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**MÉLANIE JOLY**

**One of three IRON LADIES in the Federal Government**

**Page 2**



**Page 3**

**CASERNE Deux-Montagnes**



**Fire Protection at its Best**

**Page 7**



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# The three IRON LADIES of the Trudeau government Part 2

## Mélanie Joly: From defeated mayor to Canadian Minister



**DIMITRIS ILIAS**  
dimitri@newsfirst.ca

As part of the ongoing Park-Extension News's tribute to International Women's Day, we present in three sequels the three iron ladies of the federal government continuing with Mélanie Joly.

For her part, Foreign Minister Mélanie Joly, on the other hand, took action with her G7 counterparts as soon as the first evidence that Russia was mobilizing troops along the border with Ukraine was confirmed, in order to compile a list of Russian entities and individuals who would be quickly hit with financial sanctions in the event of an invasion.

Mélanie Joly called for a ceasefire in the Russian invasion of Ukraine, arguing that the Ukrainian government needed to catch its breath as it entered talks with the Putin regime. "We must do our best to support the Ukrainians while holding diplomatic talks under maximum pressure. "Because when we do that, we are actually giving them breathing space to negotiate," said Jolie

"Right now, this is not a diplomatic solution. "It has to do with saving lives and that is why it is a humanitarian corridor - and there must be a ceasefire. Because you can not negotiate when you have a gun in your head."

Earlier Wednesday on March 9th, Jolie spoke with Ukrainian counterpart Dmitry Kuleba before heading to Turkey for talks with Russian

Foreign Minister Sergei Lavrov and Turkish Foreign Minister Mevlüt Çavuşoğlu. It was one of three conversations between Prime Minister Justin Trudeau and members of his cabinet over four members of the troubled Ukrainian government in Kyiv.

The talks took place in Berlin, where Trudeau was on the third day of his European tour in four countries. Freeland, Joly and Trudeau then spoke to reporters outside the area near the Brandenburg Gate, Berlin's famous symbol of peace and freedom.

Jolie told reporters that "more sanctions are coming and you will have more information" to maintain "maximum pressure" on Russia.

### Who is Melanie Jolie?

After completing her law degree at the Université de Montréal in 2001, Joly became a member of the Barreau du Québec. She then received a Chevening Fellowship and continued her studies at the University of Oxford, where she received a Magister Juris in Comparative and Public Law in 2003. Joly also did an internship at Radio Canada in 2007.

Early in her career, Joly practiced law at two major Montreal law firms, Stikeman Elliott and Davies Ward Phillips & Vineberg. In the latter company, her mentor was former Prime Minister Lucien Bouchard, who gave her a letter of recommendation for her application to Oxford. She worked mainly in the fields of civil and commercial disputes, bankruptcy law and was also a prosecutor before the Gomery Commission of Inquiry.

In 2010, she became the first Quebec recipi-



ent of the Arnold Edinborough Award, which recognized her philanthropic contribution to the Canadian cultural community.

In 2013, he was appointed head of the Quebec Advisory Committee on the Liberal Party of Canada's leadership campaign for Justin Trindade.

In June 2013, Joly announced her candidacy for mayor of Montreal in the election that year. She founded a new party, the Vrai changement

pour Montréal, to support her candidacy. On November 3, election day, she garnered 26.50 percent of the vote, finishing six points behind the winner, Dennis Conter.

In 2015, Joly left city politics and announced her candidacy for the Liberal Party of Canada in the new Ahuntsic-Cartierville constituency for the 2015 federal election. Joly won the seat with 47.5 percent of the vote, defeating Maria Murani.

## Sainte-Thérèse in solidarity with Ukraine

### A resolution calling for peace and diplomacy

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

As the entire planet is focusing on the war in Ukraine the municipalities of the North Shore are also fixing their gaze on the destructive conflict.

On March 7 2022, the members of the municipal council of Sainte-Thérèse unanimously adopted a resolution expressing their solidarity and that of the Teresian population towards the Ukrainian people. In doing so, they also expressed their total disapproval of the use of arms to settle conflicts.

"The City of Sainte-Thérèse strongly condemns Russia's invasion of Ukraine. Like all Quebecers, we are deeply distressed by the suffering experienced by the Ukrainian people and communities. Sainte-Thérèse adds her voice

to the concert of nations calling on Russia to put an end to its aggression, to withdraw all its forces from Ukraine and to settle its differences through diplomacy," declared the Mayor of Sainte-Thérèse, Mr. Christian Charron.

For all the residents of Sainte-Thérèse who wish to show their support in a meaningful way, gestures of solidarity can take the form, of donations towards the Ukrainian people to the emergency collection for the humanitarian crisis in Ukraine of the Canadian Red Cross: [www.croixrouge.ca](http://www.croixrouge.ca).

