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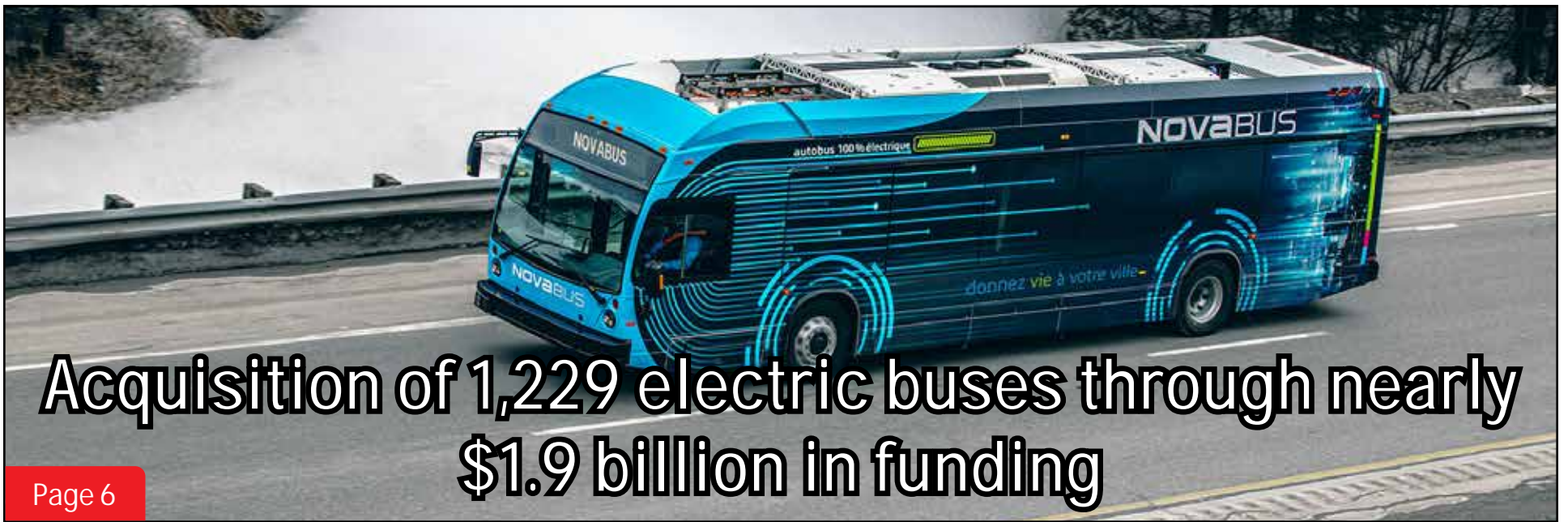
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## Restaurants plea modification of CEBA repayments



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## Acquisition of 1,229 electric buses through nearly \$1.9 billion in funding



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# Heated confrontation lead to armed assault

*22-year-old perpetrator arrested on Sunday*

**MARIA DIAMANTIS**

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

The police officers of the RIPTB (Sainte-Thérèse de Blainville Police Department) conducted an operation in downtown Sainte-Thérèse following an armed assault that occurred on May 13th at around 3:15 a.m. outside the bars.

After a heated confrontation involving multiple individuals, a man in his twenties was swiftly taken to a nearby hospital due to the severity of his injuries. The details surrounding the assault remain unclear, prompting the authorities to establish a command post in the vicinity. This strategic measure allows for efficient coordination among law enforcement personnel involved in the investigation.



At present, dedicated investigators are diligently conducting interviews with witnesses who were present during the incident. These crucial testimonies are anticipated to shed light on the sequence of events, helping to piece together a comprehensive understanding of the circumstances leading up to the

assault. Simultaneously, meticulous efforts are being made to collect any available evidence that could aid in corroborating the statements provided by witnesses and ultimately uncovering the truth.

Recognizing the significance of preserving the crime scene's integrity, the forensic identification unit has been summoned to examine and process the area where the altercation occurred. This specialized team will employ their expertise to search for and document any physical evidence that may have been left behind. Their work will ensure that no vital clues or traces go unnoticed, reinforcing the investigative process and enabling a more thorough analysis of the incident.

## Arrest of a suspect

By the end of the day on May 13th, the investigators had identified the perpetrator of the assault and arrested him. The suspect, a 22-year-old man and resident of Sainte-Thérèse, will be interviewed by the investigators in relation to the events of this morning.

## Court appearance

On May 14th, after being questioned by our investigators, the accused, 22-year-old Maxime Vaillancourt, appeared before the court. He was formally charged with aggravated assault causing bodily harm, assault with a weapon, and possession of a weapon for a dangerous purpose. There was an objection to his release. He returned to court on Monday, May 15th, 2023, for his bail hearing.

