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## Rosemère unveils vision for future regional hub



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## The Laurentians mobilize for a future without homelessness



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"Rosemère  
en santé"  
family run



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# Rosemère city council meeting

## Citizens weigh in on budget, development, and quality of life

**DYLAN ADAMS LEMAÇON**

Local Journalism Initiative Reporter  
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Rosemère's city council met on June 9, and once again, the conversation reflected the town's strong civic spirit. From financial transparency to urban planning and community concerns, the evening was filled with meaningful dialogue between council members and residents.

Mayor Eric Westram kicked off the meeting with a nod to the town's recent public consultations. He thanked residents for their strong participation in the online climate change adaptation survey, saying, "The participation rate is very high, we can see how much this is important to you." He also noted that 116 people attended the in-person consultation on the future of Place Rosemère and reminded others that feedback is still welcome through an online survey. Before diving into the agenda, he took a moment to wish all dads a happy Father's Day in advance, adding, "You play an essential role in the lives of your family."

Council then moved on to the evening's main

business. One item, concerning the replacement of two doors at 303 chemin de la Grande-Côte, was withdrawn from the agenda before it was officially adopted.

A major focus of the evening was the presentation of Rosemère's 2024 financial report. The numbers tell a positive story: the city recorded a surplus of just over \$1.3 million. That surplus came from a combination of increased revenues, mainly through transfer taxes, and reduced spending. When consolidated with partner organizations like the regional water and police services, the total climbs to \$1.44 million. About half of the city's reserve funds are now earmarked for infrastructure and managing future expenses. The city plans to invest \$500,000 of the surplus back into those reserves. A full breakdown is available on the city's website.

Things got more contentious during discussions on urban planning. Two minor exemption requests stood out. One allowed a smaller side setback for a home on rue Maplecrest. The other, on rue Lucerne, approved a detached garage in the front yard despite the property not meeting standard zoning rules. Local resident Sophie



**The question period featured several residents including Muhammad Ali who raised his point about a lack of day camps for kids in the summer in the town.**  
(Photo: Dylan Adams Lemaçon, The North Shore News)

Cardinal questioned why these exemptions were being granted when she had previously been denied a similar request. Mayor Westram replied that the Lucerne case represented "a serious prejudice," which justified the exception. The exchange ended without resolution.

Later in the meeting, Pierre Dubois returned to follow up on a neighbourhood safety issue he raised last month. His concern centers on a poorly visible pedestrian path that remains unaddressed.

Another resident, Muhammad Ali, raised questions about the financial presentation. He felt it lacked detail, particularly on how budgeted funds compare to actual spending so far this year. He also asked why summer day camps have been scaled back despite the surplus. Mayor Westram cited staffing shortages and scheduling issues

with local schools as major roadblocks. Ali also pointed out visible tension among some councilors, noting that "the atmosphere is quite tense between the three elected officials," and called for more collaboration to move projects forward.

Finally, longtime attendee Sylvie Hamel raised concerns about Rosemère's growing population and increased traffic. She said she chose to live in Rosemère for its calm atmosphere, and she's worried it's starting to change. In response, Mayor Westram emphasized the importance of planning ahead, especially if Rosemère is to eventually welcome larger projects, like perhaps, one day, a train line. "We need a vision," he said.

The meeting wrapped up after a few more resident questions, with one clear takeaway: Rosemère's citizens are paying attention—and they expect to be heard.

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# Residents weigh in as Rosemère unveils vision for future regional hub

Urban planner Louis Mazerolle stands beside a projection screen, as he outlines the proposed vision for Rosemère's regional hub on June 6, 2025.



**MATTHEW DALDALIAN**  
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With Rosemère residents packed into the Lévis-Fortier Hall on June 3, the city took another step in shaping the future of its regional hub by hosting a public consultation on the proposed Special Urban Planning Program (PPU).

The project centers around a massive 46-hectare site bounded by Highway 640, Montée Sanche, and Boulevards Labelle and Bouthillier—an area that includes shopping centre Place Rosemère and its surrounding big-box retailers.