The City of Sainte-Thérèse declared its interest in contributing to this collective and massive humanitarian effort and invited all groups and stakeholders to mobilize to organize the reception of these refugees on our territory.

At the mayor's invitation, those present at the open council meeting held a minute's silence in solidarity with the people of Ukraine and in memory of those who lost their lives in this war.





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# CCITB hands out rapid test kits for SMEs

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

The CCITB (Thérèse-De Blainville Chamber of Commerce) is participating in the initiative to distribute rapid test kits to small and medium-sized enterprises launched by the Federation of Quebec Chambers of Commerce (FCCQ). SMEs with less than 200 employees in the region who are interested must reserve their kit with the CCITB. The screening kits were provided by the governments of Quebec and Canada, and will be given to businesses free of charge. The objective of the program is to quickly identify infected people and thus reduce the risk of an outbreak.

## Procedure for businesses

Eligible SMEs can complete the online form to obtain their kits free of charge: <https://www.ccitb.ca/tests-rapides-covid-19/>. For the first phase of distribution, companies can obtain 2 tests per employee. Businesses with less than 200 employees in the following cities are eligible: Blainville, Boisbriand, Bois-des-Filion, Lorraine, Rosemère, Sainte-Anne-des-Plaines and Sainte-Thérèse. The kits can be picked up by appointment at the CCITB offices, in compliance with the health rules in force in Quebec. A representative of each SME will have to go on site for the collection.

Each person tested can then declare their result on the rapid test result declaration platform. If a screening yields a positive result for COVID-19, the employee must leave the workplace and follow the recommendations of Public Health. Companies with 200 or more employees will be able to continue to obtain supplies of rapid



tests directly from the Government of Quebec, as they already do at this time.

“With the deconfinement that is beginning, it is important to continue our preventive actions. The news is encouraging and other issues are on the planet right now. But let’s not forget that the virus is still circulating and that it is essential for the operations of businesses in the region to avoid outbreaks. The CCITB is proud to be able to equip its companies to better manage the return to face-to-face,” said Cynthia Kabis, General Manager of the CCITB.

“Rapid tests are one of the important tools that allow us to ensure the return of employees to the workplace in complete safety for them and their loved ones. We know how much employees look forward to meeting their colleagues in “face-to-face”, which will also help businesses in city centers to find their customers. As key partners of Quebec businesses, we are very proud to see the network of Quebec Chambers of Commerce mobilize to ensure the distribution of rapid test kits to SMEs in all regions of Quebec,” said Charles Milliard., President and CEO of the FCCQ.

# CISSS des Laurentides

## Closure of the Saint-Eustache vaccination site

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

The Centre intégré de santé et de services sociaux des Laurentides announced that as of March 14, the Saint-Eustache vaccination site, located at 454 Arthur-Sauvé Boulevard, will close its doors permanently.

Apart from the fact that the lease had expired, the marked decrease in the traffic because of the low demand of the residents at the vaccination sites and in the number of appointments made in recent weeks, motivated this decision by the CISSS des Laurentides to close.

People who already have an appointment scheduled at the Saint-Eustache site, after March 14, will be contacted personally to obtain a new appointment at the Blainville vaccination site.

According to the CISSS des Laurentides, it is important that residents remember that walk-in vaccination is still available at several other vaccination sites for all eligible people who wish to receive a dose of the COVID-19 vaccine.

Pop-up vaccination clinics are also available until the end of March in the territory. This represents an additional alternative to the means already in place to facilitate access to a 1st dose or to subsequent doses of the vaccine against COVID-19.

An interval of eight weeks or more is recommended between the 1st and 2nd dose. To get a

booster dose, an interval of three months or more is needed after the last dose.

For full details, visit [santelaurentides.gouv.qc.ca](http://santelaurentides.gouv.qc.ca).

The CISSS des Laurentides has more than 100 facilities and a large family of experts at the service of Laurentian residents. According to their mission statement, the patient is deeply anchored at the heart of their vision. The CISSS des Laurentides brings together hospitals, CLSCs, residential centres, protection and rehabilitation centers for young people with adjustment difficulties, rehabilitation centers for intellectual disabilities and autism spectrum disorders, physical disability rehabilitation centers and addiction rehabilitation centres.



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# OPINION & Editorial



## Playing Russian roulette with food security

*Government shouldn't compensate Canadian companies hurt by sanctions, including agri-food*

With war comes economic sanctions. Instead of sending troops to fight the old-fashioned way, wars are fought with money, and the invasion of Ukraine by Russia is no exception.

The United States, the United Kingdom, Australia, Japan, the European Union, Turkey and a few more have sanctioned Russia in one way or another.

Canada has targeted the banking system and barred Russian airlines from using its airspace. It has also cancelled all export permits and halted new ones, primarily affecting the aerospace industry.