# Rosemère 2022 Financial Statements

*Administration boasts a  
Strong Balance Sheet*



**MARIA DIAMANTIS**

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

As required under the Cities and Towns Act, the Town of Rosemère tabled its annual financial statements for the year ended December 31, 2022, at the council meeting on May 8, 2023. The statements show an operating surplus of \$682,300. This is attributable to additional revenue of \$769,500 generated primarily by the transfer tax, savings in expenses of \$812,500 (or 2.3% of the operating budget) and an \$899,700 reduction in allocations from the Town's funds and financial reserves.

"The optimal allocation of financial resources continues to be a top priority for the Town's administration," said Rosemère Mayor Eric Westram. "The care and diligence with which public monies are managed are the reason we continue to be highly regarded for our financial stewardship while investing continuously in our community's well-being. The financial report has been audited by the BCGO accounting firm and an unqualified audit report has been issued."

## Operating revenue

The Town reported \$34.2 million in operating revenue in 2022, 76% of which came from municipal taxes and charges. Tax revenue growth was limited to 3.5% in 2022 as a result of financial assistance received from the Quebec government for COVID-19.

## Operating expenses

In terms of operating expenses (\$33.5 million), the largest proportion of spending was for environmental hygiene (\$7.4 million), followed by public safety (\$5.8 million) and transportation (\$5.6 million).

## Investments in the community

Significant Investments in Enhancing Rosemerites' Quality of Life in 2022. During the year, Rosemère made numerous investments aimed at improving the quality of life for its residents. Notable among these were investments of \$4 million in rehabilitating sewer and water infrastructure, and \$2.8 million in improving roads, streets, and sidewalks. However, the most remarkable investment of 2022 was the acquisition of a section of the Grand Coteau Forest. In total, a substantial amount of \$14.3 million was dedicated to community betterment initiatives. Stable level of community debt

"As of December 31, 2022, the debt payable by all residents, taking into account what was financed by the special infrastructure tax, came to \$28.8 million," said Mayor Westram. "We have managed to keep our debt relatively stable, even with cumulative investments of \$42.1 million since 2018, by creating an infrastructure reserve and optimizing third-party financing and grants."



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# Restaurant lobby calls on Ottawa to act on CEBA repayments by May 31

*Many small independent operators are at the breaking point, says Restaurants Canada*



**MARTIN C. BARRY**  
marty@newsfirst.ca

A national restaurant industry trade association is calling on the federal government to modify its Canada Emergency Business Account (CEBA) repayment plan in view of the desperate situation restaurant operators across Canada are now facing.

With only a few weeks until the House of Commons rises for the summer on Jun. 23, and the repayment deadline set for Dec. 31, Restaurants Canada says time is of the essence to address the acute CEBA loan repayment challenges facing restaurants and other small businesses.

## Fourth largest employer

Canada's foodservice sector is a \$100 billion industry that serves 22 million customers across the country every day.

As the fourth-largest private-sector employer,

Canadian foodservice directly employs 1.2 million people and indirectly supports more than 290,000 jobs in related industries, with \$32 billion in food and beverage products purchased every year.

However, according to Restaurants Canada, bankruptcy filings in the foodservice sector have increased 116 per cent since 2022. RC is expecting more restaurants to close their doors if the federal government fails to take action.

## The recommendations

RC's CEBA recommendations ask parliament to provide struggling small businesses with a 36-month payback extension on CEBA loans, with a scaled-down model on the forgivable portion. The effective plan will ensure that taxpayer funds are paid back to the government, while saving thousands of restaurants and other small businesses from being forced to declare bankruptcy in the near future.

"Thousands of small independent operators in our industry are at breaking point as a result of

their CEBA debts," said Olivier Bourbeau, vice president at Restaurants Canada for federal and Quebec Affairs. "That's why we are calling on the deputy prime minister, Chrystia Freeland, to take meaningful action by adopting our CEBA repayment proposal to help ensure their survival"



## High season looms

"We are nearing our sector's summer high season," he added. "However, with half of all foodservice companies currently operating at a loss or just breaking even, and 80 per cent making less profit today compared to pre-pandemic (2019), many of our members are weighing their options to either remain open and continue incurring further debt, or close their businesses and file for bankruptcy. A decision on CEBA before the summer season is integral to providing small-businesses with predictability."

For the majority in Canada's foodservice sector, according to Restaurants Canada, the pandemic created seismic financial challenges which they are still struggling to recover from. In response, the federal government launched the CEBA program, which gave small businesses, including 83 per cent of table service and 56 per cent of quick-service restaurants, and not-for-profits interest-free loans of up to \$60,000.