## Presentation

The evening began with a detailed presentation of the proposed development, followed by a brief Q & A session where residents asked clarifying questions. Attendees were then divided into workshop tables to discuss their concerns, ideas, and priorities for the area. Each group later shared their key takeaways with the room.

Louis Mazerolle, an urban planner and project lead with the firm L'Atelier Urbain, introduced the plan on behalf of the city, noting it was the product of extensive collaboration and reflection.

According to Mazerolle, the development is a response to several factors: growing housing pressure in Quebec, the declining viability of traditional retail spaces, and new planning obligations introduced by the MRC—a regional county municipality responsible for land use planning—in 2024. “Rosemère has an opportunity here to diversify its housing options,” he said.

The proposed plan envisions transforming the current commercial zone into a multifunctional neighbourhood with residential buildings, green spaces, and a more walkable, transit-accessible layout. “In 2040, Rosemère's regional hub will embody a distinctive and sustainable living environment,” Mazerolle explained. The design includes a mix of low-to-mid-rise buildings, pedestrian-only streets, and public parks aimed at reducing “heat islands”—urban zones that become significantly warmer than surrounding areas due to concrete, asphalt, and a lack of vegetation.

Mayor Eric Westram acknowledged the pressures shaping the city's future. “My priority is to protect your wallet and responsibly preserve what makes Rosemère unique,” he said.

But financial reality is also playing a role. Mayor Westram noted that Rosemère has lost \$110 million in property valuation in recent years, prompting the city to raise taxes on both businesses and residents in 2025. Without new

development, he warned, Rosemère could lose its competitive edge within the next decade.

## Residents react

Shelley Townsend, a real estate agent and resident since 2003, attended the meeting with mixed feelings. “I think we need something that will give the opportunity to residents of Rosemère to have the option to either rent or to buy,” she said. “I think we need a diversity of products.”

Townsend questioned the timing of the project, pointing to the unresolved \$287 million lawsuit over a former golf course. She believed it was inconsistent to push forward with new development before resolving existing legal disputes.

She also voiced concern over the emphasis on rental housing. “People who own property take better care of properties as a rule,” she said. Mazerolle previously highlighted that the city is planning for a population that can no longer afford the current housing stock.

And while much of the focus remained on future development, the evening's workshops were met with some skepticism. “I don't think it's what they wanted to hear,” said Townsend. “We don't want [the buildings] to be too elevated. We want to make sure we keep our green spaces. We want to keep the look of Rosemère the way it is.”

Andrée Boily, a Rosemère resident of nearly 40 years, said the presented project has merit but echoed frustration shared by Townsend and others in the room. “There are a lot of consultations in Rosemère, but they often lead nowhere... nothing ever happens,” she said.

She called for more affordable housing options tailored to local needs, but townhouses and small apartment blocks that young adults and seniors could realistically afford. “You don't choose a first apartment that costs \$3,500 at 22 years old,” she said.

When it came to discussing the evening's announcement, Boily also raised concerns about the timing, pointing out that the project is being discussed close to the upcoming municipal election. She emphasized the importance of ensuring the plan leads to concrete action, not just ideas on paper.

Despite different perspectives, Mayor Westram stressed that the city is listening. “This consultation is not a mere formality,” he said. “Your contributions today will directly inform our thinking.”

Residents who missed the event had time to weigh in on June 11, as an online version of the consultation remained open via the city's website.



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# OPINION & Editorial



## In faith, hope, and love our fathers show us the way

To respectfully and lovingly paraphrase Buffy Saint-Marie's ode and anthem to the Universal Soldier, He's the Universal Man and he really is to blame, his orders come from far away no more, they come from him and you and me, so brothers and sisters can't you see, this is not the way to put an end to war.

Soldiers of a kind are universal fathers of families, clans, tribes, cities, provinces, nations, churches, sects, mosques, synagogues, ashrams, schools, school boards, corporations, or temples of one sort or another.