Nobody knows for sure if these sanctions will work, but both the energy and food sectors have been spared so far by all sanctioning nations.

Sanctions are designed to affect President Vladimir Putin's regime, not Russia's people, recognizing that many Russians may not be supportive of the invasion of Ukraine.

Corporations are also potentially affected, as some Canadian companies in the food sector have invested in Russia over the years. American corporate giants Coca-Cola, McDonald's and Starbucks have now pulled out of Russia.

Canadian corporation McCain Foods – which was building a \$200-million plant in the Russian Tula region – opted to halt its construction for now. The company may decide to pull its project out in the coming days. But it's been reported that McCain is still conducting business in Russia.

Meanwhile, McCain has announced it will donate \$200,000 to relief efforts in Ukraine, making clear that it condemns Putin's actions.

On the other hand, Maple Leaf Foods doesn't have any operations in Russia and has given \$500,000 in relief funds to help Ukrainians. Good on them.

Convenience store giant Alimentation Couche-Tard also operates stores in Russia and could be affected by sanctions. The company just announced it was suspending operations in Russia. The company, which controls the Circle K chain, only has 38 stores and more than 320 employees in Russia. It was present in Russia by way of Norway's Statoil Fuel and Retail.

Some Canadians made calls for a boycott of Canada-based Mac's and Circle K stores operated by Alimentation Couche-Tard until the Quebec-based company made a clear decision to cease its operations in Russia.

That's likely why it did. The company also donated US\$1.5 million to the Red Cross in recent days.

Another major Canadian food player in Russia is Restaurant Brands International, the parent company of Tim Hortons. It also owns Burger King and the chain operates 800 stores in Russia. Other than a corporate statement registering concerns about the invasion, no clear decision has been made. Many people recently took to social media to ask the chain to stop conducting business in Russia.

Asking these companies to pull out and stop doing business with Russia is the easiest and most obvious thing to do. The atrocity of the invasion is simply inexcusable.

But we also need to keep in mind that these Canadian companies are very much part of the food security fabric for the Russian people. On the surface, closing convenience stores or fast food joints or not selling French fries could be seen as trivial. But any corporate decision to pull out or cease doing business in the country would compromise Russia's access to food, thus penalizing its people.

It's truly a delicate balancing act between reputational risks and food security. The stakes are different when compared with other economic sectors.

Last week, Prime Minister Justin Trudeau was vague and non-committal about whether his government would compensate Canadian companies hurt by sanctions imposed on Russia. Compensating companies conducting business abroad affected by wartime sanctions would set a very dangerous precedent.

The federal government should not compensate Canadian companies hurt by sanctions imposed on Russia, including companies in the agri-food sector. Geopolitical risks are always in the mix when investing abroad, and these companies, not the Canadian people, took on these risks when they opted to invest in Russia.

Moreover, many of these companies have insurance against such sanctions. And sanctions against Russia were actually started more than eight years ago when Russia invaded Crimea.

Canadian companies shouldn't be surprised by how things are unfolding, and Canadian taxpayers shouldn't be on the hook for their choices.

Dr. Sylvain Charlebois



#NewsMatters:

The National  
Assembly Report

By Raquel Fletcher

## "Anglophones need to stop being hostages of the Liberal Party": Éric Duhaime

*Quebec Conservative Party leader seeks common ground with English-speakers*

Éric Duhaime is categorical that Bill 96, the government's French language reform legislation, is fundamentally flawed. Applying the notwithstanding clause upfront so that the bill cannot even be challenged in the courts goes against the very spirit of the Charter of Rights, he says.

"Our concern is regarding human rights, basically," Duhaime says in an interview. "Even people who are very nationalist or sovereignist should be against this bill."

The leader of the Conservative Party of Quebec is hoping to find some common ground with the province's anglophones, the vast majority of whom also do not support the legislation. According to an online Angus Reid poll last October, 95 per cent of English-speaking Quebecers are somewhat or strongly opposed to Bill 96.

"I want the Conservative message to be heard among anglophones," Duhaime says. He is courting the protest vote. He sees his party as a credible alternative for federalist English-speaking voters looking to send a message of their discontentment with the current CAQ government, as well as those who may be disillusioned with past Liberal governments.

"I think Anglophones need to stop being hostages of the Liberal Party," he says.

## In second place among francophones

Duhaime's party is becoming increasingly popular. Recent polls put him second behind the Coalition

Avenir Quebec (CAQ) among French-speaking voters, even if the gap between the two parties is still in the double digits.

Since taking over as leader in April 2021, he's increased the membership of his party ten-fold from 500 members to almost 50,000. He has established riding associations in 105 of 125 constituencies according to a recent report by Radio-Canada.