## Not positioned to repay

But as the repayment deadline approaches, a Restaurants Canada survey has revealed that nearly 20 per cent of the restaurants that have yet to reimburse CEBA will not be able to repay it in part or at all given the current state of Canadian foodservices. Restaurants Canada says the finds are unsurprising given that:

Canada's foodservice industry has hit the \$100 billion, yet when adjusted for inflation, in comparison to all other Canadian business sectors, restaurants have experienced a 12 per cent drop in economic activity (GDP) from 2019 to 2022; second last to the arts, entertainment and recreation industry which is down by 19 per cent.

As well, nearly every operational cost is on the rise due to inflation; utilities have increased by 6 per cent, proteins (beef) have increased by 9 per cent, 11 per cent (seafood), 13 per cent (chicken), and cooking oil (up 40 per cent). There are also rising labour costs, and restaurateurs have been forced to absorb as much as they can to avoid impacting consumer traffic.

## Impossible deadline

"For many restaurateurs, the December 31 repayment deadline is simply impossible to meet – which reflects the state of our industry as a whole," said Bourbeau. "Post-pandemic operational challenges like inflation, labour shortages and supply chain hurdles are further diminishing the profitability of these businesses and lengthening the sector's recovery process entirely."

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# OPINION & Editorial



## No one believes the people in charge any more

*The people in charge are becoming increasingly irrelevant*

Whether or not the leaders in North America and Western Europe are listening, something significant is happening all around us. This applies to the world of business, politics, and the media. Regardless of how powerful they believe themselves to be, they are at risk of becoming insignificant.

Tucker Carlson, for example, was recently fired by Fox News. A few days later, he posted a short, spartan video on Twitter that received many times more views than one of his regular Fox News segments. In the age of the internet, do we still need Rupert Murdoch and other media moguls – along with their corporate donors – to divide us and to tell us what to think?

While I remain unconvinced that Carlson is not a bigoted opportunist, he made some excellent points in his video. First, he critiqued the relevance of his own work in the mainstream media, pointing out that many of the talking points and debates are completely irrelevant. He also said, "The United States looks very much like a one-party state." He pointed out that no one believes the people in charge, that they are aware of this, and that is why they are cracking down.

Consider the recent violence in France. The government continues to refuse to tax wealthy individuals and corporations fairly, so on May 1, millions of people again took to the streets.

They were met with masked police officers, throwing tear gas and beating protestors with batons as they hauled them away while their president, Emmanuel Macron, was preoccupied with international diplomacy, engaging in meetings with other heads of state, and ostensibly aiming to foster goodwill between nations.

Across the English Channel, roughly half of British citizens opposed public spending for the coronation of Charles III, and the police arrested people who publicly stated that Charles is not their king. Several former colonies plan to remove him as their head of state and become republics. Many are also discussing the royal family's role in the transatlantic slave trade, the wealth it generated, and possible reparations.

Within Carlson's own country, and despite assertions from the Democratic Party establishment that Joe Biden will again be their presidential candidate in 2024, Robert F. Kennedy Jr. and Marianne Williamson have declared their candidacy. Both candidates have already attained remarkably high polling numbers, yet the mainstream media dismisses them as "crackpots" and "fringe candidates."

On the global stage, the American-led G7 group of nations is losing influence as more and more countries seek to join the BRICS

(Brazil, Russia, India, China, and South Africa) economic alliance.

Clearly, significant change is happening. But we need not be afraid.

Near the end of his Twitter post, Carlson called for genuine dialogue on important issues that impact people's lives. He spoke about the power of truth. He asked, "Where can we find Americans still saying true things? There aren't many places left, but there are some, and that's enough. As long as you can hear the words, there is hope."

It is possible that Carlson, having heard firsthand the nonsense spewed by the rich and powerful of the world, had a change of heart and decided to become part of the solution rather than part of the problem.

Regardless of what those in authority do, we can share our informed opinions with one another. We can treat people with kindness and respect and work to improve the well-being of our neighbours, wherever they live. We can also embrace democracy by holding our political leaders accountable to the people who elected them.

Our current oligarchs are facing a choice. They can either begin to serve the common good, or they will have to accept that no one is following them.

Gerry Chidiac

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# Olympia Arena serving both Deux- Montagnes and Saint- Joseph-du- Lac equally

**MARIA DIAMANTIS**

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The mayors of Deux-Montagnes and Saint-Joseph-du-Lac, Denis Martin and Benoit Proulx, have come to an agreement that will bring mutual benefits to the residents of both municipalities. The agreement allows the citizens of Saint-Joseph-du-Lac to have access to the Olympia arena in the same way as the residents of Deux-Montagnes.

Under this three-year agreement, the residents of Saint-Joseph-du-Lac can enjoy free skating and hockey activities at the Olympia arena by providing proof of their residence. This means that they will have the same opportunities as the citizens of Deux-Montagnes to participate in these activities without any additional cost.

