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Pages 2-3



Exclusive
 interview with
Pablo Rodriguez

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New Trudeau budget has fixes for grocery prices, dental bills and new green economy

'We're working on affordability,' says Liberal cabinet's Rodriguez, point man for Quebec

MARTIN C. BARRY
marty@newsfirst.ca

There are three points to be remembered in the new federal budget tabled by Finance Minister Chrystia Freeland in Ottawa last week, according to Canadian Heritage Minister Pablo Rodriguez who is the Trudeau government's lieutenant for Quebec.

The first, household grocery purchasing power during an inflationary period, is being addressed through a special rebate, for a one-shot payment of \$467 for eligible couples with children, \$234 for single Canadians without children, and \$225 for seniors.

The affordability problem

"We're working on affordability," he said in an exclusive interview this week with Newsfirst Multimedia. "You've seen it and felt it, I'm sure. Things are costing more all the time, especially the groceries, and people are suffering."

He said the sums will help households pay the

groceries at a time when virtually everyone is being impacted.

The second element, he continued, is designed to help people get the dental care they need and make life more affordable. As such, by the end of this year the Liberal government expects to begin rolling out the Canadian Dental Care Plan.

Public dental coverage

The plan will be fully implemented by 2025, providing dental coverage for up to nine million Canadians. This is being supported by an investment written into the Trudeau government's Budget 2023 of \$13 billion over five years starting in 2023-24, and \$4.4 billion in ongoing, permanent funding.

"No one should have to choose between taking care of their teeth and paying their bills," Prime Minister Justin Trudeau said in a statement regarding the dental program, while adding that "Budget 2023 will help millions of Canadians see a dentist and provide much-needed relief for families."

For \$90,000 and less families

"Whoever's been to the dentist recently – and I've been there – it's become really, really expensive," said Rodriguez. "We're making sure that anyone who is not insured and makes \$90,000 and less benefits from this program. And I'm thinking more specifically about our seniors, for example.

"This is more than just health coverage," he added. "It has a huge impact on their lives. When a senior doesn't have enough money to have a denture, that person may very well decide to isolate and not go out because they don't feel comfortable and will stay away from others. So, dental care is a health issue, but it's also a social issue, a quality-of-life issue."

Towards a clean economy

Outlining a third element, Rodriguez maintained the 2023 budget makes transformative investments to build Canada's clean economy, fight climate change and create new opportunities for Canadian businesses and Canadian workers.

He said this includes significant measures that will deliver cleaner and more affordable energy, support investment in communities and the creation of well-paying jobs, while ensuring that Canadian workers are able to produce and provide the goods and resources that Canadians and others need.

"We're talking about building the economy of the future," said Rodriguez, noting that the government has set aside \$80 billion over 10 years for projects that include electrification of transportation, production of green energy and green technologies.

The post-Covid economy

While tabling the 2023 federal budget last week, the government claimed that the country has made a remarkable recovery from the Covid recession, that Canada's economic growth was the strongest in the G7 over the last year, and today 830,000 more Canadians are employed than before the pandemic.

▶ Continued on page 3



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In addition, Finance Minister Freeland and other cabinet members maintained that inflation in Canada has fallen for eight months in a row, the unemployment rate is near a record low, and that the labour force participation rate for women aged 25 to 54 reached a record high of 85.7 per cent in February supported by a Canada-wide system of affordable early learning and child care.

Predatory lending targeted

In the budget, the government also pledged to take action to crack down on hidden junk fees and predatory lending, to lower credit card transaction fees for small businesses, and to help Canadians keep more money in their pockets.

To strengthen Canada's universal public health care system, the Trudeau government also pledged to deliver \$198.3 billion to reduce backlogs, expand access to family health services and ensure provinces and territories can provide public health care efficiently.

Some basic facts on Ottawa's Budget 2023

- In 2023, the Canadian Dental Care Plan will become available to uninsured Canadians under 18, persons with disabilities, and seniors who have an annual family income of less than \$90,000. There will be no co-pays for those with an annual family income under \$70,000. By 2025, the Canadian Dental Care Plan will be fully implemented to cover all uninsured Canadians with an annual family income under \$90,000.
- Budget 2023 also proposes to invest:
 - \$250 million over three years, starting in 2025-26, and \$75 million ongoing to

establish an Oral Health Access Fund, which will address oral health gaps among vulnerable populations and reduce identified barriers to accessing dental care, including in rural and remote communities, complementing the Canadian Dental Care Plan.

