

A2 AUTO
PROFESSIONAL AUTO BODY REPAIR & PAINTING
 Insurance Work Accepted • All Work Guaranteed
 Expert Color Matching • Factory Genuine Parts
 Import Car Specialists • Major & Minor Repairs



514 476-4565
 1385, Boul. des Laurentides,
 Local 103, Vimont, Laval

THE NORTH SHORE News

Blainville, Boisbriand, Bois-des-Filion, Deux-Montagnes, Lorraine, Rosemère,
 Pointe-Calumet, Sainte-Marthe-sur-le-Lac, Sainte-Thérèse, Saint-Eustache

For info regarding documents:
www.emsb.gc.ca/wagar

WAGAR
 ADULT EDUCATION CENTRE

Sign up for English or French Classes today!

A CENTRE FOR THE COMMUNITY



ONGOING REGISTRATION 5785 Ave Parkhaven,
 Cote St. Luc, H4W 1X8
 (514) 488-8203

Commission scolaire English-Montréal
 English Montreal School Board

Adult Education & Vocational Services

newsfirst
 MULTIMEDIA

Vol. 18-24

October 7, 2022

450-978-9999

www.ns-news.com

editor@newsfirst.ca



Legault re-elected with a stronger majority government

Division of opposition parties, boosted CAQ

(NEWSFIRST) It took only eight minutes after the polls closed for tva host Pierre Bruneau to say the magic words: "If the trend continues, the next CAQ government will be in the majority." A result that will not surprise anyone, in light of the many opinion polls that gave the winning CAQ team even before the start of the electoral marathon.

As soon as the first results of the advance poll were announced, the CAQ's advances were such that the election of several candidates from François Legault's party was confirmed.

The Coalition avenir Québec (CAQ) won the election and led another majority government. François Legault's party, which won the 2018

election, won a second consecutive term. For its part, the Quebec Liberal Party (QLP) will return to the benches of the official opposition.

This is the first time since 2008 that a political party has won two general elections in a row. And it is also the first time since 1998 that Quebecers have entrusted the same party with two successive majority mandates.

The pollsters will therefore have seen it right: the CAQ had been given favorite from the beginning of the campaign, on August 28.

The government will once again be led by François Legault.

▶ Continued on page 5

Blainville

Party	Candidate	%	Votes
CAQ	Mario Laframboise	49.45	21,149
PO	Frédéric Labelle	15.43	6,600
QS	Éric Michaud	14.00	5,987
PLQ	Alexandre Mercho	11.03	4,718
PCQ	Grace Daou	9.76	4,175

Deux-Montagnes

Party	Candidate	%	Votes
CAQ	Benoit Charette	47.08	15,854
PO	Guillaume Lalonde	17.15	5,775
QS	Olivier Côté	14.15	4,766
PLQ	Marc Allaire	10.28	3,460
PCQ	Isabelle Baril-Lachance	9.82	3,308

Groulx

Party	Candidate	%	Votes
CAQ	Eric Girard	47.74	17,412
QS	Marie-Noëlle Aubertin	16.23	5,919
PO	Jeanne Craig-Larouche	15.31	5,583
PLQ	Audrey Medaino-Tardif	11.02	4,019
PCQ	Valerie Messore	8.70	3,175

Piano by candlelight in Ste-Thérèse



Page 7



Best Choice

Since 1983

WELCOME

AT OUR STORES

At IGA extra Daigle, we always take our time to serve you better.

Our services

- Packers
- Phone orders 450-430-9897
- Delivery service

Looking forward to serving you

Visit us at igadaigle.com and make wonderful discoveries! Subscribe to our info letter!



Opening Hours: Monday to Friday from 8am - 9pm. Saturday and Sunday from 8am - 8pm.

450, Blainville Str. East Sainte-Thérèse 450-435-5500	220, Saint-Charles Str. Sainte-Thérèse 450-435-1370	25, Des Entreprises Blvd. Boisbriand 450-430-5572	2605, D'Annemasse Str. Boisbriand 450-433-6226
---	---	---	--

PANIER DU FERMIER

BASKET OF
Fruits and Vegetables

16 to 20 VARIETIES

2 EASY STEPS:

- 1 Book your basket online or by phone from Monday to Thursday
- 2 Pickup Thursday, Friday or Saturday. Delivery available

A value of **\$60+** at the supermarket
You pay only \$35

VISIT OUR FACEBOOK AND INSTAGRAM PAGE!
@PANIERDUFERMIER

Our weekly customers **save**
\$1,200
up to **per year**

NOW WE DELIVER IN THE NORTH SHORE

(514) 473-4591
3151-B boul. DAGENAIS OUEST
 (near Curé-Labelle) Laval, Québec H7P 1T8
 panierdufermier.ca | panierdufermier@gmail.com

A special walkathon in Rosemère

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

up and give it a try on October 14.” Residents of the city of Rosemère can pre-register for free at www.onmarche.com.

For a healthier Quebec

La Grande marche, now in its eighth year, will be held in more than 100 towns and cities across the province. Given how effective physical activity is in preventing a wide range of health problems, this event is being endorsed by family doctors in Quebec.

About Grand défi Pierre Lavoie

The overriding goal of Grand défi Pierre Lavoie is to create a culture of preventive health in Quebec by encouraging everyone to adopt healthy lifestyle habits. The initiative is designed to appeal to people of all ages, throughout the province and beyond. To this end, various major events are organized each year to bring people together and drive lasting change in our society. Among these events are the School Tour, the Mini Cube Tour, Force 4, La Petite Expé, the Energy Cubes Challenge, La Course, the 1000 KM, 1 000 000 KM Ensemble, La Boucle and La Grande marche.



