thomas Bakoyannis

#### Advertising Consultants:

Peter Stavropoulos  
peter@newsfirst.ca

Jean Paul Chamberland

#### Editorial Staff:

Martin C. Barry  
Maria Diamantis  
Renata Isopo  
Robert Vairo

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## THAT'S WHAT I'M THINKING

Robert Vairo



### Canada Needs a New Energy Strategy

I'm hearing a lot of whining about high energy costs from so called environmentalists. Gee I wonder why that is? Oil and gas heating bills are higher they say, as well as electricity. Gassing up at the pumps has never been this expensive. You hear them say, "if we would be all green none of this would happen." What a simplistic comment mired in ignorance. The answer is this. We need only look at Germany. In the name of "saving the planet" it recently celebrated the closing of all its coal mines, shut down its nuclear plants, and decided to rely on Russia for its heating and energy supplies. Not in Canada you say? Even though Canada can be self-sufficient in energy, we have also chosen to rely on others to stoke our furnaces and fill our tanks, like Germany and other European countries. Half of the oil (heating and gas) consumed by us in Québec and the Maritimes comes from the U.S., Saudi Arabia, United Kingdom, Azerbaijan, Nigeria and the Ivory Coast. Some refined products originating in Russia, apparently scheduled to stop. We are handing over cash to ruthless, evil, and barbaric thugs. Why? Because we have not been able to get past foreign funded enviro warriors and some Canadian natives' groups, who are fighting against Canada, to build a proper infrastructure. We have to get our landlocked resources to everyone in this country and beyond. In fact, if we had, we would be shipping liquified natural gas to Europe and supplying several countries, instead of allowing Russia to hold Europe hostage. Just last month, our environment minister Steven Guilbeault officially cancelled a natural gas pipeline through Québec, that would have taken LNG from the Saguenay port on the St Laurent River to Europe. If we had an east-west pipeline, we would not have to import, but would have plenty to export

to Europe and any other country that does not want to be held hostage by a brutal dictator. This is happening in Canada, a country with the fourth largest reserve on the globe, with an industry that produces the most ethical and environmentally responsible oil and gas in the world. Does it all make sense? Absolutely not. There are much more important issues today than an exclusive focus on climate change. We must continue to forge ahead with expediting the deployment of solar and wind energy sources. If anything, this has taught Europe, (Germany in particular) to move concretely towards green energy. In the meantime, we had better re-think how to achieve net zero emissions without fossil fuels. Anyone who thinks they can, had better prepare for an extremely expensive and painful future, the signs of which are already here. Some regions of Canada topped 200.9 on the weekend. Premium 217.9 Very simply put, Canada needs a new energy policy and strategy.

Misinformation on media has never been so apparent and is being used as a weapon of war. Watching this unfold on Russian TV and on screens in North America, there are two completely different narratives being played out. In Russia, studio news readers say the war is actually a "special military operation to demilitarize and de-Nazify Ukraine." No mention of the reckless and most dangerous bombing of a nuclear plant. And still another government TV network says that it is Ukrainian forces bombing residential areas and warehouses with ammonia, "in acts of provocation against civilians and Russian forces." Not all Russians are buying it, thankfully. There are thousands who continue to protest in the streets of Moscow, under threat of up to 15 years of jail time. Western reporters have been

forced to leave for spreading what Putin calls "misinformation."

In the West, there is a totally different story line. Some spectacular coverage by reporters with explosions in the background, interviews with mothers and children taking cover in underground shelters, bombs shaking the ground above them. Some never-before-seen footage. The fathers have been armed and are on the front lines. Reporters and their camera crews have been stationed near the war zone and at times in it, as well as on the borders where Ukrainians have fled to adjacent countries. Except for Volodymyr Zelenskyy. He is everyone's hero. "I need ammunition not a ride" is a phrase from the Ukrainian president that will last eternally.

It's really spectacular viewing, and gut wrenching to see fear and hardship from hell for these victims of a needless war, with civilians shot dead while trying to flee. Are sanctions really all we have? Why did Europe renege on its decision to supply Ukraine with jet fighters, and why has it not recognized this democracy as part of NATO?

Watching this unfold, often live, the International Criminal Court is on alert for evidence. Russia is not a member, and so even if Putin were found guilty, he would have to leave the country to be arrested. This murderous devil should be deprived of living for causing chaos, destruction, and butchery. As American senator Lindsey Graham put it, perhaps there is a "Brutus in Russia who will do us all a big favour."