- \$23.1 million over two years, starting in 2023-24, to collect data on oral health and dental care access in Canada and help the government's ability to support those who need it most through the Canadian Dental Care Plan.
- To make life more affordable while global inflation drove up the cost of living, the government has made significant investments and implemented key initiatives in the past year alone, including:
 - Doubling the Goods and Services Tax Credit (GSTC) for six months to help 11 million individuals and families with the rising cost of living – with couples with two children receiving up to an extra \$467 and seniors receiving an extra \$225 on average;
 - Launching the Canada Dental Benefit, which provides up to \$1,300 over two years to help get kids the dental care they need;
 - Providing low-income renters with \$500 to make life more affordable;
 - Enhancing the Canada Workers Benefit for our lowest-paid – and often most essential – workers, to provide up to \$1,428 for a single worker without children, up to \$2,461 to a family, and an additional \$737 for workers with disabilities;
 - Increasing Old Age Security (OAS) benefits for seniors age 75 and older by 10 per cent as of July 2022, which is providing more than \$800 in additional support to full pensioners; and



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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

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OPINION & Editorial



The other side of subsidized daycare

Raising children in Canada, is more expensive than ever - \$10,000 to \$15,000 per-year-per-child, excluding college/university, according to nation-wide estimates. Many families need two incomes. Even when not required of them, many women want to pursue lucrative, fulfilling careers; unsurprising that many parents, including mothers, work outside home.

Yes, women's progress leads to significant contributions to society, but tradeoffs abound. Women-in-the-workforce necessitates outside-home-child-care. For parents, decisions about work and home-child-care are difficult. Or are they?

Choices are compromised by insufficient reliable research. There's ample research on teenagers playing computer games and less doing homework; but relative to daycare, something that instinctively worries many parents, few are willing to take hard looks. Kids matter, right?

For several reasons, media constantly reporting alarming new risks to children rarely include information from studies on impact of daycare, especially when findings suggest that daycare can have significant negative outcomes. Reporters are reluctant to highlight such studies because the issue is politically-charged. Some worry that acknowledging downsides to daycare impedes women's equality by inviting conclusions that children are better off with mothers/fathers at home.

This bias and lack of information do serious disservice to parents who should know the best research to make fully-informed decisions, especially if the research does not validate their choices. Politicians must be more informed when considering policy reforms that could lead many families to revise their decisions about putting their children in daycare.

In fact, available research suggests that heavy/prolonged daycare use generates poor outcomes for many children. Subsidizing outside-the-home child-care effectively discourages other arrangements that do not show these negative effects.

In Québec, per-day subsidized daycare is a bargain at \$8.35, non-subsidized \$35 to \$60. Acknowledging evidence of drawbacks from daycare is not meant to demonize parents. Sustained research affirms that serious concerns have materialized about greater risks of "externalizing" behaviours - neediness, disobedience and bullying, from children's early and prolonged exposure to daycare.

Findings claiming that babies and young children essentially enjoy no benefit from full-time home-care are reported as good news, suggesting that mothers can decide, without guilt about work, or home with their children. The research paints complicated pictures. Conclusions focus on the effects of "maternal employment" in the "first year." But the data suggests that when mothers go back to work makes a difference: Starting work the first three months of the baby's life (and, in some analyses, in the first six/nine months) led to more

externalizing behaviour. Since 70% of mothers in the sample who worked at all in the first year went back to work in the first three months, highlighting the risks for mothers who go back to work early seems important. Researchers will not conduct controlled experiments because parents will never agree to randomly assign their children to home-care or daycare.

Two decades ago, Québec instituted major shifts in child-care policy, creating opportunities to assess the impact of daycare on children and families. In 1997, full-day kindergarten for five-year-olds and heavily-subsidized \$5 daycare for four-year-olds were enacted, extended to three-year-olds in 1998, two-year-olds in 1999, and babies-to-age-two in 2000. Non-family child-care grew by more than one-third.

Several extraordinary studies have been undertaken. The first report, "Universal Childcare, Maternal Labor Supply, and Family Well-Being," won the 2009 Doug Purvis Memorial Prize for the most significant written contribution to Canadian economic policy. The article stated: "We report striking evidence that children's outcomes have worsened since the program was introduced. This is manifested in increased aggressiveness and anxiety for the children, more hostile less consistent parenting for the adults; and worse adult mental health and relationship satisfaction."

