

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. 19-06

March 24, 2023

450-978-9999

www.ns-news.com

editor@newsfirst.ca



Health initiatives taking up almost half of Quebec budget

Province budget presented by Minister of Finance of Quebec, Eric Girard

Page 3

Pages 6-7



New linear park along Mille Îles River

The 10 mayors, including Rosemère mayor Eric Westram, as well as Legault cabinet ministers Benoit Charette (environment) and Caroline Proulx (tourism), are seen here during last week's announcement in the main pavilion at the Parc de la Rivière-des-Mille-Îles in Sainte-Rose/Laval. (Photo: Martin C. Barry, Newsfirst Multimedia)



IGA
 Daigle *extra*

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
---	---	---	--




Quebec budget

Health system “sucks up” almost half of the budget

MARIA DIAMANTIS
Local Journalism Initiative Reporter for The North Shore News
info@newsfirst.ca

On Tuesday, March 21, along with the official first day of spring, the Minister of Finance of Quebec, Eric Girard presented the budget of the province. Below you can read the highlights of the budget:

- Reduction of the first two tax brackets by 1 percentage point for tax year 2023
- Tax reduction: savings of up to \$814 per individual and up to \$1,627 for a couple
- The tax cut will cost Quebec \$1.7 billion annually, and a total of \$9.2 billion over six years
- Solidarity tax credit boost of up to \$78 more per year for an individual
- Projected economic growth of 0.6% in 2023, with an inflation rate of 3.5%
- Projected deficit of \$4 billion in 2023-2024 and return to balanced budgets in 2027-2028
- Quebec’s debt will reach \$207 billion on March 31, 2023, or 37.4% of GDP
- Funding for Quebec’s infrastructure plan increases by \$7.5 billion over 10 years
- Tax holiday for major investment projects in the province of at least \$100 million
- Contributions to Quebec’s pension plan will become optional from age 65 starting in 2024
- Environment: Quebec grants \$500 million to support the creation of the Blue Fund
- Education: government allocates \$2.9 billion to renovate schools, CEGEPs and universities
- Quebec invests \$650 million over six years to finance construction of social and affordable housing
- \$3 billion to make Quebec’s health system ‘more efficient’

The Girard budget provides, among other things, \$2.2 billion to adapt the health sector to post-pandemic realities.

Jackpot for the health system

Three years into the pandemic, the Legault administration plans to allocate more than \$3 billion over five years for new health initiatives to make the system “more efficient and more flexible for the population.”

The Girard budget provides, among other things, \$2.2 billion to adapt the health sector to post-pandemic realities. The health system is the largest expenditure for the Quebec government, at \$52.8 billion out of a total budget of almost \$122 billion.

The government wants to maintain the vaccination and screening centers established during the pandemic, expanding their scope to include other frontline services.

This amount will also allow the update of the emergency measures plan as well as the supply of personal protective equipment and the reduction of the waiting list for surgeries.

“The Health Plan, which has been in place for a year, is a significant change in improving health care for the population and access to such care. The investments announced today are a continuation of this plan” said Eric Girard, Minister of Finance of Quebec

The government is counting on structural and permanent changes in the health network. So, it plans to invest \$395 million to open new front-line access clinics and add specialized nurses and other professionals. From 2023-2024, 12 clinics, or 6 more than today, will offer their services to the population.

In addition, the Ministère de la Santé et des Services Sociaux (MSSS) will benefit from a \$146 million envelope for the development of the Votre Santé platform, which aims to facilitate appointment scheduling, telemedicine



consultation with a doctor and, ultimately, the possibility for a patient to consult the information in their medical record.

By December 31, 2022, 20,649 patients had been waiting for surgery for more than a year. The goal, Minister Girard said, remains to absorb that number as quickly as possible to return to pre-pandemic levels.

Elderly and caregivers

Additionally, the Girard budget plans to allocate an additional \$2 billion over five years to care for seniors and their caregivers. Quebec estimates that the number of people aged 65 and over will increase from 1.8 million in 2021 to almost 2.5 million in 2041, representing 26% of the population. Of the amount announced, \$963 million will be used to increase the supply of home support services.

In addition, the budget provides \$705 million for the provision of accommodation adapted to the needs of older people, including \$405 million to ensure continuity of services in private aged care (RPA) homes. Also, 200 million will be allocated to continue funding the establishment of senior housing and 100 million to continue the alignment of public and private CHSLDs.