True enough, the role of fathers has evolved in countless ways, but essence and substance remain the same – the man is still taxed and entrusted, with the enormous responsibility of caring for family, albeit these days, thanks to societal changes, fathers can rely on equal input from the mothers of the children they have chosen to bear.

Sainte-Marie, consummate poet, popular folk-singer, and much-loved bright light in the dark universe of the early 1960s wrote her admonition to all young men (mostly) and young women (some) in a spirit of 'don't blame the prominent fathers of the day' for the ills of the world, especially war, blame yourself for failure to counteract the call to arms with what John Lennon so heart-stirringly prayed for, to give peace a chance.

Has anything changed since the Fathers of Buffy's day - Kennedy, Khrushchev, Ho Chi Min, Mao Zedong, Castro, Nehru and a host of others - wreaked havoc on humanity?

Hardly. These fathers have been replaced by Trump, Putin, Zelenskyy, Netanyahu, Khamenei, and let's not absolve Legault, Carney or Poilievre from this gang that can't shoot straight, although shoot they do, joined by the extensive group of current women leaders of the world, the likes of Meloni of Italy and Sheinbaum of Mexico, preceded by Germany's Merkel.

But as it is too often said, sad but true, that

all politics are local, so it must be considered that peace is also local. Buffy Saint-Marie's 'call to peace' should resonate in all hearts as 2025 brings the world closer to the cataclysms that neither fathers nor mothers may be able to prevent. Soldiers are still tasked to bear arms and will be compelled to keep on doing so by fatherly (and motherly) leaders who continue to be at opposite ends of Jackie De Shannon's What the World Needs Now ... is Love, of which there is too little of ...

In the absence of peace within and without too many nations of the world, it is incumbent upon all who care about the survival of humankind to abide by the truism that if peace, like charity, doesn't start at home, it will not happen anywhere else.

And so, on Father's Day 2025, let every human heart celebrate fathers and their impact on personal and community lives, honoring biological fathers, great-grandfathers, grandfathers, stepfathers, adoptive fathers, teachers, priests, ministers, rabbis, and all father-figures.

An exclusive celebration of dads? No, an inclusive acknowledgement of all father figures who enrich lives in countless ways, guiding, supporting, and caring without expecting recognition. Neighbors, family friends, siblings, teachers, and many more, each in his own way contributing to family peace in unique life-changing ways. Materially, children across the world celebrate fathers with hugs, cards, or thoughtful gifts. Maybe colorful ties? Spiritually, fathers and father-figures, are the unsung heroes who make the world brighter and hearts fuller.

Is there the ideal father? Not likely, but there are fathers who help children grow, often growing with them, attentive to children's accomplishments, putting family before work, encouraging kids for smallest of reasons.

Heroic fathers support children's goals, respond to needs of sons or daughters, actively opening themselves to communication that invites chil-

dren to safely and securely bring both joys and sorrows to mothers and fathers.

A 24-7 task, fathers keep faith, hope and love in-step with their children's failures and successes, putting aside their own desires. Genuine fathers urge children to follow their dreams, shouldering the weight of consequences when children fail, as they often do, exalting in accomplishment when it surfaces.

Unselfish fathers lovingly embrace and endorse their children's career plans, helping ground their efforts in the reality that the world may challenge them but family will always be there to rely on. To be able to rely on someone is a great feeling; knowing that they're there, no matter what. Good fathers are good at being there when it counts most.

Fathers are one thing, dads another. Fathers are genetically related to children. Dads show unconditional reliability and caring for son or daughter.

Father's Day rises above surface-level commercialized razzle-dazzle soaring to heartfelt tributes to unforgettable men - biological fathers, stepdads, mentors, or father-figures who leave indelible imprints on hearts, minds, and often – souls.

A day in appreciation of wisdom imparted, valuable lessons taught and boundless love showered. While traditions and gifts have their place, the essence and substance are shared laughter, unfiltered love, and deep connections cherished.