That's What I'm Thinking  
Robert Vairo  
robert@newsfirst.ca



#NewsMatters:  
The National  
Assembly Report

By Raquel Fletcher

#### Quebec women have borne the brunt of pandemic's consequences

*Women asking for more government  
support to deal with its aftereffects*

Two years ago this month, Premier François Legault declared a public health emergency, leading the province to close schools and non-essential businesses, ban visits to hospitals and long-term care homes and tell people to stay at home. It was the first of multiple circuit breaker shutdowns, which took an emotional toll on almost everyone, especially on women.

As March 8 is International Women's Day, this week's column is dedicated to bringing attention to how Quebec women, especially mothers, have borne the brunt of the consequences of both a global health crisis and public health measures put in place to curb contagion.

Women were twice as likely as men to lose their jobs as they tend to work in the tourism, food and culture sectors that were much more affected by health measures. They were also more likely to reduce their hours or quit work altogether to ensure childcare for kids learning from home or because of shortages of daycare spaces.

"For the past two years, we've seen a lot of fear,"

said Johanne Pelletier, who works at the Centre des femmes de la Basse-Ville, a women's centre in Quebec City. Since the start of the first wave, she has been accompanying women she describes as being "in distress." Women forced to balance working from home with children also at home doing online learning, women thrown into poverty no longer able to make ends meet with the rising cost of food and women cut off from their social networks have all come to the centre for help.

"These women, when they come here, they cry a lot. They feel alone. The stress is sometimes so great they have the impression things will never get better," Pelletier explained, adding many of her clients show signs of serious depression, anxiety and other mental health issues.

#### Conjugal violence on the rise

And then there are women for whom stay-at-home orders and curfews have meant months of isolation with a controlling or abusive partner. Conjugal violence and other forms of violence against women is on the rise. Last year Quebec recorded the highest number of murders in a decade: 26 women were killed, most of them by current or former partners.

Calls have escalated for the government to do something to thwart this frightening trend. Last month, Public Security Minister Geneviève Guilbault announced Quebec would become the first jurisdiction in Canada to implement electronic monitoring bracelets for past offenders. Using geolocation technology, police officers are alerted if an offender comes within the bounds of an established perimeter of his victim.

#### Rare moment of collaboration from MNAs

The initiative is just one put forward by a trans-partisan committee, which, thanks to the combined efforts of female MNAs from all four parties, made 190 recommendations to combat violence against women. Last November, the National Assembly also adopted Bill 92 to create specialized courts for victims of sexual assault.

In today's political climate, elected officials seem to spend most of their time criticizing their rivals. However, in this case, they've collaborated on the report and on implementing its recommendations. It marks one of the rare moments Quebecers have seen MNAs from all the parties seated side by side at press conferences.

Maintaining this common front is also one motivation for the province's committing more dollars to the cause. Last year the CAQ government was taken to task for setting aside a measly \$22.5 million over five years to fight domestic violence. Women's shelters made it loud and clear that the sum was simply not enough. Weeks later, Guilbault announced the government would increase its investment ten-fold, by \$223 million.

Community groups say more is needed in this year's budget, which will be tabled on March 22.

"If we had one more social worker, if we had more financial resources, we could do more," Pelletier said. "We always try to respond to all the needs, but sometimes we just burn out."

The aftereffects of the pandemic are still being felt. Women are asking for more support – to take care of themselves and to continue taking care of others.

# Save Ukraine Emergency fundraising campaign



DIMITRIS ILIAS  
dimitri@newsfirst.ca

For a diverse population the war in Ukraine hits home for many. There is an opportunity now to support the Canadian Red Cross Donate Ukraine Humanitarian Crisis Appeal. The Ukrainian community in Quebec is mobilizing and launching the Save Ukraine emergency fundraising campaign in collaboration with the Ukrainian Canadian Congress.

During this campaign, funds raised will be used to meet the immediate needs of those affected by the war in Ukraine to ensure their survival and to support their recovery. Healthcare and relief items will be provided to families and individuals in need of assistance, as well as to refugees.

"After 10 days, the war has already produced more than one million Ukrainian refugees,

according to the UN. Thus, with the help of several private and public organizations, we are launching this emergency funding campaign to unify the individual and collective efforts underway in Quebec. Quebecers of Ukrainian origin are challenging companies whose employees are mobilizing to organize fundraising events to match any amounts raised," said Gregory Bedik, spokesperson for the Save Ukraine campaign and member of the Ukrainian Canadian Congress in Quebec.

The Molotov agency spearheaded this emergency fundraising campaign which will be deployed throughout the STM transit network on Astral advertising platforms. To contribute to the Save Ukraine emergency fundraising campaign, visit [www.sauver-ukraine.ca](http://www.sauver-ukraine.ca).

Canada was the first Western country to recognize Ukraine's re-establishment of independence in 1991 and there are more than 1.4 million people of Ukrainian origin living in Canada.

