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Vol. 18-11

March 25, 2022

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Eric Girard's 2022 BUDGET

“Over the past two years, Quebecers have shown remarkable perseverance and adaptability that have helped our economy to return to its pre-pandemic level more quickly than elsewhere in Canada.

The strong global economic recovery and the invasion of Ukraine by Russia have sparked a substantial increase in the cost of living. This is why your government is acting now by providing direct assistance to more than 6.4 million Quebecers.

In addition, thanks to the sound management of public finances, which it has made a priority, the government can now invest in restoring the health care system and adapting it to the new post-pandemic reality.

Budget 2022-2023 also meets the challenges awaiting Québec over the next few years by investing in the government’s other missions such as education, the economy, the environment, culture and support for communities.”

Minister of Finance
 Eric Girard



IMPORTANT MESSAGE TO ALL

Please note that
THE NORTH SHORE NEWS
 will be published, every two weeks.
 Our next edition will be distributed on
Friday April 8th, 2022.
 The management

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Isabelle Giguère saves a young life

School police officer applies the Heimlich maneuver on a choking student



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

On Wednesday, February 23, around 11:35 a.m., RIPTB school police officer Isabelle Giguère was monitoring the situation in the cafeteria of Polyvalente Sainte-Thérèse at the start of lunch hour. More than 1500 students were seated at the time, when a young Secondary 2 student stood up and looked at the policewoman who was nearby, panicked, holding his neck with his hands, he tried to cough, but the air was not passing through. He was literally suffocating.

“That’s when I quickly realized that I had to start the proper ant-choking maneuvers, his life was in danger”, explains Isabelle Giguère. “I immediately started the Heimlich maneuver which consists of abdominal compressions”. This quick emergency first aid procedure is

used to treat choking due to obstruction of the upper airway by a foreign body, usually food or a toy. “I did about 10 quick compressions and finally the food came down to let the air out, I helped him sit back down, we hugged, and I made sure he was ok. At the time you don’t realize what is happening, it was only after the youngster and the parents contacted me to thank me, being very grateful to have saved the life of their 14-year-old son that I realized.” said Giguère

Isabelle Giguère has been a police officer for more than 25 years, throughout her career, this is the third time that she has helped save a life. A school police officer for 15 years, this is the first time she has had to react so quickly.

The staff of the RIPTB highlighted with great gratitude the excellence of the work accomplished by officer Isabelle Giguère. According to their statement, the role of police work goes far beyond the application of laws and regulations. They consider themselves community partners.

Mayor’s dinner of Sainte-Thérèse

Christian Charron addresses businesspeople in the Sainte-Thérèse region

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

It is on the occasion of the Mayor’s dinner, organized on March 17 by the Groupement des Entreprises de Sainte-Thérèse (GEST) of the Thérèse-De Blainville Chamber of Commerce and Industry (CCITB), where business people

and municipal stakeholders from Sainte-Thérèse met to discuss.

The Mayor of Sainte-Thérèse, Mr. Christian Charron, took the opportunity to introduce himself and address the business community for the first time since his election last fall. Accompanied by the director of the Urban Planning and Sustainable Development Department, Mr. Emmanuel Farmer, he also presented promising and inspiring projects for Sainte-Thérèse.

“I’m taking advantage of this meeting to highlight the dynamism and involvement of the merchants established here. We know that the past two years have had their share of challenges, but the City of Sainte-Thérèse continues to implement projects that promote the growth of our city. It is by continuing to combine our efforts that we will breathe even more vitality into commercial life and the quality of life of the entire population,” said Mr. Charron.

The entrepreneurs were delighted to learn more about upcoming projects, especially those that will help revitalize and beautify the Village of Sainte-Thérèse.

For her part, Mrs. Marie-Chantale Desjardins, President of the GEST, highlighted the remarkable work of the members of the various GEST committees, as well as the lasting collaboration with the City of Sainte-Thérèse. “I am delighted to see all these stakeholders working towards a common goal, namely, to energize the city, to make it inviting for citizens and entrepreneurs, as well as to propel the success of businesses in Sainte-Thérèse!”, she said.

In addition to the financial support of the City of Sainte-Thérèse, the GEST counted on the support of their three annual partners: La Petite Clinique, Prohibition Beer Bar and Vocalys, as well as on the voluntary participation of more than twenty entrepreneurs who sat on various working committees.