Happy Father's Day to all fathers, especially Laval fathers, a day filled with bliss, laughter, and the warmth of family togetherness. Bless the power of fatherhood, and of fathers who rejoice with their children, the future of humankind, to dream big and reach for the stars, forever there to catch, hold, and relaunch the star if it ever falls.

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10 questions to ask your dad on Father's Day

Father's Day is a special time to celebrate the dads in your life. Beyond traditional gifts and gestures, connecting with your dad on a deeper level can create lasting memories and strengthen your bond. Here are 10 meaningful questions to ask your dad to learn more about this crucial person in your life:

- 1. What's your fondest memory of your childhood?
- 2. What was the most trouble you ever got in as a kid?
- 3. How did you and Mom first meet and fall in love? (if applicable)
- 4. What values or lessons from your father have you passed down to me?
- 5. What's something you still hope to accomplish in life?
- 6. What has been the most rewarding aspect of fatherhood for you?
- 7. What's your biggest regret?
- 8. What have you always wanted to teach me but haven't had the chance to yet?
- 9. How do you think being a father has shaped who you are today?
- 10. What's one thing you want me to always remember or carry with me?

Gift ideas for 10 different types of dads

Selecting the ideal gift for Dad can be challenging, but keeping his interests and hobbies in mind can result in a memorable and cherished present. Here are some Father's Day gift ideas for 10 distinct types of dads:

- 1. **The amateur cook Dad.** Consider gifts like a premium-quality chef's knife set, a sous vide precision cooker for mastering restaurant-style dishes at home or a cooking class voucher to refine his kitchen skills.
- 2. **The sports lover Dad.** Elevate Dad's game day experience with tickets to a big game, autographed memorabilia from his sports idols or high-performance sportswear. Cap it off with a sports-themed gift basket filled with snacks and accessories for extra enjoyment on game nights.
- 3. **The DIY Dad.** Power up Dad's handyman spirit with gifts like a comprehensive toolset for his next home improvement project, a woodworking or crafting magazine subscription or a personalized sign for his workspace.
- 4. **The tech-savvy Dad.** Techie dads

will appreciate cutting-edge gadgets, like a virtual reality gaming system, noise-cancelling wireless headphones or a smart home automation kit.

- 5. **The outdoor enthusiast Dad.** Fuel Dad's adventurous spirit with gifts like a rugged camping tent, a portable solar charger for off-grid expeditions or a national park membership for endless exploration opportunities.
- 6. **The bookworm Dad.** Indulge Dad's love for literature with gifts like a collection of classic novels, a cozy reading nook complete with a plush armchair and reading lamp or a subscription to an audiobook service for literary adventures on the go.
- 7. **The fashion-forward Dad.** Help Dad look his best with gifts like a tailored suit from his favourite designer, a luxury watch or personalized cufflinks.
- 8. **The music lover Dad.** Amplify Dad's passion for music with gifts like a vintage record player, concert tickets to see his favourite band or a premium-quality pair of studio head-

phones for an immersive listening experience.

- 9. **The gardening Dad.** Nurture Dad's green thumb with gifts like high-quality gardening tools, heirloom seeds for his garden or a personalized sign for his outdoor oasis.
- 10. **The travel junkie Dad.** Dad's wanderlust will soar with gifts like a durable travel backpack, a scratch-off world map to track his adventures, a personalized luggage tag or a travel journal to document his globetrotting escapades.

Whatever type of dad you're shopping for this Father's Day, remember to shop local and support businesses in your community!



Joyeuse fête des pères  
Happy Father's Day



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Happy Father's Day!

On the occasion of Father's Day, the members of the Municipal Council extend their warmest wishes to all the dads, fathers-in-law, grandfathers and father figures in our community!

Thank you for your presence  
and all the love you pass  
on every day.





# Blainville celebrates its winter stars

**Young athletes honoured for excellence and dedication**

**MARIA DIAMANTIS**

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The City of Blainville turned the spotlight on its most inspiring young athletes last week, hosting a special evening to recognize the standout talents of the 2025 winter sports season. Held at the community centre on June 5, the Coups de cœur inspirants de l'hiver 2025 event paid tribute to dedication, performance, and community

spirit across a wide range of winter disciplines.