The Boisé-de-Blainville Birthing Center is celebrating its 15th anniversary!

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

The annual picnic at the Boisé-de-Blainville birth center took place in a festive and family atmosphere on September 18. On this occasion, the Birth Center's 15th anniversary of service was celebrated in the company of various community partners as well as many families and citizens of the Laurentians according to an announcement by the Centre intégré de santé et de services sociaux des Laurentides.

Singing, cake and children's activities were offered directly on the site of the establishment. This picnic was the perfect opportunity to celebrate all the progress made since the establishment of the Birthing Center in the community and to thank everyone involved in its many achievements.

Ms. Rosemonde Landry, President and CEO of the Integrated Health and Social Services Center (CISSS) des Laurentides, of which the Birthing Center is a part, declared that she was delighted with this anniversary: "I am proud to celebrate the place of choice occupied by the Boisé-de-Blainville birth center in the Laurentians community, and has been for 15 years now! I would like to congratulate the entire Birthing Center team for their accomplishments over the years, and above all, for their remarkable work in welcoming nearly 3,700 newborns. We are happy to be able to offer different possibilities to pregnant women for their pregnancy follow-ups and deliveries," she said.

The Boisé-de-Blainville birthing center

Since 2007, the Boisé-de-Blainville birthing center welcomes expectant mothers and their families throughout pregnancy. The team of midwives offers, in collaboration with eight birth assistants and three administrative agents, complete pregnancy follow-up including childbirth and postnatal visits.



Benefits of a Birthing Center vs Hospital

Examining the benefits of birthing centers vs hospital can help both employees and moms-to-be choose where to go.

Birthing centers can offer a more home-like experiences, whereas a hospital is a traditional hospital setting. Being in a hospital though does give access to the NICU, that a birth center cannot offer. With less risk factors of a hospital, birth centers can have

less visitor restrictions than hospitals. Delivering at a hospital however means more access to interventions and cesareans when appropriate.

The medication availability differs between birthing centers vs hospitals. Birthing centers offer more holistic and alternative methods, whereas a hospital will have more pharmacological options.

CHOMEDEY

CHOMEDEY bungalow 3+1 bedrooms, huge lot, situated close to of everything. Easy to show.
Call me for more info.

VOULA KOTTARIDIS REAL ESTATE BROKER
514 993.5010
AGENTVK@GMAIL.COM

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

ROYAL LE PAGE

HUMANIA CENTRE Agence immobilière
450.682.2121

- Delays and Withdrawals
- Special assessments for co-ownerships
- Legal Assistance
- Latent Defects

Distributed to the
North Shore region



Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Lareine Zakhour
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

The views, opinions and positions expressed by
columnists and contributors are the author's alone.
They do not inherently or expressly reflect the
views, opinions and/or positions of our publication

Layout: MEDIA TREK

Distribution: DIFFUMAG

Printing: TC. TRANSCONTINENTAL

Project funded in part by

Canada

Member of

Quebec Community Newspapers Association &
Canadian Community Newspapers Association



ISSN number : 1923-0648

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

Publishers' Liability for Error: The publishers shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The publishers' liability for other errors or omissions in connection with any advertisement is strictly limited to publication of the advertisement in any subsequent issues or the refund of any monies paid for the advertisement. Articles published reflect writers' opinions, but not necessarily the opinion of this newspaper.

ENTIRE CONTENTS COPYRIGHT 2022

OPINION & Editorial



Canada has a food affordability problem

It is time for tax reductions to help consumers weather food inflation

Did you know that there is a global food security index? The well-known magazine *The Economist* has just published its 11th edition.

The Global Food Security Index comprises a set of indices from more than 120 different countries. Since 2012, the index has been based on four main pillars: food access, safety, sustainable development, and affordability.

The approach is quite comprehensive and robust. Index indicators include nutritional standards, urban absorptive capacity, food consumption as a percentage of household expenditure, food loss and waste, protein quality, agricultural import tariffs, dietary diversification, agricultural infrastructure, volatility of agricultural production, public spending on agricultural resource and development, corruption, risk of political stability, and even the sufficiency of supply. In short, anything goes.

Finland ranks first this year, followed by Ireland and Norway. Canada is well-positioned compared to other countries around the world since we are ranked seventh globally, the same as last year. Not bad. The United States is 13th.

In terms of food access – which measures agricultural production, farm capacities, and the risk of supply disruption – Canada ranks sixth, which is not too surprising. Despite our recent episodes of empty shelves and stockouts,

Canada can boast about its food abundance. We produce a lot and are part of a fluid North American economy focused on cross-border trade, which allows for better food access.

Another pillar focuses on sustainable development, the environment, and climate adaptability. This pillar assesses a country's exposure to the impacts of climate change, its sensitivity to risks related to natural resources, food waste management, and how the country adapts to these risks. In this regard, Canada is ranked 29th, far behind Norway and Finland, who are first and second in this category. Food waste remains Canada's Achilles' heel, as we waste more than just about anyone else on the planet. But with higher food prices, more than 40 per cent of Canadians, according to a recent study, are wasting less than they were 12 months ago.

When it comes to food safety and quality, Canada ranks first in the world. Canada is ahead of everyone, even Denmark and the United States, both renowned for their proactive approaches to food safety. Food safety in Canada is perhaps the facet most underappreciated by consumers.

