

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. 19-11

June 2, 2023

450-978-9999

www.ns-news.com

editor@newsfirst.ca

Page 5



**SWLSB
 Star Fest**



**Councillor RoseAnna Cirino
 welcomed to Rosemère city council**

Page 7



Best Choice
Since 1983
WELCOME
 AT OUR STORES

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

Our services

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

Looking forward to serving you

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

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



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




Residential fire prevention visits in the lake district



MARIA DIAMANTIS

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

From June to October, residents in the Lake District in Deux-Montagnes/Sainte-Marthe-sur-le-Lac should not be surprised if firefighters from the Fire Safety Service knock on their doors.

Prevention visits will be conducted to check various safety points in residences, particularly related to smoke detectors and carbon monoxide alarms. These visits will take place from Monday to Friday, 9 a.m. to 5 p.m., and on Saturdays from 9 a.m. to 4 p.m.

Smoke detectors

The intermunicipal Fire Safety Service of Deux-Montagnes/Sainte-Marthe-sur-le-Lac wants to provide the public with important information regarding recent changes to the smoke detector regulation (regulation 1140). These modifications aim to enhance fire safety measures within residential properties. The updated regulation mandates that smoke detectors powered by batteries, which have reached their 10-year lifespan from the manufacturing date indicated on the unit, must be replaced.

Under the new requirements, residents are now obligated to replace their expiring smoke detectors with models that feature long-lasting, non-removable lithium batteries. These lithium batteries are specifically designed to have a lifespan of 10 years. By implementing this regulation, the Fire Safety Service aims to

ensure that smoke detectors in residential properties remain functional and reliable, offering effective early warning systems in the event of a fire.

The decision to introduce these changes stems from the recognized importance of maintaining properly functioning smoke detectors. Smoke detectors play a critical role in safeguarding lives and property by promptly detecting the presence of smoke and issuing timely alerts. By mandating the use of long-lasting lithium batteries, the Fire Safety Service aims to provide homeowners with a reliable and durable power source for their smoke detectors, reducing the likelihood of battery failures and ensuring consistent protection.

These regulatory updates are part of the ongoing efforts to improve fire prevention and safety measures in the Deux-Montagnes and Sainte-Marthe-sur-le-Lac regions. The Fire Safety Service encourages residents to comply with the new requirements by replacing their outdated battery-powered smoke detectors with the recommended models featuring non-removable lithium batteries. By adhering to these regulations, residents contribute to creating a safer living environment for themselves and their communities.

Climate change fight

Saint-Eustache adopts new environmental grant programs

MARIA DIAMANTIS

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

Mayor Pierre Charron of Saint-Eustache and Municipal Councillor and Chair of the Environmental and Beautification Commission, Isabelle Lefebvre, announced two new financial assistance programs related to the environment. Following cloth diapers and electric vehicle charging stations, the City is now providing a subsidy to citizens who have purchased rainwater collection barrels and electric lawnmowers, with the aim of encouraging eco-friendly behaviours.

"We have just adopted our Climate Change Action Plan, and these financial assistance programs are one of the concrete measures we are implementing to reduce the environmental impact of the City. It is through small actions, together, that we will make a difference for future generations," said Mayor Pierre Charron of Saint-Eustache.

Rainwater Collection Barrels

The use of rainwater collection barrels helps reduce the amount of drinking water used, among other things, for watering flower beds, vegetable gardens, and lawns, or for vehicle washing and other outdoor household cleaning purposes. The City is offering a financial assistance of \$30 for the purchase of rainwater collection barrels.

To avail themselves of this financial assistance, citizens must fill out the online form and provide the required supporting documents no later than 6 months after the purchase of the barrel. Only one financial assistance per address and per applicant is allowed.

Electric Lawnmowers

Maintaining lawns using an electric lawnmower reduces greenhouse gas emissions and ensures neighbourhood tranquillity, as electric mowers are considerably quieter than gasoline mowers. Therefore, the City is providing a financial assistance of \$75 for the



purchase of an electric lawnmower.

To avail themselves of this financial assistance, citizens must fill out the online form and provide the required supporting documents no later than 6 months after the purchase of the lawnmower. Only one financial assistance per address and per applicant is allowed.

"These two new financial assistance programs encourage the residents of Saint-Eustache to make more environmentally-friendly choices, benefiting the entire community in the long run. This aligns perfectly with the City's Environmental Policy," added Councillor Isabelle Lefebvre, Chair of the Environmental and Beautification Commission.



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

OPEN HOUSE

SUNDAY June 4th - 2 to 4 pm
5249 Crois. Langevin, (Chomedey) H7W 2E4

Very large cottage offering 5 bedrooms, master bedroom with en-suite bathroom, main bathroom, 2 powder rooms, living room, dining room, large finished playroom with other access door, private backyard, single garage with exterior parking. 'New roof 2022', newer windows, wall A/C Heat Pump '2020', irrigation system, exterior doors, garage door, porcelain tiles, spot lights and light fixtures 2023. Newer electric wall thermostats.

EXCELLENT SERVICE | EXCEPTIONAL RESULTS



ROYAL LEPAGE

HUMANIA CENTRE Agence immobilière
450.682.2121



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

Let's Reduce Our Water Consumption

MARIA DIAMANTIS

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

The cities of Bois-des-Filion, Lorraine, and Rosemère have come together to initiate an intermunicipal campaign called "Let's Reduce Our Water Consumption." The primary objective of this campaign is to increase awareness among the population about the importance of using drinking water responsibly. By highlighting the various ways in which water is utilized, the campaign aims to encourage individuals to reconsider their consumption habits and adopt more sustainable practices.

One of the key aspects emphasized by the campaign is the limited nature of water as a resource. By addressing different uses of water, such as watering lawns, bathing, showering, and other domestic purposes, the initiative seeks to draw attention to the fact that water is not an infinite supply and must be used judiciously. It aims to encourage individuals to reflect on their daily routines and make conscious efforts to reduce unnecessary water wastage.