Mayor Liza Poulin and the municipal council welcomed athletes and their families to the annual ceremony, which highlighted exceptional accomplishments in figure skating, hockey, swimming, gymnastics, fencing, and snowboarding. Selected by their respective sports associations, the honourees were celebrated not only for individual excellence but also for their contributions to team success throughout the winter.



From local tournaments to regional championships, these young athletes stood out for their commitment, discipline, and competitive spirit. More than just a recognition of medals and rankings, the evening also emphasized the values of perseverance, teamwork, and positive representation of the Blainville community.

A symbolic highlight of the evening was the signing of the City's livre d'or (golden book), giving each recipient a lasting place in Blainville's civic memory—a gesture underscoring their role as ambassadors of local pride and determination.

"This event is a reminder that the future of sport—and community—is built on passion and effort," said Mayor Poulin during the ceremony. "Each of these young people is an inspiration."

Blainville continues to foster athletic excellence by supporting youth engagement in sports and celebrating their milestones. Events like this not only showcase talent but also reinforce the strong social fabric that defines the city.

Photo caption: Mayor Liza Poulin, alongside members of the municipal council, poses with the athletes honoured during the "Coups de cœur inspirants de l'hiver 2025" ceremony.



## Capturing light, building community

**Deux-Montagnes launches 2026 photo contest**

**MARIA DIAMANTIS**

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The City of Deux-Montagnes is inviting its citizens to shine a light—literally—on what makes their community beautiful, resilient, and vibrant. Through the lens of local photographers, the 2026 edition of the annual municipal photo contest aims to spotlight the town's luminous moments with this year's evocative theme: Deux-Montagnes en lumière (Deux-Montagnes in Light).

This civic initiative, spearheaded by the City's Communications Department, offers amateur photographers a chance not only to have their work featured in the official 2026 municipal calendar but also to contribute to a growing visual archive that celebrates shared identity and collective pride.

### A community illuminated

Whether it's the golden glow of sunrise over the lake, the whimsical flicker of Halloween decorations, or the dramatic burst of fireworks at civic festivals, light plays a vital role in how residents experience their surroundings. This contest seeks to immortalize those ephemeral, often poetic moments—both dazzling and subtle—that reveal the soul of Deux-Montagnes across all four seasons.

From festive holiday cheer to quiet plays of light in natural settings, the theme encourages participants to explore how light brings life, emotion, and storytelling into the visual tapestry of their hometown.

### Strengthening civic connection through art

At its heart, the contest is more than a celebration of photography—it's an act of civic engagement. By encouraging citizens to observe, appreciate, and capture their environment, the initiative fosters a deeper connection to place and community. In a time when digital images often feel fleeting, the municipal calendar offers

a tangible tribute to local creativity, curated with care and shared with every household.

### How to participate

Participants must be residents of Deux-Montagnes and must submit original photographs that reflect the 2026 theme. The technical requirements are straightforward:

- Photos must be taken within Deux-Montagnes (with location clearly identified).
- Only horizontal (landscape) format will be accepted.
- Digital files must be of high resolution, suitable for 8.5" x 11" printing, and larger than 1.5 MB.
- A signed consent form will be required if identifiable individuals appear in the image (excluding the photographer).

Municipal employees and elected officials are not eligible to enter.

The submission deadline is October 1, 2025, visiting the City of Deux-Montagnes official website and entries must be sent in digital format. Finalists will be selected by the Communications Department and announced in mid-November.

### Recognition and prizes

Winning images will be published in the 2026 municipal calendar, which is distributed to thousands of homes throughout Deux-Montagnes. In addition to local recognition, each finalist will receive a prize (to be announced), and one grand prize winner will receive a \$200 gift certificate to IGA Marché Lamoureux, a nod to the importance of supporting local business.