Despite a few momentary failures and periodic reminders, sanitation practices in the country are exemplary. Canada has consistently ranked well for years, except perhaps when traceability is measured. We have a long way to go, but

the industry and public safety regulators are performing relatively well.

But the area where Canada's performance is of some concern is food affordability. This measure is dedicated to consumers' ability to purchase food, their vulnerability to price shocks, and the presence of programs and policies to support consumers when shocks occur.

Canada fell one spot again this year and sits at 25th in the world. Australia, Singapore, and Holland top the list for affordability. Given the resources and food access we have, Canada should do better. Since July 2021, food inflation has always exceeded general inflation in the country, and everything is already costing more these days. Higher food prices at the grocery store over the past year have been difficult for many of us to accept. Canada needs a food autonomy policy, a more robust food processing sector, and better logistics domestically.

And with winter coming and our dollar visibly weakening against the U.S. dollar, we could see significant price jumps again, especially in the produce and non-perishables sections. As wages stagnate and food prices rise, it's hard to predict when Canada will do better in terms of affordability. Specific fiscal measures such as tax reductions to help consumers would be more than timely.

Dr. Sylvain Charlebois

No need to choose between lower taxes and health care

Failings of the health system are not due to chronic underfunding

If Quebec voters have one concern during the current election campaign, and just about every election campaign for decades now, it's the health-care system.

Contrary to what many commentators have been claiming for years, the failings of the health system are not due to "chronic underfunding." For this reason, the notion that lower taxes would necessarily lead to a worse health system is seriously flawed.

Quebec's health care system is ailing. Wait times in ERs are among the worst in the Western world. The wait to get a family doctor is sky high (and for the lucky ones who have a GP, getting an appointment is often a trial). But is this due to a lack of money? Absolutely not. The numbers (from various sources and for several time periods) are clear.

In 2021, Quebec's health care budget was \$47 billion, more than double what it was in 2000 (in constant dollars, which is to say, accounting for inflation). Yes, you read that right: Health care spending more than doubled in 20 years! (Moreover, according to the economic literature the hypothesis that the aging population would wholly or very largely justify this increase does not hold water.) According to CIRANO, an academic research centre affiliated with the Université de Montréal, public health spending rose by around 32.2 per cent, in constant dollars,

just from 2004 to 2019.

According to the Canadian Institute for Health Information (CIHI), there has not been any general disinvestment in health care in Quebec or Canada. Indeed, total health care spending as a percentage of GDP went from just over nine per cent in the early 2000s to 11.5 per cent in 2019. In other words, as a proportion of our collective wealth, we are spending more on health care, not less.

The organization that I head, the Montreal Economic Institute, has also shown that from 2008-2009 to 2016-2017, health spending rose from \$30.6 billion to \$36.4 billion, again in constant dollars. This growth was faster than population growth.

In fact, out of 28 countries, Canada ranks second in terms of the portion of GDP spent to finance its health care system – despite mediocre results on several key indicators, according to OECD and Commonwealth Fund data.

Many of the jurisdictions that outperform Quebec in various rankings comparing the efficiency of the health care systems of industrialized countries actually have a lower tax burden than Quebec. Saying tax cuts would be at the expense of the quality of public health services is, therefore, a false dichotomy.

In 2017, the Health and Welfare Commissioner (a position since eliminated) summed up the

situation well: "The system's difficulties do not seem related to an insufficient budget or a lack of human resources, and still less to a lack of material resources. It would instead be related to the organization of care and services and the allocation of financial and human resources."

Quebecers deserve a much better health-care system. But they deserve tax cuts, too. Getting both is entirely possible as long as the government that's elected on Oct. 3 has the courage to undertake real reforms based on the following four broad pillars:

- Competition among care providers
- Patient freedom of choice
- The introduction of entrepreneurship that results in innovation
- Hospital funding that follows the patient

Finally, can we please stop brandishing the American scarecrow? Social-democratic countries – consider Sweden, Denmark or Germany – that offer, in some instances, more complete universal coverage than Quebec respect and vigorously apply these four broad principles.

Let's hope the Quebec intelligentsia will decide, one fine day, to go beyond the simplistic and superficial clichés they constantly throw at us. What we need is a calm, factual, logical debate.

*Michel Kelly-Gagnon
President and CEO of the
Montreal Economic Institute*

Legault re-elected...



◀ Continued from page 1

And he will in all likelihood count on an even larger team than the 76 deputies who sat for him at the time of the dissolution of the National Assembly, starting with the 25 members of his Cabinet, all of whom will be back in Parliament.

The CAQ also elected several star candidates, including Sonia Bélanger (Prévost), Martine Biron (Chaudière-Appalaches), Kariane Bourassa (Charlevoix-Côte-de-Beaupré), Pascale Déry (Repentigny), Bernard Drainville (Lévis), Christine Fréchette (Sanguinet) and Suzanne Roy (Verchères).

In Duplessis, Kateri Champagne Jourdain was elected, who became the first Indigenous woman in history to enter Parliament.

Weakened opposition

The evening was much more difficult for the other formations, whose support is all around 15%.

For the PLQ, this is the worst score in its history. Its support had never fallen as low as in 2018, at 25%. That being said, the party should retain its place on the opposition benches with about twenty MPs, or even more.

Its leader, Dominique Anglade, was re-elected. She gave the signal tonight that she intends to remain in office, despite the retreat of her party. "In the coming days, months, years, I will deploy the same energy, the same conviction, the same ambition, she assured. The work has begun and must continue."