Furthermore, the agreement extends its benefits to the players from Saint-Joseph-du-Lac who are registered with the local hockey and ringuette associations. These players will now be able to take advantage of the same rates as the residents of Deux-Montagnes when participating in activities at the Olympia arena. This ensures that the players from both municipalities have equal opportunities and access to the sports facilities.

In return for these privileges, the Municipality of Saint-Joseph-du-Lac has agreed to contribute to the operating expenses of the Olympia arena. The amount of the financial contribution will be based on the number of citizens registered in the aforementioned sports associations. This means that the more residents



from Saint-Joseph-du-Lac are actively participating in these sports, the higher the financial support from the municipality will be.

By signing this agreement, the mayors have fostered cooperation and collaboration between the two municipalities, promoting equal access to sports facilities and opportunities for their respective residents. It allows the citizens of Saint-Joseph-du-Lac to benefit from the amenities offered at the Olympia arena while contributing to its maintenance and operation.

"I am very pleased with this agreement, which is a win-win situation for the citizens of our two communities. The population of Saint-Joseph-du-Lac will be able to benefit from the services of an arena at a very reasonable cost and, on our side, it reduces the costs related to the operation of the arena," commented the mayor of Deux-Montagnes, Denis Martin.

It should be noted that such an agreement has already been in force since 2016 with the City of Sainte-Marthe-sur-le-Lac.

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# Canada, Quebec announce North America's largest-ever electric bus acquisition

*Saint Eustache-based Nova Bus is ecstatic about historic public transit deal*

**MARTIN C. BARRY**  
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A nearly \$1.9 billion funding package announced last week by federal and provincial officials will allow 10 public transit agencies across Quebec to purchase 1,229 electric buses in the largest electric bus acquisition deal undertaken to date in North America.

Canadian Infrastructure Minister Dominic Leblanc, Quebec Minister of Transport Geneviève Guilbault, Quebec Environment Minister Benoit Charette and the Trudeau government's Quebec lieutenant, Pablo Rodriguez, issued statements relating to the announcement made at Nova Bus in Saint-Eustache.

## A massive conversion

According to a press release from the two governments, the funding – \$780 million from Canada and more than \$1.1 billion from Quebec – will allow the public transit agencies to begin a massive conversion of their bus fleets to become 100 per cent electric, in line with Quebec's Plan for a Green Economy (PEV 2030) and Canada's Strengthened Climate Plan.

The release also points out that the investment delivers on a previous federal govern-

ment commitment to help purchase 5,000 zero emission buses over the next five years. The Société de transport de Montréal (STM) is the official representative for the contract on behalf of the nine other transit agencies, including the Société de transport de Laval (STL), and is responsible for purchasing the buses.

## Canadian content required

In order to maximize the potential for local economic benefits, the level of Canadian content required in the call for tenders was set at 25 per cent and the final assembly must be done in Canada, in accordance with applicable trade agreements to which Quebec subscribes.

Following a public call for tenders issued in April 2022, Nova Bus was awarded the contract to manufacture the buses. All the buses covered by the contract will be produced and assembled in Nova Bus's Quebec plant, which the two governments point out will help generate significant economic benefits for Quebec and Canada.

"By investing in infrastructure, the Government of Canada is growing our country's economy, increasing the resiliency of our communities, and improving the lives of Quebecers and all Canadians," the federal government said in its portion of the statement.



## Future green economy

"By investing to help Quebec transit operators purchase electric buses, we continue to fight climate change and encourage Quebec entrepreneurs who are participating in the development of the green economy of the future," said Rodriguez. "The federal government is fully committed to supporting the green transition of our economy and we continue to deliver for Quebecers through investments that will make a real difference in their daily lives."

"Across Quebec, citizens rely on public transit to get where they need to be each day," said Leblanc. "With today's \$780 million investment, our government is enhancing the electric public transit network across the province. We will continue to partner with the Government of Quebec to deliver modern and reliable infrastructure that meets the needs of our communities today and into the future."

## Achieving low-carbon

"Public transit is one of the key elements in the sustainable mobility of people and the reduction of greenhouse gas (GHG) emissions," said Guilbault. "With this investment of more than \$1.1 billion, the government is responding in order to help achieve a low-carbon Quebec. Ultimately, the entire population of Quebec will be able to benefit from the advantages of these electric buses."

"The Quebec government is determined to make the climate transition a success," said Charette, who is the CAQ MNA for the North Shore riding of Deux-Montagnes. "This transition includes a major project to electrify the economy and transportation, including public transit. The authorization granted by my colleague today is a step in this direction and demonstrates once again our willingness to act responsibly and sustainably to address climate change."