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\$500 cheques for a majority of Quebecers

Provincial government tables annual budget with provisions to address inflation



MATIAS BRUNET-KIRK
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The Legault government tabled its annual budget on Tuesday, promising several measures that would directly affect citizens, including measures to alleviate the effects of inflation.

Among several budgetary decisions, the provincial government said it would send a one-time payment of \$500 to every Quebecer making a salary of less than \$100,000 to help people deal with the soaring cost of living.

"We do have measures to help people with the cost-of-living increase," said finance minister Eric Girard about the move. Approximately 6.4 million Quebecers will benefit from this financial aid and will represent a government expenditure of approximately \$3.2 billion.

The budget also includes several other important provisions, including a 6.3 per cent increase in spending on health care and social, budgeted at \$54 billion, and a 5.4 per cent increase in spending on the school system earmarked at \$19 billion. Another \$347 million would go to affordable and social housing.

Reaction from citizens

While the government said the payment was necessary to help Quebecers, many are critical of what seems like electoral tactics to shore up votes for the upcoming election.

"Conservative politics is all about one-time payments and 'putting dollars in people's pockets,'" said Leila Wilson. "\$500 in my pocket is nice, who's going to say no to that," she said, but added it's "a buy-out and does not replace better social policies so people don't suffer from food, housing or money insecurities."

Many other residents also felt this way, saying they will happily accept the \$500 cheque, but wanted to see more done to address underlying issues.

"Pooling that same amount of money together could pay for practical updates to schools, health care, infrastructure, housing or any of the other provincial responsibilities," said Rachel

Stugart. "A one-time payment of \$500 doesn't provide anyone with stability," she added.

Reaction from the Opposition

These viewpoints were also echoed by many opposition parties. Québec Solidaire MNA and housing critic Andrés Fontecilla also voiced his disapproval of the provision.

"This measure is electoral and unfair," said Fontecilla, explaining the salary threshold for eligibility was far too high.

"Rather than sending a \$500 cheque to people who earn \$99,000 a year and who don't need it, Québec Solidaire called for targeted measures such as increasing the solidarity tax credit, to help people with lower incomes cope with the rising cost of living," he added.

"This \$500 cheque, although a short-term breath of fresh air for low-income households is not a structural measure to deal with inflation and the cost of living crisis," continued the MNA, adding that financing social housing, raising the minimum wage and creating new daycares would do more in the fight against poverty.

Provisions for social housing

The budget also earmarks an additional \$247 million to complete the construction of 3,500 affordable housing units across the province. Another \$100 million will be invested to build 1000 new housing units through the Quebec Affordable Housing Program by 2026-2027.

"It's a long way from meeting the urgent needs and repeated requests for housing from the community and the municipal sector," said housing group *Front d'action populaire en réaménagement urbain* (FRAPRU) in a press release.

As housing critic for QS, Andrés Fontecilla seconded this viewpoint. "This budget does not provide for any new social housing units. It is excessively contemptuous to Quebec renters who have been suffering from the housing crisis for several years now," he said.

"The budget also provides for 1,000 affordable housing units across Quebec, while municipalities were asking for at least 13,400," added Fontecilla. "It's a drop of water in an ocean of needs."



On Tuesday March 22, Quebec Finance Minister Eric Girard tabled the provincial budget for fiscal year 2022-2023.

"Prudent financial framework"

The government nonetheless prided itself in their latest budget adding these were not electoral tactics. Finance Minister Girard added that the budget was working to rebalance the structural deficit.

"I am at the service of Quebecers," he said. "I think people will be pleasantly surprised that we are prudent, that we're dealing with the immediate needs. We're also funding the principal missions of the state: health care, education, the economy, the environment," he continued.

"We're providing for the long term. We're thinking beyond the election. Concerning fighting cost-of-living increases, I think the need is immediate," he added, rebuffing accusations of electoral politics.

The Finance Minister also added he hoped this "prudent financial framework" could contribute to rebalancing the structural budget by fiscal year 2027-2028. "It is possible we reach a balanced situation a year or two before, but we have a high degree of uncertainty," he added, pointing to the pandemic and the ongoing war in Ukraine.