## Beware of scams when donating to Ukraine

(NEWSFIRST) As the conflict in Ukraine continues displacing more 1,5 million people, many Canadians are wondering what they can do to help. While many Canadians across the country participate in support for Ukraine many communities have come together to raise funds in support of humanitarian efforts.

**Donate money over stuff**

Communities across Canada have been organizing donation drives to help Ukrainians, collecting everything from medical supplies to warm clothing.



Kate Bahen, managing director of Charity Intelligence Canada, an organization that researches charities and aims to help people make informed decisions about donations, says it's best to avoid sending boxes of donations.

Any deliveries to Ukraine is a logistical nightmare, according to Bahen.

"Getting trucks and lorries and air shipments into Ukraine is just not possible at this time."

She said that most supplies aren't likely to make it to the region or end up in landfills and that people would be better off donating money directly to charities instead.

To make sure your money gets to Ukraine quickly, Bahen said it's important to donate to charities with good track records that already have people on the ground near Ukraine or that have strong connections to Ukrainian organizations.

Bahen said it's important to make sure the charity you choose will send your money "as close to Ukraine as possible, as quickly as possible."

She said many charities will keep your money for several years before sending it to people or organizations on the ground because they want to promote "long-term development," though studies have shown that aid is most effective when provided quickly.

### Charities to choose from

"Some charities are much faster and better than others and it really matters which charity you support," said Bahn, who strongly encourages people to do their research before donating money.

- Canada-Ukraine Foundation appeal. The charity is raising donations to buy food and blankets inside Kyiv to distribute. A donation today will be distributed in 7 days. Canada-Ukraine Foundation has funding reserves of \$1.6 million and hopes to raise \$5 million, with \$4 million raised to date.
- Canadian Red Cross: The Government of Canada matched (as of March 1 the match is fulfilled) donations to Canadian Red Cross's Ukraine appeal of \$10 million. Historically in

wars, Red Cross supports prisoners of war, ensuring international codes of conduct, providing letters and food parcels.

This is an everything-but-the-kitchen-sink statement – the money can go to pretty much anything over any time frame.

Ukrainian Red Cross: You can donate directly to Ukrainian Red Cross though you will NOT get a tax receipt. Its donations are processed by Swiss Red Cross. Inside Ukraine, Ukrainian Red Cross is mobilizing volunteers and resources, collecting blood and helping those affected by the conflict. Ukrainian Red Cross will visit detention centres to ensure prisoners of war have adequate food and hygiene.

Note: Each Red Cross is an independent organization, and donations are not necessarily shared between them.

- Plan International Canada's response is mobilized to support Ukrainian refugees at the borders of Poland, Moldova and Romania to provide shelter, food, water, psycho-social support, safe spaces for children and protective services for girls at risk. Plan International and other international development charities are coordinating their appeals for the Ukraine response through the Humanitarian Coalition.
- Save the Children Canada's statement: It is scaling up to distribute winter kits and hygiene kits, providing cash grants to families so they can meet basic needs like food, rent and medicine as well as support to children to overcome the mental and psychological impact of conflict.
- UNHCR's Ukraine Emergency Response: UNHCR is a UN agency that operates with a \$9.2 billion annual budget. It is mostly supported by governments rather than individual donations. UNHCR Canada is not a registered charity. But as a UN agency, support receives a tax receipt. UNHCR will handle the refugee resettlement process as it did in the Syrian war.

One can also send money directly to the Ukraine government through the National Bank of Ukraine. Kyiv Independent lists other options to help Ukraine.

### Be aware of scams

There have been several reports of scammers taking advantage of the chaos surrounding Russia's invasion of Ukraine to make quick money, using well known internet fundraising platforms.

Charity Intelligence has received reports from donors who were victims of credit card scams when trying to donate to Ukraine.

Bahen said it's important to use secure online payment platforms and to avoid giving cash to people going door to door or to people canvassing in public spaces.

# What to do before seeking medical attention during the pandemic.



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# Telescope talk in Boisbriand

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

For all those fascinated by the deployment of technologies in space the renowned astrophysicist René Doyon will present the new James Webb Space Telescope (JWST) from every angle in an exciting conference at the Maison du citoyen in Boisbriand at 7:30pm on March 31<sup>st</sup> 2022

The James Webb Space Telescope (JWST) is a space telescope designed primarily to conduct infrared astronomy. The U.S. National Aeronautics and Space Administration (NASA) led development of the telescope in collaboration with the European Space Agency (ESA) and the Canadian Space Agency (CSA). The JWST was launched 25 December 2021 on

an ESA Ariane 5 rocket from Kourou, French Guiana and is intended to succeed the Hubble Space Telescope as NASA's flagship mission in astrophysics. The telescope is named after James E. Webb, who was the administrator of NASA from 1961 to 1968 during the Mercury, Gemini, and much of the Apollo programs.