## They're going electric

The contract for the acquisition of the buses calls for all of them to be delivered by 2027. The buses will be acquired for the following transportation agencies: Société de transport de Montréal, Société de transport de l'Outaouais, Société de transport de Sherbrooke,

Société de transport de Trois-Rivières, Société de transport de Lévis, Société de transport du Saguenay, Société de transport de Laval, Réseau de transport de Longueuil, Réseau de transport de la Capitale and exo.

Quebec's Green Economy Plan sets the following targets: Beginning in 2025, all new vehicles acquired by public transit agencies and receiving government subsidies must be electric. Also part of the plan by 2030 is to electrify 55 per cent of city buses, 65 per cent of school buses, 35 per cent of light electric vehicles on Quebec roads, 40 per cent of cabs, 100 per cent of the government's cars, sport utility vehicles, vans and minivans, and 25 per cent of its trucks.

## Sweet deal for Nova Bus

In a separate statement issued by Nova Bus, the company confirmed that the model of electric bus being sold to the STM-led public transit buyers' group is the LFSe+, a 40' long-range battery electric Nova Bus model.

"We have delivered more than 6,000 buses in Quebec since 1997," said Ralph Acs, president of Nova Bus. "We are honored to continue this collaboration by supporting Quebec public transit authorities in their transition to electromobility and to be part of this new chapter we are writing together to collectively contribute to the fight against climate change."

## Delivery over three years

The company said the buses will be delivered over a three-year period starting in 2025. The LFSe+ frames for this order will be built at Saint-François-du-Lac and the buses will be assembled at the Saint-Eustache facility.

"Thanks to its long driving range, its reduced maintenance costs as well as the elimination of all pollutants and greenhouse gas emissions (GHG), the LFSe+ is a first-choice vehicle for the transition to sustainable transport," said Nova Bus management.

"The LFSe+ represents a smart mobility solution combining the Nova Bus LFS platform, a durable, proven structure that facilitates access for people with impaired mobility, with the latest innovations in electromobility and security."

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# Deputy Prime visits Deux-Montagnes

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The Deputy Premier of Quebec Geneviève Guilbault visited Deux-Montagnes on May 8, 2023, for a meeting with the Table des préfets et des élus de la couronne Nord (TPÉCN), the organization representing elected officials from the northern crown of the Montreal metropolitan area. The focus of the meeting, which took place at Deux-Montagnes City Hall, was the financing of public transportation. Alongside Minister Guilbault, key participants included Denis Martin, the Mayor of Deux-Montagnes and President of the TPÉCN, Pierre Charron, the Mayor of Saint-Eustache and Prefect of the Deux-Montagnes RCM, Lisa Poulin, the Mayor of Blainville, and Sébastien Nadeau, the Mayor of L'Assomption and Prefect of the RCM of the same name.

During the meeting, the municipal officials said that they wanted to have a greater say in decision-making regarding public transit and its budget allocation. The TPÉCN representatives emphasized the importance of developing a well-structured public transportation system that effectively serves the employment and activity centers within the region. They also underlined the significance of securing adequate financing to realize the shared objectives of public transport planning.

The discussion highlighted the need for a comprehensive public transit network that promotes connectivity not only within the individual municipalities but also with other parts of

the metropolitan area. By expanding the reach of public transportation, it becomes easier for residents to access employment opportunities and essential services, while also alleviating traffic congestion and reducing environmental impact.

The TPÉCN officials further stressed the importance of collaboration between different levels of government to secure the necessary funds for public transit initiatives. They advocated for a more active involvement of municipalities in the decision-making process, as they possess valuable insights into the specific needs and challenges of their respective communities. By empowering local authorities in the budget planning and implementation stages, it is possible to tailor transportation solutions to better meet the demands of the residents.

Deputy Prime Minister Geneviève Guilbault was appreciative for the input and concerns raised by the TPÉCN representatives. She acknowledged the significance of their role in advocating for effective public transportation and assured them of her commitment to working together to address their needs. Minister Guilbault touted the government's ongoing efforts to improve public transit services, highlighting recent investments in infrastructure projects and sustainable mobility initiatives.