Budget 2022-2023 provides additional investments totalling more than \$22B over the next five years for:



Coping with the rising cost of living

\$3.8B



Restoring the health care system

\$8.9B



Stimulating economic growth

\$4.2B



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Layout: MEDIA TREK

Distribution: DIFFUMAG

Printing: TC. TRANSCONTINENTAL

Project funded in part by
Canada

Member of
Quebec Community Newspapers Association &
Canadian Community Newspapers Association



National Representation:

RÉSEAU SÉLECT

TEL.: 1-800-361-7262 ext 241056

ISSN number : 1923-0648

Annual subscription : \$97³⁸ tax incl. • Per copy : \$1

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OPINION & Editorial



THAT'S WHAT I'M THINKING

Robert Vairo



Sanctions needed on Russian-owned Canadian real estate

There are more severe forms of sanctions that could be imposed on Vladimir Putin and his influential billionaire buddies.

The punishment imposed by the US and the rest of the west against some Russians certainly squeezes important people, but as The Guardian points out, sanctions would be more effective by also striking Russia's much thicker layer of multi-millionaires, said to number over 20 thousand. They include those with upwards of 10 million dollars in assets, most of which are in real estate and other holdings in Canada and the United States. They consist of the "social layer of multimillionaires upon which the regime relies." There is even advertising in Russian publications "Canada is the best place to invest to form a shell company" - Financial Post. These rich Russians love Canada, a country that almost welcomes laundered money. And tax dodgers, "including Russian oligarchs linked to Vladimir Putin, know Canada is weak on financial crime." A French blogger suggests "a centralised register" of owners of foreign assets,

as was proposed in Canada to track Chinese who hide their cash in Canada. Seizing those Russian owned hotels, office and apartment buildings in Laval, Montreal, Toronto and Vancouver, would place a lot more immediate pressure on Putin.

It was embarrassing to hear our Prime Minister tell the foreign press that even though Canada is rich in natural resources and produces the cleanest and most environment-friendly oil and gas in the world, sorry, we can't help Europe, much less Ukraine in this time of need. But some day we may be able to export hydrogen. Really? Next door there is an American president who is led by the far-left green movement, I dare say socialist group, headed by Senator Bernie Sanders. It defies logic, especially at this time, to see Hollywood types continue their vicious attacks on Canadian natural resources. They are the same gang of hypocritical activists, the likes of Scarlett Johansson, Leonardo DiCaprio, Robert Downey Jr., Jane Fonda. This time they have petitioned RBC to stop "supporting and funding genocide." How can these good actors

but apparently not so intelligent people, not understand the definition of the word genocide? Especially at a time when Russia is waging a true genocide of Ukrainians. Do they not recognize that this monster Putin is waging war on Ukrainians, while at the same time holding European countries hostage by supplying, when he wants, pipelines of oil and natural gas? Why not try to shut down their massive American coal industry, the third largest polluter in the world? It is much greater a threat than Canada, that has the most environment conscious energy industry on the globe, with a near complete phase out of coal. In fact, the US is the third largest polluter by maintaining its billowing coal mine smoke stacks. China leads the pack, producing 60% of its energy powered by coal, and India is a close second. Canada produces a mere 1.6% of all carbon gases in the world, and that includes our Oil Sands industry. What environmental benefit is there to keep our resources in the ground and no longer build the infrastructure to get them out of our land-locked quagmire? Particularly when other nations continue to pollute our earth with indiscriminate mining and production of oil and gas? We have allowed these enviro activists to fail our allies, and fail Canadians.

The latest trip to Europe by the PM and the 'Canadian delegation' included a group of ministers and their aides, jets, and photographers. It did not amount to much other than photo ops and small talk with some European leaders. There was a \$50 million dollar donation to the Ukrainian cause, but as former defence Minister Peter Mackay pointed out recently, there are tons of armaments collecting dust in storage. These were purchased by the previous government for the war in Afghanistan, and could be most useful to Ukrainian forces at this time. More virtuous posturing by our PM who was accused of being the master of not answering questions by the foreign press with examples like "We are taking the matter very seriously and we will continue to take the matter seriously." Isn't it time we have an adult leading this country?

Notes

20 thousand volunteers have gone to the Ukraine to help fight the Russian butchers, such as this Canadian soldier from the Royal Canadian 22nd Regiment, one of the most feared marksmen in the world. "It's like a fire-fighter that hears the alarm". The sniper goes by the name of "Wali." The 40-year-old left his wife and baby son (Canadian location undisclosed) packed his bags and went to Ukraine. He served in Afghanistan where he earned his reputation with killer shots, taking out Taliban more than two miles away. Go get 'em "Wali" and please take care.

Canadians have left to help the homeless of war and the injured, including this Prince George BC nurse, 45-year-old Christy Woods a former firearms officer. Signing the waiver that read "you may be injured or killed," she wrote, "put me where you need me."

