

Blainville's Tennis Courts Go Green with **Recycling Initiative**

MARIA DIAMANTIS

tive Reporter for The North Shore News info@newsfirst.ca

In a significant step towards sustainability, the City of Blainville has introduced a new initiative to recycle tennis balls, thanks to the innovative idea proposed by the Blainville Tennis Association. The city has acquired 50 dedicated recycling boxes for tennis balls, inspired by Tendey, an organization committed to making tennis more environmentally friendly.

"This initiative will allow Blainville's tennis players to recycle nearly 10,000 tennis balls. Rubber, the main material in tennis balls, takes over 400 years to decompose and sometimes never does, making these balls highly polluting," explained Francis Allaire, the environmental delegate.

The non-profit organization Tendev will collect the tennis balls and send them to a factory where they will be stripped and ground down to create new materials such as carpets and paint for tennis courts.

This innovative action aligns with the objectives of Blainville's Ecological Transition Plan.

The recycling boxes are located in the following parks: Blainville, Fontainebleau, Des Hirondelles, Parc Équestre and Marc-Aurèle-Fortin

"Participation in this initiative is voluntary, but the City of Blainville believes in its importance. Every small gesture counts. I encourage tennis enthusiasts to give their old balls a new life by depositing them in the boxes located near the courts," concluded David Malenfant, the delegate for recreation and community life.

The City of Blainville extended its gratitude to

the Blainville Tennis Association for this idea, especially the former president, Julie Cauchy, Judith Roberge for her thorough research, and the current president, Charles Durocher. Tendev is a Quebec-based non-profit organization dedicated to reducing the environmental impact of tennis. With a mission to make tennis more sustainable, Tendev focuses on recycling tennis balls by collecting and processing them to create new materials, such as carpets and paint

for tennis courts. Through innovative recycling techniques and community engagement, Tendev aims to promote eco-friendly practices within the tennis community and contribute to broader environmental conservation efforts.



Francis Allaire, Environmental Delegate Charles Durocher, President of the Blainville Tennis Association David Malenfant, Delegate for Recreation and Community Life.



Poilièvre accuses Trudeau of sowing division, as Liberal PM's poll standings drop

'He wants you to forget the problems he caused,' Conservative leader says at Quebec campaign launch

MARTIN C. BARRY marty@newsfirst.ca

Conservative Party leader Pierre Poilievre got a head-start last week campaigning in Quebec for the October 2025 federal election, with a well-attended launch event at a Jewish community centre in Montreal.

Addressing a packed auditorium of ardent Tory supporters, Poilièvre said a Conservative government would prioritize the housing crisis.

And given Justin Trudeau's drastic drop in popularity according to the most recent opinion polls, Poilièvre laced into the Liberal Prime Minister – much to the delight of the highly partisan crowd.

Alluding to hateful rhetoric and recent antisemitic incidents outside Montreal-area Jewish schools and synagogues, Poilièvre said, "It wasn't like this before Justin Trudeau."

Tears into Justin Trudeau

Alternating between French and English as he spoke, he said, "Justin Trudeau with an extreme and radical ideology aims to divide us over race and religion and other issues.

"He tries to divide people over their wealth, their religion and their language. And he is a prime minister who has tried to divide people for nearly a decade ... And why is he trying to divide people? Because he wants you to forget the problems he caused."

On the issue of housing, Poilièvre maintained that rents in the Montreal region have tripled over the last nine years from an average \$700 per month to more than \$2,000 for a one-bedroom apartment.



Conservative Party leader Pierre Poilièvre flashes a V for victory sign during a pre-election year Quebec campaign launch held at a Jewish community centre in Montreal on June 19. (Photo: Martin C. Barry, Newsfirst Multimedia)



Addressing a packed auditorium in Montreal's west end, Conservative Party leader Pierre Poilièvre urged voters to vote Conservative and oust Prime Minister Justin Trudeau's administration. (Photo: Martin C. Barry, Newsfirst Multimedia)

"Now people are lining up around the streets to go to food banks," he continued, adding that "one in four Canadians live in poverty, and the danger on our streets is seen everywhere.

'Everything is broken'

"Children need to have police escorts to go to a daycare. Violence targeting our Jewish community - a community that lived in peace and tranquility here literally for well over a century next to neighbors who are of totally different religious and ethnic backgrounds."