With greatly improved infrared resolution and sensitivity, it will view objects too old and distant for Hubble—some up to 100 times fainter. This is expected to enable a broad range of investigations across the fields of astronomy and cosmology, such as observations of first stars and the formation of the first galaxies, as well as detailed atmospheric characterization of potentially habitable exoplanets.

Professor René Doyon's research activities are focussed on the development of state-of-the-art astronomical instrumentation for various ground- and space-based observatories. He is also actively involved in various observational



programs for detecting and characterizing brown dwarfs, exoplanets and young low-mass stars. On the instrumentation front, he leads several infrared instrumentation projects (camera and spectrograph) for the Observatoire du Mont-Mégantic. He is co-investigator of

the Gemini Planet Imager, which has been operational since 2013.

The event is hosted in partnership with Le Club d'astronomie de Boisbriand.

## Mayor's Dinner in Sainte-Thérèse



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

The GEST (Groupement des Entreprises de Sainte-Thérèse) is inviting resident entrepreneurs to discover the major orientations of the city during a presentation of the 2022 budget of the City of Sainte-Thérèse. This will happen during the mayor's dinner which will take place on March 17 at Boston Pizza Sainte-Thérèse from 11:30 a.m. to 1:00 p.m. The event is not free and interested parties can consult the CCITB site for pricing.

According to CCITB, this is a privileged and exclusive meeting with municipal stakeholders, allowing local businesspeople to ask questions and learn about the major projects for the city of Sainte-Thérèse in 2022. The presentation will feature a multitude of interesting topics such as how the funds of the city are invested, upcoming projects and on the latest news surrounding municipal life.

Businesspeople will be able to address their questions directly and obtain relevant information. They will gain awareness of Sainte-Thérèse's main orientations, learn how muni-

cipal funds will be invested and discover the 2022 budget, find out about major promising projects, exchange with municipal players, put forward ideas, concerns and issues as well as create links with other entrepreneurs in the region

### About GEST

In the fall of 2013, merchants from the village of Sainte-Thérèse contacted the CCITB to support them in their grouping process to revitalize the Village. The board of directors of the CCITB took a very positive view of the creation of this group to enable traders to meet, discuss and put forward new ideas.

Following several reflections and with the support of the city of Sainte-Thérèse, the Groupement des Entreprises de Sainte-Thérèse (GEST) was officially launched in March 2014. Since then, several collaborative projects, networking activities and valuation of companies have been carried out. Since the fall of 2018, the GEST has covered the entire city of Sainte-Thérèse and a liaison officer has since been dedicated to businesses for questions or support needs. The GEST now enjoys a well-established and constantly evolving reputation. A wind of change and dynamism is really being felt in Sainte-Thérèse

## Laurentian community organizations say enough is enough

*Demonstrations to bring about change before last CAQ budget on March 22nd*

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

Just like in many others cities in Quebec the Laurentides, community organizations are lamenting the underfunding they face year after year despite repeated promises from the different governments.

Employees and volunteers of 75 Saint-Laurent community organizations went on strike on Tuesday, February 22, at the end of the morning and the beginning of the afternoon, in as part of the "Engage for the community" campaign that took place across Quebec.

The demonstrators who braved the cold, demanded that the government of François Legault recognize the essential work they do and fund them adequately so that they can fulfill their respective missions in better conditions.

In Saint-Eustache, about fifty demonstrators were gathered at the intersections of 25th Avenue and Saint-Laurent Street. In Sainte-Thérèse, they were more than 80 to be heard at the intersections of boulevards du Curé-Labelle and René-A.-Robert. In addition to this under-



funding, the pandemic and staff shortages have also strained these same organizations, even forcing some of them to scale back and pause some of the services they provide.

This is why, all over Quebec, community organizations are asking the Legault government for additional recurring and indexed investments of \$460 million for 2022-2023. They have been complaining that their staff has been overextended and doing the work of many more people because of their humanity.

It is to be noted on March 22 that the Minister of Finance of Quebec, Eric Girard, also deputy for Groulx, will table what will be the last budget of the Legault government before the next general election. According to organization representatives, because of the increase in the needs of the population, the next budget of the CAQ will be crucial for the recognition and funding of the mission of community organizations.



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# Police are warning: Seniors targeted by fraudsters



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

North Shore police departments are informing the population that fraudsters targeting seniors are active in the region. According to the police, two system of defrauding are used.

The first scam is known as the “grandson fraud” or “grandparent fraud”. It has been around for a long time and basically consists of inventing a scenario from scratch to get a vulnerable person to quickly transfer funds. One of the most popular scenarios is to make the vulnerable person believe that one of his grandchildren is in trouble and needs money quickly (example: He was arrested by the police or he had a car accident). Most often, criminals operate by telephoning their victim and pretending to be a relative or a person in authority such as a police officer or a lawyer.