The Parti Québécois (PQ) is also at a low level, with the party never winning less than 17% of the vote in 2018. However, its leader, Paul St-Pierre Plamondon, was re-elected, as were Pascal Bérubé (Matane-Matapédia) and Joël Arseneau (Îles-de-la-Madeleine).

Québec solidaire (QS), for its part, should end the evening with a score similar to that of 2018 in terms of votes and seats (about ten). His two spokesmen, Gabriel Nadeau-Dubois, in Gouin, and Manon Massé, in Sainte-Marie-Saint-Jacques, were easily re-elected.

Finally, the Conservative Party of Quebec (PCQ) was on track to elect no MPs tonight. Defeated in Chauveau, its leader, Eric Duhaime, has however promised to be back on the ranks in four years.

Calling on his activists not to be too pessimistic, the former radio host recalled that Qs won only 4% of the vote in the 2007 elections, the first in which the party participated.

Trudeau congratulates Legault

The Prime Minister of Canada, Justin Trudeau, quickly issued a statement congratulating François Legault, saying he looks forward to continuing to work with [him] to address the challenges that matter to Quebecers and all Canadians.

These include fostering the growth of the green economy, fighting climate change, finding solutions to labour shortages, making life more affordable, fostering the creation of affordable housing, investing in infrastructure and building a clean and prosperous future, he said.

Ontario Premier Doug Ford also hailed the victory of his friend François Legault. Let's continue to build deeper ties between our two provinces and strengthen the economic ties between us that create well-paying jobs," he tweeted Monday night.

Voters turnout

Voter turnout was only 66.13%, which is lower than the 66.45% in the 2018 Elections. At 5:30 p.m., the turnout was 44.63%. Advance voting reached a record high this year, with more than one in five voters (22.92%) going to the polls before election day. In 2018, the turnout at the end of the evening was 66.45%, which was then the second lowest result in history.

The record turnout belongs to the Parti Québécois election in 1976, when 85.27% of voters went to the polls.

No less than 880 people were in the ranks this year, or about seven candidates per constituency.

These elections put an end to a gruelling 36-day campaign. The next few weeks are obviously much quieter than the previous ones. The MPs elected today are expected to be sworn in in two or three weeks. In 2018, the Council of Ministers was presented 18 days after the elections.



Start your life!
Live your dream!



OUR PROGRAMS

<p>Accounting</p>	<p>Starting a Business</p>
<p>Secretarial and Legal Studies</p>	<p>Sales Representation Professional Sales</p>
<p>Hotel Reception</p>	<p>Professional Cooking</p>
<p>Contemporary Professional Pastry Making</p>	<p>Food & Beverage</p>

REGISTER TODAY 514-381-5440

PIUSCENTRE.COM

9955, Papineau Ave., Montreal, QC H2B 1Z9



FOLLOW US ON



Québec gets tough on the Sainte-Marthe-sur-le-Lac dike

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

The Legault government refused to pay the \$41 million requested by Sainte-Marthe-sur-le-Lac for the work on the dike which gave way in April 2019, until the City agrees to become its owner.

“We will release the funds when he [the mayor] signs the agreement, not before,” said Sylvie D’Amours, MP for the riding of Mirabel for the Coalition Avenir Québec.

This is the first time that Quebec has adopted such a clear-cut position regarding the dike, the breakage of which led to the evacuation of 6,000 people in 2019.

Since these sad events, the City has been struggling to get its head above water. It is involved in a standoff with the government over the financing of the reinforcement works and the ownership of the dike.

The infrastructure has belonged to the provincial government since its construction in the late 1970s. But since the end of the reinforcement work in 2020, Quebec claims that the dike now belongs to Sainte-Marthe-sur-le-Lac, a question which the courts will have to consider.

Mayor François Robillard explained to the media that he refuses the terms of the work financing agreement submitted by Quebec, which stipulates that the City will become the owner of the wall. He claims that by signing the document, he would absolve the government of any future liability regarding the dike. “That’s blackmail. I am ready to negotiate in good faith, but the terms must be clear,” he said.

To date, the City has had to take out loans totaling \$51 million in connection with the dike since 2019. “Currently, we are taking money from our taxpayers to give it to a bank, which makes no sense,” said the mayor.

Lawsuits

The interest on the loan has doubled since the beginning of the year, going from \$60,000 to \$120,000 per month, one can read in a letter he sent to the local residents.



“I sympathize with Mr. Robillard, but the government cannot make an exception for his city. Deux-Montagnes and Saint-Joseph-du-Lac have signed the same agreement [for dikes on their territory],” retorts Ms. d’Amours.

At the same time, legal proceedings brought by residents and insurers against the City, which amount to more than \$45 million, have still not been settled.

The dike history

- April 27, 2019: the dike gave way and flooded Sainte-Marthe-sur-le-Lac.

- May 10, 2019: the Minister of Municipal Affairs and Housing, Andrée Laforest, informs the City that in the event of an agreement between Quebec and Ottawa, she will be reimbursed 80% of eligible expenses for the reconstruction of the dike. This agreement will never be concluded.

- From August 15, 2019 to April 11, 2022: the City is borrowing \$53 million for the repair of the dike, as well as the construction and maintenance of the new wall.

- September 14, 2022: the City plans to increase the loan to \$55 million.

Missing ENVELOPES?

NMW
Gestion d'affaires Inc.
8250, boul. Décarie, bur. 300
Montréal, QC H4P 2P5

We also
print other products;
letterheads
business cards
folders
etc.

GRAPHIC DESIGN
available on demand!