According to Poilièvre, after nine years of Trudeau, "everything is broken" and "crime, chaos, drugs and disorder rage out of control on our streets. People can't afford the basics of life. He promised to help the middle class, but nine years later the middle class no longer exists." Regarding the government's financial management, Poilièvre promised that, if elected, he would counter the effects of the Liberals' free-spending and deficits with a "dollar for dollar" approach which would oblige federal ministries to match every dollar of spending with equivalent savings.

Spending 'within our means'

"Our approach will be to spend within our means," he said, comparing the Conservative way to how responsible households are usually managed.

"Just like that, we will force them to look for waste and mismanagement to optimize each dollar to make the same deals or trade-offs that single moms, small businesses and seniors make every single day."

Among other things, Poilièvre also took swipes at Montreal mayor Valérie Plante, blaming excessive bureaucracy at the municipal level for blocking the construction of homes and driving up prices, while calling her "incompetent."

When I am prime minister, we will no longer take your money and give it to incompetent mayors," he said. He said a Conservative government would oblige municipalities to allow 15 per cent more housing units to be built as a condition for their being able to receive federal funding.

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Publishers: George Bakoyannis George S. Guzmas

General Director: George Bakoyannis

VP Sales & Marketing: George S. Guzmas sales@newsfirst.ca

Graphic Design: Lareine Zakhour Elena Molter Thomas Bakoyannis

Advertising: Jean Paul Chamberland

> **Editorial Staff:** Martin C. Barry Maria Diamantis Renata Isopo

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OPINION Editorial

Anti-poverty programs exclude 95 percent of poor Canadians

More white Canadians live in poverty than all other ethnicities combined

It turns out that there are more white Canadians in poverty than all other ethnicities combined. Yet, as a new study from the Aristotle Foundation for Public Policy also notes, considerable government "anti-poverty" resources exclude those Canadians based on ... skin colour.

Fifty years ago, the goal of progressive policymakers was to be colour-blind. Today, "Thou shalt not be colour blind!" is the new "anti-racism," at least according to progressives.

The lack of logic is eerily cultish and begs the question: How did we get to the point where not judging someone by their skin colour is considered racist?

For example, in 2018, the federal government developed its new "anti-racism strategy." It focused on those presumed to have "lived experiences of racism and discrimination," with a particular focus on Indigenous Canadians.

Those leading the charge may be well-meaning, but an ideology that defines "anti-racist" as colour-conscious in 2024 and forces everyone into one of two corners – the oppressor or the oppressed – is not merely simplistic but dangerous. Case in point: the tragic suicide of Toronto school principal Richard Bilkszto last year, blamed in part on his denouncement and humiliation by an 'anti-racist' training consultant, Kike Ojo-Thompson.

So where did the popularity of this new "anti-racism" come from? It can be traced back to the rise in prominence of Ibram X. Kendi, a best-selling author and scholar of American race relations. In 2016, Kendi published Stamped From the Beginning.

It was an earnest attempt to look at the history of racist ideas in America – but full of simplistic thinking and wrong cause-and-effect links. At least Kendi got part of his anti-racism assumptions correct, writing that "[N]o racial group

You've got a

place to vent!

has ever had a monopoly on any type of human trait or gene – not now, not ever."

However, Kendi then did a 180-degree turn, accusing Martin Luther King, Jr's ideas of containing the seeds of hidden racism. In his 2019 book, How to Be An Anti-Racist, he asserted that "The language of colour blindness ... is a mask to hide racism."

As a work of scholarship, How to Be an Antiracist did not meet the standard of academic rigour. But as a work of propaganda, it exceeded anyone's wildest imaginations. 'Antiracism' became the buzzword in American and Canadian political discourse after the killing of George Floyd in June 2020. The social unrest sparked by this act of injustice boosted the sales of Kendi's book, making its author the most sought-after authority on America's 'racial reckoning'.

Ibram X. Kendi's name is becoming synonymous with 'anti-racism'. But once the thinking public examines what 'anti-racism' truly means, they will take him less and less seriously.