### Light as a unifying element

In a society often fractured by speed and screens, initiatives like this remind us of the simple power of observation, the dignity of the everyday, and the role of shared experience in building civic cohesion. By framing Deux-Montagnes in light, the contest invites all residents to see their city—and each other—through a more thoughtful and generous lens.



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# Happy National Day of Quebec

June  
24



## Quebec's National Day; a holiday celebration that dates all the way back

In Canada, nearly 10 million people speak French. Held annually on June 24, the National Day of Quebec, formerly known as Saint-Jean-Baptiste Day, is an occasion for Francophones across the country to show their pride by celebrating their language and their traditions.

### ORIGINS OF THE HOLIDAY

The origins of the National Day date back to immemorial times, when people celebrated the summer solstice. The tradition of this pagan holiday was for a large bonfire to be lit to symbolize the light that was at its peak. In Europe, mainly France, it was later attributed the name of Jean, the cousin of Jesus nicknamed "the Baptist", who first recognized and then baptized the Christ. That is how the link between the light and Saint-Jean-Baptiste was made.

### A LITTLE BIT OF HISTORY

In 1827, journalist Ludger Duvernay bought the newspaper La Minerve from Augustin-Norbert Morin, and it quickly became an important newspaper in

Lower Canada. In March 1834, Ludger Duvernay, George-Étienne Cartier, and Louis-Victor Sicotte founded the society "Help yourself, the sky will help you", of which Duvernay is the president. The members gather to discuss politics and literature, conversations that lead to the revival of an interrupted tradition, idea developed by Duvernay. That tradition was the celebration of Saint-Jean-Baptiste. The purpose was to provide French-Canadian people with an annual national holiday.



On June 24, 1834, Duvernay organized a banquet in order to make this project come to life. About sixty people take part in it, and the banquet turned out to be

a real success. Newspapers encourage people to celebrate Saint-Jean-Baptiste in their village in order to promote the union of French Canadians. Duvernay won his bet: the following year, National Day celebrations spread in many villages.

It was mainly celebrated in Montreal and Quebec, but over the years expanded to several regions in the province. However, we had to wait until 1925 before it became official and was declared by the Quebec legislature to be a statutory holiday. This day eventually became an opportunity for people to gather and bear witness to the vitality and cultural richness of the French-Canadian nation. Despite multiple interruptions and obstacles in the course of its history, the holiday persisted and is still celebrated to this day.

### THE NATIONAL DAY TODAY

The National Day of Quebec consists of:

- nearly 750 projects, from small to large, over as many sites, spread throughout the territory
- over 20,000 volunteers

- more than 1,050 shows, from singers to puppets, on the big stages of the Plains of Abraham or Maisonneuve Park
- more than 700 games organized for the whole family
- more than 360 bonfires
- more than 100 parades

In 2009, when marking the 175<sup>th</sup> anniversary of the National Day of Quebec, the *Mouvement national des Québécoises and Québécois* celebrated 25 years as the main coordinator of the holiday. They created the "Artisan de la Fête nationale" prize to highlight the invaluable support of those who give meaning to the holiday through their contribution. In this way, the thousands of volunteers who work every year to make the celebrations of the National Day a success are also honoured.

Francophone communities all across the country organize celebrations to honour Quebec, so be sure to stay on the lookout for events happening around you on June 24. For more information about the holiday or the celebrations in the province, visit the [fetenationale.quebec](http://fetenationale.quebec) website.

*Foyeuse Fête  
nationale du  
Québec !*

*Happy  
National Day  
of Quebec*



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**Happy  
Québec's National  
Holiday!**

Let's celebrate our history,  
our culture and our identity.  
Let's make this a festive  
and unifying day!

 ROSEMÈRE





# Hundreds participate in Rosemère's 37<sup>th</sup> annual "Rosemère en santé" family run



**MARIA DIAMANTIS**  
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On Sunday, residents of Rosemère gathered in large numbers to take part in the 37<sup>th</sup> edition

of Rosemère en santé, the town's annual family run promoting physical activity and community engagement. Organized by the Town of Rosemère in partnership with the Fédération Québécoise d'Athlétisme, the event attracted more than 750

participants. With routes ranging from 1 kilometre to 10 kilometres, the run accommodated a wide range of fitness levels and age groups.