For now, his support appears to be concentrated in the Quebec City region, where Duhaime is most well-known, due to his long career as a host on trash radio. However, Duhaime is confident he can also make inroads with the anglophone community, largely represented on the island of Montreal.

## A similar message

His message is similar to what the CAQ tried to convey in the 2018 election. In a memorable speech during a party convention, leader François Legault said: "If you wish for Quebec to flourish within Canada, if you have had enough of being stuck with the Liberal Party that is worn out, if you're tired of being taken for granted, you now have an option. Join us."

It didn't resonate. The CAQ was elected with an overwhelming majority but received very little support from Quebec anglophones. English speakers fed up with the Liberals were more likely to stay home on election night than cast a vote for

the CAQ. So why would Anglophones vote for the Conservative Party this time around?

"We're not a spin-off of the PQ," Duhaime replies, referring to Legault's past as a Parti Québécois cabinet minister.

Asked if he thinks anglophones will respond to his anti-health measure message, the Conservative leader credits much of his newfound support to Quebecer's frustration over health measures, particularly during this last COVID-19 wave. Duhaime supported the trucker convoy and other protestors in Ottawa and Quebec City and says the Legault government went too far with health measures, which he has qualified as excessive or even "abusive."

He has been particularly critical of shutdowns, curfews and masks for kids in the classroom. The province should have "protected the most vulnerable," namely seniors, without preventing everyone else from living their lives, he says.

"You have to take into consideration the population as a whole... everything was focused on COVID," he explains. "We imposed measures on youth that have never been imposed on them. What will the long-term effect be on them?"

Duhaime denies that his position is radical. "I just believe in freedom of choice."

Will Quebecers see his party as a credible choice in the upcoming fall election? It's definitely a long shot, but I wouldn't count him out.



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# City of Blainville

## Amendments to the Residential Swimming Pool Safety Regulations

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

The Residential Swimming Pool Safety Regulation is a provincial regulation adopted in July 2010, with which all municipalities must comply. It essentially aims to control the access of young children to residential swimming pools by simple measures such as the installation of an enclosure equipped with a safety door. Following investigations into drownings that have occurred in recent years, several coroners have recommended that the Regulation be amended to regulate all residential swimming pools.

Thus, since July 1, 2021, the Regulation has been improved to increase the safety of facilities around residential swimming pools and reduce the risk of diving accidents.

### Fields of application of the Regulation

The Regulation applies to any outdoor artificial pool, permanent or temporary, intended for swimming, whose water depth is 0.6 m or more, such as: ground swimming pool, semi-ground, removable swimming pool (inflatable or other) and hot tub or hot tub (spa) whose water capacity exceeds 2,000 liters. The regulatory provisions also apply to any construction giving or preventing access to a swimming pool, appliances or equipment related to its operation as well as the diving boards.

### To whom does this Regulation apply?

The Regulation applies to all swimming pools, regardless of their installation date as well as swimming pools installed after November 1, 2010

The Regulation respecting the safety of residential swimming pools has been applied since July 1, 2010. Swimming pools installed between November 1, 2010 and June 30, 2021 were already subject to the regulation. The owner must ensure that the installation of the swimming pool complies with the permit issued. Any new swimming pool must comply with the new applicable regulations.

### Swimming pools installed before November 1, 2010

Swimming pools existing before November 1, 2010 benefited until now from an acquired right. The owners of these pools therefore had no obligation to ensure compliance with the Regulation. However, the Regulation now requires all pool owners to take the necessary steps to comply with the Regulation by July 1, 2023.



### What must owners of existing pools do?

Owners must ensure that their facilities comply with applicable standards. A self-assessment form and information on the standards in force are available at blainville.ca/reglement-piscine. A permit, at a cost of \$100, is

required to carry out construction, installation, expansion, replacement or modification work on a swimming pool or spa that is subject to the provisions of the By-law, any construction giving or preventing access and the installation or replacement of a diving board.

A permit, at a cost of \$50, is required for the performance of work aimed solely at the construction, installation, expansion, modifi-

cation or replacement of construction giving or preventing access to a swimming pool as well as for the installation or replacement of a diving board.

Pools installed before November 1, 2010 must be brought up to standard no later than July 1, 2023.

## The Office d'habitation Thérèse-De Blainville is looking for housing

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

The Office d'habitation (OH) Thérèse-De Blainville launched an appeal to owners of housing located in multiple North Shore cities specifically Blainville, Boisbriand, Bois-des-Filion, Rosemère, Sainte-Anne-des-Plaines or Sainte-Thérèse to form a partnership under the Rent Supplement program.

This program allows low-income households to live in housing in the private sector or belonging to housing cooperatives, and to make possible for them to pay a rent corresponding to 25% of their income. The subsidy offered to the landlord will therefore be able to cover the difference between the rent agreed with the latter and the part payable by the tenant.