A 2010 study on first-year maternal-employment and child-development, concluding that early maternal employment had neutral effects on children, cited 250 articles. It is astounding that the award-winning article on Québec daycare, published in 2008, was not included, probably because it did not fit the narrative.

Recent studies confirm profound negative effects of Québec daycare. A 2014 study, published by Canadian Labour Market and Skills Researcher Network, explored how age factored into the negative effects observed from Québec's program. These researchers uncovered widespread negative consequences. Emphasizing that earlier exposure to the child-care system resulted in larger problems, they wrote: "The estimates indicate that on average, children who gain access to subsidized child-care at earlier ages experience significantly larger negative impacts on motor-social-developmental scores, self-reported health status and behavioural outcomes including physical aggression and emotional anxiety."

Two 2015 Québec studies found that some negative effects observed among younger children persisted, even increasing into teen-age.

While researchers found that introduction of the Québec daycare program had "little impact on cognitive test scores," they posited that negative effects on non-cognitive skills appear to strongly persist into school-years, often growing larger as children get older. Anxiety, aggression, and hyperactivity were worse in older children than younger ones. Moreover, there was "worsening of both

health and life satisfaction among older youths exposed to the Québec child-care program."

The study's most startling discovery? The program appears to have generated an increase in criminal behaviour among teens. As cohorts in Québec became more exposed to the program, their crime rates rose, relative to the rest of Canada. More exposed cohorts exhibiting higher differential crime rates at every age.

It has been reliably documented that daycare children display higher levels of cortisol - the primary stress hormone - compared to home-settings. Daily patterns revealed significant increases from-morning-to-afternoon, but at daycare only. The effect of daycare on cortisol excretion was especially notable in children younger than three, speculating that daycare children show elevated cortisol levels, due to stressful interactions in group-settings.

Worrisome findings? Certainly, since elevated cortisol levels are often omens of physical and emotional illness. Undoubtedly, studies on the Québec child-care program and on cortisol levels show negative effects related to children's daycare experiences as well as negative outcomes that persist into teen years, which certainly questions commonly-held-conclusions that daycare appears "neutral," with positive-and-negative effects canceling each other.

Research suggests that younger children are vulnerable to lasting harm from daycare, especially when exposed early, something parents deserve to know. Parents value time with their children. Some are skeptical about daycare.

Rather than incentivizing use of paid child-care, policymakers must expand support for parents, particularly of lower incomes, to assist in raising their children whether at home or paying for child-care.

As aggressive behaviour can increase with prolonged daycare away from parents, more part-time work would ease strains on families. As more full-time working parents become part-time workers - stress, anxiety, and aggression in some children may lessen, making classroom-disruption in later years less likely.

Parents must balance benefits of income against benefits of staying home to care for children. Researchers must be honest with the public about what their data shows, especially when results contradict popular opinion. Future generations are too important to continue making individual decisions and public policies from biased or distorted information.

The media must not shy away from reporting reliable research, even if findings are uncomfortable. Ignoring studies is a disservice to policymakers, taxpayers, parents, and, most importantly children. The public deserves to have a robust debate about the best ways to help parents create an environment for children to thrive.

Renata Isopo
renata@newsfirst.ca

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Quebec launches calls for tenders to modernize the Saint-Jérôme Hospital

MARIA DIAMANTIS

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

The Minister of Health, Christian Dubé, highlights an important step in the Saint-Jérôme Regional Hospital modernization project, namely the launch of calls for tenders for professional services in architecture and engineering. Those who win these tenders will contribute to designing very concrete aspects of the project.

This is one more step towards meeting the growing needs of the region's citizens and offering them better quality health care and services. This project aims to modernize the facilities of the surgical technical platform: the operating room, whose number of rooms will be increased to 15, the day surgery sector, minor surgeries and endoscopy interventions. In addition, it includes, in particular, pre-admission and the recovery room.

Estimated at approximately \$450 million, the modernization of the hospital will also provide more space and equipment to improve support



services, including the pharmacy sector, the blood bank and logistical and technical services. It should also be noted that the pathology sector will be completely redone, for the benefit of the citizens of the region.

Providing modern care environments that are better adapted to the needs of the population, as well as attractive work environments, is one of the key elements of Minister Dubé's Health Plan. On the one hand, it improves the quality of the experience offered to patients in Saint-Jérôme and the surrounding area. On the other hand, it helps to improve the attraction and retention of personnel in the region.