Watering lawns, for example, is a common practice that often involves excessive water usage. The campaign seeks to promote alterna-

tives such as using efficient irrigation systems, collecting rainwater for gardening, or selecting drought-resistant plants that require less water. By suggesting these alternatives, the campaign aims to empower individuals to make informed choices that contribute to water conservation.

This initiative is part of the Quebec Strategy for Potable Water Conservation 2019-2025, an undertaking by Réseau Environnement, the Fédération québécoise des municipalités, the Union des municipalités du Québec, as well as the cities of Montreal and Quebec City.

Considering that Quebec is one of the largest consumers of water in the world, the intermunicipal campaign "Let's Reduce Our Water Consumption" sheds light on an issue that affects the entire population. By 2025, all municipalities will be required to reduce the amount of water distributed per person by 20% compared to the year 2015. The wise use of drinking water begins in every household, on a daily basis.

"Citizens everywhere must make small efforts by changing certain habits so that our cities can achieve the goals and thereby preserve our future quality of life," explained Gilles Blanchette, the mayor of Bois-des-Filion. "We are doing this for ourselves, but also for future generations."

"As water is a vital issue of the 21st century, we



must adopt environmentally responsible actions and reduce our consumption of drinking water starting now. The multiplication of small actions by the population and municipalities leads to significant changes. Let's all act together right now!" emphasized Jean Comtois, the mayor of Lorraine.

"Every action counts, and it is the sum of our efforts that makes a difference," stated Mayor Eric Westram. "As the saying goes, 'We do not inherit the Earth from our ancestors; we borrow it from our children. Let's make wise and environmentally responsible choices together for the future.'"

New Director of Legal Services and Town Clerk in Rosemère

MARIA DIAMANTIS

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

The City Council of Rosemère announced the appointment of Jean-François Gauthier as the Director of Legal Services and Town Clerk. Mr. Gauthier assumed his new position on May 1, taking over from Catherine Blais-Adam, who was appointed as the General Manager in December 2022.

According to the city's announcement, "Mr. Gauthier brings a wealth of experience in the municipal field to his new role. He has previously held leadership positions as the head of the legal department and Town Clerk for the municipalities of Saint-Adèle and Saint-Sauveur. Additionally, he has served as a legal counsel and Town Clerk for the municipality of Sainte-Julie. As a member in good standing of the Barreau du Québec, the professional association of lawyers in Quebec, Mr. Gauthier is well-qualified to provide legal guidance and support to the Town Council. Moreover, his educational background includes an MBA with a specialization in the management of cities, towns, and metropolitan areas, further enhancing his qualifications for the role."

Catherine Blais-Adam, the General Manager of the Town of Rosemère, expressed her pride in welcoming Mr. Gauthier to the team. She highlighted his ability to provide strategic and legal advice, which will be instrumental in shaping the town's decisions. Ms. Blais-Adam also emphasized Mr. Gauthier's active participation in social and professional organizations, underscoring his strong interpersonal skills.

Eric Westram, the Mayor of the Town of



The new Director of Legal Services and Town Clerk in Rosemère, Jean-François Gauthier

Rosemère, acknowledged Mr. Gauthier's extensive experience in various municipalities and his recent position as an administrative judge with the Commission d'accès à l'information, a government body responsible for access to information. Mayor Westram lauded Mr. Gauthier as an exceptional asset for the town and expressed well wishes for his successful career in Rosemère.

Distributed to the
North Shore region



Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Lareine Zakhour
Elena Molter
Thomas Bakoyannis

Advertising:

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



Most teachers deserve better than they get

Minister of Education Bernard Drainville, has angered educators. His demeaning remarks insinuating that teachers are undeserving of pay-raises comparable to other professionals have ignited emotional push-back throughout Quebec. This, at a time when Quebec is facing major teacher-shortages. Teachers have been offered nine per cent over five years, whereas MNAs are granted a stunning 30 per cent uptick, making them among the highest paid in Canada.

The Minister must speak in favour of people he represents - teachers and students. It's disheartening and sickening to hear disparaging comments about the teaching profession, as if teachers aren't "down" enough in these volatile times. Were his statements misinterpreted? Apparently not, since he's said nothing to clarify what he meant.

Just in case Drainville is asleep at the switch, here's a wake-up call to reality. Band-aids don't address the wounds and scars of inequities and shortages in education; an overhaul of the entire system has become urgent. Education is suffering from an unhealthy state-of-affairs. What are you doing about that? The community is monitoring teachers, students talk of leaving Québec. Mr. Drainville, fix your relationship with educators, before you kill education. It's that simple. While pay and benefits are big issues, at the end of the day, teachers deserve respect, tired of being disrespected by those they're trying to help.

"We have exhausted teachers," says retired teacher Phyllis Funaro, adding that many still have a passion for teaching but they need help. "I'm hearing more than ever before that teachers don't feel appreciated, don't feel respected, find themselves in the middle of a political bull's eye, condemned from heroes to villains in a very short time."

If Québec wants to fix teacher shortages, Drainville should stop scapegoating educators and start showing them they're valued. Teachers have critical jobs shaping young minds; they have power to change lives, but too-often they're punching bags for politicians.

Teachers are expected to improve student performance while dealing with issues outside the classroom that affect learning, deprived of crucial adequate resources and support. So, why would anyone go into an occupation where they're public enemy No. One?

There are numerous Québec classrooms lacking full-time-certified teachers, of which the Minister is aware. With salaries for Québec teachers among the lowest in the country, and with a low unemployment rate creating competitive hiring scenarios, it's surprising that teaching vacancies aren't more widespread.

The difficult job and low pay likely contribute to declining interest in the profession. McGill University's Education Faculty acknowledged increasingly lower enrollment in recent years. Commerce and Technology win. However, Québec's shoddy treatment of public-school teachers goes beyond pay. Public education is under attack, and Minister Drainville's pronouncements have stoked the fire knowingly or unknowingly.