God bless you Christy.

That's What I'm Thinking
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#NewsMatters:

The National
Assembly Report

By Raquel Fletcher

Opposition parties cry foul over government's plan to maintain discretionary powers over health care during election period

When MNAs returned to the National Assembly last week after a two-week recess, the mood was much different than it was after the return to work after the Christmas holidays. For the first time in two years, all 125 elected officials were able to sit together in the Blue Room. Businesses are once again open, the vaccine passport is no longer required, mask mandates will soon be lifted and spring is in the air. It almost feels like a return to normal... almost.

COVID-19 cases, deaths and hospitalizations have fallen nationally, but countries in Europe and Asia have seen an uptick since the beginning of the month. The World Health Organization has reported an 8 per cent increase in case numbers globally.

Health Minister Christian Dubé explained the uptick in cases overseas is why he has tabled a bill to lift the public health state of emergency but maintain some discretionary powers until the end of the year.

"We need to be ready because the virus is still there," he told reporters.

Exceptional powers

The government has renewed the state of emergency more than 100 times since it was first declared under the province's Public Health Act in March 2020. It gives Quebec exceptional powers, notably the ability to sign contracts without the requirement that they first go to tender.

Opposition parties, which have been calling for an end to "governing by decree" for months,

say the new bill is just the government's way of trying to maintain special powers.

The health minister "can basically decide anything he wants, especially during an election period. So that is definitely a benefit to the CAQ, not a benefit to Quebecers," said Liberal Leader Dominique Anglade.

Dubé staunchly refuted this claim and said he will offer a technical briefing to the opposition parties because, he maintained they do not understand the bill. To reporters, he explained discretionary powers are needed to allow the government to act quickly in the event of a potential sixth wave this fall.

Mass vaccination site

As an example, he said Montreal's convention centre, the Palais des congrès, is rented until September for use as a mass vaccination site. "We don't want to end up with no Palais des congrès in the middle of (another wave) of the pandemic, or in the middle of a vaccination period."

He explained that if the new bill is passed, the government would have the right to extend the rental agreement, but only until the end of the year.

During question period, Premier François Legault explained that the new bill greatly reduces the government's ability to enact emergency health measures. "Under the health emergency order, the government had the right to put in place a vaccine passport. With the bill that has just been tabled, we can no longer do that. Same thing for curfews. Same thing for school closures. Same thing for all the measures, except one. One remains in place and that's masks in public transportation."

Despite the tension between the government and the opposition parties, Dubé continues to seek their collaboration, not just on this bill, but on his upcoming and highly anticipated proposal to "rebuild" the health care system. It has not yet been tabled.

It's an ambitious venture as only 10 weeks remain in the spring session before parties embark on the campaign trail. Chances are high the plan to overhaul health care will become a major item in the fall election.

Ottawa says pre-arrival Covid testing for travellers to end on April 1

Feds to consider further easing of measures, says Health Minister Duclos



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Starting on April 1, the federal government will be eliminating pre-arrival testing for COVID-19 for fully-vaccinated travellers on the last day before their vacations end.

The change in regulations was announced in Ottawa last week by Health Minister Jean-Yves Duclos, with input from Minister of Transport Omar Alghabra and Minister of Tourism Randy Boissonnault.

Rules enforced until then



Photo: Federal Health Minister Jean-Yves Duclos has announced that on April 1 Ottawa is eliminating pre-arrival testing for COVID-19 for fully-vaccinated travellers on the last day before their vacations end.

According to a statement issued on March 17 by the Ministry of Health, effective April 1 at 12:01 am, fully vaccinated travellers will no longer need to provide a pre-entry COVID-19 test result to enter Canada by air, land or water.

However, fully vaccinated travellers seeking to arrive in Canada before April 1 must still have a valid pre-entry test. It should also be noted that travellers arriving to Canada from any country, who qualify as fully vaccinated, may need to take a COVID-19 molecular test on arrival if selected for mandatory random testing.

No change for unvaccinated

Travellers selected for mandatory random testing are not required to quarantine while awaiting their test result. For partially or unvaccinated travelers who are currently allowed to travel to Canada, pre-entry testing requirements are not changing.

“Adjustments to Canada’s border measures are made possible by a number of factors, including Canada’s high vaccination rate, the increasing availability and use of rapid tests to detect infection, decreasing hospitalizations and growing domestic availability of treatments for COVID-19,” Duclos said during a

webcast.