The second scam is called “false representatives”. Fraudsters use an Internet application that allows the name of a credible banking institution to appear on the display of the telephone of the targeted person. The suspect then tells the person that he is the victim of fraud and that he must act quickly. Often they will be asked to place the bank cards in question as well as the personal identification numbers (PIN) in an envelope so that an employee of the institution can pick them up as quickly as possible. The victim is reassured by telling him that new cards will be sent to him.

In both cases, fraudsters push to get what is requested. In the hours that followed, people came to the victims to collect the money or the

cards requested. Transactions are then carried out in the hours, or even the minutes that follow at merchants located near the card recovery address.

- Here are some prevention tips:**
- Don't give in to the pressure.
  - Remember that the police, persons in authority or recognized agencies do not use this practice.
  - Take the time to verify the identity of your interlocutor. Keep in mind that fraudsters use different means to obtain information about you or your loved ones.
  - Do not give out personal information (name, address, date of birth, social insurance number, credit card number and personal identification numbers [PIN]).
  - Never send or remit money to an unknown person.
  - Be alert: fraudsters are creative and convincing!
  - Before sending money, talk to someone you trust.

**If you think your older relatives could be potential victims inform them!**

Anyone who has been a victim or has information about this type of fraud is invited to contact the Service de police intermunicipal de Terrebonne/Sainte-Anne-des-Plaines/Bois-des-Filion, by calling 450 471- 4121. You can also report it to the Canadian Anti-Fraud Center at 1-888-495-8501.

# Quebec announces measures to facilitate the arrival and reception of Ukrainians



**DIMITRIS ILIAS**  
dimitri@newsfirst.ca

Quebec is trying to ease the suffering of Ukrainians displaced by the horrors of war. The announcement by the minister of Labour touches the hearts of many who either themselves or their progenitors fled to Canada to avoid these exact same circumstances. Mr. Jean Boulet, expressed his full support for the Ukrainian community given the seriousness of the situation and announced various measures to facilitate the reception of Ukrainians in Quebec.

## Reunification of Ukrainian families

The government will implement a special humanitarian program to support the Ukrainian community in Québec in their family reunification process. The program will allow Ukrainian nationals residing in Quebec to sponsor their extended family.

## Accelerated processing for nationals of Ukraine

The government is also committed to accelerating the processing of applications for temporary immigration, both for temporary foreign workers and for foreign students, nationals of Ukraine to facilitate their arrival in Quebec.

In addition, Quebec assures its full cooperation

with the federal government in the implementation of an open work permit that will be offered to Ukrainians. They will be able to participate in the Quebec labor market and benefit from certain services, such as educational childcare services, schools and access to health care.

For Ukrainians already in Quebec, the government will also provide accelerated processing of Labor Market Impact Assessment (LMIA) applications from employers, as well as priority processing of Quebec Acceptance Certificate applications in order to expedite the renewal of their work or study permit, if applicable.

The Government of Quebec has mobilized its regional network and its partners to offer reception and integration services to foreign Ukrainian nationals in all regions of Quebec. More specifically, 95 organizations undergoing integration will be able to offer them personalized support.

“Faced with the gravity of the situation, it is our duty to act to support the Ukrainian population. This is why we have mobilized our immigration network and are announcing measures to offer the best possible welcome to people from Ukraine and facilitate their arrival in Québec. I reiterate our solidarity with the Ukrainian people and the Ukrainian community in Quebec. We are with you with all our hearts!” said Jean Boulet, Minister of Labour.

The Ministry of Immigration, de la Francisation et de l'Intégration, with its regional network and partners, will be able to offer reception and integration services to foreign Ukrainian nationals in all regions of Quebec.

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# "Name the Puppy" 2022

It is that time of year again. The Royal Canadian Mounted Police (RCMP) needs help in naming the puppies that will become Canada's future RCMP Police Dogs.

The Police Dog Service Training Centre (PDSTC) in Innisfail, Alberta is asking young Canadians to suggest names for 13 German Shepherd puppies that will be born at the Centre in 2022.

Children are encouraged to be original and imaginative in finding names that will serve these puppies well in their careers with Canada's national police force.

When thinking of names, it is important to keep in mind that these are working police dogs, not pets.

Winning names will be chosen by the PDSTC staff. A draw will determine the winning entry in the event of multiple submissions of the same puppy name.

Although there can be only 13 winners, names not selected for the contest will be considered for other puppies born during the year.

### Prizes

The 13 whose names are selected will each receive a laminated 8x10-inch photo of the pup they name, a plush dog named Justice and an RCMP water bottle.