The meeting concluded with an agreement to continue the dialogue between the provincial government and the TPÉCN to find mutually beneficial solutions for the financing and development of public transportation. By fostering closer collaboration and incorporating the expertise of local authorities, the goal was to



create a comprehensive and sustainable public transit network that enhances the quality of

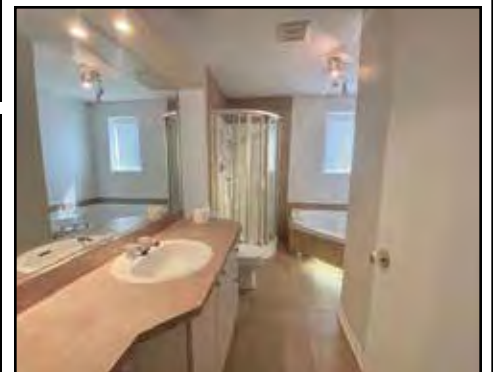
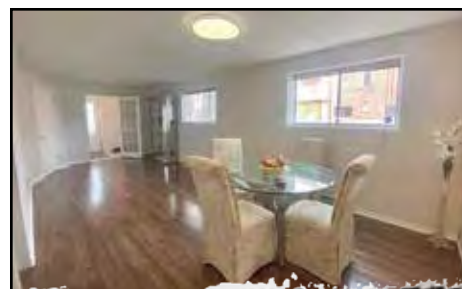
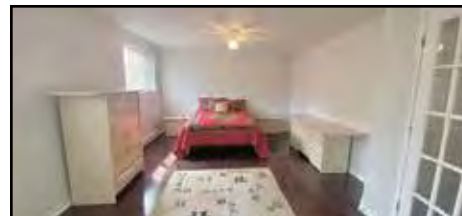
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# Rosemonde Landry back at the helm of CISSS des Laurentides

*Mandate as President and CEO of the CISSS extended until November 9*

## MARIA DIAMANTIS

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

Mr. André Poirier, Chairman of the Board of Directors of the Laurentides Integrated Health and Social Services Center (CISSS), announced the extension of Ms. Rosemonde Landry's mandate as President and CEO of CISSS des Laurentides by the Government of Quebec until November 9, 2023.

Having held the position at the helm of CISSS des Laurentides since 2019, Ms. Landry wished to continue her involvement within the CISSS des Laurentides for a few more months before embarking on her retirement.

### From Clinical Nurse to CEO

Ms. Landry has been working in the healthcare and social services network for the past 40 years. With a Bachelor's degree in nursing, she practiced as a clinical nurse for nearly 10 years. She also completed a Master's degree in Business Administration and a specialized graduate diploma in health law and policies.

She has established her career in the Laurentides region over the past decade. Prior to becoming the CEO of CISSS des Laurentides, she held positions as Director of Nursing Care and Clinical Ethics, as well as Deputy CEO of the General and Specialized Physical Health, Education, and Research Program.

"Thanks to her extensive experience, Rosemonde Landry has successfully tackled challenges as CEO of CISSS des Laurentides. The ongoing pandemic context and the ever-increasing needs

of the population in terms of health and social services have presented significant challenges that she has approached with strength. I am delighted to continue relying on her significant contributions for a few more months," emphasized Mr. Poirier. "I am pleased to continue the work undertaken in recent years. The coming months will allow me to wrap up the major projects I have initiated. My goal remains to provide the best possible care and services to the population of the Laurentides," stated Ms. Landry.

In the press release from the CISSS des Laurentides it is stated that Ms. Landry's extending her mandate as President and CEO of CISSS des Laurentides is a testament to her leadership and commitment to the organization. Her vast experience in the healthcare field, combined with her expertise in administration and health policies, has positioned her well to address the complex and evolving needs of the region. Under her guidance, the CISSS des Laurentides has navigated through the challenges posed by the prolonged pandemic, ensuring that the population receives quality care and services. Her dedication to improving healthcare delivery and meeting the demands of the community has been instrumental in the success of the organization.

As she approaches her retirement, Ms. Landry's unwavering focus on providing the best care possible to the people of the Laurentides region reflects her deep commitment to the well-being of the community. Her leadership and achievements will leave a lasting impact on the healthcare landscape of the Laurentides concludes the press release.



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# DIRECT ANSWERS

FROM WAYNE & TAMARA

## A PLAN OF ATTACK

**Q** *I feel I am at the breaking point. I work at a small school and run the office. I do all the financials, secretarial work, and reception duties. While staffing has increased in the classroom, it has not in administration.*

*I shared my feeling with the principal on Monday and clearly stated things must change. Teachers need to take more responsibility for their own tasks instead of bringing them to the office via students or teacher aides.*

*The principal gave a huge lecture to teachers about overloading, looking out for each other, and making sure family life has priority. I felt better. Then he told me he was leaving at 11:30 a.m. and in the future would take every Thursday off!*

*That automatically increases my workload. I resolved not to work overtime, which is usually unpaid, but yesterday was so busy I needed to in order to get my real work done. Everyone else left early!*

*I enjoy the job and need to work, but no one takes me seriously, including my husband, who tells me how wonderful I am. I am tired of being superwoman. We have children and visitors from overseas for several months, and I feel any day I will lose my mind!*

Blake

**A** Blake, you are hardworking, clever, and do your job well. You

need to use that cleverness and work ethic to devise a solution.