For one, Kendi's work is simplistic. For example, core to his thinking and analysis is that all differences in outcomes between cohorts (defined by colour) are the result of racism. He omits education levels, cultural differences, family dynamics, geography (Indigenous, like all Canadians, earn more in cities than in rural areas), and much more that matters to financial success or failure.

The good news is that Kendi is at least clear about his true intentions: "What's the problem with being 'not racist'? It is a claim that signifies neutrality ... [T]here is no neutrality in the racism struggle."

The problem with Kendi's 'anti-racism' approach is that it inaccurately assumes all disparities are solely due to racism. This one-dimensional view leads him to assert, "The only remedy for past discrimination is present discrimination." As a result, modern 'anti-racism' can paradoxically promote discrimination while claiming to oppose it.

It's also why Columbia linguist John McWhorter remarked that "Third Wave Antiracism is not a philosophy but a religion" and why it's only a matter of time before the public realizes that Kendi-ism is nonsensical or racially divisive, or both.

However, before the public wakes up to Kendi's 'anti-racism' bathed in racism, the tragedy of living by lies is that the most vulnerable suffer while those who promote the lie pat themselves on the back.

Consider when race and not financial need is the criterion for anti-poverty funding. Few in poverty benefit, as Matthew Lau and David Hunt find in their new study for the Aristotle Foundation for Public Policy. For instance, well over 80 percent of each Statistics Canada cohort – including black and Indigenous Canadians – are not in poverty. Thus, race-based funding under the guise of "anti-poverty" overwhelmingly benefits those who are not in poverty while excluding the truly poor. Specifically, the government's black-only and Indigenousonly anti-poverty programs exclude around 95 percent of poor Canadians. How is such policy fair – or sensible?

In Canada, poverty is not linked to race, yet 'anti-racism' is what drives the poverty-reduction agenda.

For the sake of the truly disadvantaged, it is time we reject 'anti-racism' and its pseudo-scholarship and racial-identity politics. Thankfully, the High Priest of Anti-racism has successfully painted himself into a corner. It's only a matter of time before more people see Kendi's contradictions.

Chuong Nguyen

ANGRY? FRUSTRATED? ANNOYED?

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Reflection and humour

La Belle Gang raises awareness of elder abuse in Saint-Eustache

MARIA DIAMANTIS

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

The Committee of Users of the Laurentides Integrated Health and Social Services Center

(CUCI) had the privilege of hosting the theater troupe La Belle Gang for a performance addressing elder abuse. This event took place on June 15th, gathering over 100 spectators at the Maison du citoyen in Saint-Eustache, in honor of World Elder Abuse Awareness Day.



Geneviève Leclerc, Advisor to the Commissioner for Complaints and Quality of Services, and Kathleen Gagnon, Regional Coordinator for the Laurentides on Elder Abuse at the CISSS des Laurentides, accompanied in the background by actors from La Belle Gang.



Ms. Carole Tavernier, President of the CUCI, during La Belle Gang's performance at the Maison du citoyen in Saint-Eustache on June 15th.

Titled "Don't Take Grandma for a Turkey and Grandpa for Her Gobbler," the play provides a unique perspective on a typically taboo subject. By subtly blending humor with awareness, La Belle Gang managed to captivate the audience present during this performance. The postshow interaction with the audience proved to be as engaging as the play itself. Spectators had the opportunity to share their reflections, personal experiences, and questions, creating a stimulating and enriching dialogue.

This play is an initiative of the Committee of Users of the CISSS des Laurentides. "We hope to reach people on important social issues where everyone has the power to make a difference. We can all contribute to the well-being of the elderly and vulnerable individuals by adopting appropriate behaviors towards them," stated the committee's president, Ms. Carole Tavernier.





First Row: Linda Lapointe, Former Federal MP and Co-Host of the Canada Day celebration for the MRC Deux-Montagnes, Tom Whitton, President, Communications/ Marketing Manager, and Co-Host of the Canada Day celebration for the MRC Deux-Montagnes, Dave Byers, Treasurer of the Canada Day celebration for the MRC Deux-Montagnes.

Second Row: Brian Snell, Volunteer Coordinator for the Canada Day celebration for the MRC Deux-Montagnes, Micheline Groulx-Stabile, City Councillor, Tara Hodge, Bar and Kitchen Manager for the Canada Day celebration for the MRC Deux-Montagnes and Zovig Kevorkian, Activities and Entertainment Manager for the Canada Day celebration for the MRC Deux-Montagnes.