Québec needs to value educators. Most prospective teachers enter the profession for-love-of-the-work, not because of compensation. But higher-pay-and-better conditions help attract and retain quality people, especially if treated with admiration and respect. Recently, the government tabled a Bill that would raise base-pay for MNAs from \$101,561 to \$131,766, making them among highest-paid Canadian provincial representatives. Alberta members have the highest annual base-salary among their provincial peers; \$120,936. Do Québec MNAs deserve higher salaries, and, if so, based on what? Cost-of-living isn't a valid reason, since all professions/jobs have to live that reality. Do teachers deserve higher salaries? Certainly, if improving teacher salaries would improve quality by enticing better candidates, helping retain high-quality teachers, and motivate all teachers to improve classroom work.

Presently, whether teachers work long hours or how students learn have no influence on pay. Scales are based on years of experience and advanced degrees. Unfortunately, research finds that those attributes are unrelated to teacher-effectiveness. Simply increasing salaries for Master's Degrees, or sticking around another year will not improve effectiveness in the classroom. True, higher wages should entice more people to enter the profession, but increases in candidates shouldn't be expected to improve teacher-quality, either. Research shows that anything that can be observed about teachers before they enter classrooms doesn't accurately predict effectiveness. Isn't this the same for other professions also? MNAs?

Some have what it takes to be great teachers, some don't; there's no way to tell before they start. Quality won't be improved simply by expanding the pool-of-people who want to become teachers. School

systems have an impossible task of accurately identifying best-and-worst candidates. It's often hit-and-miss. Higher teacher salaries will increase teacher retention, but higher salaries are just as attractive to bad teachers as to great ones. Increasing salaries across-the-board without consideration of teacher-effectiveness does not necessarily improve teacher-quality. Simply increasing teacher salaries without addressing the system by which those salaries are distributed will solve nothing. Let's face the music.

It's not unusual for taxpayers to be perturbed, flabbergasted and taken-aback by the underpaying of teachers, especially in these days of school crises of momentous proportion, as one-quarter (30,000) of all teachers in the system are not certified, according to 2020-2021 statistics, a reality which is not abating but deteriorating. M. Drainville, it's past due for a solution. A good many of these 'probably-qualified but non-certified' classroom workers must be enticed to quickly and logically obtain certification through programs aided, abetted, and promoted by government initiatives.

In the meantime, it must be affirmed that teachers and students are the most literate sectors of society. An educated person may be easy-to-rule but difficult to enslave. Teacher are professionals who don't pray for increases in their clients - students. Other professionals pray hard - lawyers for cases, doctors for people to get ill, taxi drivers for passengers, technicians, engineers and mechanics for appliances and machines to break down, thieves who pray for people to mishandle money, keeping chunks at home.

Conversely, three sets of citizens cannot be messed with - children, youth, and teachers. Never mind the scandals around schools these days; teachers are by default role models and should therefore be treated as such. Many far-reaching implications will ensue if teacher-salaries are not augmented. Canada has a terrible history of bad-timing. The country is short of almost half of needed qualified/certified teachers; Québec fares even worse. Not adequately-paying teachers, is a risky distraction that deepens the already sad state of our education sector. Competent authorities conspicuously ignore the measure that could truly improve public schools: raising teachers' salaries to be comparable with those of similar professions.

There are reasons behind this conscious omission. Most people don't believe that raising teachers' salaries would attract better teachers. The adage "those who can, do; those who can't, teach" has been too firmly ingrained in the public perception, that those who choose to teach do it because they could not get better jobs. Calls for higher salaries are often met by claims that teachers' salaries are sufficient because teachers don't work as much as other professionals. An increase in salaries would necessarily mean an increase in taxes that people are simply unwilling to pay. Despite these assumptions, raising teachers' salaries will attract better teachers, that teachers work just as much or more than professionals who are paid more.

Although the lack-of-respect afforded teachers certainly does not encourage university graduates to become teachers, relatively lower salaries discourage them. People wonder how teachers could live with today's lack of respect. However, most students are willing to enter professions not particularly respected by the general public, as in lawyers and politicians. Are they truly respected? Societal respect, although important, only goes so far.

The solution is to raise teachers' salaries to reflect education needed and vital importance of educating children. Higher salaries will attract more university graduates to teaching, thus expanding the applicant pool, increasing competition for teaching positions, allowing for hiring of best people.

The number one criticism against raising teachers' salaries? Teachers are well-paid for time worked. Not so. Teachers spend much unpaid-time before-and-after-class with students, correcting papers, preparing classes, attending meetings and work-shops, continuing their own studies to provide quality-education. Most put in 50-to-60-hour weeks or more during school-year. Averaged over the entire year, teachers work hours comparable to those of other professionals who are paid more.

Raising teachers' salaries does not require raising taxes; it requires intelligent assessment of where education resources should be put. The answer is obvious. Disrespect towards teachers is a shame for this government. Minister Drainville must stand up for education and the teaching profession. Enough with the insults. Do the right thing.

Renata Isopo

SWLSB students recognized at Laurier Gala/Star Fest

'Their performances mesmerized the audience'



MARTIN C. BARRY
marty@newsfirst.ca

The Sir Wilfrid Laurier School Board (SWLSB) says the Laurier Gala/Star Fest, held on Thursday May 25 at the Château Royal in Laval, was a “resounding success,” showcasing the achievements of 205 students from across the school board in the categories of arts, academics, community involvement, school perseverance and sports.

Memorable performances

The evening’s entertainment was provided by 23 talented students who auditioned to be part of the 2023 Star Fest. “Their performances mesmerized the audience, creating an electrifying atmosphere of celebration and admiration,” the board said in a statement.

The Laurier Gala/Star Fest was hosted by two SWLSB principals and Virgin Radio’s charismatic morning host, Cousin Vinny.

CDC Vimont student Angela Amarualik, recipient of the annual event’s prestigious 2023 Indigenous Artist of the Year award, kicked off the Gala/Star Fest and set the tone for the evening.

\$2,500 in bursaries

The event was made possible through the financial contributions of the Sir Wilfrid Laurier

Foundation and Caisse Desjardins Thérèse-de-Blainville, which allowed the SWLSB to give students \$2,500 of bursaries during the gala.

“Their unwavering commitment is truly commendable, and we extend our heartfelt gratitude for their invaluable partnership,” the board stated.