Vulnerable people

In this budget, the Legault government is releasing \$565 million over five years to improve mental health and social services. So, \$211 million will be used to increase mental health, homeless and substance abuse services, \$110 million to strengthen services for troubled youth and \$50 million to create new respite spaces for parents of children with disabilities.

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





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





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:

Jean Paul Chamberland

Editorial Staff:

Martin C. Barry
Maria Diamantis
Renata Isopo

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



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 2023

OPINION & Editorial



Canada's dangerous reliance on Chinese goods must end

Three years after we first started hearing the warnings of a global pandemic, there is no doubt that the world has changed.

While it is easy, and for the government perhaps preferable, to blame the pandemic for the challenges that lie ahead, to do so would be dishonest and would serve only to further exacerbate the issue that remains to be tackled head on if we are to have any chance of preserving our way of life.

Every democratic state, including Canada, is confronted with an increasingly uncertain, unstable and conflictual global environment. At the root of that stands a rising totalitarian threat. Our vulnerability to that threat is multifaceted, but among the weaknesses we must address is the vulnerability of our supply chain when it comes to vital goods and materials.

The global pandemic illustrated that significant weaknesses exist in Canada's supply chain. In large measure, the government has sought to address this by focusing almost exclusively on the technical challenges that exist around supply chain efficiency. Using the government's own words, its efforts are focused on "making it easier to plan and co-ordinate transportation initiatives to alleviate bottlenecks," "supporting industry-driven approaches to digital solutions," and other such measures.

While these purely functional measures may be needed, they skirt around the core issue. This country has put itself in a position of extreme vulnerability and overreliance on the importation of critical goods from the world's leading totalitarian state: Communist China.

Given the nature and imbalance of that

bilateral trading relationship, we have made ourselves very vulnerable to political pressures that the regime is now regularly imposing on Canada.

In 2023, China remains Canada's second-largest source of imported goods. It is a country with which we posted a \$45-billion trade deficit in 2021. It is Canada's greatest source of cheap, often low-quality, goods; not only consumer goods, but (as we discovered during the pandemic) also critical medical and personal protective equipment — equipment that on some occasions was shown to be sub-par.

Communist China remained Canada's largest supplier of such goods even after it took the two Michaels hostage for more than 1,000 days from 2018 to 2021.

It remained our second-largest source of imports even after it was condemned, globally and by the Parliament of Canada, for conducting a genocide against the Uyghur minority.

Its exports to Canada actually increased during the second quarter of 2022, despite its crack-down on democracy protests in Hong Kong, its escalating military threats against Taiwan, and its open and blatant support for Russian President Vladimir Putin's war of aggression in Ukraine.

The policy approach of Canada's current government has sought to ignore all of this. But there are now strong national interest and moral imperatives to rethink Canada's relationship with Communist China. Other democracies, some less vulnerable than we are, are already doing this. They are doing so because it is necessary.

The United States has started to encourage and pressure companies to shift their supply chains away from Communist China. The desired shift is toward other democracies and friendly nations in a policy known as "friendshoring," and it is essential.

Australia, Japan, and India have also launched a resilient supply chain initiative. They are now working with the United States in the Quadrilateral Security Dialogue on this very matter.

Canada, however, has been absent from these multilateral processes. Not only has the government absented itself, it has also made no effort to halt even those goods that may have been manufactured using forced labour.

As was recently reported, while the United States stopped 2,398 shipments at its borders based on the possibility that the goods were manufactured by forced labour, Canada stopped only one over the same time period. Even that one shipment, clothing from China, was subsequently permitted to proceed.

If we are genuinely interested in supply chain security, then we need to confront the elephant in the room. If for ideological reasons the current government is unable to do so, then that is yet another reason why Canada urgently needs a new government.

There will be no security for our supply chain, or indeed for our country, if we do not do so.