Third Row: Éric Langlois, City Councillor, Denis Martin, Mayor of Deux-Montagnes and Nicolas Guay, Director of the office of Mr. Benoît Charette, Minister responsible for the Laurentides region and Provincial MP for Deux-Montagnes.



Canada Day 2024: Celebrations Continue in Deux-Montagnes!

MARIA DIAMANTIS

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

The program for the 53rd edition of Canada Day celebrations in Deux-Montagnes has been unveiled. Mayor Denis Martin and Tom Whitton, President of the Canada Day Organizing Committee for the Deux-Montagnes MRC, invite all residents of the MRC to gather in large numbers on Monday, July 1st, at Central Park in Deux-Montagnes.

This celebration, organized by a committee of volunteers in collaboration with the City of Deux-Montagnes, is the only Canada Day event on the north shore of Montreal and one of the few in the Laurentians. "It is an honor for the City of Deux-Montagnes to partner with Canada Day, an event that always brings citizens of the region together. We are privileged to have an exceptional volunteer committee. Their invaluable involvement allows thousands of people to celebrate our pride in being Canadian with a diverse program that reflects our community," said Denis Martin, Mayor of Deux-Montagnes.

"Last year, the weather played tricks on us. This year, we hope to achieve the success of 2022, when about 10,000 people gathered at Central Park. We look forward to enjoying the festive atmosphere with friends and families again this year!" noted Tom Whitton of the organizing committee. "Deux-Montagnes is by far the best place to celebrate Canada Day on the north shore. I take this opportunity to thank our partners, including the City of Deux-Montagnes, the Government of Canada, and the Caisse Desjardins de Saint-Eustache–Deux-Montagnes, for their significant contribution to our heritage event."

A Diverse Program for the Whole Family!

Starting at 11 a.m., a host of family-friendly

activities will be available on-site: inflatable games, face painting for children, train rides, a horseshoe tournament, bingo, and bean bag toss. Returning this year is the artisan market from 11 a.m. to 5 p.m. Following the opening ceremony at noon, a children's race will take place, followed by the egg toss event at 2 p.m. To entertain the crowd, continuous musical performances will be held from 2:30 p.m. to midnight. The evening show will feature ROCKOLOGY, offering a tribute experience to classic rock of the 70s and 80s in both English and French. As tradition dictates, a spectacular fireworks display will light up the sky at 10 p.m.

Honorary Co-Presidents

This year, the Organizing Committee announced that Loucas Éthier and Kelly Ann Laurin will serve as the honorary co-presidents of Canada Day.

Loucas Éthier, 24, and Kelly Ann Laurin, 18, have been a figure skating team for six years. Originally from the Laurentians, they train at École Excellence Rosemère and have been members of the national team since 2022. Their determination and talent have quickly propelled them onto the international stage!

In the Senior category, Loucas and Kelly Ann have conquered prestigious podiums, making their mark in the world of figure skating. Their recent achievements include a 3rd place finish in Canada in 2024 and a 15th place finish at the world level. Their remarkable performances extend to international competitions: 8th place at the Four Continents Championships in China in 2024, 7th place at the NHK Trophy in Japan in 2023, 5th place at the Grand Prix of Canada in Vancouver in 2023, and at the Challenger Obersdorf in Germany in 2023, among others. Driven by a shared passion and a vision of excellence, Loucas Éthier and Kelly Ann Laurin continue to push the boundaries of their art, inspiring and captivating audiences with every performance on the ice.



This year, the Organizing Committee announced that Loucas Éthier and Kelly Ann Laurin will serve as the honorary co-presidents of Canada Day.

Celebrate Canada Day!

Fun facts about the national anthem

You may have sung it in grade school and still hear it before hockey games, but what do you really know about "O Canada?" Here are some fun facts about our national anthem.

IT WAS ORIGINALLY WRITTEN IN QUEBEC

"O Canada" was first commissioned in 1880 by the Lieutenant Governor of Quebec for Saint-Jean-Baptiste Day. The song's music was composed by Calixa Lavallée and the lyrics were written by poet and judge Sir Adolphe-Basile Routhier.