#10 envelopes – with or without window

Quantity	1000	3000
1 colour	\$174	\$432
2 colours	\$224	\$462
3 colours	\$254	\$672
4 colours	\$274	\$702

Pick up or flat delivery **\$30**

Design charge extra – Prices subject to change at any given time

Get all your
STATIONERY ITEMS
printed with us

MEDIA-TREK®

Call us for more information
450-978-0070

Piano by candlelight in Ste-Thérèse

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

The Concerts sous les chandelles production company which specializes in candlelight music concerts is bringing canadian-chilean pianist Alejandra Cifuentes Diaz to Ste-Thérèse on October 23 at 2 pm.

The pianist will be performing works by Chopin and Liszt in the Centre Culturel et communautaire de Ste-Thérèse.

The organizers promise that the audience will discover Chopin and his music in a new setting, as it has never been performed. "Listening to one of his nocturnes sitting in a church illuminated only by candles, or his third Ballad, or his famous Funeral March. Everything will be so spirited - the anecdotes, the scenery, and the atmosphere - that you will have the impression that evening of attending a Concert ... given by Frederic Chopin himself" says Concerts sous les chandelles.

In an interview with North Shore News, Alejandra Cifuentes Diaz said that playing piano with candlelight as the only illumination is a deeply intimate experience both for the performer and for the audience. "Not seeing the performer clearly urges the concert goer to pay more attention to the music. After all composers like Chopin did intend a lot of their works for a small circle of people a lot of whom they knew personally" said the pianist.

Alejandra Cifuentes Diaz started her piano lessons at age 6. She received a grant from Vincent-d'Indy College. She studied with Claude Labelle (Bachelor's degree) and with Dang Thai Son (Master's degree) in Piano Interpretation, at University of Montreal. She then continued her studies privately with Patrice Laré, followed by a traineeship at the prestigious Moscow Conservatory with Yury Stepanovitch Slesarev and Tatiana Afanasievskaya. Alejandra has played with "Concerts under Candlelight" productions since 2011.

In 2012, Alejandra was selected by the Quebec



Music Council for the "Adopt-a-Musician" program; she also won the "Self-Employed Musician of the Year" prize from the Latin-American Chamber of Commerce of Quebec.

In addition to her concert schedule, she is an avid piano teacher, and uses her music experience to give conferences about the importance of perseverance at elementary and high schools in the greater Montreal region.

Admission is \$35 and tickets are available at the door the afternoon of the concert.

Residential and commercial asphalt



with MAINTENANCE AND REPAIR OIL BASED SEALER PROTECTION

We repair:

- Cracks
- Pot holes
- Edges of garage entrances and foundations
- Replacement of drains



Scellant Propre

Call Natale for a
FREE ESTIMATE
(514) 777-3774



SÉCURITÉ
SPARTAN
SECURITY

Burglar • Fire • Cameras • Intercoms

(514) 289-8585

20 years at your service!

24 HOUR MONITORING

ALARM SYSTEM INSTALLATION +
12 MONTHS MONITORING!



\$499⁹⁹

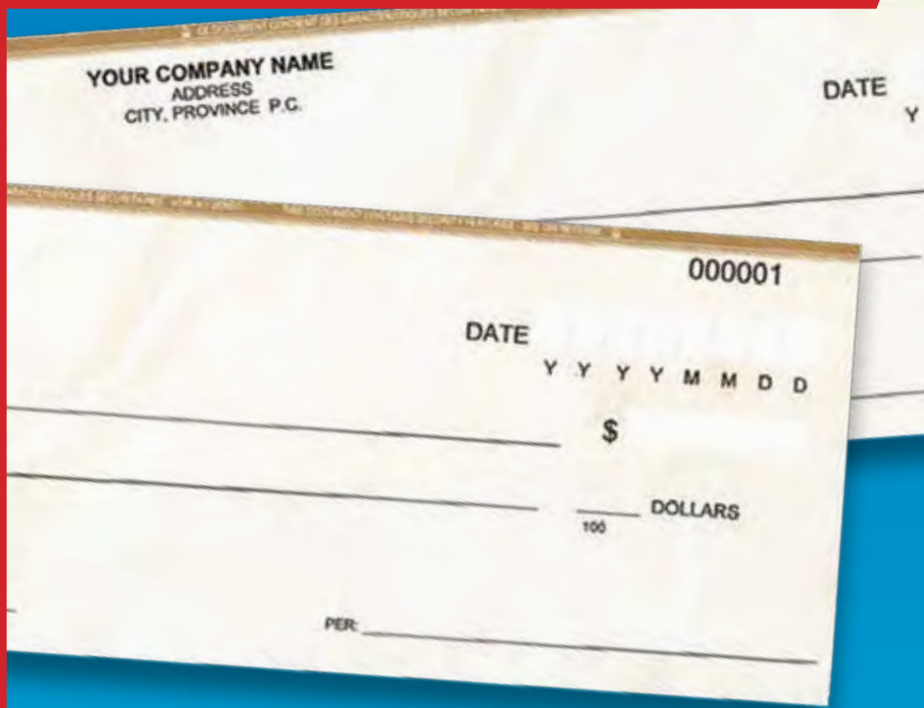
System Includes:

- 1 x Alexor 9155 main alarm unit
- 1 x WT5500 wireless 2 way keypad
- 1 x WS4904P wireless motion detector
- 2 x WS4945 wireless door/window sensors
- 1 x WT4989 wireless 2 way key chain remote with icon display
- 1 x battery backup, power supply, telephone jack
- Incl. 1 year monitoring

SAVE MONEY

Print your cheques with us with confidence!