“As vaccination levels and healthcare system capacity improve, we will continue to consider further easing of measures at the borders—and when to adjust those measures—to keep the people in Canada safe,” he added.

Test still required for some

Unless otherwise exempt, all travellers five years of age or older who do not qualify as fully vaccinated must continue to provide proof of an accepted type of pre-entry COVID-19 test result in accordance with the following criteria:

- A valid, negative antigen test, administered or observed by an accredited lab or testing provider, taken outside of Canada no more than one day before their initially scheduled flight departure time or their arrival at the land border or marine port of entry; or
- A valid negative molecular test taken no more than 72 hours before their initially scheduled flight departure time or their arrival at the land border or marine port of entry; or
- A previous positive molecular test taken at least 10 calendar days and no more than 180 calendar days before their initially scheduled flight departure time or their arrival at the land border or marine port of entry. The government pointed out that positive antigen test results will not be accepted.

Cautious and calibrated

All travellers continue to be required to submit their mandatory information in ArriveCAN (the free mobile app or through the website) before their arrival in Canada. Regardless of their vaccination status, travellers who arrive without completing their ArriveCAN submission may have to test on arrival and quarantine for 14 days. Travellers taking a cruise or a plane must submit their information in ArriveCAN within 72 hours before boarding.

“Decreasing COVID-19 case counts, coupled with Canada’s high vaccination rates and strict vaccination requirements for travel, have set the stage for the next steps in our government’s cautious and calibrated approach to safely easing the measures at our border,” said Transport Minister Alghabra.

System recovering

“Lifting the pre-entry testing requirements for travellers to Canada will make it easier for Canadians to safely take advantage of emerging opportunities for personal and business travel, as Canada’s transportation system recovers from the pandemic,” he stated.

Minister of Tourism Boissonnault said that after a challenging two years, virtually all participants in the Canadian economy, including the tourism sector, are looking for a rebound and renewed growth. “We in government have been listening to the concerns of tourism businesses across the country,” he said.

“We are confident that, thanks to all that Canadians have done to protect one another, we can now take the next step forward and remove testing requirements for fully vaccinated travellers entering Canada. The economy, workers and tourism business owners will benefit from this next step in opening Canada up once again to the world.”

The vaccine isn't effective against this,

but it's very effective against COVID-19.

Québec.ca/COVIDvaccine

Vaccination remains the best protection.

Votre gouvernement Québec

The Grande-Côte of tomorrow



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

In Boisbriand, the city planning advisory committee (CCU), MM. Daniel Kaeser and Simon Sesto Cifola, as well as the municipal councillor chair of the Communications and Citizen Relations Commission, Ms. Lori Doucet, announced at a press conference the extensive public participation process regarding the revitalization of the Grande-Côte street.

“The municipal council invites the entire community to express their views on issues related to Grande-Côte Road in Boisbriand. The vision that will emerge from this consultation

will be a legacy for future generations, so today is definitely the time to talk about the Grande-Côte of tomorrow. The floor is yours! », said Christine Beaudette, mayoress of Boisbriand.

Throughout this consultation, citizens will be able to express themselves on a variety of themes, including: urban mobility, active transportation, preservation of built heritage, universal accessibility, architecture and housing, enhancement of green spaces, recreation, access to the banks of the Mille-Îles River, the environment, living together, public safety, businesses, densification as well as cultural and tourist attractions.

“The Urban Planning Department has done rigorous work to identify all of the issues to be explored. We are also supported by a firm specializing in land use planning and develop-

ment, the Picbois cooperative, which has recognized expertise in facilitating exchanges and promoting collaborative participation. Ultimately, this exercise will enable the City to adopt a strategic urban plan for this sector,” said MMs. Kaeser and Cifola.

A consultation in several stages

Several tools will be used to promote this process: a questionnaire, an information session, an exploratory walk via podcasts, video clips from experts as well as thematic discussion groups.

Occasional meetings will be added to the activities where citizens will be able to express themselves on the future of this important artery. All the details, date, time and location of the activities are available on the City’s new citizen consultation platform, “On jase

Boisbriand” Documents, whether written or video, will be deposited there, including the territorial diagnosis carried out by Picbois. This is the current portrait of the Grande-Côte road: its constraints, its strengths and its challenges.

The city promises that everything will be done to facilitate participation in this process. “Our new citizen consultation platform is a versatile and essential tool for anyone wishing to express themselves. Personalized support and computer stations will be offered to anyone who requests it,” said Councillor Lori Doucet.