### Contest rules are simple:

- Contestants can suggest only 1 name (1 entry per person)
- The name may be for a male or a female pup
- The name must start with the letter "R"
- The name must have no more than 9 letters
- The name must be 1 or 2 syllables
- Contestants must be 4 to 14 years old
- Contestants must live in Canada
- Entries must be received by March 17, 2022

### Enter online

To enter the contest, visit us online:  
Name the Puppy contest

### Important dates

The deadline for entries is March 17, 2022. Contest winners and prizes will be announced on April 13, 2022.

### Submitting artwork

We no longer accept entries sent through the mail. However, we still love receiving drawings and paintings! After entering online, children have the option to enter their artwork to the Police Dog Service Training Centre at [puppy-chiot@rcmp-grc.gc.ca](mailto:puppy-chiot@rcmp-grc.gc.ca).

All contest entries must be submitted online. We cannot accept contest entries by email.

About the Police Dog Service Training Centre  
The PDSTC is home to the RCMP national police dog training program and is a part of RCMP Depot Division. The Centre has earned a great reputation for breeding top quality working German Shepherds and for training dogs with outstanding searching and tracking abilities.

### Stay connected

#### Hashtags

English: #namethepuppy

French: #nommelechiotInstagram

#### Instagram

English: @RCMPDepot

French: @GRCDepot

#### Facebook

English: [facebook.com/rcmpdepot](https://www.facebook.com/rcmpdepot)

French: [facebook.com/grcdepot](https://www.facebook.com/grcdepot)

#### Twitter

English: @RCMPDepot

French: @GRCDepot

SOURCE Royal Canadian Mounted Police







## A Trick Of Memory

**Q** Last year my husband of 20 years left me and our children. Three months later the legal divorce was a done deal. Seven days after the divorce, he and the woman he left our family for were in a wreck. She was driving, and he went through the windshield. They were stinking drunk, bloody, and injured.

An off-duty police officer was the first person on the scene. The police officer, first responders, and paramedics could not keep them at the scene until the highway patrol arrived. My ex-husband and his girlfriend hitchhiked with a stranger to escape being prosecuted for drunk driving and driving without a license.

Roughly 12 hours later my husband decided he was really hurt and went to a chiropractor for an x-ray. His neck was broken. They went to a local emergency room, and he was admitted to hospital. The neurosurgeon told him he was lucky to be alive. My children and I were not permitted to see him because his girlfriend called security on us at the hospital.

Three months ago I met someone who loves me. I like and care for him, but I don't love him. Should I? I'm not sure I will ever be able to love anyone the way I love my ex-husband. Luckily I didn't ask for financial support from him. I knew better than to expect anything from him on a regular basis. There is a card or letter occasionally, but it has been over a year since he has seen his children.

Some days I can't believe my husband threw away our family for a life of drugs, alcohol, and parties. Shouldn't a 43-year-old man know better than this?

## Take A Final Bow

**Q** I have been seeing this guy for over two years, and we have been physically active. I made it clear I was looking for a long-term relationship. He says he is not ready to commit, but he wants all the things that go with exclusive commitment.

He drew close to me for a while, introduced me to his parents, but then I saw he still had his ex-girlfriend's picture on his dresser. I asked him about this and he gave a lame excuse. He said he doesn't even notice it. If that's true, then why have it there at all?

What is going on? He is just using me, isn't he? I guess I don't want to face the truth. There is no chance he will ever come around to me, is there?

Alexandra

My husband was a drunk driver for at least 25 years. That was the only thing wrong with our marriage. I have been in therapy, and they said I was better off without him.

I have great kids and a great job to support us comfortably, but the kids and I are still not a "whole" family. Will we ever feel whole again? Or can we learn to accept his departure?

Cindy

**A** Cindy, come on. You're not telling the whole truth. Your husband was not just drunk driving for 25 years. He was drunk dating, drunk marrying, and drunk parenting. Your fantasy of a "whole" family has virtually no resemblance to reality.

Your husband isn't the problem. He's gone. The problem is the way you remember the past. Your marriage wasn't the perfect reflection of perfect love. It was a disaster, held together by extraordinary effort on your part.

This problem is all about you, and that is good news. When a problem involves others, it is not within our control. When a problem involves us, it is solvable. You married a man with a serious problem of chemical dependency. The "whole" you long for is a whole you never had. Admit it.

You are whole now. You are taking care of your children and meeting all your responsibilities. Stop trying to recapture a phantom and move into the future. You can feel whole again, but first you must let go of the past.