Full Banking Security Features



We print all kinds of cheques:
Business, Canada or USA
 Fast delivery!

Amazing prices!

200 for \$84
400 for \$134
600 for \$164

Call us for more information

450-978-0070

MEDIA-TREK®

Communications - Promotions - Marketing

The Frontline Access Counter (GAP) now open to all people without a family doctor in the Laurentians

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

In an effort to alleviate the mounting shortages of health personnel and the constant pressure on the ERs of the North Shore hospitals, the Centre intégré de santé et de services sociaux (CISSS) des Laurentides announced the full opening of the first-line access window (Guichet d'accès à la première ligne/GAP), which offers people without a family doctor access to the region's various services in the event of a one-time health problem.

People on the waiting list for a family doctor can now reach this specialized service by dialing 811, option 3.

In conjunction with several partners in the health and social services network, the GAP offers consultations by appointment, but also

references to several services available in the region. By contacting the GAP by telephone, the person will be directed to the first-line service best suited to their needs, whether it is an infection, the renewal of a prescription that cannot be done by the pharmacist as well as dealing with pain or any other non-emergency health problem.

Ms. Rosemonde Landry, President and CEO of the CISSS des Laurentides, said that she is proud that the service is now available to all people without a family doctor. "The GAP meets an important need for people who are waiting for a family doctor and who have a health problem. With more than 700 calls per day, we can already see how much this service will be appreciated by the population of the Laurentians," she said. The first line access counter is open every day. The opening hours and services offered are available in the Front-line access counter section. The wait time may vary depending on the day and time of the call.





DIRECT ANSWERS

FROM WAYNE & TAMARA

THE SCARLET LETTER

Q Two years ago, I cheated on my husband. This action, along with my inability to work on repairing our marriage, ultimately caused its destruction.

After two years of therapy and trying to figure out what all this meant, I now find myself beginning to date again. Still, my previous actions linger in my conscience. I was a cheater.

When I date, I'm always asked why my marriage failed. I answer the best I can without revealing the details. When do I have the responsibility to tell someone I date all the particulars? I don't want anyone to think I was misleading by withholding information, nor do I want to hurt anyone by waiting too long.

Second, what if a person I tell mistrusts me because of what I told them, even when there is no reason for them to do so? Should I always be considered a cheater?

Carol

A Carol, if you are separated but not divorced, if you have a contagious disease, or if you used to be a man, it is vital not to wait too long before sharing this with someone you are seeing.

But most information, especially intimate information, should be distributed on a need to know basis. If you plan on cheating on a man, then by all means warn him. On the other hand, if you don't intend to cheat again, it's your choice whether you ever tell.

Like it or not, men are not forgiving about women's sexual indiscretions. Confessing too early will encourage the wrong man to take advantage of you, and may make the right man wary.

You were in a marriage you wanted to end, but you couldn't find the words. So you did something which would absolutely end it for you. A rule to live by is, end one relationship before beginning another.

Wayne & Tamara

FUNNY BUSINESS

Q I am so confused. I have been dating a man for almost two years. He says he loves me, but I find out through others he says we are not really together, just dating.

We have broken up several times because he has other women friends he does things with. He has lied to me to spend time with them. A few times he had one spend the night. I don't know if anything is going on.

I feel cheated because he should be committed to only me, and if he doesn't want that, he should tell me. When we break up, he calls and says he is sorry and wants us to be married. Is he using me when no one else is around? I should be number one in his life, and I'm not.

Heidi

A Heidi, every year in the "Peanuts" comic strip, Lucy promised to hold a football for Charlie Brown to kick. Every

year, Charlie would charge at the ball. At the last instant, Lucy would pull the ball away, and Charlie Brown would crash down on his backside.

Foiled again. If Lucy ever told him she wasn't going to let him kick the football, the game would be over. Lucy could never get Charlie flat on his back again. For the same reason, this man will never tell you what he really thinks.

You need to break up with this man one last time. When he calls with the bogus offer of marriage, tell him to meet you at the jeweler's. Explain to him that after he pays for the rings in full, the two of you will go to the newspaper to place the engagement announcement.

To make the honeymoon extra special, tell him you plan to abstain from intimacy until after the wedding. When the phone goes dead, you will have your answer. Then you will be free to find the man who wants you to be number one all the time.

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

WAYNEANDTAMARA.COM

CLASSIFIEDS • CAREERS • JOBS

News PARC-EXTENSION THE LAVAL news Call 450 978.9999 Payment:

NEWSFIRST WANTS YOU!

NOW HIRING

ADVERTISING CONSULTANTS

Are you:

- ✓ Self-motivated
- ✓ Creative
- ✓ Organized
- ✓ Bilingual

We offer:

- ✓ \$30 000 Base salary PLUS Commission
- ✓ Flexible schedule
- ✓ Excellent working environment

THE NORTH SHORE
News

Submit your CV to:
sales@newsfirst.ca

AU VIEUX DULUTH



JOB OPPORTUNITY

**AU VIEUX DULUTH
LAVAL RESTAURANT**

**MANAGER
FULL TIME**

**1755 INDUSTRIAL BLVD.
LAVAL QC**

CALL VICKY; 450 663 1165

**ALIMENTS GOURMETS
MEDOR WAREHOUSE**

**CENTRAL KITCHEN HELPER
FULL TIME**

**815 BOUL. ST MARTIN O.
LAVAL QC**

CALL JOHN; 450 663 1165

auvieuxduluth.com | info@auvieuxduluth.com

Doggie Daycare

- 🐾 Boarding/Home Environment
- 🐾 No cages
- 🐾 Interacts with our family and pets

Julie's Pet Sitting Services

Will walk your dog or take care of your animals in your home while you are away.