To obtain information on this consultative process, Gabriel Therrien, technician at the Urban Planning Department, is the key person to contact. He can be reached at 450 435-1954, ext. 7224 or by email at onjase@ville.boisbriand.qc.ca.

The descriptive catalogue of Jean Paul Riopelle in Sainte-Thérèse



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

The Sainte-Thérèse library is pleased to be one of the 34 public libraries in Quebec to which the descriptive catalogue of Jean Paul Riopelle (le Catalogue raisonné de Jean Paul Riopelle) has been donated, a set of six volumes that bear witness to the work of this famous Quebec artist.

“It is a real honor to welcome to the City of Sainte-Thérèse the famous collection of Riopelle, a local artist who has left his mark throughout the world with his captivating works. We invite Thérésiens and Thérésienes to come and discover it right here at the library”, said the mayor of Sainte-Thérèse, Mr. Christian Charron.

Thanks to the contribution of Mrs. Yseult Riopelle, daughter of Jean Paul Riopelle and author of the Catalogue, and of the Hibou publishers publishing house, this collection is now available free of charge in more than 14 regions of Quebec.

“Riopelle himself had expressed the wish that a catalog raisonné be published in order to ensure the preservation and dissemination of his work. With this donation, we are making a strong gesture today so that, 20 years after his death and nearly 100 years after his birth, his work is more current and more accessible than ever for a wide audience and, more particularly, for young artists of tomorrow. », pointed out Ms. Yseult Riopelle.

“The Sainte-Thérèse library team is grateful for this prestigious donation. It is an important part of Quebec history and culture that is now within the walls of our library. Our subscribers will certainly appreciate finding Riopelle’s renowned works there” said Mrs. Lise Thériault, head of the library division at Sainte-Thérèse.

The book can be consulted on site at any time during the opening hours of the library, located at 150, boulevard du Séminaire.

Jean Paul Riopelle’s descriptive Catalogue is the culmination of 35 years of research and prospecting initiated by Yseult Riopelle in 1986. It catalogs an impressive corpus of nearly 7,000 paintings, sculptures, drawings, ceramics, collages and more, a precious legacy left by this artist who marked the world of 20th century art.



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- Incl. 1 year monitoring

Blainville donates over 20k to Moisson Laurentides

MARIA DIAMANTIS

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

The City of Blainville presented a check totaling \$22,711.97 to Moisson Laurentides, which represents the fruits of the labor of its annual campaign with municipal employees in 2021. Despite the prolonged particular context of the COVID-19 pandemic, several activities could not take place. This however did not prevent employees from contributing generously.

“Despite the pandemic and health restrictions, employees pulled together for this campaign by organizing a food drive for Christmas, as well as gift baskets of SAQ products, and especially by contributing to the source. I would like to thank all the staff who participated in this annual campaign and who helped Moisson Laurentides provide food to food banks in the region, for the benefit of families and people in need,” said Mayor Liza Poulin.

For her part, the general manager of Moisson Laurentides, Annie Bélanger, said she was pleased with the success of the City of Blainville’s campaign: “On behalf of the board of directors of Moisson Laurentides and the tens of thousands of people served every month, I would like to thank the City of Blainville, its elected officials, its management and all its employees who contributed to this campaign. Every gesture counts. Thank you for helping us make a difference in the lives of many vulnerable people, including many children in our community.”

For 2022, donations at source will be offered again and the Ville de Blainville organizing committee



will ensure that activities are planned in a more normal context.

Moisson Laurentides is a community company exercising its leadership in food security, Moisson Laurentides is a reference in Quebec.

Indispensable link in the chain of mutual aid. Moisson Laurentides is an innovative, efficient, and inclusive organization that supports community organizations in its territory in their

actions aimed at supporting people living in a weakened socio-economic situation.

According to their mission statement their values are benevolence, partnership, accountability, rigour, commitment and innovation.



Climate change: it's time to act!

MARIA DIAMANTIS

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

Saint Eustache invites citizens to participate in an online consultation

The City of Saint-Eustache is currently working on a Climate Change Adaptation Plan, which aims to understand the impacts of the climate on its territory and identify the actions to be taken to improve its resilience. As part of this process, citizens are invited to express themselves by participating in the online consultation, which includes a survey and an interactive map, accessible from March 16 to 31, 2022 on www.imaginons.saint-eustache.ca/climate.