The advantages of offering housing to the OH Thérèse-De Blainville are numerous:

Firstly, the allocation of the housing selected by the OH liberates the owner of the worry related to the marketing of a vacant housing. Also renting accommodation through OH can help stabilize a building's clientele and finally,



the OH pays the landlord directly the difference between the lease rent and the tenant's portion.

"In Sainte-Thérèse, several households are currently on waiting lists for subsidized housing. Collaborating with building owners is therefore a very interesting solution for providing affordable housing. Particularly, in the current context, it is a great way to promote mutual assistance between citizens,"

said the mayor of Sainte-Thérèse, Mr. Christian Charron.

To offer housing, or for any questions, contact OH Thérèse-De Blainville by phone at 450 434-1149 or by email at info@ohtdb.ca.

The Office d'habitation (OH) Thérèse-De Blainville is a municipal organization that offers management and administration of housing and housing programs, low-rent housing (HLM), the rent supplement program (PSL), the Accès Logis program as well as referrals.

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# Montreal Jewish community appeals for help to assist Jews in Ukraine

War-ravaged nation's Jewish community is the fifth largest in the world



MARTIN C. BARRY  
marty@newsfirst.ca

Federation CJA, the Montreal Jewish community's central fundraising agency, has launched an urgent appeal in conjunction with Jewish Federations of North America and its global network to amass \$20 million in relief funding for Jews in war-torn Ukraine.

"We are an integral part of a worldwide campaign to provide humanitarian assistance to alleviate suffering and safeguard Ukraine's Jewish community, as well as Jews in neighbouring countries," said Yair Szlak, CEO of Federation CJA.

"We are proud that over one thousand community members have already stepped up and donated close to five hundred thousand dollars in support of these efforts. But, so much more is needed on an urgent basis."

## Support urgently needed

"Thousands of Jews living in Ukraine are trapped in conflict zones," says the federation. "Thousands more are on the move – including many to be relocated to Israel and elsewhere." They say an unknown number will seek shelter in Montreal, Laval and across Canada. The organization says it is committed to supporting its partner agencies on the ground, in Israel and at home, to ensure the well-being of these Jewish refugees.

"The immediate support from the public is critical in helping to secure families who are trapped in Ukraine and those who are on the run," Szlak added. "The needs are urgent. By donating to the Ukraine Emergency Relief Fund, you will be helping during this incredibly difficult time. We hope for an immediate cessation to this horrific tragedy and pray for peace for the Ukrainian people."

## On the ground in Ukraine

As the crisis in Ukraine escalates, the federation notes that thousands have come under fire in areas across the country, while hundreds of thousands more have fled the fighting. "These people, and thousands more, require our immediate assistance," the federation said.

The federation says the emergency funding it will be channeling will focus on the following:

- Helping people make Aliyah (immigration) to Israel;
- Securing the local community and its institutions;
- Maintaining critical welfare services;
- Assisting internally displaced people in multiple locations;
- Securing temporary housing for people in transit;
- Purchasing satellite phones to maintain communications across the region;
- Securing five Jewish schools and training staff to manage crisis needs.

## Here at home

According to federation CJA, work is well underway to support those affected in Montreal as well, since others will soon arrive here. The federation says its social service partners, Agence Ometz and Cummings Centre, currently are:

- Keeping current clients with family in

Ukraine informed, connected and supported by providing psychosocial support and trauma-sensitive services in Ukrainian and Russian languages;

- Coordinating with local and national partner agencies across Canada to ensure preparedness;
- Gathering resources for newcomers: families who are ready to provide emergency shelter, employment offers, basic needs, and psychosocial support;
- And organizing post-arrival settlement and integration service responses.

The federation says its advocacy arm, the Centre for Israel and Jewish Affairs (CIJA), is working with various government agencies to ensure that Jewish refugees who wish to come to Montreal can do so.

## 200,000 Jews in Ukraine

It is estimated that during World War II and the German Nazi occupation of Ukraine, more than 1 million Jews were shot and killed by German paramilitary death squads and by local Ukrainian supporters in various regions of Ukraine.

According to a number of information and data sources available on the web, including the World Jewish Congress and the European Jewish Congress, the Jewish community in Ukraine is the third-largest Jewish community in Europe and the fifth-largest globally.

Writing in The New Yorker on Feb. 28, Montreal-born journalist Bernard Avishai noted that Ukraine is home to about 200,000 people who qualify, by Israel's definition of who is a Jew, for Israeli citizenship, and could therefore emigrate to Israel under the law of return.

## Ukraine's president is Jewish



While Ukraine's president, Volodymyr Zelensky, is himself a Jew and has pledged to keep fighting the Russians, Avishai maintains that Israeli leaders believe a significant number of other Ukrainian Jews would rather emigrate to Israel, rather than resist a continued Russian assault or occupation.