"Modernizing and better adapting our health infrastructures is an essential foundation of a

solid health network, and a key element of the Health Plan," said Christian Dubé, Minister of Health. "The modernization project under development at the Saint-Jérôme Regional Hospital is a fine example, and I am pleased to see that it has reached an important stage with the launch of calls for tenders for professional services."

"The modernization of the Saint-Jérôme Regional Hospital is an issue that I follow very closely," said Youri Chassin, MNA for Saint-Jérôme and Parliamentary Assistant to the Minister of Health. "Today marks a concrete stage in the design work. I would like to thank the teams working to provide our region with a much more modern and better adapted hospi-

tal, for the benefit of both patients and staff. This is a project that is eagerly awaited by our fellow citizens and which will ultimately make it possible to better meet the growing needs of the population of the Laurentians."

The modernization of a hospital serving many cities is essential for the provision of quality healthcare services to the community. Modern facilities and technology can improve patient care, increase efficiency and productivity, attract top medical talent, and have a positive economic impact on the community. Investing in the modernization of a hospital is not only important for the health of the community but also for the long-term sustainability of the healthcare system.



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HAPPY Easter

APRIL 9, 2023



Easter and the days that make up Lent

Did you know that Easter is directly preceded by Lent? This key period of the Catholic calendar comprises 40 days of fasting and reflection, which ultimately culminates in celebrating Easter Sunday. These are some of the holy days typically observed during lent.



of trees in front of him as a sign of respect.

HOLY THURSDAY • April 6, 2023

Also known as Maundy Thursday, this is the celebration of the last supper of Jesus and his apostles, when he predicted his death and resurrection.

GOOD FRIDAY • April 7, 2023

On this day, Christians observe Jesus' suffering and death on the cross. While it may seem like a misnomer for such a solemn occasion, it's been suggested that in this case, "good" merely refers to a day of religious observance.

EASTER SUNDAY • April 9, 2023

The most important day in the Christian calendar, Easter Sunday is a time for feasting in celebration of the resurrection of Jesus from the dead.

Overall, Lent is a time for fasting, giving up bad habits, adopting wholesome practices and reflecting on spiritual values. Regardless of whether or not you're religious, the days leading up to Easter are the perfect time to be more mindful of how you live your life.



SHROVE TUESDAY • February 21, 2023

This is a day for letting loose before Lent. It's frequently celebrated with extravagant parades and festivities such as Carnival in Rio de Janeiro and Mardi Gras in New Orleans.

ASH WEDNESDAY • February 22, 2023

The first day of Lent. This holy day is characterized by the practice of marking crucifixes with the ashes of burnt palm leaves on the foreheads of devout Christians.

PALM SUNDAY • April 2, 2023

The final Sunday of Lent and the first day of Holy Week (the week leading up to Easter Sunday), this day commemorates the triumphant arrival of Christ into Jerusalem, when followers laid down their cloaks and small branches

Easter traditions from around the world

In Canada, decorating eggs and searching for chocolates on Easter are time-honoured traditions. Here's a look at how this holiday is celebrated in other countries around the world.

AUSTRALIA

Rather than a bunny, Australians have embraced the bilby as their Easter mascot in an effort to raise awareness about this endangered species. Chocolates of the long-eared marsupial are sold around the holiday, with proceeds given to conservation projects.

ITALY

On Easter Sunday, an ornate cart filled with fireworks is paraded through the streets of Florence to the Duomo Cathedral, where the archbishop lights the fuse during mass. This tradition, known as Scoppio del Carro, dates back more than 350 years.

FINLAND

Dressed up as witches in colourful clothes and headscarves, children go door to door on Easter weekend wishing their neighbours a healthy year. In exchange for a willow twig decorated with feathers, the little witches are given a chocolate or other treat.

FRANCE

On Easter Monday, spectators gather to watch dozens of cooks make a giant 15,000-egg omelette in the main square of Bessières, a small village in southwest France. This tradition can be traced back to the time of Napoleon Bonaparte.

GREECE

On the island of Corfu, Holy Saturday is marked by an old custom that involves throwing large clay pots off balconies in the centre of town. Visitors come from all over Greece to watch the event — it's a smash!

Easter is considered a movable feast because the day it falls on can be anywhere from March 22 to April 25. The difference from year to year can be attributed to variances in the lunar calendar. Easter will always land on the Sunday following the first full moon after the spring equinox. If the full moon happens to be on a Sunday, then Easter is celebrated the following week.