“In recent years, with the recording of record temperatures, the increase in extreme weather phenomena, floods, heat waves, etc., we have been confronted with the concrete reality of

climate change. In this context, it seems essential to us to identify the hazards representing the greatest risk for our population and to determine the means necessary to reduce their consequences, both on the city’s infrastructures, municipal services and natural assets, and on the well-being and health of our citizens”, said the mayor of Saint-Eustache, Mr. Pierre Charron.

The Climate Change Adaptation Plan will also explore preferred green actions to reduce the city’s greenhouse gas emissions and increase local resilience. The city has already identified the reduction of heat islands and the extensive planting of trees as key actions to take now. “The consultation will allow us to clarify the diagnosis and will offer the population the opportunity to guide us on the most promising actions. I urge all those who care about this planetary issue to join us in helping us take concrete and significant action,” concluded Isabelle Lefebvre, city councillor and chair of the Commission de l’environnement et de l’embellissement.

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DIRECT? ANSWERS

From Wayne & Tamara

Wanting To Be Caught

Q I'm hoping you can give me some advice. I have been married four years. There is another couple that we spend weekends with, and I developed a flirtation with the husband. I told myself to do nothing. If my husband found out, he would be devastated.

Well, last weekend we were away with them and I kissed the other man, in front of my husband, although I wasn't aware of it at the time. Now, quite justified, my husband is very hurt and very betrayed. I am sorry that I have done this to us, but at the same time I am numb, like I just want to go to sleep.

My husband brought it up this morning, and I think he was hoping I could explain it away. I told him the kissing had happened once before, but nothing else. He wants to know why it happened, and I don't have an answer. This is a big problem for him because if there isn't a reason, he doesn't know how to avoid it.

I know I have to give him time, but is there anything I can do now to take his pain away?

Giselle

A Giselle, we may let a child get away with saying, "I don't know why I did

it." But "I don't know" doesn't play with adults. People who engage in risky behavior almost always want to get caught. Getting caught puts the problem in someone else's hands. Now it's not your problem, it's your husband's problem.

He is wondering when this will happen again, with whom, and whether the marriage is over. He doesn't know how to understand what happened. He doesn't know if the cause is him, you, or the other man. "I don't know" prevents him from finding out.

Why do you take a book back to the library? You are done with it. Why do you buy a loaf of bread? You want bread to eat. Why do you kiss another man? You want to kiss him. You acted out what you couldn't put in words. It's time to find the words to explain your actions.

On your own, you were afraid to take the first steps to disrupt your marriage. So you set in motion events that will take you there. You can't act as if you had no wish to end the marriage when you undertook marriage ending actions. ...

Wayne & Tamara

Til Something Better Comes Along

Q I met a man over the Internet, and we corresponded for three months before we met in person. We have "dated" for about six months, seeing each other once a week. He treats me well and is very considerate, much more so than my previous partner. Although we enjoy the same things and good conversation, I find him physically unattractive. He has a beer belly and the most rotten teeth.

By asking me for more frequent dates, trying to touch me, and talking about friends getting married, I think he wants more than just friendship. How do I keep this relationship on a "friends only" level and not mislead him that it could be more? I certainly don't want to hurt him...

Cecile

A Cecile, when you find someone you really want to date, will you have even a minute for this man? Or will you drop him like a hot potato and crush his feelings? The bottom line is you don't love him, but if the externals were better, you might try to make something out of the relationship anyway.

You're not doing him any favors by continuing to date. Free him to find the person he is looking for, the person he can connect with on the inside. You don't need to tell him anything more than that you don't have those feelings which add up to love. That, not his teeth, is the problem.

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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Raise chickens in an urban environment



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suits them, from the comfort of their home. This is a pre-recorded training lasting just over 45 minutes, offered by Agro-Passion, a company specializing, among other things, in conferences for adults related to urban and rural agriculture.

It is not really a new fad. Raising chickens in an urban environment has been around for many years and growing. In Sainte-Thérèse, it is possible to set up a chicken coop and keep up to four laying hens in the fenced backyard of an isolated single-family residence. This practice is of course governed by strict municipal regulations in order to ensure the healthiness of living environments and harmonious cohabitation with the neighbours.

To watch the training

Residents have to write to udd@sainte-therese.ca by April 1st, indicating their interest in following the training as well as their complete contact information, and soon thereafter they will receive the procedure for connecting.

One of the conditions to be fulfilled in order to obtain the necessary permit for this activity is to present to the Urban Planning and Sustainable Development Department a certificate showing that the applicant citizen has undergone training on keeping chickens in an urban environment.