During the gala, Paolo Galati, chairperson of the Sir Wilfrid Laurier School Board, took a moment to express his sincere appreciation to the parents for their invaluable role as partners in their children’s education.

Congrats and thanks

He acknowledged their collaboration with school teams, emphasizing that the teams play a vital role in ensuring the success and well-being of their children.

“Your involvement has proven to provide more opportunities for success,” said Galati. “Thank you for being so dedicated and supportive. Parents, on behalf of the Council of Commissioners, we cannot thank you enough.”

Galati also extended heartfelt congratulations to the students being honored at the event. He commended their hard work, resilience and the unwavering support of their families and educators, emphasizing the immense pride the school board holds for each and every one of them.

A community event

The Laurier Gala/Star Fest brought together

more than 1,200 people, reflecting the strong support and enthusiasm of the school board community.

The board said it wished to extend its deepest gratitude to all the students, parents, staff and partners who contributed earning the SWLSB a graduation and qualification rate of 88.3 per cent.

“Together, we continue to foster a culture of excellence and inspire future generations to reach for the stars,” they said.

Third-largest school board

With a workforce of more than 2,000 employees, the Sir Wilfrid Laurier School Board is the third largest English school board in Quebec. Its territory comprises the administrative regions of Laval, Laurentides and Lanaudière.

The school board provides preschool, elementary, secondary, adult education, and vocational training services to over 14,000 students in 35 schools and four centres, as well as business training services.



DON'T WAIT LAST MINUTE! PLAN AHEAD!




with MAINTENANCE AND REPAIR OIL BASED SEALER PROTECTION

We repair:

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

BEFORE		AFTER	
BEFORE		AFTER	



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

June 2, 2023 • The North Shore News • 5

Rosemère Mayor Eric Westram has simple formula for good governance

“Work closely with Council, understand the needs of the people, be part of the community, be involved, give the people your best”

RENATA ISOPO
renata@newsfirst.ca

On May 16, at the Atrium of the Rosemère Municipal library, following the oath-taking ceremony of acclaimed Seat 5 councillor RoseAnna Cirino, North Shore News went one-on-one in an exclusive interview with the city's mayor, Eric Westram.

Governing with integrity and vision

Asked to comment on his responsibilities as chief magistrate of one of the most prosperous towns of the North Shore region, the two-term mayor spoke eloquently about his role as Municipal CEO, emphasizing that he is only part of the team that guides the council in its attempts to govern judiciously, sensibly, honestly, and with integrity, all of which engenders trust and confidence, from taxpayers in particular and the population in general.

“I believe my Council and I share a common vision for the City of Rosemère and its residents,” he opened with, adding that “we understand the commitment and responsibility given to us by the townspeople. We are all leaders who bring our own skills and knowledge to Council. I am grateful to be joined in this important effort by Council and I'm confident that our strong team reflects the priorities of our residents. We are here to work together toward the same goal - to make Rosemère the best community it can be,” stated the smiling Mayor.

Westram, has sat in the mayor's chair since 2017, re-elected in 2021. A Rosemèrite since 1980, he adds the post of Warden of the Regional Municipal Council (RMC) of Sainte-Thérèse-De-Blainville, which regroups the 7 subdivisions of Blainville, Bois-des-Filion, Boisbriand, Lorraine, Rosemère, Sainte-Anne-des-Plaines, and Sainte-Thérèse in the interest of addressing regional concerns. The leader of the Rosemère Council of 7, served by three men and four women, the mayor estimates that he regularly works 60-70-hours-a-week. “Yes, it's a lot of work, but my job is made quite easy by the team's unified effort in dealing with the needs of the town.”

Meaningful dialogue, discussion, and transparency of Council business are considered by Westram essential to effective exchange on Council. “This begins by listening. Serving on Council has been a privilege that has provided

many opportunities to engage with community members and be able to listen to their stories, concerns, and suggestions on ways to improve the community. I am grateful for their sharing and for their passion for our city,” said the father of three and grandfather of five.

How does this veteran self-described ‘happy public servant’ relate to the essence and substance of Rosemère's small-town atmosphere, population of 14,532? “We are proud of a vibrant downtown with densified housing options along with welcoming facilities of dining, entertainment, and street markets,” the mayor summed up, adding that the community also maintains a healthy lifestyle with trails and recreation options. “The municipal administration, through the unified approach of Mayor and Council strives to provide governance with compassion and collaboration,” he pointed out.

In Eric's neighbourhood

The Mayor was clear about his appreciation of the Rosemère residents for their confidence and trust in him and Council. He stated that they're all neighbours, use the same wonderful parks, shop in the same stores and truly all want what is best for the city. His personal belief/philosophy is to understand the needs of the people, be part of the community, be involved, give the people your best.

“That small town feeling we all desire is achieved by creating Community where we live, are tolerant of our differences and easily seek common ground on issues. My commitment to Rosemère, to city staff and the community is to be an advocate for this fair and prosperous city, to lead the best way I know how and to create opportunities for people to live, work, play, and thrive.

“We are officially a bilingual city, have always been, and have retained that status through l'Office de la langue française.” There are absolutely no language issues with our residents. We live in perfect harmony with both languages. We have been living in harmony forever. Why change a winning formula? We are a well-off unique community.”

Regarding Rosemère's official bilingual status, the mayor specified that according to Bill 96, a town or city with less than 50% of people whose first language is English can keep its bilingual status by passing a resolution within 120 days of receiving notice from the province. “It was a very easy process, we did not encounter any

complications.”

Getting up close and personal, it is easily learned that there's much more to the approachable Mayor. Besides being a loyal and proud Canadian, his birth country is Italy. His birth mother was Italian and his birth father unknown to him. He was adopted at four by a French mother and German father who took exceptionally good care of him.

Citizen of the world, of Italian origin

He does not have an EU passport, which he would be permitted to hold because of his Italian origins. Asked about the matter, he quickly raised an eyebrow and proudly affirmed that he did not pursue it. “I thought about it, but I didn't go for it. No need for it. I consider myself a Citizen of the World.”