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The Rosemère Cuttings Library: A New Concept in Sustainable Gardening

MARIA DIAMANTIS

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

In recent years, there has been a growing interest in sustainability and environmental conservation. As a result, people are increasingly looking for ways to reduce their impact on the environment while still enjoying the benefits of gardening. The launch of the Cuttings Library on Earth Day, April 22, is a perfect example of such a concept.

The Cuttings Library is a new initiative that allows individuals to exchange their unused plant cuttings. This means that gardeners who have pruned their plants or have extra cuttings can donate them to the library for others to use. These cuttings can then be taken by others to propagate and grow their own plants, creating a more sustainable and eco-friendly way to garden.

The library will have a wide variety of plants available, including common houseplants such as spider plants and pothos, as well as more exotic species like orchids and ferns. The goal is to have a diverse collection that can be enjoyed by people of all ages and gardening skill levels.

To make the process easier, the library has both an online catalog and a physical counter where people can exchange their cuttings. Those who wish to donate their cuttings can simply bring them to the counter, where they will be labeled and organized for others to take home. The online catalog allows people to search for specific plants and check their availability before visiting the library.

To celebrate the launch of the Cuttings Library, a conference on houseplant care will be presented by Jardin Dion on April 25th at 7 p.m. This conference will provide valuable information on how to care for your plants and ensure that they thrive. Participants will also have the opportunity to ask questions and share their own experiences.

The Cuttings Library is an excellent way to promote sustainable gardening and reduce waste while fostering community engagement. By exchanging cuttings, individuals can learn more about different plant species and connect with fellow gardeners. It is a unique and exciting concept that is sure to grow in popularity as more people become interested in sustainable living.



Changes in the Rosemère City Council – Philip Panet-Raymond

At the public council meeting in Rosemère on March 13th, Philip Panet-Raymond announced that, effective immediately, he would be resigning as a member of Equipe Innovation Team Rosemère and sit as an independent Councillor.

In his official announcement, M. Panet-Raymond said the following, “...since the last election, I have been conflicted. My personal values have caused me twice to vote against the majority of my party in as many months. I have developed my own ideas on governance, vision, leadership and most of all, on traditional partisan politics. When asked by the Mayor if I would again vote against the majority of my party, I said, I probably would.”

M. Panet-Raymond went on to say, “I will not oppose simply to oppose. I want to contribute and prove that people with different ideas and opinions can work together, regardless of party allegiances, toward finding solutions to problems impacting our ever-changing community.”

M. Panet-Raymond was first elected in 2017 as part of the Equipe Innovation Team Rosemère, led by the Mayor Eric Westram. M. Panet-Raymond is a co-founder of the party and has been an officer of the party since 2017. This announcement came one month after the resignation of another Rosemère City Councillor and primary founder of the Equipe Innovation Team Rosemère, Melissa Monk. Ms. Monk was also an officer of the party since 2017.



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The Chair of Generations: the symbol of decision-makers' commitment to the children of today and tomorrow

MARIA DIAMANTIS

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

In today's world, environmental concerns have become increasingly important as we realize the impact of our actions on the planet. As adults, we often forget that the future belongs to the younger generation, and it is our responsibility to ensure that we leave them with a healthy planet. However, a group of children from St-Eustache has taken it upon themselves to remind elected officials of their responsibility to the environment by donating a Chair of Generations.

The elected officials of Saint-Eustache received to their great delight, from young St-Eustache residents, a "Chair of Generations", which aims to symbolically remind decision-makers of the importance of continuing to act in favor of the environment, in order to bequeath to future generations a preserved and healthy planet.

Decorated by toddlers as part of a workshop held at the Guy-Bélisle library on March 18, the Chair of Generations, a project initiated by the Mothers at the Front movement, will be officially inaugurated during the municipal council meeting in April, at the very moment when it will adopt its first "Climate Change Fight and Adaptation Plan".

"To welcome this chair is to give voice, power

and hope to children. And remind us every day that the decisions we make, particularly in terms of land use planning and protection, will influence the quality of life of future generations. We want to tell these children that we hear and respect their voices, and that we will not fail in our responsibility to protect the environment in any way possible," jointly declared the Mayor of Saint-Eustache, Mr. Pierre Charron, and the chair of the Environment and Beautification Commission, municipal councillor Isabelle Lefebvre.