A virtual meeting will be organized on Sunday, April 3 at 3 p.m. for the trainer to answer questions from citizens who have viewed the training. Information regarding the connection to this meeting will be sent by email to registered people. Raising urban laying hens involves many obligations and responsibilities. Hens require special care, not to mention the specifications and maintenance of the chicken coop.

Free online training

Thus, from March 27 to April 3, the City of Sainte-Thérèse is offering citizens free online training, which they can watch at a time that

The Town's regulations, standards, and recommendations regarding the keeping of urban laying hens are on the Town's website. Proof of any other serious training is also accepted when applying for a permit to keep chickens in Sainte-Thérèse.

THE SAVVY GARDENER

4 attractive types of mulch

Do you want to beautify your yard? If so, here are four mulches you may want to use in your garden.



1. Cedar mulch is available in a variety of colours. It lasts for several years and is suitable to use around the base of trees and hedges. However, it's not recommended for flower beds or vegetable gardens.

the best choices for vegetable gardens and flower beds.

2. Hulls from cocoa beans, peanut shells and buckwheat decompose naturally over time and nourish your soil. Consequently, vegetable gardens benefit greatly from hull mulch. However, cocoa bean hulls can be hazardous to dogs.

4. Recycled glass that's been crushed into small fragments is safe to use as mulch but shouldn't be mixed with soil. Instead, it should be layered on top of landscaping fabric. It's perfect for plants that tolerate heat and drought.

3. Ramial fragmented wood mulch slowly decomposes over two years. It's made of shredded hardwood branches and is one of

To find mulch for your yard, visit your local garden centre.

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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.

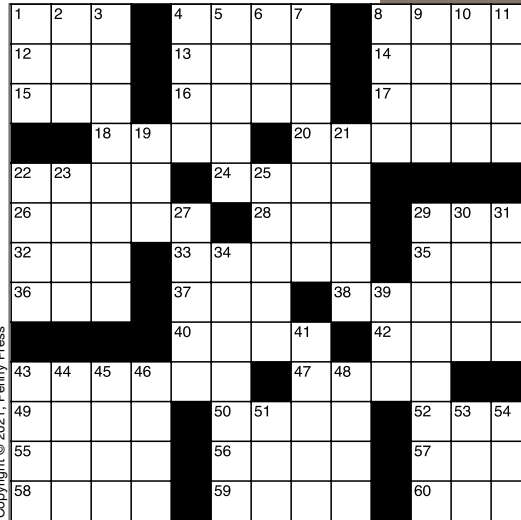
AQUARIUS
You'll be inspired by a social media post. A friend will help you become the person you've always wanted to be and show you how to become happier.

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 ____

DOWN

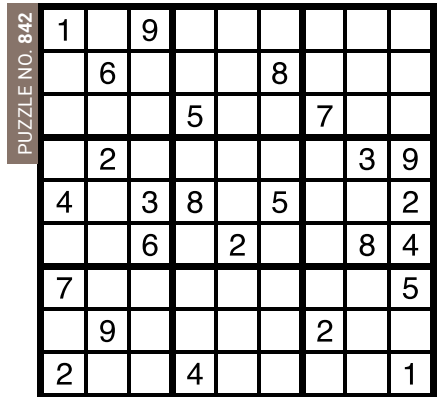
1. Mas' mates
2. Lodge member
3. Sparkling
4. Cockeyed
5. At liberty
6. Moreover
7. Policeman
8. Saga
9. Poison-ivy result
10. Annoy
11. Husky's load
19. Above, in verse
21. Toss
22. Physicians, shortly
23. Milky jewel
25. Strikeout number
55. Bard
56. Tall, woody plant
57. Negative prefix
58. Room extensions
59. Contained
60. Flop
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.**

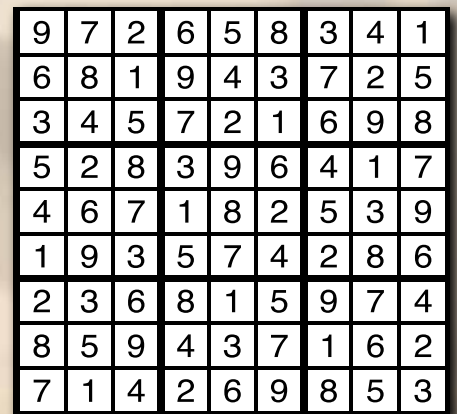


Last Issues' Answers

CROSSWORDS



Sudoku



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