IT WASN'T TRANSLATED UNTIL 1908

The English version was originally written by the Honourable Robert Stanley Weir. Since then, it's undergone a few changes, including the addition of a fourth, more religious verse in 1926 and another change to make the anthem gender neutral in 2018.

THE ENGLISH AND FRENCH VERSIONS ARE NOTHING ALIKE

Aside from the words "O Canada," the lyrics to the English and French versions of the anthem are completely different. The French lyrics make reference to the Catholic religion and refer to Canada as a land of ancestors. The English version is a simpler affirmation of love and service to the nation.

IT WASN'T OFFICIAL UNTIL 1980

"O Canada" didn't officially become the national anthem until 1980. Before then, "God Save the Queen" was sung at important events and it remains the royal anthem of Canada.

Happy Canada Day!



Canada Day: honour the past and look to the future

Canada Day celebrates everything that makes Canada unique, diverse and exceptional. From the rugged landscapes of the Rocky Mountains to the bustling cityscapes of Toronto and Montreal, Canada is a tapestry of cultures, languages and traditions woven together to create a vibrant and inclusive nation.

HISTORY

On July 1st, Canadians from coast to coast come together to commemorate the birth of the nation. It's a day to reflect on a shared history, from the Indigenous peoples who've called this land home for thousands of years to the waves of immigrants who've contributed to Canada's rich cultural mosaic. It's a day to celebrate the country's achievements, from universal healthcare and multiculturalism to a commitment to peacekeeping and environmental stewardship.

CELEBRATE WITH PRIDE

Canada Day is a time to proudly wave the maple leaf flag and sing O Canada with your friends, family and neighbours. It's a day to revel in the beauty of your nat-

ural surroundings, whether hiking in the wilderness, lounging on a sandy beach or paddling down a winding river.

SHARED VALUES

Above all, Canada Day reminds you of the values that define you as a Canadian: compassion, tolerance and inclusivity. It's a day to reaffirm your commitment

to building a society where everyone has the opportunity to thrive, regardless of their background or beliefs.

beliefs. As you celebrate Canada Day, take the time to honour the past and look to the future with hope and optimism. Happy Canada Day!





The members of the municipal council of the City of Deux-Montagnes wish everyone a

🔖 HAPPY CANADA DAY! 🥖

ON JULY 1st, COME CELEBRATE AT

PARC CENTRAL!

VILLE DE DEUX-MONTAGNES



Virginie Dufour presents strong measures to fight the housing crisis

(Newsfirst) On July 1st, a few days from now, when many Quebec households will be struggling to find a roof over their heads, Virginie Dufour, Official Opposition Critic for Housing, presents a basket of concrete and sustainable measures to fight the housing crisis.

The Liberal MNA's overall proposals for Mille-Îles are based on four main areas, each of which contains solutions that can be quickly implemented:

Boosting housing supply

While housing construction is expected to increase to meet growing demand, it is slowing down. The Legault government's recent decision to increase the capital gains tax will have the perverse effect of reducing investment, at a time when housing is in urgent need of development projects, according to Ms. Dufour.

Proposed measure: Require the Government of Quebec to reverse its decision to increase the tax on capital gains.

Still on the subject of capital gains, the Quebec Liberal Party also proposes to imitate a U.S. tax rule that allows real estate investors to defer capital gains by reinvesting their money in another property. Given the difficulty developers have in obtaining the necessary financing and equity for new projects, the Official Opposition firmly believes that real estate investment should be stimulated with this new tax "tool."

Proposed measure: Introduce a tax rule allowing Quebec real estate investors to defer the payment of capital gains tax when they reinvest their profits in the construction of new housing, thereby promoting the growth of real estate investment and stimulating the economy.

Already slowing down, the construction of rental housing needs a serious boost to be revived. To this end, the Liberal critic reiterated her proposal to exempt the sales tax in this sector as is already done in Ontario. This is one of the reasons why entrepreneurs are building in the neighbouring province rather than here in Quebec. Ms. Dufour deplores the fact that the Legault government is stubbornly not implementing this tangible measure quickly.

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Proposed measure: Exempt the construction of rental housing from the QST.