Exchanging views with the mayor about leadership, he agreed that stepping into a leadership role gives anyone some big responsibilities to fulfill. “No doubt,” he affirmed, “a good leader needs to be both liked and respected. A productive leader needs to delegate without micromanaging. A transparent leader needs to form bonds with team members without crossing the lines between personal and professional relationships.

Judging from the reality of his well-run town, the mayor seems to have fulfilled these criteria, thus gaining the confidence and respect of the citizens. He greatly reflects resilience and optimism about a better and prosperous future. Although it is largely accepted that there is no shortcut to exceptional leadership, the notion of becoming a charismatic force speaks to a certain personality trait which Westram has in abundance but which he doesn't take for granted. “Believe me,” he says with admirable humility, “I'm not flawless because no man, woman, or child is perfect. I work in a city that is practically problem-free, making my job pleasurable and guaranteed to succeed in the economic and infrastructure domains.”

What about zooming real estate costs in his city? “We brought in \$700,000 from mutation and Bienvenue (Welcome) tax. This certainly helps cover rising operational expenses. Even though the real estate market is becoming less volatile and undergoing major changes, not so for Rosemère.” The mayor expressed his understanding of housing sales range from \$690K to over a million, for single family homes. “Inflation is

under control with interest rates coming down.”

Anyone thinking of migrating to the Rosemère area should consider that although one is normally expected to devote 20% of the family budget to own a home, this has jumped to 25% in 2023, with two working people, to be able to make the ownership payments. Considered an exclusive and upper-middle-class community, prospective buyers should expect to pay more. “Because our town's residents are in good economic/financial circumstances, it would be fair to say money isn't a problem,” citizen/resident/magistrate Westram attested.

Charismatic caring for people

Circling back to the charismatic leader syndrome, the mayor was emphatic about the source of such a characteristic that's perceived of successful leaders of many sectors of society. “If I'm deemed charismatic, it's because of my focus on the welfare of others. To be charismatic is to care about people, and the more you care about your people the more charismatic you become.

“Being present in the moment with everyone who interacts with you in a world with constant distractions and short attention spans and being one-hundred percent engaged reflects a powerful feature of charismatic leadership.”

The well-spoken politician also spoke highly of the need to apply personal touches to serving the public. “I personally answer phone calls from citizens. I love speaking with the community and listening to what they have to say. People crave growth, whether personal or professional, and if a leader positively uses his charisma and shows those he works with how to succeed and get things done, the fruitful results are contagious and set the tone in the entire organization. If you can't get excited about what you do, don't expect your staff to.

“Always focus on being a better leader. Put yourself literally and figuratively in the trenches alongside teams. Work harder than your team. Never forget the hard work and experiences that got you where you are today and how much it means to be appreciated for that work. Treat your Council colleagues with care and give them your attention. Bring them into the vision. People care about what they help to create.”

North Shore News expects Eric Westram to continue his journey in what he does best, for quite a while, leading his city towards greater success.



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



Cirino: "I'm excited about the privilege and opportunity to serve the people of Rosemère"

Mayor Eric Westram welcomes acclaimed councillor RoseAnna Cirino to the town's city council

RENATA ISOPO
renata@newsfirst.ca

Rosemère's RoseAnna Cirino, designated by acclamation to the position of Councillor, Seat 5, was sworn in on May 16 as family, friends and dignitaries gathered in the atrium of the town's municipal library, sharing the moment as she took the solemn oath. The by-election that brought Cirino to council was announced last February, following a vacancy created by Councillor Melissa Monk's resignation and her move to Ontario.

Community spirit

"We are very enthusiastic about welcoming Mrs. Cirino to our team," stated mayor Eric Westram, adding that he was confident that her presence would bring a breath of fresh air and that her ideas would lead to new thinking. "Once again, I am proud to say that four of the five Council members are women. All of us will continue to listen to our residents and make decisions that represent our needs and issues here in Rosemère," Mayor Westram asserted.

A Rosemèrite since 1995, Cirino, mother of three, has been working in the travel industry for over 40 years and is the owner of her own successful travel agency. Very involved in her community, she has volunteered with the Girl Guides of Canada since 1983 and helps stock the food pantries at Mile-End Community Mission, for Christmas and Thanksgiving.

In the past, she has also been involved with the Rosemère/Lorraine Soccer Association and the Rosemère Curling Club. During the pandemic, she regularly took part in buying, packaging, and delivering hundreds of meals for homeless and vulnerable people. Actively working toward creating a better world for future generations, she is described by colleagues, friends, and family as a person of big heart, big brain, and big soul, a woman of strength, positive in attitude, constantly optimistic in spirit.

For his part, mayor and InnovAction+ party leader Westram, praised RoseAnna Cirino's "entrepreneurial experience" and "great involvement" in the community.

The torch is passed

A resident of Laval in her youth and a graduate of Laval Catholic High School, Class of '83, RoseAnna continued her education, becoming an accomplished and successful individual in the world of travel. She became a proud resident of Rosemère in the mid-1990s, calling it home for the past 28 years, proud to have chosen the

town as the place in which to raise her children who are now accomplished adults.

Cirino sports a friendly smile, has a witty and warm sense of humour, and genuinely expresses a deep and abiding love of Rosemère. Although she came to council by acclamation, she says she's excited by the opportunity and privilege to serve everyone in the community.

At the oath-taking ceremony, Mayor Westram clarified that "there was lots of interest in running for seat 5." However, when other potential Councillors learned of RoseAnna Cirino's strong qualifications and extensive background, they dropped out of the race, clearing the way for her acclamation.

Deemed high-functioning, focused, effective, efficient, and responsive to people's needs, she expressed appreciation for the privilege and opportunity to take on the responsibilities of this new role. "I look forward to working with my colleagues on Council in the spirit of the City's vision to bring together people, partnerships and possibilities for a continued strong and vibrant Rosemère," she stated. "Through collaboration and a focus on shared services and economic development, we will continue to advance and deliver for our residents many efficiencies and opportunities, through strong initiatives and policies that are already in place."