As a reminder that the fight to preserve the planet also concerns all citizens, the Chair of Generations will be exhibited alternately in the council chamber and in busy municipal buildings, such as the library and the Maison du citoyen, as well as in the halls of the Aquatic Complex and the Multisport Complex.

About the Mothers at the Front movement

The Mothers at the Front movement brings together mothers and grandmothers with the aim of protecting the future of children against climate inaction. Its actions aim to remind decision makers that they have the duty and the responsibility to make environmental protection a political priority and to put in place ambitious actions to deal with the climate and biodiversity crisis.



Julie B. Savard, member of the Mothers at the front movement, Isabelle Lefebvre, municipal councillor president of the Environment and Beautification Commission, Pierre Charron, mayor of Saint-Eustache, Marie-Claude Beaulieu, movement coordinator Mothers at the front of Rivière des Mille-Îles, with the young participants.

Property assessment in Rosemère

MARIA DIAMANTIS

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

The town of Rosemère has initiated the process of updating the assessment roll of all properties within its jurisdiction. This process is being carried out by the firm LBP Évaluateurs agréés, which has been mandated by the Town to carry out this important task.

As part of this process, property owners in Rosemère will receive a letter from the assessors, inviting them to fill out an online form using a unique access code. This form will be an important source of information for the assessors as they prepare and maintain the property assessment roll. It is therefore essential that property owners provide accurate and up-to-date information in this form.

In addition to the online form, assessors will

also be conducting physical visits to properties in Rosemère. This is in accordance with section 36.1 of the Act respecting municipal taxation. During these visits, assessors will examine the property and may ask the property owner some questions to complete their file.

It is important for property owners to provide free access to their property during these visits. Assessors must be able to visit the property, examine it, and ask any necessary questions to complete their file. Property owners should also be aware that assessors will have proper identification and a letter signed by the Town's Clerk's Office.

The information collected during this process will form a fundamental part of the property assessment roll. This roll is used to determine the value of each property in Rosemère, which in turn is used to calculate property taxes. It is therefore essential that this information be accurate and up-to-date.



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DIRECT ANSWERS

FROM WAYNE & TAMARA

A BIT OF TURBULENCE

Q I'm a 26-year-old flight attendant engaged to be married in 10 weeks. Our wedding reception was to be held in a marquee in my in-laws' garden. On Saturday night my future mother-in-law flipped out at my fiancé for wanting to marry me.

On Sunday she verbally attacked me at their house. This woman, who is very unhappy with her husband, claims I am used goods, a gold digger, and not good enough for her son. My future father-in-law doesn't say much, as he can't handle his wife, but everyone else is happy for us.

I have one disadvantage in that I met my fiancé through his youngest brother, who I dated briefly. Since we did not see any future in the relationship, we stayed friends. My fiancé, a lawyer, loves me very much and thanks his brother for introducing us!

I come from a close loving family and find this very difficult. We've been engaged eight months, and everything seemed to be going well. I don't know what to do about our wedding. My fiancé would like to try for a reconciliation, but I don't know if I can forgive her after a scene full of such hatred.

Marissa

A Marissa, as a flight attendant, you must have dealt with many angry, unhappy people. A delay

at the ticket counter, a business deal gone awry, and you became a target.

Your prospective mother-in-law is a bitter woman. She knows you are in no position to retaliate. You are like the employee of a business who must control her tongue before a rude customer. Only the owner of the business is free to say, "Go somewhere else!"

Usually we recommend being forthright in stating feelings lest the person making the scene be allowed to win. However, in this case it may not be necessary. Everyone knows what the situation is.

When you are around this woman, you can use the pleasant manner you use at work, play deaf, or give simple, factual responses. The most important thing is this. Your future mother-in-law must understand she is not the deciding factor in whether you marry her son. The sooner she understands she has no power to stop this, the better.

You must also be prepared to move the wedding to another location, even at the last moment, if that becomes necessary. In one way, this situation is an excellent opportunity. It is a chance for your fiancé to demonstrate he is free from his mother's apron strings and ready to take a wife.

Wayne & Tamara

A DUBIOUS ADMISSION

Q Please explain my wife's actions if you can. In 10 years of marriage we overcame many obstacles and roadblocks. Perhaps the largest one was my inability to come clean to my wife when I may have erred. Finally I took the major step forward she pleaded for so long.

Should I not feel anger when she says now it's over and done with? Isn't this a case where the best thing is to let her go and get on with my life?