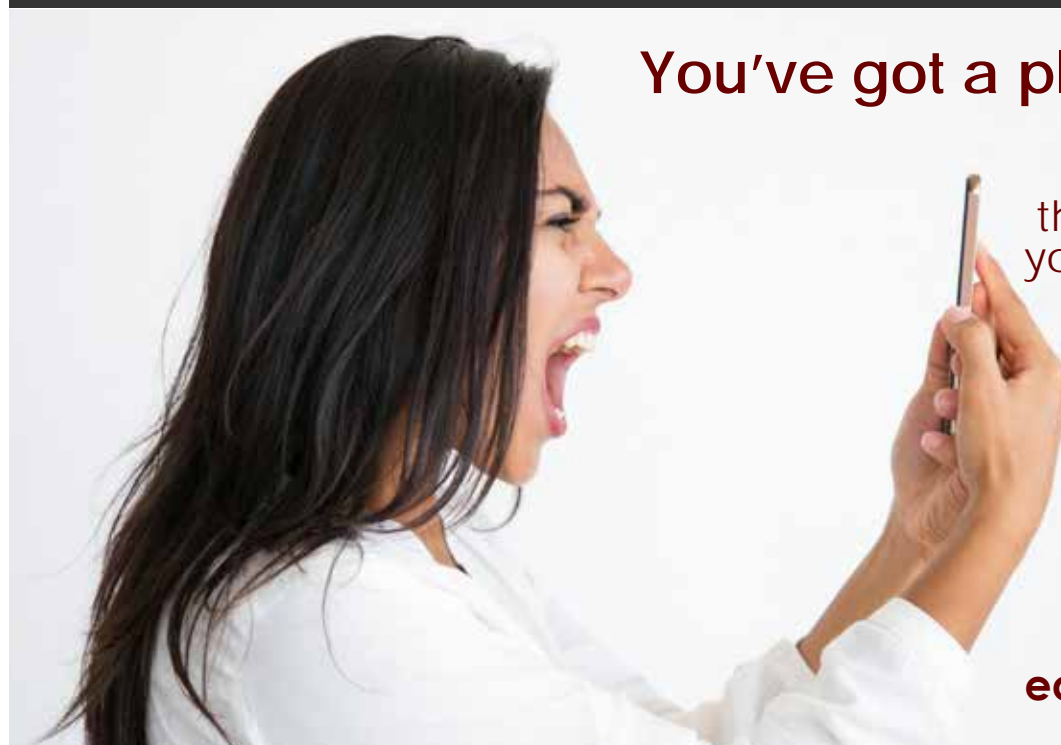
Senator Leo Housakos

Chair of the Senate Committee on Transport and Communications, and a member of the Senate Committee on Foreign Affairs and International Trade.

ANGRY? FRUSTRATED? ANNOYED?

You've got a place to vent!

Send a letter to
the editor and get
your opinion heard
loud and clear.



editor@newsfirst.ca

Saint-Eustache's 911 reaches Nunavik

The emergency call center (9-1-1) of the City of Saint-Eustache will serve 4 villages in Nunavik as part of a pilot project by the Government of Quebec

MARIA DIAMANTIS

Local Journalism Initiative Reporter for The North Shore News
info@newsfirst.ca

The Minister responsible for First Nations and Inuit Relations, Mr. Ian Lafrenière, the President of the Kativik Regional Government, Mrs. Hilda Snowball, and the Mayor of the City of Saint-Eustache, Mr. Pierre Charron, announced the establishment of a one-year pilot project to take emergency calls from four northern villages of Nunavik, namely Umiujaq, Kuujjuarapik, Inukjuak and Puvirnituq.

The deployment of the pilot project, initiated by the Ministère de la Sécurité publique, the Kativik Regional Government and the City of Saint-Eustache, will allow the four targeted communities to be served quickly and to benefit from the quality services of an already established 9-1-1 emergency service that complies with current regulations.

This service, which will be provided from the 9-1-1 emergency center in Saint-Eustache, was made possible thanks to the installation of optical fibre now connecting the four northern communities. It is planned that all the villages will gradually be served by this same telecommunications network. The initiation of this pilot project will also make it possible to collect statistics on the number of calls received as well as the reactions of the Nunavik police

and firefighters to the progress of the project.

"Right now, it is not uncommon in Nunavik for some emergency calls to go unanswered due to a lack of available lines or because the service is not accessible following an outage of the telecommunications systems. Since Saint-Eustache has both the proven technology and the expertise needed to respond quickly and adequately to emergency calls, the launch of this initiative can certainly help avoid this type of situation for the populations concerned, hoping that it will lead to other promising solutions for all of Nunavik," said Pierre Charron, Mayor of Saint-Eustache.