Big shoes to fill, task in good hands

Significantly, mayor and InnovAction+ party leader Westram cited Cirino's deep-rooted commitment to fulfilling community needs as a major asset that the energetic new councillor brings to the municipal table. "Yes, we were blessed to be able to count on Councillor Melissa's contribution to Rosemère's vibrancy over the years," the chief magistrate stated, in praise of former councillor Monk. "However, being able to attract a high-quality person like RoseAnna Cirino demonstrates how fertile the Rosemère community is in terms of talent," he said.

Conceding that she will have to rely on the InnovAction+ team, Cirino believes that colleagues on Council bring together the conditions that will allow her, she hopes, to fulfill her role as advisor and as a source of positive impact on the lives of citizens.

"This type of respectful and unifying leadership responds to my values and my convictions. We have the team to manage our city in a humane and responsible way to face the various challenges that are at our doorstep," Cirino stated.

Armed with a jolly smile and a witty but warm sense of humour, this seemingly happy public-service-warrior easily radiates a deep love for Rosemère. Fluent in English, French, and Italian, she is clear on wanting to serve all members of the what can be termed a tightly-knit harmonious community of about 15,000 that is at ease in either of Québec's two major language groups.

Respectful, collaborative, effective

In welcoming Cirino to Council, mayor Westram was emphatic about the friendly competition manifested by various highly-qualified individuals seeking to occupy Seat 5. "There was lots of interest in the Council seat; however, when the interested individuals learned of RoseAnna Cirino's extensive qualifications, background, and suitability for the post, they dropped out."

Acknowledged, by many, to be high-functioning, focused, effective, efficient, and responsive to people's needs, Cirino is not shy about expressing her appreciation for the opportunity to take on the responsibilities of this new role. "I look forward to working with my colleagues on Council in the spirit of the City's vision to bring

together people, partnerships and possibilities for a continued strong and vibrant Rosemère," she stated.

"Through collaboration and a focus on shared services and economic development, we will continue to build efficiencies and opportunities for our residents. I am really excited to join Council. They have created a truly respectful and collaborative team that is effective," she said. "They have achieved great results in many projects whose success depended on working together."

"I am ecstatic to have the benefit of working with four experienced members of Council - publicly-elected officials, a man and three women who bring a variety of different skills and backgrounds to the tasks that require completion. The team members share the common ground of having been extensively, continually, and actively involved in the community," Cirino concluded.

Warmly addressing the invited honorary guests, proud family, and friends, Rosemère's newest Municipal Councillor thanked mayor Eric Westram and Council for generously welcoming her to the fold. "I will learn a lot, I'm sure," humbly stated freshly-installed Councillor Cirino.



Councillor RoseAnna Cirino and her family.

PROFESSIONAL AUTO BODY REPAIR & PAINTING

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

514 476-4565

A2 AUTO

Insurance Work Accepted • All Work Guaranteed
Expert Color Matching • Factory Genuine Parts
Import Car Specialists • Major & Minor Repairs



PSYCHOLOGY FOR ALL

by Emmanuel Aliatas, MA, Psychologist

Anxiety Simplified

Growing up with stress and trauma are likely to cause anxiety in the future of anyone's life, especially a child. This is a common trigger for anxiety. Moreover, experiences can trigger anxiety in situations like emotional or physical abuse. This is not a scientific article, but based on personal experience with the disorder many years in my professional office.

Most people believe that anxiety is not a mutually exclusive category and place it simultaneously with many other disorders. This is true in many cases, yet anxiety sits alone as well. It is widely accepted that anxiety is part of depression, and it may well be in many cases, however, it is not always the case. The DSM V has classified anxiety in a category of its own. For example, social anxiety is the awkward feeling one feels in social events like parties. There is also panic disorder that is coupled with anxiety.

Furthermore, there is also generalized anxiety disorder (GAD), a commonly diagnosed anxiety disorder and unfairly in my opinion. The individual experi-

ences GAD when they wake up in the morning to anxiety and it continues throughout the day until bedtime. The anxiety has generalized when it lasts all day and across the spectrum in all situations. In my opinion, it may be the most complicated to work with and has many components attached to it. For example, agoraphobia, panic attacks, and many more than I can state in an article this size.

As stated above, this is not an exhaustive search into the disorder of anxiety, yet it affects so many people in our society attaching itself to stress and trauma. One example I have discovered in my office is toxic workplace anxiety. This is when one is ostracized and bullied in the workplace. This individual often cannot afford to quit one's job, yet they are being harassed by colleagues and/or their boss. They may have a mortgage, children in school, and aging parents. Imagine adding car payments and a newborn on its way with a wife on maternity leave to the mix. This is the perfect candidate to bully and harass

in the workplace, because they need their job so badly. It's a shame this kind of thing happens. If it's happening to you, seek help immediately.

I think it is important to state a few of the common symptoms of anxiety from feeling nervous and tense to experiencing impending danger, panic or doom. Having an increased heart rate, sweating and trembling are also symptoms one may experience if they are having difficulties with this disorder. I would also add that the individual experiencing anxiety is more than likely living in the future and has distanced themselves from the day-to-day activities needed to calm down.

The anxious individual feels like other people can see their anxiety and are looking at them. It feels like the world is either speeding up or slowing down at times, thus it is impossible to live in the moment. Panic attacks and high intensity fear becomes the norm for this person.

Here are a few strategies to help you reduce anxiety. One is deep breathing.

We have such a busy lifestyle today that one is programmed not to stop and breath but rather to produce. Those who have learned to apply this strategy are often taking yoga and certain meditations and finding it very helpful for their anxiety without needing medication. There are individuals who prefer to visit their physician and take anti-anxiolytic medication.

The most effective strategy I have found is just getting out and going to the gym. Exercise is a very important activity for the human body. The benefits are immeasurable. For one thing, it elevates the serotonin in one's system alleviating the symptoms of both anxiety and depression. Just walk into a gym and say hi to some of the people in there. Most have a smile on their face, and it is not for nothing.

Moreover, I would suggest Cognitive Behaviour Therapy. I have found it to be most helpful along with exercise and deep breathing. Remember that if you are experiencing anxiety in any form, there is help. Seek it.