"We'll be happy to receive any Jew that wants to immigrate from Ukraine," he quotes an Israeli Foreign Ministry spokesperson as having told *Newsweek*.

Yet, presumably, Avishai continues, a mass evacuation wouldn't be possible if Israel incited Russian leader Vladimir Putin's anger, or provoked an outburst of Russian anti-Semitism. By Avishai's account, there are some 175,000 Jews still living in Russia.

# Fire Protection at its Best:

Near-perfect Score for Deux-Montagnes/Sainte-Marthe-sur-le-Lac Intermunicipal Fire Department

The Deux-Montagnes/Sainte-Marthe-sur-le-Lac Intermunicipal Fire Department received a near-perfect rating in a Fire Underwriters Survey™ (FUS) after re-evaluating the fire protection and insurance ratings for the jurisdictions. And that's excellent news for those living in Deux-Montagnes and Sainte-Marthe-sur-le-Lac since the conclusive results of the survey could also translate into lower insurance premiums for them.

The re-evaluation of the fire insurance ratings for Deux-Montagnes and Sainte-Marthe-sur-le-Lac was carried out at the request of the Inter-Municipal Fire Department in light of significant investments made in modernizing its operations: new organizational structure of full-time firefighters, construction of new fire station, and purchase of new pumper truck.

## Fire protection rating for homes

The FUS fire protection rating indicates the capacity of communities for fighting fires. The rating for residential buildings is on a scale of 1 to 5, with 1 being the best possible.

In terms of protecting residential buildings, the Deux-Montagnes/Sainte-Marthe-sur-le-Lac

Intermunicipal Fire Department was given a perfect score, up from a 3A and 3B rating to a 1.

## Fire protection rating for businesses

In terms of protecting businesses, the rating is from 1 to 10, with 1 being the best possible. The rating for the Intermunicipal Fire Department went up from a 5 and 9 rating to a 3 and 4.

## About the Fire Underwriters Survey

FUS is the only recognized firm in the property and casualty insurance industry for the evaluation and rating of public fire protection and has been for nearly 140 years. FUS ratings and the relevant data they generate are used by insurance actuaries for risk pricing and statistical purposes. Insurance premiums in well-protected communities reflect this and are generally lower. Other factors may also influence residential insurance premiums.

When renewing their insurance policies, owners and tenants alike are well advised to inform their insurance company of their municipality's improved fire protection rating.

City	2022 Rating		Points out of 5000	Previous Rating	
	Homes	Businesses		Homes	Businesses
Deux-Montagnes	1	3	72.65 %	3A	5
Sainte-Marthe-sur-le-Lac	1	4	70.84 %	3B	9

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# DIRECT? ANSWERS

From Wayne & Tamara

## Unwelcome Advice

**Q** I have a single friend and coworker whose recent actions have left my head spinning. I wonder what in the world she is thinking. I want her to reconsider her actions, but first I want your opinion on whether I am being too critical.

This coworker considers herself a Christian and attends church regularly. Her best friend in church is married with two small children. The married friend's marriage was not doing well, and they ultimately filed for divorce.

At first my friend and coworker ran to the side of her church friend, and proclaimed she would support her every step of the way. Three weeks later, she was dating the church friend's husband. She went to an Easter egg hunt with the husband and children as if she is the wife.

With the divorce still nowhere near finalized, my coworker is planning to move in with the husband. She is planning a wedding to take place immediately after the divorce becomes final.

I want her to slow down and think how bad this

looks. Can you give me something more tactful to say than, "If you pick up someone's garbage off the roadside, what do you have? Someone's garbage!"  
Dana

**A** Dana, if you want a really thankless job, try talking your friend out of what she is doing. She can't hear you. She is deafened by the sound of her own wedding bells. How quickly she is proceeding and how this looks aren't registering on her radar screen.

If you disagree with what she is doing, and feel you can't socialize with her, then don't. That will preserve your integrity and openly announce your disapproval.

If you try to intercede, you will be placing yourself between your coworker and what she wants intensely, like a mother between her child and a huge bag of Halloween candy..

Wayne & Tamara

## You're So Vain

**Q** Three years ago I met a guy online. We were great friends, had a great time, and got involved the best we could over the net. When the time came, we said our good-byes. We both knew the distance was a bit too much, so we left it at that.

A few months later I went to a reunion in his hometown and called him. He had just remarried. Wow, talk about a big shock! I guess they were both in need of something. Anyway, I wished him luck and went on my way.

Last month I ran into him again. Despite his best efforts to hold the marriage together, he is divorcing for the second time. When I met him, he was going through his first divorce and hurting a lot. I felt his pain because I was in the middle of a divorce myself.

When we ran into each other, it was as if no time had gone by. His pain was so strong I wanted to rescue him. He is a wonderful man but direct and very bold. He says, "This is me and this is what you get." I am very sensitive and not sure I want that. I love him for being real, yet I hurt when he is not considerate of my feelings.