(Price may vary on location and pet)

Call Julie Laver
450.491.7637

WE BUY GOLD AND DIAMONDS

- For over 38 years -

450-681-1363



Before selling elsewhere, come see us!

Mon. to Wed. - 10am to 5:30pm
Thurs. and Fri. - 10am to 7:00pm
Saturday - 9am to noon
Sunday - Closed

achatorlaval.ca

Same address since 1989

1799, boul. Curé-Labelle,
Chomedey (North of St-Martin)





How to sell your property with peace of mind

Over the past two years, demand for real estate has been rising. Are you thinking of moving in with your partner or retiring to a seniors' residence? Now's the perfect time to put your house up for sale. Here are a few things to consider to ensure the sale goes as smoothly as possible.

SURROUND YOURSELF WITH THE RIGHT PEOPLE

First and foremost, do business with an experienced real estate broker who knows the market inside and out. Real estate professionals take a lot off your plate and handle a variety of tasks, including:

- Setting a fair and impartial selling price
- Verifying information about the property
- Taking photos and videos
- Staging the home
- Promoting your ad on different websites and online platforms
- Managing showings

- Preparing contracts and various documents
- Evaluating purchase offers

Real estate brokers are subject to an ethical code that governs their handling of your property. Therefore, you can rest assured they're trustworthy and have your best interests in mind. Moreover, a real estate broker will help you avoid making costly rookie mistakes.

Furthermore, find your future home before putting your residence up for sale. It's a good idea to work with a housing consultant or the same real estate broker handling the sale of your home to make your life easier.

Similarly, relying on the expertise of a mortgage broker will save you a lot of work, especially when it comes to transferring your mortgage.

In short, surrounding yourself with the right people is the key to a stress-free experience. Contact a broker near you to get started.

Mortgage vocabulary explained



Getting a mortgage is an essential part of buying a property. Here's a short glossary to familiarize you with the most important terms.

- **MORTGAGE LOAN.** A type of loan typically obtained from a financial institution to purchase a home or other real estate property. The property itself serves as collateral to secure the loan. Moreover, the lender reserves the right to seize the property if the payments aren't made.

- **DOWN PAYMENT.** An upfront payment you make to purchase a property. The amount paid is usually a percentage of the purchase price and can range from as little as five per cent to as much as 20 per cent.

- **MORTGAGE LOAN INSURANCE.** If your down payment is less than 20 per cent of the price of the property, you must buy mortgage loan insurance. The insurance can be paid upfront or added to your monthly payments.

- **INTEREST RATE.** A fixed or variable percentage is added to the amount of your mortgage loan. In short, it's the price you pay to the financial institution for taking on your loan.

- **AMORTIZATION PERIOD.** This refers to the length of time it takes to pay off your mortgage.

- **MORTGAGE TERM.** The length of your current mortgage contract is referred to as the term. After the mortgage term expires, the remaining balance must be renewed, refinanced or paid in full.

- **PRE-APPROVAL.** When you get pre-approved for a mortgage, the lender estimates how much you might be able to borrow based on your income, credit history, assets, debt and down payment.

Contact a mortgage broker in your region for more information about mortgages or support to buy a home.



NETWORK

Real estate brokers have access to a vast network of other brokers and an impressive pool of potential buyers. Therefore, they're best positioned to help you sell your home fast.

Thinking of Selling or Downsizing? I CAN HELP!

Call me today
for a **FREE** evaluation
with no obligation.



FREE EVALUATION OF YOUR
HOME WITH **NO OBLIGATION!**

VOULA REAL ESTATE BROKER
KOTTARIDIS
514 993.5010
AGENTVK@GMAIL.COM

EXCELLENT SERVICE | EXCEPTIONAL RESULTS
ROYAL LEPAGE
HUMANIA CENTRE Agence immobilière
450.682.2121

HOROSCOPE

Week of **OCTOBER 9 TO 15, 2022**

The luckiest signs this week:
GEMINI, CANCER AND LEO

♈ ARIES
You'll try your best to impress those around you. You'll increase your client base to reach one of your goals at work. Don't be afraid to move forward. If you take action, you'll achieve success.

♉ TAURUS
If you're looking for the perfect job, you'll be inspired to take the necessary steps to move in the right direction. You'll feel imaginative, which will inspire you to create a masterpiece.

♊ GEMINI
You may start to feel the unpleasant effects of living a sedentary lifestyle. You'll ask your friends to get active with you and motivate you to start moving your body.

♋ CANCER
Whether starting a new career or retiring, you'll clearly figure out your next steps. You must create a plan to ensure your future meets your expectations and aspirations.

♌ LEO
You'll do an apprenticeship that will propel your career forward. You'll face new challenges that will that require patience. You'll also be motivated to work toward your goals.

♍ VIRGO
After much reflection, you'll make important changes to your environment. You'll need to thoroughly review your priorities and find a living situation that suits your needs.

♎ LIBRA
You may feel the need to say yes to everyone. This will put a lot of pressure on you to keep your commitments. You'll find it hard to make a decision with the right information; reflection is needed.

♏ SCORPIO
You'll work extra hours to improve your financial situation. You may also realize that you need to make more time for your love life.