New

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

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

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



easily wipes clean



DIRECT ANSWERS

FROM WAYNE & TAMARA

A PREEEXISTING CONDITION

Q I am 25 and have been married for two years. This past August I began an affair with my husband's younger brother. I feel just terrible and want to end the relationship, but I feel I am in a hopeless situation.

The guilt is overwhelming, and I feel I need to come clean with my husband before I can get past what I've done and move on. However, I'm sure you can see the conflict. Since the affair involves someone so close to my husband, I don't know that we could ever get through this.

I don't want to destroy the relationship between my husband and his brother, not to mention that this news would destroy their entire family. I feel like I should divorce my husband, cut off all contact with him and his brother, and live with the consequences of my actions—loneliness, guilt, and the burden of my sins. Can you please help?

Kerri

A Kerri, you want to whip yourself with a cat-o'-nine-tails, but this is not something to whip yourself about. It is something to understand. There is no point in becoming just another miserable person on the planet. Too many people already fit that category. Your affair is not the problem. The problem

started before that, and it involves what you brought to the marriage. When two people have that ultimate love which everyone craves, they never forget who they are married to. Forgetting the other person would be like forgetting their own name.

If you truly loved your husband, you couldn't have done this. If you hadn't done something so severe, he would want to work out your differences. Your reasons for marrying this man were not sufficient to sustain the marriage. So you sought a way out.

If you decide to divorce, you owe your husband an explanation. You may want to tell him you deceived yourself about your feelings for him. If he did nothing wrong, you need to tell him that.

It is up to you whether or not you admit sleeping with his brother. The question is, does he need his brother more than he needs to know what his brother is like?

Perhaps you don't feel worthy of love. If that is the case, you need to explore this issue as well. The marriage you want is the opposite of what you did. Like every other human being, you deserve love, not loneliness, guilt and anxiety. But until you understand why you acted, there is no way to end the cycle of doing wrong, then punishing yourself after the fact.

Wayne & Tamara

SILENCE ACCEPTS

Q I have been dating Nick for over three years now. He is wonderful. One problem though. His family often makes very racist comments.

Not just jokes, but mean-spirited comments. I have friends of many backgrounds, and I am deeply offended when I hear these things.

Nick does not have any racist feelings, so he is not part of the problem. At the same time, he never confronts his family about their hurtful comments. By letting his family know how I feel, I risk angering them and having them take it out on Nick, and I'd rather not do that. Should I say something?

Brooke

A Brooke, some years ago I read a remark by the science writer Guy Murchie. He said that no one we see, no matter where they come from, can be less than about a fiftieth cousin to us.

Beyond that, nearly every spiritual tradition condemns this sort of prejudice. When Tamara and I run into this situation, we either speak up, or we get up and leave. People deserve to be judged on their individual merits, and remaining silent denies our common humanity.

You and Nick are serious. You cannot allow this to continue. His family needs to understand that these remarks are unacceptable in your presence.

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

or email: GetInTouch@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 PARC-EXTENSION THE LAVAL news Call 450 978.9999 Payment:

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

OUR PROMISE

Your project will be done within **2 weeks***

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

Call now and get your free estimate!

We speak English, Greek, Italian, Portuguese and Spanish

514 513 0355

WE BUY GOLD AND DIAMONDS

- For over 38 years -

450-681-1363



Before selling elsewhere, come see us!

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

achatorlaval.ca

Same address since 1989

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



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

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
\$1,700
up to **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

Stop cutting the trees!

The City of Sainte-Thérèse requests Canadian Pacific to cease clear-cutting along the railway track

MARIA DIAMANTIS

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

In April of this year, the Canadian Pacific (CP) company began cutting down healthy mature trees on its own land along the railway track near the level crossings in Sainte-Thérèse. Following complaints from residents on Rue de Rouen and Rue des Ormes, located near Rue Blainville Ouest, Mayor Christian Charron, District Councillor Héloïse Bélanger, and the Urban Planning and Sustainable Development Department have exerted pressure to immediately halt this clear-cutting.

The City of Sainte-Thérèse is thus requesting CP to commit to ceasing these unacceptable practices nationwide, adopting a comprehensive vegetation control policy that is environmentally conscious, and adequately informing municipalities of any upcoming work by detailing the safety reasons given.

“This abusive tree cutting is unacceptable. It has a direct impact on the quality of life of our citizens and the environment. In the context of a climate emergency, preserving trees that are not diseased or posing a danger is everyone’s responsibility, including CP. The municipal council wishes to reiterate its demand to the officials of the Canadian Pacific company and Transport Canada to immediately cease the clear-cutting and develop a protocol for maintaining greenery while ensuring safety,” said Mayor Christian Charron of Sainte-Thérèse.

“There is evidently a legal loophole when it comes to preserving nature on private property. Theoretically, CP could eliminate all green

spaces on its land without any valid reason and spread herbicides everywhere, and it would not be illegal, although absolutely immoral in the current context where the environmental contribution of trees in urban areas is absolutely necessary, especially to counteract the effects of heat islands,” added District Councillor Héloïse Bélanger.

“Last week, I informed the Federal Minister of Transport, Omar Alghabra, about the situation and urged CP to stop behaving recklessly without caring for a single moment about the consequences their actions could have on the environment and the citizens of Sainte-Thérèse. While we recognize the company’s right to act for safety reasons, that does not exempt CP from doing so in a reasonable and responsible manner, respecting the citizens and the environment. Acting wildly like this, clearing everything to avoid having to bother, is not the kind of behaviour expected from a good corporate citizen,” said the Member of Parliament for Thérèse-De Blainville, Louise Chabot.

At present, CP has informed the City of Sainte-Thérèse that only half of the pruning work at one of the three level crossings near Rue Blainville Ouest has been completed, and further operations are planned near the level crossings on Rue Turgeon and Rue Saint-Louis in June. CP has also mentioned its intention to use herbicides to prevent vegetation regrowth. In response, the City of Sainte-Thérèse, in collaboration with the office of the federal Member of Parliament for the Thérèse-De Blainville riding, Louise Chabot, will continue to exert pressure on CP and Transport Canada in favour of these changes.