Wayne & Tamara

**A** Alexandra, congratulations! You figured it out. Your boyfriend doesn't want to commit, and trying to get him to say something he doesn't feel won't get you anywhere. If you drag out the relationship, you become a beggar. Eventually it will end anyway, and you will go into your next relationship impoverished. Taking the initiative now will give you confidence not to settle for less in the future.

When you see the credits rolling at the end of a movie, you don't need an usher to tell you to leave the theater. Looks like the house lights are coming on, too..

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 prepare your garden after winter

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

Spring is arriving in the North Shore. After a hard winter Northshorite green thumbs are aching to get cracking. It is therefore time to take stock before embarking on major projects in the garden. Indeed, the rains, the snow, the frost and the lack of sun have put soil and vegetation to the test. North Shore News has got you covered on how to prepare your garden after winter.

### The ornamental garden

Once the hard frosts have passed in April, it's time to remove the wintering films and veils from your plants so that they can really benefit from the sun's rays. If you are in a rather cold region, do not hesitate to remove the winter cover during the day and put it back on at night until the weather is milder. Take care of your shrubs: remove broken branches and prune them if necessary. Reduce the size of your roses by two thirds (leave at least three eyes) and provide them with fertilizer.

Compost, potting soil, coffee grounds, crushed horn... are all natural products that you can incorporate into the soil of your beds, at the foot of your shrubs and in your flower beds.

From March, you can take cuttings or divide your existing plants that have developed well. You can also plant new perennials. In addition, take the opportunity to arrange your space: create neat paths with pretty garden edging, close access to the vegetable patch with a screened gate.

### The vegetable garden

If it's still too early to cultivate, save time by

organizing yourself as much as possible. Get a sketchbook and think about the new arrangement of your fruits and vegetables. Indeed, reviewing their layout to rotate crops is essential because each plant withdraws a certain type of nutrient from the soil but also rejects fertilizing elements. Not always putting them in the same place allows you to diversify your soil and avoid its impoverishment. However, you can start weeding and aerating the soil. It is not advisable to turn everything over, so as not to disturb the microorganisms living in the soil.

However, if you are in a rush to sow, you can start planting under cover. Take out your germination kits to start your crops then install tunnel greenhouses when your plants are big enough. Finally, do not forget to restart your water collection tank that you had emptied before winter. You can also install a water collector with tap on the downspout of your gutter.

### A green thumb's armament: The tools

If you haven't already done so, organize a small practical corner for your gardening work such as repotting your plants or repairing your tools. You can also store your gardening gloves in a dry place and store your bags of potting soil. Having everything on hand and in one place is much more practical than having one part in the garage and another in the garden shed!

Don't wait to check your gardening tools, which have been sitting idle all winter. Re-sharpen the blades to obtain clean cuts, eliminate any rust spots, loosen jammed tools... Finally, the most important thing is to disinfect your pruning shears type cutting tools with 90° alcohol or methylated spirit. This eliminates bacteria and avoids transmitting diseases from one plant to another during spring pruning.

## THE SAVVY GARDENER

### 7 must-have tools and accessories for novice gardeners

Are you new to gardening? If so, here are some tools and accessories to stock up on before you get started.

**1. Trowel.** Choose a high-quality, one-piece model that's durable and ergonomic.

**2. Gloves.** Look for a pair with rubberized palms and fingers for added grip and protection.

**3. Spade.** Whether you need to dig holes, turn over soil or loosen packed earth, look for a spade that's the right size to suit your needs.

**4. Hoe.** This multipurpose tool is great for large gardens. It can be used to break up packed earth, loosen weeds and dig trenches for sowing seeds and starters.

**5. Hose.** Pair your no-kink garden hose with a spray nozzle. Look for one with several spray patterns to meet your watering needs.

**6. Rake.** Look for a durable model that can be used for soil, leaves and gravel.

**7. Shovel.** This landscaping essential can be used to move a variety of materials including soil and sand.

To find everything you need, visit your local garden centre.





# HOROSCOPE

Week of **MARCH 13 TO 19, 2022**

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



## ARIES

You'll take on a challenge that fills you with pride. Even if some people try to discourage you, your perseverance and boldness will allow you to accomplish brilliant feats.



## TAURUS

If you're planning to move soon, you'll take the first steps toward making it happen. A family member will be overly demanding and may abuse your generosity.



## GEMINI

You'll travel a lot and may get lost looking for accommodations or become stuck in a traffic jam. Double-check important information to make sure you understand it.



## CANCER

At work, you'll put in some generously rewarded overtime. A short training course will help you achieve one of your biggest professional dreams, even if it's just to become more fluent in another language.



## LEO

You'll be pressured to make a difficult decision and won't have time to weigh the pros and cons. Follow your heart. Affection and material comfort go hand in hand; pay close attention to both.