Lewis

A Lewis, you're right. The best thing is to let her go and get on with your life. The saying which fits is "too little, too late."

When you noticed some subtle change in your wife, unconsciously you knew she'd left the relationship emotionally, though she hadn't left physically. Only when she was halfway out the door could you admit you "may" have erred.

You wouldn't change until it came down to your last chance, and you are mad she didn't warn you time was up. But the truth is, if she wasn't leaving, you wouldn't consider change. If now she stayed, you'd think change was unnecessary.

If you can't admit you're wrong, if you can't say you're sorry, chances are your life will repeat itself. When we can't admit our mistakes, the same mistakes keep happening.

Wayne

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF (www.yourotherhalf.com)

Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964

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RIPTB seeking public's assistance

MARIA DIAMANTIS

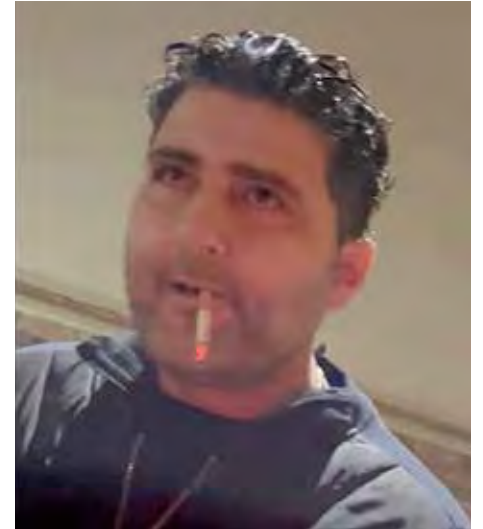
Local Journalism Initiative Reporter for The North Shore News
info@newsfirst.ca

The Régie intermunicipale de police Thérèse-De Blainville (RIPTB) is seeking the public's assistance in identifying a person of interest involved in an armed assault case that occurred on December 30, 2022. The incident took place in the parking lot of an apartment building in Sainte-Thérèse, and the Investigations Office is keen to speak with an individual in connection with the incident.

The person of interest is described as a male of Caucasian origin with short dark hair. He is believed to be between 39 and 45 years old and stands approximately 172 cm (5'8") tall. He was wearing a light black coat at the time of the incident. Anyone with information on this individual is urged to contact the police department at 450-435-2421 ext. 0.

It is important to emphasize that all information provided will be treated anonymously and confidentially. The police department is encouraging members of the public to come forward with any details they may have, no matter how small they may seem. Even the slightest piece of information can often prove vital in a criminal investigation.

Assault is a serious crime that can have lasting impacts on victims and their loved ones. It is imperative that the perpetrator of such a heinous act be identified and brought to justice. By coming forward with information, members of the public can play a critical role in helping to solve this case and ensuring that justice is



The RIPTB is requesting the public's help in identifying a person of interest in an armed assault case that occurred on December 30, 2022. The public is encouraged to come forward with any information they may have about the individual, no matter how insignificant it may seem.

served.

The RIPTB is committed to investigating all crimes to the best of their ability, but they cannot do so without the cooperation of the public. In addition to contacting the police department, individuals with information can also leave an anonymous tip through Crime Stoppers. Information provided to Crime Stoppers may lead to a reward for information that leads to an arrest.

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HOROSCOPE

Week of **APRIL 9 TO 15, 2023**

The luckiest signs this week:
CAPRICORN, AQUARIUS AND PISCES



ARIES

You'll feel deeply inclined to take a trip abroad or explore your local area. Some people could make it difficult if you've planned to go on this adventure with a group.



TAURUS

Some people will abuse your generosity. Fortunately, your outspoken nature will ensure the record is set straight so you can get the respect you deserve.



GEMINI

You must prepare for a negotiation. Whether for work or to make a significant acquisition, you must gather the necessary information. This will require much patience.



CANCER

This is an excellent week to resolve conflicts and wrongdoings. You'll get your way. You'll also have to consider various details to regain harmony around you.



LEO

Buying a property requires time and money. It's a very profitable project that will help you gain self-esteem. You'll feel a great deal of pride for this accomplishment. This isn't something everyone can do.



VIRGO

You'll enjoy beautiful moments with your family this week. You'll have to work on a project with your loved ones, such as moving homes because of a new job. You may also be told about a birth.