Due to the many logistical issues related to remoteness, affecting, for example, the hiring of personnel and the considerable costs of technological equipment as well as its transportation to Nunavik, the Kativik Regional Government considers that a partnership term with the 9-1-1 emergency center in Saint-Eustache would be the most viable solution for taking any emergency calls from its 14 northern villages.

The pilot project is funded through a \$900,000 grant from the Government Action Plan for the Social and Cultural Well-being of First Nations and Inuit 2022-2027 from the First Nations and Inuit Relations Secretariat. In the event that fibre optic communication is interrupted due to equipment failure, emergency calls will go through the old analog telephone system.



Thierry Vallières, Director, Police Department of the City of Saint-Eustache, Vicky Gionet, Coordinator, 9-1-1 Emergency Center of the City of Saint-Eustache, Pierre Charron, Mayor, City of Saint-Eustache, Lucy Kumarluk, Vice-President and Hilda Snowball, President, of the Kativik Regional Government, Ian Lafrenière, Minister responsible for First Nations and Inuit Relations, Jean-Pierre Larose, Chief of the Nunavik Police Service, François Montreuil, Director, Information Technology Department of the City of Saint-Eustache.

The City of Saint-Eustache invites you to celebrate Neighbours Day

MARIA DIAMANTIS

Local Journalism Initiative Reporter for The North Shore News
info@newsfirst.ca

On June 3, the Neighbours Day will take place for the 17th year, propelled throughout Quebec by Espace MUNI. The City of Saint-Eustache is inviting its population and local organizations to organize a unifying activity with their neighbourhood and to take advantage of this opportunity to forge bonds of solidarity and friendship between neighbours.

"Whatever the organized activity – 5 à 7, sports activity or meal – it is certain that it will contribute to strengthening the social fabric and the feeling of belonging to the community. Discuss it with your neighbours and give free rein to your imagination! We will be there to

give you a hand so that your event is a success," said the mayor of Saint-Eustache, Mr. Pierre Charron.

In fact, as an ambassador for Neighbours' Day, the Town will offer each participating event a maximum subsidy of \$200 for the purchase of food. Depending on availability, it will also be possible to borrow certain equipment such as tables, marquees, barricades or cones. To benefit from it, interested persons are invited to complete the online form, by April 15, 2023. Citizens are also invited to register their event on the Espace MUNI website, in order to get free digital tools to promote their party and help them organize their activity.

By forging ties in the neighbourhood, Neighbours Day promotes the creation of a community spirit and increases the feeling of

belonging to an environment in which one feels safe, while bringing generations and various communities closer together.

For more information, contact the Saint-Eustache Multiservice at 450 974-5000 or by email at sem@saint-eustache.ca.





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

North Shore municipalities unite to create linear park along Mille Îles River

42-kilometre green space will stretch from Deux-Montagnes to Mascouche

MARTIN C. BARRY
marty@newsfirst.ca

Rosemère and Deux-Montagnes are two of the 10 municipalities located along the Mille Îles River that announced last week they are uniting to create a massive waterfront linear park to add to the development of regional green space, while also protecting access to clean drinking water.

Special status sought

Representatives of the municipalities, including Rosemère mayor Eric Westram and Deux-Montagnes mayor Denis Martin, gathered at the Parc de la Rivière-des-Mille-Îles in Sainte-Rose to announce they had signed a common declaration in which they pledged to take all the steps necessary to obtain a provincial statute enshrining a protected status for the 42 kilometres of linear green space by 2024.

According to a statement issued by the mayors, the park will be a “mosaic” of protected spaces, including the Rivière-des-Mille-Îles nature sanctuary, which is currently being studied for enlargement. The mayors want the future linear park to be recognized as a metropolitan conservation area, an idea towards which the provincial government seems already to be favouring with support.

Largest green space

It is estimated that the creation of the new nature preserve could eventually include 5,000 hectares of territory. As such, it would become the largest protected space in the greater Montreal region, and would at the same time contribute to a Montreal Metropolitan Community goal to safeguard 30 per cent of CMM territory by the year 2030.

In addition to their commitment to cooperate on creating



the new park, the ten mayors also agreed to create a regional concertation table for the Mille Îles River in order to ensure continuous financial support for the park and consistent efforts to obtain an official status.

The concertation table would include all the municipalities that have signed the declaration and would be presided by the

Éco-Nature group. The provincial government and the CMM have also stated their commitment to working cooperatively with the table.