HOROSCOPE

Week of **JUNE 4 TO 10, 2023**

The luckiest signs this week:
AQUARIUS, PISCES AND ARIES



ARIES

You'll oversee a meeting at work. It'll allow you to show off your skills and get that long-coveted promotion. The full moon will give you something to celebrate.



TAURUS

Summer holidays are coming up fast, at least for your children. This will take a lot of the stress and responsibility off your shoulders and allow you to enjoy the present moment.



GEMINI

You'll spend more time than expected on a project close to your heart. You may need to talk openly about your relationship if there's uneasiness between you and your significant other.



CANCER

You'll make agreements with new clients that will satisfy you. You have a keen eye for detail. This full moon could affect your energy levels; don't overdo it.



LEO

You'll put in extra hours at work, allowing you to bank holiday time. Reward yourself with a bit of luxury.



VIRGO

You'll make important decisions about your professional future and health. You'll try a new routine that aligns with your aspirations and produces results.



LIBRA

The full moon will encourage deep conversations with friends and family. At work, effective communication will help you overcome a difficult situation. You must adopt a healthier diet to improve your well-being.



SCORPIO

You'll suppress your feelings this week. However, talking about how you feel can be liberating. It'll allow you to purge negative emotions and regain a sense of well-being.



SAGITTARIUS

You may discover a mistake on an old bill that helps you solve a budget problem. You may have to renegotiate with a client at work, or they could change their mind.



CAPRICORN

You're full of ideas and initiatives. However, you won't be able to satisfy everyone. The full moon will cause some confusion at work and elsewhere.



AQUARIUS

You may need a second cup of coffee to help you concentrate on all the tasks you have to get done. Confusion will run rampant this week, making it difficult to be understood.



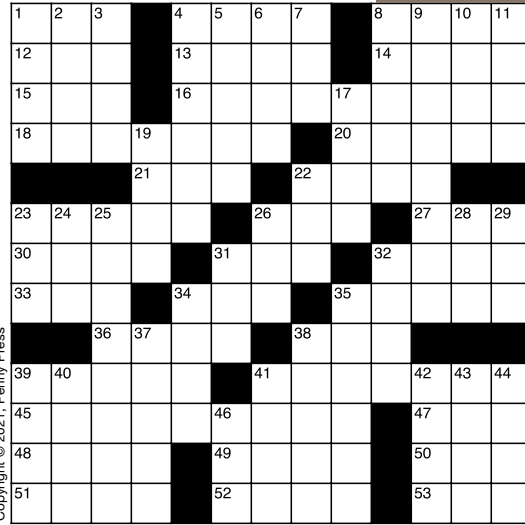
PISCES

The full moon will stress you out! That's why you need to let go, grab a friend and visit a massage therapist or spa to relax.

Coffee Break

CROSSWORDS

PUZZLE NO. 150



Copyright © 2021, Penny Press

ACROSS

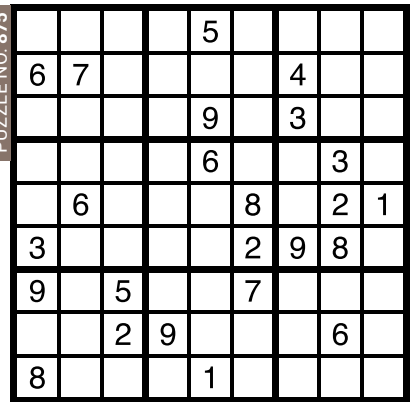
1. In favor of
4. Crib cry
8. Flourished
12. Unburden
13. Sign of the future
14. Audition goal
15. Former
16. Luxury suite
18. Move downward
20. Had
21. Sale notices
22. Marketed
23. Turns
26. Moisten
27. Male child
30. "___ No Sunshine"
31. Trim the lawn
32. Martial art
33. Retrieve
34. Neutral color
35. Believed
36. Amend copy
38. Cathedral seat

DOWN

1. Spur
2. Peeve
3. Probability
4. Motorbikes
5. Hymn finales
6. Rectify
7. Picnic pest
8. Dog's warning
9. Gathers: 2 wds.
10. When all ___ fails...
11. Tidy a garden
17. Owl's comment
19. "You ___ Hurry Love"
22. Embroider
23. Hang down
24. Pizza ___
25. Curiosity
26. Came in first
28. Verse form
29. Doze (off)
31. Gymnasium pad
32. Cheek by ___
34. Tethered
35. Greetings
37. "___ of a Salesman"
38. Heart rate
39. Glass part
40. Say grace
41. Tiger ___
42. Intimidates
43. Dig
44. Time long past
46. Actress West

Sudoku

PUZZLE NO. 875

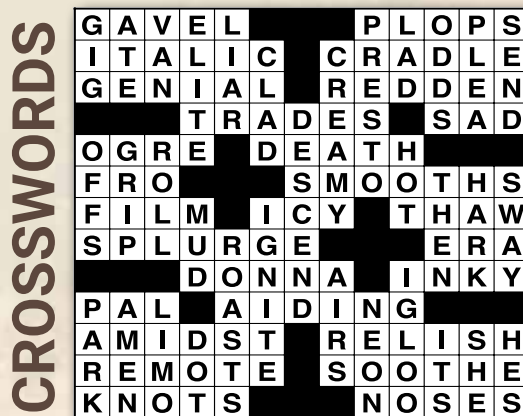


HOW TO PLAY:

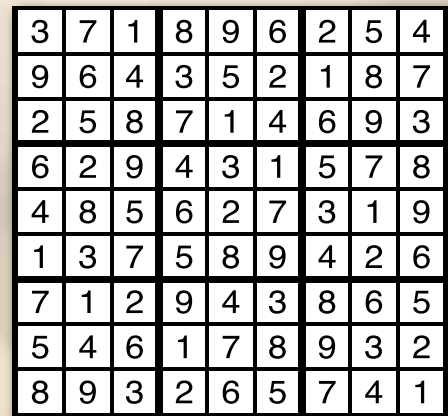
Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

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



Sudoku



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
600 for \$164

Call us for more information **450-978-0070**


Full Banking Security Features


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