When I bring things up with him, he turns it

into a boxing match, like he alone has the true answers and like he is much smarter than me. Still I am falling in love with the good part of him. It is hard to settle for anything but the best, yet I find myself attracted to his attention. I know I am deeply in need of love. Can you shed some light on this?.

Lydia

**A** Lydia, don't go grocery shopping when you are hungry. You will buy too much of what you don't need. In the same way, when you feel especially in need of love, it is easy to make excuses to get that love.

A line in a poem by T.S. Eliot says, "Humility is endless." It's hard to see things just as they are. When we are full of ourselves, we live in a delusional world, out of touch with others and unable to react to people as they are.

Your friend sees things only as they apply to him. He thinks he has all the answers. The quality you describe is not intelligence, but arrogance. There are three people in this relationship--you, him, and his ego--and threesomes never work.

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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# Spring forward, an opportunity to check your smoke alarm



The city of Saint-Eustache reminded its citizens that apart from the fact the residents had to advance their clocks by an hour, to also take advantage of the time change to change the batteries and check that the smoke and carbon monoxide alarms in everyone's buildings are working properly. It is important to keep these devices designed to alert people and allow them to quickly evacuate in case of danger to be kept in good condition.

The City of Saint-Eustache has some very important recommendations for everyone's safety:

Install a smoke alarm near the bedrooms and on each floor of the house, including the basement. If a resident has an attached garage or a wood, gas, oil or propane fueled appliance, it is recommended to install a carbon monoxide alarm outside the bedrooms.

Citizens should replace appliances over 10 years old, whether electric or battery operated. To clean battery-powered devices, lightly

vacuum the inside and outside of the case. If the devices are photoelectric, it is important not to open them and only clean the outside. If the devices are connected to a remote monitoring center, notify the supplier before carrying out maintenance and verification.

Test the alarms by pressing the test button for a few seconds so that the signal is heard:

- Does it emit a signal immediately? It is in good condition.
- It emits an intermittent signal? The battery is too low, so it has to be replaced.
- It's not sending a signal? Check if it had a battery and test it again. If it still does not work, the device has to be replaced. The purchase of an alarm powered by a long-lasting battery (ex.: lithium battery) is preferable.

For more information, visit the website: [saint-eustache.ca](http://saint-eustache.ca), Fire Safety and Civil Security section, or contact the Fire Safety Department at 450 974-5000.

## THE SAVVY GARDENER

### When to sow and plant melons

Melons come in a range of sizes, flavours, colours and textures and can be grown successfully in a variety of locations. However, it's important to know when to sow them to produce good yields.

#### SOWING

Melon seeds should be sown indoors. To do so, fill several small pots with well-draining soil

and a pinch of mycorrhizae. Plant two seeds in each pot and place them in a south-facing window or under a grow light. You can use a heat mat for quicker germination. If both seeds germinate, cut off the weaker stem once it has three leaves.

#### PLANTING

Choose a sunny spot that's sheltered from the wind and has rich, well-draining soil. About a month before planting your starters, lay black plastic mulch over the area to warm the earth. After, plant them outdoors and surround them with landscaping fabric to protect them from the cool night air until the weather warms up.



To find out which melon varieties are easiest to grow in your area, visit your local garden centre.





# HOROSCOPE

Week of **MARCH 20 TO 26, 2022**

The luckiest signs this week:  
**ARIES, AQUARIUS AND PISCES**



## ARIES

You'll decide to make a big change in your life on a whim. You may go back to school or change your career path to follow your dreams.



## TAURUS

The heart has its reasons, which reason knows not. In other words, your heart knows better than your head. Sometimes you must step out of your comfort zone to move in the right direction.



## GEMINI

In your professional and personal life, you must be willing to negotiate. You must compromise to improve your relationships.



## CANCER

Confusion or conflict will inspire you to start a new career. Take the time to weigh the pros and cons, and talk to your loved ones before deciding.



## LEO

You'll be admired by many, which could change your life. You'll be recognized for your achievements, which will boost your self-esteem and confidence.



## VIRGO

You may decide to move soon. Maybe it's time to sell the family home now that your children have left the nest. Don't be afraid of changes in your love life.



## LIBRA

You'll be outspoken and express what others are only thinking. You'll be told a secret that keeps you guessing for a long time.



## SCORPIO

You'll be offered an interesting solution to improve your financial situation. You'll finally have the freedom to redecorate your home or invest in a project you're passionate about.



## SAGITTARIUS

You've got a lot going on this week. You may have to tell people how you really feel. Even if you usually avoid conflict, you may need to be confrontational to set things right.