Part of Rosemère’s DNA

“For more than 20 years, the Town of Rosemère has supported



**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



“This treasure, the Mille Îles River, has long been part of the DNA of all Rosemèrites and we are proud to pursue this latest project in order to ensure the sustainability of these magnificent but fragile ecosystems along the river and its shores – all of this being for the greater enjoyment of the citizens of all the riverside municipalities.”

"I am delighted by this partnership which will make it possible to offer to the population living environments that are greener and livelier than ever, while also strengthening our respective recreational and tourism offerings," said Deux-Montagnes mayor Denis Martin.

A biodiverse territory

"The Mille Îles River is a sector which is rich in biodiversity,"



said Quebec Environment and Climate Change Minister Benoit Charette. “It includes numerous islands and shores with various natural areas, representing a wide diversity of animal habitats. Nearly a hundred of these species face precarious circumstances, notably as a result of the impact of human activity on their habitats.

A boost for tourism

The Mille Îles River's potential for generating more tourism from visitors seeking natural settings in the Montreal metropolitan region is considerable, said Caroline Proulx, the Minister of Tourism in the CAQ cabinet.

"Today's announcement opens up enormous possibilities for the regions of Laval and the North Shore so that the river is discovered by all those from here and elsewhere who love the outdoors," she said. "Our government will continue to be present alongside the shoreline municipalities and our partners in order to develop a range of tourist activities that respect nature."

New

SPECIAL: 30 (12x18") for \$294

price for ready-to-print file — design fee extra

Affordable and innovative

REUSABLE PLACEMATS

for restaurants, cafes and diners

- Stain resistant restaurant-style placemats
- Save money and save the environment
- **Cleans easily** with just one wipe
- Made of long lasting durable material
- Any size - Any quantity

Call us for more information

MEDIA-TREK

Communications - Promotions - Marketing
t.450.978.0070

easily
wipes
clean

First annual report on the achievements of Bois-des-Filion

MARIA DIAMANTIS
Local Journalism Initiative Reporter for The North Shore News
info@newsfirst.ca

The City of Bois-des-Filion presented the first edition of the Annual Report of Achievements for the year 2022. The result of a reflection by the municipal council, it is a new way of presenting to the citizens of Bois-des-Filion all that is achieved in the course of a year.

“Citizens are increasingly informed and they want to know how their money is being spent,” explained the mayor of Bois-des-Filion, Gilles Blanchette. As elected officials, the members of the municipal council and I are responsible for the sums of money entrusted to us and we must ensure that they are used for the purposes for which they were voted.”

This new way of rethinking the City’s balance sheet also has the advantage of promoting municipal achievements that are directly related to its objectives in terms of sound management, environmental protection and quality of life. This Report of Achievements also aims to demonstrate the vitality of Bois-des-Filion, its attractiveness, its sustainable development and the sense of belonging of the Filionnoises and Filionnois.

The Bois-des-Filion 2022 Annual Achievement Report is available on the City’s website and will soon be available in paper version.

A pioneering city in the Lower Laurentians with human dimensions, proud of its rural character and its splendid riverside environment, Bois-des-Filion offers a recognized quality of life and a prosperous economy to its 10,045 inhabitants according to its recent press release.



Bois-des-Filion persists about Highway 19

MARIA DIAMANTIS
Local Journalism Initiative Reporter for The North Shore News
info@newsfirst.ca

Having still not heard back from the Ministère des Transports et de la Mobilité durable (MTQ) on the Autoroute 19 file, Bois-des-Filion is continuing its mobilization efforts. New actions are planned this spring. To date, residents of Filion have sent some 500 letters to the Minister of Transport, Geneviève Guilbault, asking her to intervene to ensure the harmonious integration of Highway 19 into the urban character of Bois-des-Filion.

“We have not had an answer,” confirms the director of the

Bois-des-Filion communications department, Nicolas Carette.

The three demands of Bois-des-Filion

The three major stumbling blocks remain in the file and raise concerns on the part of citizens and elected officials:

1. The projected height of the viaduct which will be erected on Adolphe-Chapleau Boulevard and which will divide the city into two east-west sections.
2. Access to the Place du Parc sector, since the MTQ plans to completely ban access via avenue de l’Érablière, forcing the detour of nearly 3,000 motorists every day.
3. The construction of a ten meter noise barrier on 39th

Avenue. The City wants this wall to be erected as close to the highway as possible, rather than near residences, as currently planned.