♐ SAGITTARIUS
You'll be in the right place at the right time. This will allow you to stand out and make a good impression. At work, you'll be rewarded, or at least given the recognition you deserve.

♑ CAPRICORN
You may find it hard to leave your home this week. You're very attached to sentimental things that take up a lot of space in your home. You may finally be able to get rid of stuff you don't need.

♒ AQUARIUS
You'll be outspoken and express what others are thinking. You must be authoritative in a complex and upsetting situation to reach an agreement.

♓ PISCES
You'll have to invest a significant amount of money in your career. You may need to buy a new vehicle to avoid breaking down or impress your clients.

Coffee Break

CROSSWORDS

PUZZLE NO. 134

1	2	3	4	5	6	7	8	9	10	11		
12				13			14					
15				16			17					
		18	19				20		21			
22	23	24					25	26				
27				28	29	30	31					
32			33		34			35	36	37	38	
			39	40				41		42		
43	44	45					46	47				
48				49	50	51	52					
53				54		55			56	57	58	59
60									62			
63									65			

Copyright © 2021, Penny Press

ACROSS

- Curly
- Punch
- Damages
- Elaborate melody
- Woodsmen's implement
- Ready for business
- Wound evidence
- Young bug
- Foretell
- Elegant
- Bread grain
- Mexican sauce
- Restaurant patron
- Era
- Ordinary
- Caesar's garment
- Deep sadness
- Experts
- Remove
- Liable
- Exceed
- Pool of money
- Cigar's remains

DOWN

- More orderly
- Certain litigant
- Appropriate
- Airborne toy
- Diminish
- "___ a Living"
- Corrupt
- Winter toy
- Kid
- Grizzlies' homes
- Made a lap
- In times past
- Part of a relay
- European mountain
- Wise bird
- Shad ___
- New York baseballer
- Perform arithmetic
- Mouse's kin
- Elect
- Porcer's pen
- Long, long time
- Supplement
- Desert havens
- Typical
- The items here
- Irritated
- Change for publication
- Model T, e.g.
- Experiment
- Blushing
- "___ Got Sixpence"
- Foil metal
- Subways' kin

Sudoku

PUZZLE NO. 859

1	4	3	9	5			7	2
	7			1	6			
		9			4	8		
5	9	6	7					3
7		4			9			
					2	4		
	1		4			7	6	8
	6							4
	8	5		2		3		9

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

S	L	I	P		G	I	S	T		T	W	O	
P	O	R	E		E	C	H	O		R	O	W	
U	N	I	T		N	E	O	N		E	E	L	
R	E	S	I	D	E		P	A	P	A			
				T	E	R	M		L	A	S	S	O
N	O	T	E	B	O	O	K		N	U	M	B	
A	X	E		T	U	N	E	R		R	O	E	
M	E	N	D		S	T	R	A	T	E	G	E	Y
E	N	T	E	R		H	O	M	E				
		A	W	A	Y		S	P	A	C	E	S	
A	R	C		P	O	S	E		C	O	D	E	
G	A	L		I	R	O	N		U	R	G	E	
O	W	E		D	E	L	E		P	E	E	P	

Sudoku

8	2	6	1	3	5	4	7	9
3	1	4	7	9	8	6	5	2
7	5	9	2	6	4	3	8	1
9	6	7	5	1	3	8	2	4
5	4	3	8	2	9	7	1	6
2	8	1	6	4	7	9	3	5
4	9	5	3	8	2	1	6	7
1	3	2	9	7	6	5	4	8
6	7	8	4	5	1	2	9	3

514-691-2922 | INFO@CONCEPTG7.COM | 7491 Rte Transcanadienne, Ville St-Laurent, QC, H4T 1T3

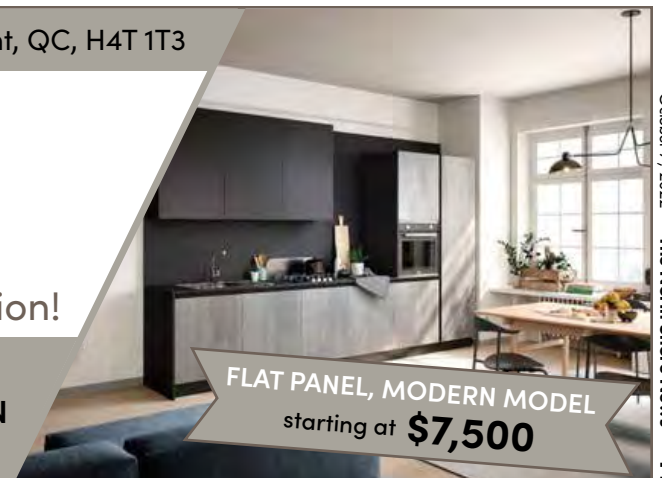
- Versatile cabinet making manufacturer
- Years of experience in residential projects
- Turnkey solutions, specialized in kitchen renovation and hardwood flooring
- Total quality control in every stage (design - production & installation)
- Deadlines respected within budget

Visit our showroom for a free consultation!

CONCEPT G7
www.conceptg7.com

DIRECT FROM OUR FACTORY
FREE ESTIMATION | FAST INSTALLATION
FASTER DELIVERY THAN ANYONE

FLAT PANEL, MODERN MODEL
starting at \$7,500





Professional Auto Body Repair & Painting

Insurance Work Accepted

All Work Guaranteed

Expert Color Matching

Factory Genuine Parts

Import Car Specialists

Major & Minor Repairs

514 476-4565

1385, Boul. des
Laurentides, Local 103
Vimont, Laval