LIBRA

Spring is in the air, and you're ready to spoil yourself, especially with a new wardrobe. Your social life will be in full bloom. You have several outings planned.



SCORPIO

You have to look at home renovations as an investment. Emotional sharing is essential to a harmonious married life. Don't lend money to a friend to keep the relationship cordial.



SAGITTARIUS

You'll have a burst of energy, allowing you to undertake several initiatives. Each one will be more exciting than the last, despite certain time restrictions or a particular financial situation.



CAPRICORN

If you don't take the time to relax, you may find yourself under a lot of stress. Try to adopt a more spiritual lifestyle that aligns with your values to regain your sense of well-being.



AQUARIUS

Although you tend to be shy and discreet, you'll be in good company this week. You could be in charge of an important meeting at work or a family get-together.



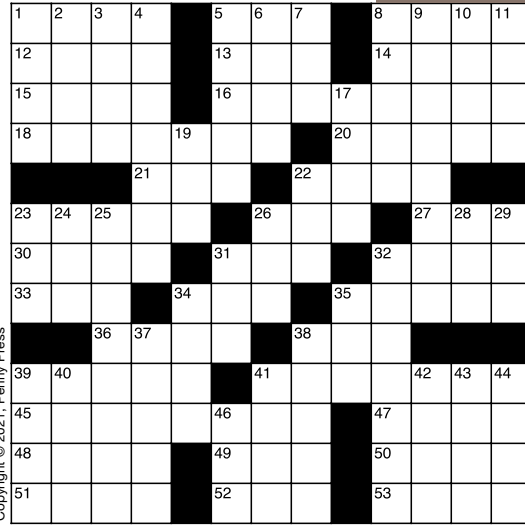
PISCES

You'll be entitled to a promotion at work. If you're looking for a job, you'll land one with good prospects and quick advancement.

Coffee Break

CROSSWORDS

PUZZLE NO. 146



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ACROSS

1. Bar bills
5. Cagey
8. Shed
12. Disorder
13. Great distress
14. Without end
15. Resting
16. Out-of-date
18. Shooting stars
20. More inferior
21. Sketch ____
22. Family rooms
23. Later
26. Cow's chew
27. In what manner?
30. Scorch
31. Cry
32. Dull-witted person
33. "____ Alibi"
34. Jolly
35. Sophocles, e.g.
36. Got bigger

DOWN

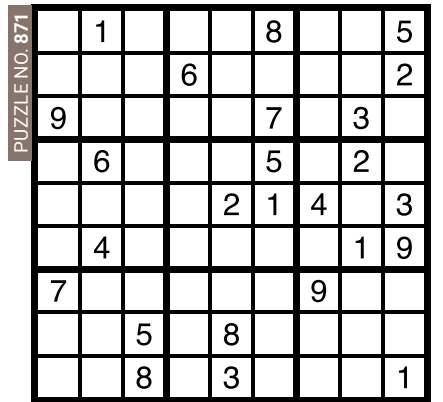
1. Cut to size
2. General's man
3. Lightning flash
4. More inclined
5. Saber
6. Flings
7. Sure!
8. Cantaloupe, e.g.
9. Foot protection
10. Allows
11. Aspen, e.g.
17. Felt obligated
19. Rowing implement
22. Name
23. Volcanic residue
24. Fixed charge
25. Aimed
26. Shy
28. Verse work
29. Chinese chef's item
31. Toothed tool
32. Attired
34. Polite chap
35. ____ rummy
37. Enjoys a book
38. Bronze coin
39. Ignore
40. Fireman's need
41. Chef
42. Fine
43. Move upward
44. Went fast
46. Common contraction

Sudoku

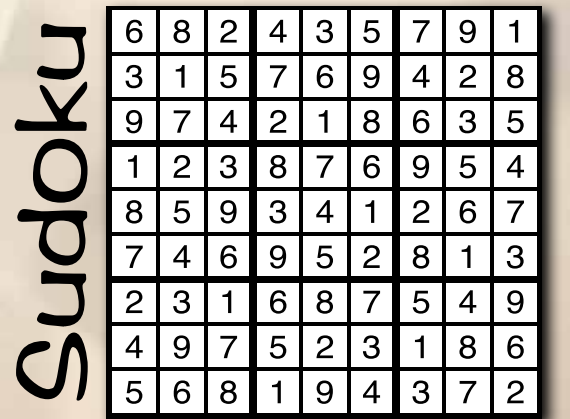
HOW TO PLAY:

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



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