## VIRGO

Now is the time to complete any unfinished projects. Analyze your situation from a long-term perspective. Doing this will allow you to find the right path. If you have a significant other, book a romantic getaway.



## LIBRA

Your friends will invite you to go out and have fun. Take advantage of this opportunity if you haven't been out in a while. If you're single, you'll find love.



## SCORPIO

Time is a key commodity. You must handle emergencies at work and home. It's not always easy to balance work and family obligations. You'll be very busy this week.



## SAGITTARIUS

Before spring, take a rejuvenating trip with your partner or family, even if it's just a weekend getaway. You may have to travel for work.



## CAPRICORN

You're dealing with many strong emotions. Stay level-headed when solving your financial problems. Keeping a smile on your face will strengthen your current romantic relationship or help you find a partner.



## AQUARIUS

You'll organize a professional or personal event that brings together many different people. You may become stressed out about getting every little detail just right.



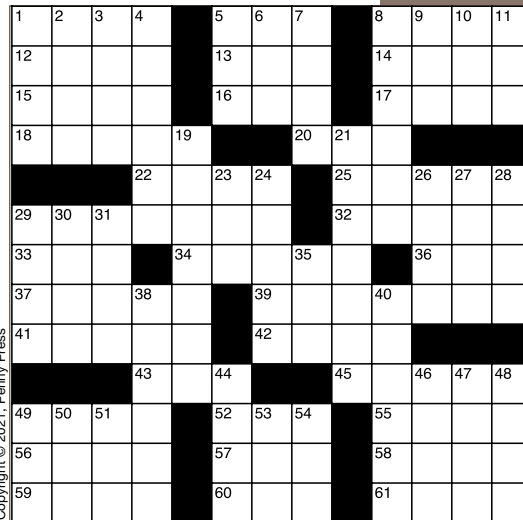
## PISCES

You may feel anxious, which could affect your concentration or morale. Don't let yourself be overwhelmed by emotions that aren't yours. Going to therapy or moving your body will help you feel refreshed.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 116



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## ACROSS

1. Real
5. High point
8. Medicine
12. Charged atoms
13. Hooter
14. Luxury
15. Long narrative
16. "\_\_\_ More Night"
17. Wineglass part
18. Reattach a label
20. Fearful admiration
22. Dad
25. Bert's friend on "Sesame Street"
29. Provided food
32. Yarn
33. Hearth residue
34. Unwanted breeze
36. Foot digit
37. "War and \_\_\_"
39. Fake
41. Moth-\_\_\_

42. Ripped
43. Solicit
45. Full of gossip
49. Woeful word
52. \_\_\_ a boy!
55. Yarn
56. Foolish person
57. Brief sleep
58. Constant
59. Drove very fast
60. Towel off
61. Ruby and cerise

11. Topaz or opal
19. Agricultural plots
21. John Wayne film
23. Part of mpg
24. Modify
26. Brief message
27. Hard metal
28. Spotted
29. Canaveral or Horn
30. Floating
31. "\_\_\_ Darn Cat!"
35. To's counterpart
38. Laid off
40. Wobble
44. Considerate
46. Gesture of greeting
47. Santa's ride
48. Strong desires
49. Some are personal
50. Chop
51. Copy
53. Paver's goo
54. Snoop

## DOWN

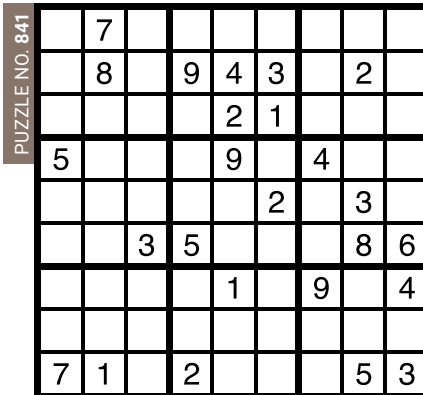
1. Cake layer
2. Strong cord
3. Group of soldiers
4. Run away
5. Also
6. \_\_\_ up (confess)
7. Not guilty, e.g.
8. Arid land
9. Hamelin pest
10. Put into service

# 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.**



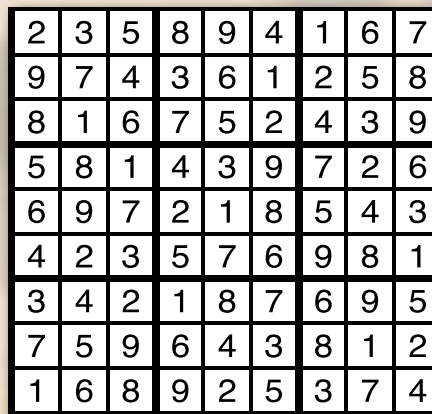
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## CROSSWORDS



## Last Issues' Answers

## Sudoku



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