Increasing the share of nonmarket housing

The lack of housing hits the most vulnerable in our society hard. This underscores the importance of supporting the supply of non-market housing, such as social housing, non-profit co-operatives and other rent-controlled housing by a non-profit organization or housing authority.

To do this, Ms. Dufour puts forward three possible solutions that will help ensure a roof over their heads for a greater number of citizens in vulnerable situations.

Proposed Action: Launch a 2025-2035 off-market rental stock strategy to increase the number of off-market housing units in relation to the rental supply from 8% to 12% by 2035 and, ultimately, reach 20% by 2050.

Proposed measure: Relaunch the AccèsLogis program, which was adequately funded, which had proven its worth and which has been replaced by the CAQ program of the PHAQ, which does not meet the demands of social housing.

Proposed Action: Increase the maximum rents eligible for the Rent Supplement Program that no longer meet the new market reality.

Facilitating access to property

With the market rising sharply, it has become extremely difficult, if not impossible, for a large proportion of households to acquire a property. The MP for Mille-Îles is particularly concerned about the decline in the rate of homeownership, a first in more than 50 years.

It proposes two measures to facilitate access to homeownership, in particular, to revise upwards the eligibility threshold for the partial exemption from the sales tax on new construction. While the median value of a new residence is currently \$450,000, this exemption only applies to homes with a value of less than \$300,000, which makes it almost inapplicable in practice. **Proposed measure:** To increase the QST

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exemption for new construction.

In addition, with the explosion in the cost of properties, it is increasingly difficult for first-time buyers to amass a down payment of 20% of the purchase price. Currently, they can turn to the Canada Mortgage and Housing Corporation, which offers to lend them the difference between their available down payment and the 20% required. Unfortunately, the repayment of this loan to CMHC, over 10 years, is very high for new owners and represents an additional financial burden.

This is why the Quebec Liberal Party is proposing the implementation of an innovative purchase assistance program that would be less expensive for first-time buyers. The principle remains essentially the same, with the difference that the SHQ would offer it at a lower cost, i.e. the government's borrowing cost. The organization could thus resume its investment when the property is sold, which would therefore cost almost zero over the entire period.

Proposed measure: Introduce a down payment assistance measure for first-time buyers via the SHQ.

Improving the offer in cities

The housing challenge becomes more complex when we look at the necessary equipment that must be financed and built upstream of the construction of new residential buildings. It is the municipalities that have to support the creation of new underground infrastructure, which represents a brake on residential development.

To help them deal with this, Ms. Dufour suggests creating a pilot project of a "Development Pact" through which Ottawa, Quebec and certain investors, such as taxed funds or the Canada Infrastructure Bank, would contribute to the financing of infrastructure in certain new neighbourhoods. In exchange, the city could have to hand over, for a period provided for in the "Pact", part of its property income from the new buildings built.

Proposed action: Create a "Development Pact" to overcome the challenges of financing cities for underground infrastructure in new neighbourhoods.

The Liberal critic also proposes to increase soft densification, which makes it possible to densify existing residential areas without major transformation of the neighbourhood. This can involve converting a garage into a loft, adding a tiny house in the backyard or a unit by extending an existing house.

Proposed measure: Promote soft residential densification by exempting the conversion of single-family zones into duplex-friendly zones from the referendum process, while respecting municipal autonomy and promoting intelligent and balanced growth in our neighbourhoods.

Hold major general meetings on housing

Finally, according to Ms. Dufour, the housing crisis is of unprecedented magnitude and it deserves the involvement of all stakeholders in the development of an action plan. Like community housing groups, construction industry stakeholders and the Fédération des Chambres de commerce du Québec, the Official Opposition is calling for a vast national project, a major general assembly on housing, in order to find innovative ideas outside the current framework to combat the housing crisis. at a lower cost.

"In the face of this historic housing crisis in Quebec, a comprehensive housing plan is needed that will have to focus on four main fronts: stimulating the supply of housing, increasing the share of non-market housing, facilitating access to homeownership and improving the supply in cities. The implementation of effective measures is essential to revive housing starts, increase the supply of affordable housing, facilitate access to property and ensure a roof over the heads of all Quebecers. Action must be taken on all levels, without exception. To achieve this and innovate, it is necessary to have a broad national discussion on housing, a fundamental element of social cohesion and economic development," said Virginie Dufour, Member of Parliament for Mille-Îles and Official Opposition Critic for Housing.