You've done the most important thing by talking to the principal. He's already given the speech. In fact, he took a page from what you are feeling and applied it to himself. That sounds awful, but it frees you to act without having to explain your position to everyone.

Your job is like a square box. It doesn't matter how many people want to put more in the box. When the box is full, it is full. Once other people understand that, they will go look for another box.

Begin with your main duties and center your day around these items. Each time someone brings other work, decide if you can reasonably do it. If you can't, send it back or offer to show that person how they can do it for themselves. At quitting time, the box is full. Grab your purse and go.

On Thursdays, explain the principal is unavailable. Don't offer to take messages or handle the situation yourself. At home, tell your husband you are now trading compliments for a load of laundry and help with the dishes. Integrate your house guests into the normal family chores and routine. Most guests actually enjoy it!

Being superwoman is not a compliment, it is a job description. If you don't reduce your stress level, one day you will quit your job because you simply cannot bear it. No one will gain from that.

Wayne & Tamara

## PREDICTING THE PAST

**Q** *My girlfriend thinks I fancy her sister even though I don't. She and her sister live together so you can imagine the tension. It's now at the stage that I'm not allowed to talk to her sister or be in the same room with her.*

*My girlfriend has been hurt before, and that is where this is coming from. She's afraid I will go off with her sister, though this will never happen. What can I do to help her get over this?*

Roland

**A** Roland, if you swear on a bible or promise to put your own eyes out, it is still not enough to satisfy a jealous person. Jealousy is about fear, control and power, not love.

You need to nip this pattern of accusation and denial in the bud. When you talk to your girlfriend, don't coddle her or try to convince her. That only feeds her jealousy. Let her know she has a choice. She can lose one past boyfriend to his misdeeds, or she can continue to accuse you and lose a second.

Tamara

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF ([www.yourotherhalf.com](http://www.yourotherhalf.com))

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

or email: [DirectAnswers@WayneAndTamara.com](mailto:DirectAnswers@WayneAndTamara.com)

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# Two lactation experts serving the North Shore

*A physician and a nurse selected to become lactation experts*

**MARIA DIAMANTIS**

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

The Laurentides Integrated Health and Social Services Center (CISSS) acknowledged the work of Dr. Geneviève Lavoie and Ms. Suzie Boivin, a physician and nurse, respectively, in the maternity unit of the Saint-Jérôme Regional Hospital. They have been selected by the Ministry of Health and Social Services (MSSS) to obtain certification as International Board Certified Lactation Consultants (IBCLC), recognizing their expertise in lactation. The training program, funded by the MSSS, was offered to 45 individuals across Quebec.

This comprehensive 12-month education program will prepare them for the International Board of Lactation Consultant Examiners (IBLCE) examination. Ms. Boivin will be at the forefront of improving customer and employee support in breastfeeding. She is nearing the completion of her training and is already involved in finding solutions to enhance processes and practices in her field of expertise.

Dr. Lavoie, an obstetrician specializing in childbirth and prenatal and family care in the Prévost area, provides support prior to delivery and assists in planning postpartum

breastfeeding support. She will begin her accelerated training this spring. All medical and care teams already possess the qualifications and skills necessary to provide tailored support to new mothers in the Laurentides region. The additional expertise of lactation consultants will enhance the support provided to these mothers.

Moreover, these two lactation experts are joining an experienced team of IBCLC-certified practitioners within the establishment. The CISSS des Laurentides recognizes the work and commitment of each of these experts, as well as all those who will follow their example in becoming specialized professionals in breastfeeding.

“At the CISSS des Laurentides, we recognize the importance of breastfeeding for the health of newborns and their mothers. Mothers may sometimes encounter difficulties in their breastfeeding journey. That is why we are committed to implementing best practices to promote, support, and protect breastfeeding for women who wish to do so,” said Rosemonde Landry, President and CEO of the CISSS des Laurentides.

To access breastfeeding support, residents are invited to contact the CLSC (Local Community Service Center) in your region and consult the breastfeeding page on [santelaurentides.gouv.qc.ca](http://santelaurentides.gouv.qc.ca), where several resources are available.



# HOROSCOPE

Week of **MAY 21 TO 27, 2023**

The luckiest signs this week:  
**LEO, VIRGO AND LIBRA**



## ARIES

You'll spontaneously decide to move. You'll find a place that meets your family's needs, even if it's at the last minute and your choices are limited.



## TAURUS

You'll have a lot to talk about this week. You may make a speech that everyone will love. Those around you will help you sort out a complicated financial matter.



## GEMINI

You'll have many items to shop for this week. You'll pull out all the stops to find the best prices. Try to negotiate better terms on a loan to save on interest.