## CAPRICORN

Your mind is in overdrive. This allows you to deepen your spirituality. You'll start to see things from a more enlightened perspective and have greater empathy for others.



## AQUARIUS

You'll be inspired by a social media post. A friend will help you become the person you've always wanted to be and show you how to become happier.



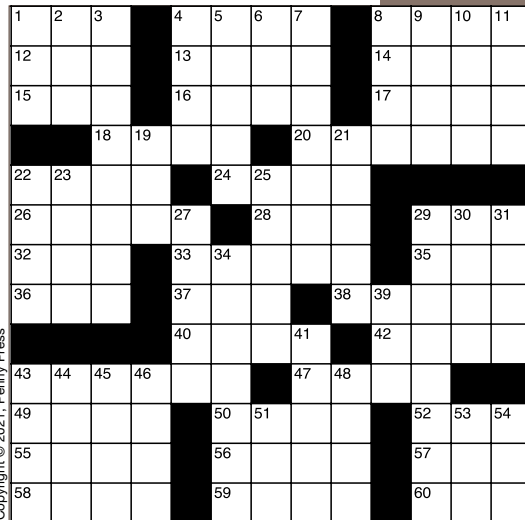
## PISCES

You're busy this week. Make sure you space out your appointments to avoid feeling pressured. Time is precious.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 117



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## ACROSS

1. Wooden nail
4. Palo \_\_\_\_ California
8. Is mistaken
12. The whole amount
13. Dog's bark
14. Bucket
15. Glide over snow
16. Housetop
17. Land amid water
18. Dolls and yo-yos, e.g.
20. Yearned
22. Be overly fond
24. Imprint firmly
26. Met musical
28. Female pronoun
29. Cooling device
32. Fuel guzzler
33. Beast of burden
35. Work by Shelley
36. Stallone's moniker
37. Smallest bill
38. City divisions
40. Great Barrier \_\_\_\_
42. Take a breather
43. Fiesta decor
47. Foot part
49. Stink
50. Galloped
52. Sailor's response
55. Bard
56. Tall, woody plant
57. Negative prefix
58. Room extensions
59. Contained
60. Flop

## DOWN

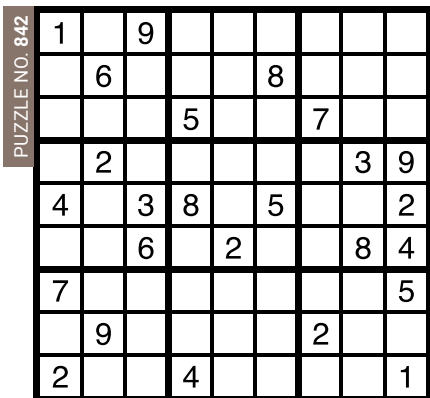
1. Mas' mates
2. Lodge member
3. Sparkling
4. Cockeyed
5. At liberty
6. Moreover
7. Policeman
8. Saga
9. Poison-ivy result
10. Annoy
11. Husky's load
19. Above, in verse
21. Toss
22. Physicians, shortly
23. Milky jewel
25. Strikeout number
27. Cancel a space launch
29. Tennis stroke
30. Finds a total
31. Eagle's dwelling
34. Dig up
39. Part of a circle
41. Cuban Castro
43. Catholic leader
44. Worshipped object
45. Christmas
46. Music and literature, e.g.
48. Shortcoming
51. Mine rock
53. "\_\_\_\_ Are My Sunshine"
54. Discontinue

# Sudoku

## HOW TO PLAY:

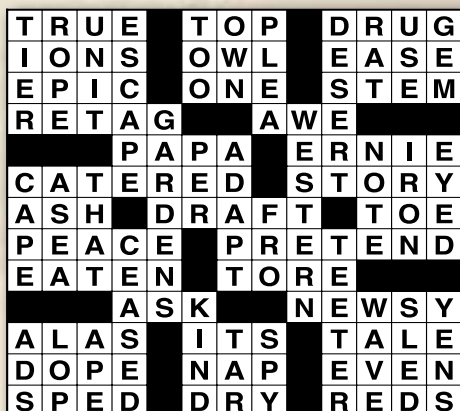
Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

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.**

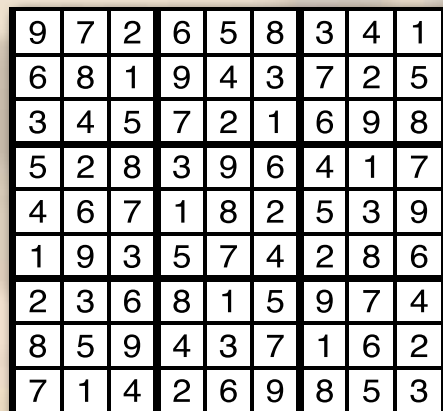


## Last Issues' Answers

## CROSSWORDS



## Sudoku



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