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LOVE OF WRITING

I've been seeing a wonderful woman for about a year. We're in love, but I feel frustrated because I'm sometimes over the top in the romance department and she doesn't seem to respond.

For example, if I write several paragraphs in an email about how much she means to me, I get a one or two line reply about something mundane like seeing me the next day. She says she's not expressive romantically but likes my romantic advances. Sometimes I feel as if she's the man, and I'm the woman.

A lot of guys shy away from romance by telling their woman, "You already know I love you. Why do I have to tell you all the time?" I'm the exact opposite. I need to tell her and affirm her as often as I can, but sometimes I feel as if I'm a plain old pest with all my flowery stuff. How would I know if she's put off by all the romantic talk? Am I wrong to expect something she might not be wired to give?



Emil Emil, let me give you three ways

of looking at this. First, you are a writer who is looking for a reader. You are looking for someone who appreciates your poetry, but only a true fan of poetry can express that appreciation. Your girlfriend is not a true fan of poetry. It is as if you are a chef whose specialty is Italian, and she prefers Chinese.

Or maybe it's this. You're giving her flowers seven days in a row and expecting the same reaction on the seventh day as on the first. It's almost as if you are making her dislike what you give her. Have you run her out of appreciation? Are you making her wallow in it? People like a little rain, but they don't want a flood.

Or finally, maybe this is it. Part of what you find attractive in a woman is an appreciation of your nature. You want to be respected and praised for the way you are. That is also a negative element. Instead of this flowing from your nature, you also require praise for it. You want a certain kind of thanks for your gift.

Poetry, when it works, allows the essence of a thing to show through. She may feel the essence of your relationship is that you are looking for a fan of yourself. You are trying to get praise from her without appreciating her.

What do you appreciate about her? Is it the way she really is? Or the hours spent writing about how much you love her? What might she appreciate more: two hours spent writing a flowery email on your computer, or two hours spent dancing with her?

If you require, for your happiness, appreciation of your romantic nature, then you must find someone who loves romance and can express it to you. They say opposites attract, but only when the opposite is appreciated for its difference.

Tamara

FIRE AND ICE

I'm recently divorced, and I've found a great but not-so-great guy. We love old movies, working out at the gym together, and we think a lot alike. The one important thing is he says his heart is a block of ice, and he won't have a serious relationship with anyone. He plays the field. Yet he says he will commit to being a great friend. We watched movies together the other night, and now he wants more physically. He asked me

to be his sex buddy. I've never had sex outside marriage. Yet he's wonderful with my child, fixes my car, and even does my dishes!

Heather

Heather, he is a block of ice, and you are playing with fire. The longer you have contact with him, the more likely he will get you where he wants you, not where you want to be. Wavne

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HOROSCOPE

Week of JUNE 30 TO JULY 6, 2024

The luckiest signs this week: **GEMINI, CANCER AND LEO**

ARIES

Money problems could stress you out this week. Don't let yourself get overwhelmed. Remember that there are more mportant things in life. Stay hopeful and focus on what brings you happiness.

TAURUS K

You're an energetic and ambitious person who loves a challenge. You'll achieve something extraordinary at work or home that will lead you to success or bring you closer to vour dreams.

GEMINI

This week, you may be troubled by something like a secret you don't want to keep. Think it over carefully and seek the advice of your guardian angels.

CANCER

Limit how much coffee you drink to prevent anxiety and unrest. Stop trying to control things that are out of your control. You'll have to manage your priorities and deal with unexpected situations at work

LEO 61

You'll soon face a professional challenge that will make good use of your skills and experience. You'll have to adapt but will manage to achieve your goals and improve your financial situation.

VIRGO 116

A spiritual quest could bring you immense fulfillment and help you expand your horizons. You'll align with your principles and beliefs and feel a profound sense of peace.

LIBRA

Don't be ashamed to seek professional help when dealing with emotional problems or other worries. A professional can help you heal. You deserve to feel better and live life to the fullest

SCORPIO

Your relationship may be going through a rough patch. Your partner must show you more affection. Don't overlook small details during a negotiation at work, as they could change everything.