For Bois-des-Filion, there is no doubt that there is an urgent need to act. Unable to bring himself to accept the silence of the MTQ, Mayor Gilles Blanchette now intends to solicit the support of surrounding communities and turn to the MP for Blainville, Mario Laframboise.

Other actions, the content of which the City is careful not to reveal for the moment, are also to be expected this spring. Among other support obtained to date, is the Quebec Federation of Quad Clubs (FQCQ).

Woof!

FINALLY!

Media-Trek products and services are now displayed on their website

mediatrek.ca
(450) 978-0070 | info@newsfirst.ca
304-3860 boul. Notre-Dame, Laval, QC H7V 1S1



REPEAT OFFENDER

Q I am a 26-year-old escort, in the business on and off since I was 14. I have a tendency to get involved in very bad relationships.

The men I go out with are usually abusive with substance abuse problems, and generally I end up supporting them. I don't have many friends because it seems people only deal with me because they are trying to use me.

I've worked regular jobs, attended some college, and also got my real estate license. I wasn't happy being "square" and am not happy now, but I can't afford to stop escorting or I will lose everything. Happiness never lasts long for me. I am looking for something in life to keep me going, and the only thing that's doing it is my massive stack of bills.

Recently I got involved with a man who treats me better than anyone has in a long time. For the first time ever, the feeling is mutual. He makes me smile, and I don't believe he would ever abuse me. We want to settle down and even have kids.

The problem is he is on parole and is supposed to turn himself in soon to do about two years. That's a long time to wait, and I'm tired of my life being on hold. We have considered the option of him not turning himself in, but then I will be forced to keep escorting to support us.

Either he goes to prison and I'll be alone, or we're together and I support him. And what if I get sick of him being so dependent on me? Where will he go? I want the house with the white picket fence and kids, but how can I get

them with me being an escort and him on the way to the big house?

Maureen

A Maureen, Thoreau said, "What lies before us and what lies behind us are small matters compared to what lies within us. And when we bring what is within out into the world, miracles happen."

If you are escorting for money, you should have huge savings and be living well. But you are in debt, using money to buy moments of happiness. You're treating yourself like devalued currency and acting as if you are not worth a good man.

Your boyfriend promises things he can never give you, and that is simply another form of abuse. Once you feel you are a person of value, you will feel equal to a man of value, a man who truly cares for you and is self-supporting.

Within you is a dream, and the way to achieve that dream is by breaking the cycle. You must take the initial steps to change, the steps when reward seems so distant you fear you will never get there. Good things take effort. If they didn't, everyone would have them.

Pay off your bills so you aren't trapped by debt. Then think about the life you need to be living to attract the right man. Think about what you always wanted to be, and what it will take to get there. Your dream is worth working for. With patience and courage, it can happen.

Wayne & Tamara

PERSPECTIVE

Q A few weeks ago I was around some young women friends of mine, and they were talking about guys and the particular qualities they should have. One girl said a guy didn't have to be hot, but she had to think he was cute or adorable.

Another girl said she notices the little things most. She said her boyfriend calls her every night just to say goodnight. I was wondering

what "little things" girls between 16 and 20 would notice.

Aaron

A Aaron, for one girl, a phone call may be "sweet." To another, it might be taken as checking up. Since you can't read minds, the safest route is to be yourself.

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

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

CLASSIFIEDS • CAREERS • JOBS

News THE NORTH SHORE 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:

- ✓ Base salary PLUS Commission
- ✓ Flexible schedule
- ✓ Excellent working environment

THE NORTH SHORE
News

Submit your CV to:
sales@newsfirst.ca

DOUBLE A TILE INC

Your flooring specialist with over 15 years of experience in tile installation.

We deliver exceptional service and high-quality craftsmanship at competitive prices

Call now and get your free estimate!