## CANCER

You have a lot going on and will undertake several inspiring projects. Inspiration is a source of initiative. Take care of your health and consult your doctor if you have any concerns.



## LEO

Fatigue or poor health could slow you down this week. Someone close to you may need you. Give yourself the time you need to recharge your batteries and feel better.



## VIRGO

You'll expand your social circle and professional contacts. You'll be in charge of planning a large-scale event that will be a huge success. You must take a methodical approach to plan it.



## LIBRA

You'll have a lot of work and family responsibilities to take care of this week. If you have young children, you'll be involved in their end-of-year activities, making them happy.



## SCORPIO

Plan your next holiday now and treat yourself to a luxurious getaway. You'll have many details to consider, especially if you're booking for a large family.



## SAGITTARIUS

If you feel restless and sensitive, you may need to make a change. You might have to restructure certain aspects of your life once the storm has passed. This will allow you to start afresh on more solid footing.



## CAPRICORN

It's crucial to find harmony at work and home this week. If you're in a relationship, passion will reignite the flame. If you're single, you'll double down on trying to find your soulmate.



## AQUARIUS

Staying in good health is essential. You may start a new diet that proves to be highly effective. You'll see quick results, and others will want to imitate your efforts, hoping to have the same success.



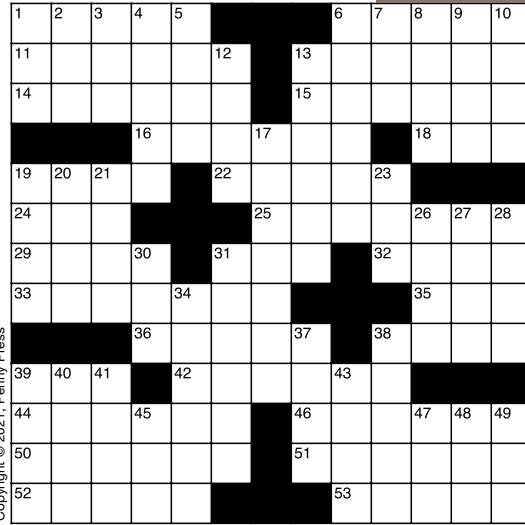
## PISCES

You'll stand out in a group or at work. A daring feat will fill you with pride, strengthening your leadership skills. Saturn in your sign will bring you notoriety.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 149



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### ACROSS

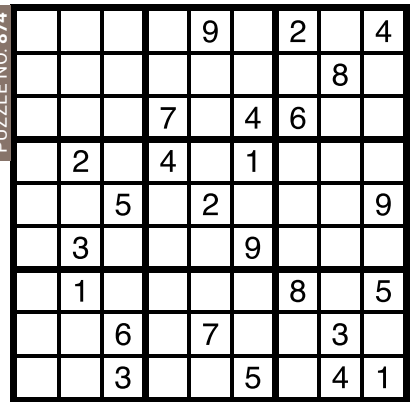
1. Judge's hammer
6. Falls heavily
11. Kind of type
13. Baby's rocker
14. Good-natured
15. Blush
16. Exchanges
18. In the dumps
19. Monster in a fairy tale
22. "\_\_\_ of a Salesman"
24. To's counterpart
25. Makes level
29. Shutterbug's need
31. Slippery
32. Spring event
33. Indulge in luxury
35. Notable time
36. Actress Dixon
38. Very black
39. Buddy

### DOWN

42. Helping
44. Among
46. Savor
50. TV's \_\_\_ control
51. Calm
52. Granny and square
53. Beaks
19. Not ons
20. Hold tightly
21. Roster
23. Dryer setting
26. Now and \_\_\_ (sometimes)
27. Listen!
28. Bend
30. Wet dirt
31. Light
34. Cuts of beef
37. Ventilates
38. Arctic structure
39. Open space
40. Prayer concluder
41. Chauffeured car
43. Type of colorful sign
45. Dash's partner
47. "\_\_\_ Impossible"
48. That girl
49. Males

# Sudoku

PUZZLE NO. 874

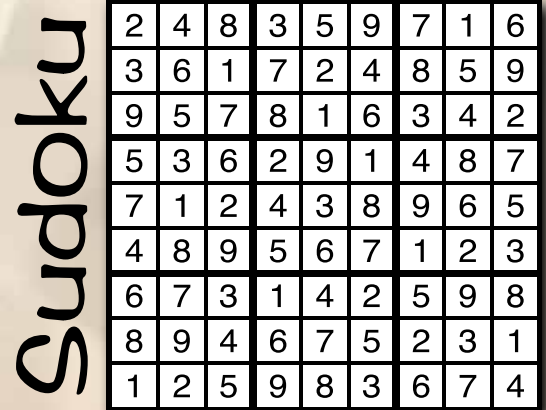


### HOW TO PLAY:

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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