SAGITTARIUS

Many healthcare professionals believe that mental health is essential for physical well-being. If you have a chronic illness, try to find out if it stems from your life experiences or your subconscious.

CAPRICORN

You must boost your self-confidence to achieve success. Learn to value yourself and exhibit infectious charisma to attract admiration and respect.

AQUARIUS

You'll have a busy week. Between moving and taking on a project close to your heart, you'll need the support of your significant other. An organized space makes for a clear mind. Make sure yours is clean and uncluttered.

PISCES

24h

You'll have the courage to speak your mind, even if it makes some people mad. With your charisma and eloquence, you can persuade and inspire people to support your ideas. Art is a powerful means of communication that can touch hearts and minds.



CROSSWORDS PUZZLE NO. 176

	4			14		6	10			0		40	1.4.4	1. Lengthy tale
2021, Penny Press	1	2	3	4		5	6	7		8	9	10	11	5. Housekeeper's to 8. Small bit 12.Kind of school, fo short 13.Yoko 14and-take 15.Canine's cry 16.Pointed end 17.Bar beverages 18.Mountain sound 20.Layers 21.Take a sheep's w 24.Lunchtime 26.Father, in Madrid 27.Hero sandwich 28.Hooting bird 31.Up and about 33.Movie with sound
	12					13				14				
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Copyright ©	55					56				57				38.Terminate 39.Presidential "no"

ACROSS	40.More shy					
. Lengthy tale	41.Role player					
. Housekeeper's tool	44.Fall wetly					
S. Small bit	46.Shoe filler					
2.Kind of school, for	47.Resort hotel					
hort	48.Not completely sh					
3.Yoko	52.Poker-pot contribu					
4and-take	tion					
5.Canine's cry	53.Up in years					
Pointed end	54.Rigging line					
Bar beverages	55.Marsh stalk					
Mountain sound	56." Sir, That's M					
0.Layers	Baby"					
1.Take a sheep's wool	57.Altered the color of					
4.Lunchtime						
6.Father, in Madrid	DOWN					
7.Hero sandwich	1. Snoop					
8.Hooting bird	How you?					
1.Up and about	Stylist's goop					
3.Movie with sound	4. Emerges					
5.Fishing tool	5. Nocturnal insect					
6.Set (down)	6. Bulb vegetables					
8.Terminate	7. Uncorking sound					

More shy Role player Fall wetly Shoe filler Resort hotel Not completely shut Poker-pot contribu-22.Hound's quarry Up in years Rigging line. Marsh stalk Sir. That's Mv by Altered the color of WN Snoop you? How Stylist's goop Emerges

28.All right! 29 Sensible 30.Sly look 32.Almond, e.g. 34.Spotted cat 37.Tumble 39.Cast a ballot 41.Way off 42 Pine 43.Handbag

9. Ceramic piece

11. Military meal

20.Cigarette filling

25.Away from home

10.Above

19.Vine

21.Bridge

23.Fix text

- 45.Youngsters Nocturnal insect

8 "Hello

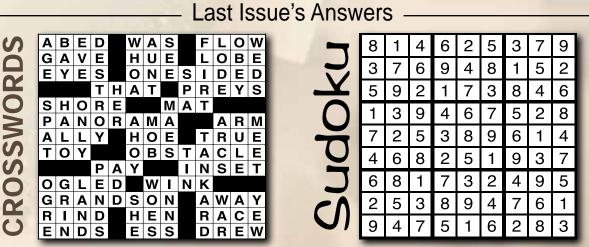
- 47.Type of sauce Bulb vegetables 49.Delight
 - 50.Monkey's relative 51.Royal-carpet color
- 5 7 9 8 2 8 2 5 6 8 7 6 З 5 1 8 7 2 9 5 3 6 5 3 4 2 9 8 1 8 4 1 3 3 5



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.





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- **Strawberries**
- **Pineapple**
- Bananas (4)
- Mango
- Peach (3)
- Pears (3)
- **Cherry tomatoes**
- **Green cabbage**
- **Corn** (3)

- Romaine lettuce
- **Green Beans (1lbs)**

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- Cucumber
- **Spinach**
- Apricots
- **Mini Sweet** Peppers (bag)
- Sweet Potatoes (2)
- Apples (3)

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