OUR PROMISE

Your project will be done within 2 weeks*

*From the moment we have all the materials for your project

We speak English, Greek, Italian, Portuguese and Spanish

514 513 0355

WE BUY GOLD AND DIAMONDS

450-681-1363

- For over 38 years -

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)





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 \$70+ at the supermarket
You pay only \$39

VISIT OUR FACEBOOK AND INSTAGRAM PAGE!
@PANIERDUFERMIER

Our weekly customers
save up to \$1,700 per year

NOW WE DELIVER IN THE NORTH SHORE

(514) 244-9885
3151-B boul. DAGENAIS OUEST
 (near Curé-Labelle) Laval, Québec H7P 1T8
panierdufermier.ca | panierdufermier@gmail.com

Assistance program for houses with foundation cracks in Sainte-Marthe-Sur-Le-Lac



MARIA DIAMANTIS

Local Journalism Initiative Reporter for The North Shore News
info@newsfirst.ca

During the regular meeting of January 18, 2023, the municipal council adopted By-law 704 on the establishment of the Rénovation Québec program, houses with cracks component (maisons lézardées).

In collaboration with the Société d'habitation du Québec (SHQ), this program aims to help owners of eligible buildings whose foundations have cracks related to soil conditions, in order to enable them to carry out necessary stabilization work or to pay them financial assistance following work already completed.

To help the owners concerned, the City has a budget envelope of \$105,000 for 2022 and \$60,000 for 2023, half of which is financed by the Société d'habitation du Québec through its Renovation Quebec program.

The grant awarded will be based on the total amount of eligible work according to the scale below:

- Work over \$100,000: 30% up to a maximum of \$30,000;
- Work from \$50,000 to \$99,999: 25% up to a maximum of \$20,000;
- Work from \$30,000 to \$49,999: 20% up to a maximum of \$7,500.

Program 2022

Under the rules of the Société d'habitation du Québec, the work must have been carried out between January 19, 2022 and January 19, 2023 to be eligible for the Rénovation Québec 2022 program and no feedback will be possible. Owners have until March 27, 2023 to submit a complete application and must demonstrate that at least one pole has been installed to stabilize the foundations of the building, in addition to meeting all the other eligibility criteria set out in the Regulation 704.

Program 2023

To be eligible for the Rénovation Québec 2023 program, the work must be carried out between January 19, 2023 and January 19, 2024 and owners will have until January 20, 2024 to submit an application. It is important to mention that no financial assistance can be granted for work carried out before having obtained the City's approval. The owners concerned must therefore first complete a permit application with the Land Use Planning and Sustainable Development Department and ensure that they meet all the eligibility criteria of By-law 704.

For any questions or for more information, please contact the Land Use Planning and Sustainable Development Department at 450 472-7310, ext. 120 or by email at urbanisme@vsmll.ca.

PRINTING AND GRAPHIC SERVICES FOR ALL YOUR NEEDS!

BRANDING

STATIONERY

PROMOTIONAL

CONTACT US TODAY!

MEDIA-TREK®

Better service | Better quality | Better value for your money

450 978-0070 | info@newsfirst.ca

HOROSCOPE

Week of **MARCH 26 TO APRIL 1, 2023**

The luckiest signs this week:
CANCER, LEO AND VIRGO



ARIES

You'll have many things to take care of at home or with your family. You'll be a true hero in the eyes of your loved ones. With your great sense of initiative, you'll set your priorities straight.



TAURUS

You'll find the right words to make your point. Some subjects will require more heated debate. If you have the correct information, no one will dare contradict you.



GEMINI

You'll take steps to buy a property or find a more suitable home. Shopping for the family will be a rewarding adventure.



CANCER

You're a go-getter, ready to take on any challenge at work and in your personal life. No matter how old your children are, they'll be a handful this week. If you're single, many people will be attracted to you.



LEO

When you're fatigued, you're more vulnerable to germs. Take time to rest when you're working overtime.



VIRGO

You may find that people feel lost or confused around you. You may need to withdraw and isolate yourself. You'll also be inspired to start a spiritual practice.



LIBRA

Time is precious, and it's not always easy to manage. You must pull out all the stops at work to get everything done on time.



SCORPIO

You'll arrange to go on a trip abroad or explore your region with your partner or friends. You'll make changes at home, even if it's only rearranging furniture.



SAGITTARIUS

You may have to shake a few people up to achieve professional success. Abundance awaits after beating out the competition for the job you want.



CAPRICORN

You'll have to make a few compromises to reach an amicable agreement. You'll have justice on your side as you settle a dispute before it gets out of hand.



AQUARIUS

You'll have a lot of work to do. A competitor will try to entice you with a more interesting position. Your significant other or someone who's attracted to you will make you feel special.



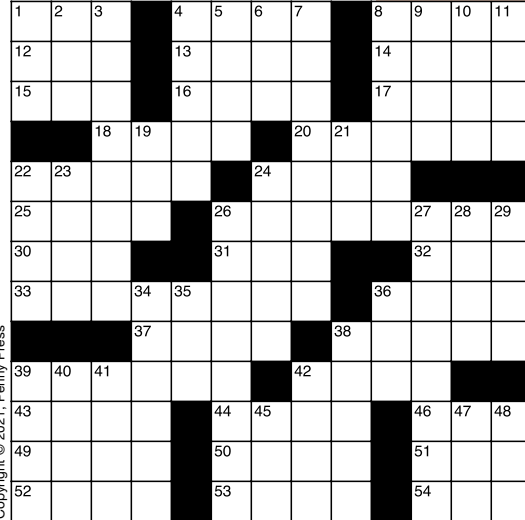
PISCES

You'll distinguish yourself when you succeed in lightening the mood at work or home by making people laugh. You'll earn warm applause. You could also receive a reward.

Coffee Break

CROSSWORDS

PUZZLE NO. 145



Copyright © 2021, Penny Press

ACROSS

1. Foot's limb
4. Ego
8. Edge
12. Paddle's kin
13. Bloodhound's clue
14. Bit
15. Bikini part
16. Rub
17. Drove fast
18. Bother
20. Design
22. Permanent prisoner
24. Scram!
25. Corrosive
26. Outdoor light source
30. Faced
31. Chopper
32. Promise
33. Cheer up
36. Animated fish
37. Oahu souvenirs
38. Exposés

DOWN

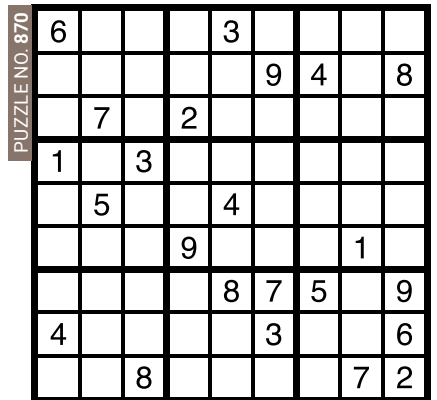
39. Broken-limb support
42. Coop
43. Disbursed
44. Atop
46. Astern
49. Dermal disorder
50. Office fixture
51. Date
52. Clarinet part
53. Ingests
54. Desire
11. Constructed
19. Angry color
21. Beat walker
22. Gentle creature
23. Bakery worker
24. Jazz instruments
26. Freedom
27. Breakfast request: 2 wds.
28. Any
29. Couples
34. Skated
35. Coop dweller
36. Scold continually
38. Financial institutions
39. Box lightly
40. Walk the floor
41. Bit of dialogue
42. Outlay
45. Pod content
47. Charge
48. Number of fingers

Sudoku

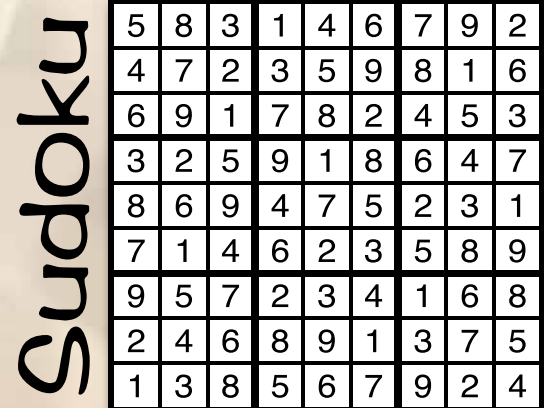
HOW TO PLAY:

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



SAVE MONEY

Print your cheques
with us with confidence

MEDIA-TREK
Communications - Promotions - Marketing

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

Amazing Prices!
200 for **\$84**
400 for **\$134**
1000 for **\$204**

Full Banking Security Features

Call us for more information **450.978.9999**

Thinking of **Selling** or **Downsizing**?

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

I CAN HELP!



Delays and
Withdrawals



Legal
Assistance



Special assessments
for co-ownerships



Latent
Defects

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

ROYAL LEPAGE

HUMANIA CENTRE Agence immobilière
450.682.2121

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