### A community gathering

The event was hosted at École Alpha, which served as both the start and finish line for the races. One of the highlights of the day was the 3-kilometre "Course Alpha." Proceeds from this specific race are allocated to purchasing sports equipment for École Alpha, adding a fundraising component to the event.

### Races for all ages

Participants included young children, teenagers, adults, and seniors, reflecting the event's family-oriented and inclusive nature. The 1K, 3K, 5K, and 10K options allowed individuals and families to choose distances appropriate to their abilities. All races were certified by the Fédération Québécoise d'Athlétisme.

### Focus on health and sustainability

In keeping with the event's health-focused mission, hydration stations were made available along the course, and participants were offered light refreshments post-race. Informational booths on healthy living were also present.

Sustainability measures were integrated into the event's organization, including the use of recycled materials for medals and efforts to reduce single-use plastics.

### A Rosemère tradition

Rosemère en santé has become a longstanding tradition in the municipality. Each year, it brings together schools, families, and community members to promote physical fitness and local pride. With its combination of athletics, education, and environmental awareness, the event is a well-established part of Rosemère's calendar.



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# DIRECT ANSWERS

FROM WAYNE & TAMARA

## MISDIAGNOSED

**Q** I'm hoping you might be able to give me some insight. After nearly eight years of marriage, my husband announced he does not want our life together, doesn't feel the same about me anymore, and is moving out to find himself.

During our three counseling sessions following this announcement, I sensed he wasn't interested in working things out, and he admitted this was in fact true. This last year has been rough on us. I'm finishing my last year of medical school, and I have been offered wonderful opportunities to travel and obtain specialized training. So I've been gone quite a bit, and when I'm home I'm insanely busy.

I don't think I could say our relationship has been the best it's been, but the end of the craziness of med school is very close, and I have a good job lined up. My husband always said he supports me in my career ambitions. Now he says he feels we have our own separate lives, and furthermore has felt that way for a long time.

I'm hurt and confused why he wouldn't say anything to me. I knew he had been down for awhile, but when I asked him what was wrong, he would say he didn't like his job or was disillusioned with the degree program he had chosen. Now the truth comes out.

I'm willing to put our relationship as priority number one, since I take my marriage vow very seriously and don't believe it is right to run away from problems. Obviously our problems are mainly with good communication, since he could never tell me he felt our relationship was going under.

I trusted him wholeheartedly to live up to the commitment we made each other. I realize commitments take work, which I'm willing to accept, but it seems he is not. I believe our problems are fixable. He's not sure he even wants to be married. What's the best way to understand how someone who says he loves you keeps a secret like this?

Frieda

**A** Frieda, you want to see this in terms of right and wrong, with your husband the guilty party for withholding his feelings. We could as easily view you as the physician who noted all the patient's symptoms but failed to make the correct diagnosis because it was not in her self-interest to do so.

Viewing your marriage in terms of right and wrong doesn't make sense. Ordinary good people don't want to play the nagging spouse, so they conceal their feelings. It's a normal pattern of behavior. Your husband stayed with you until a major goal was within your grasp, and that is to his credit. He didn't want to be responsible for your failure.

You would have liked a prewarning before the end, but that's like asking the camel to turn around and tell you which straw will be the last. It simply doesn't happen that way. Marriage is fundamentally an emotional connection, which is why putting your marriage at the top of your to-do list is not likely to succeed.

Too much of life is lost if we say love can be manipulated. If that can be manipulated, then everything can be manipulated. Was the rose given to me because he loves me, or given to cajole me because he felt it was necessary? Is the compliment sincere, or did someone say, give her a compliment every day? If we live a life where people can manipulate our emotions, or work on them, then we will never know the meaning of the rose.

No one in med school says to put your marriage first. Heck, no one even tells you to put sleep first. For four years your spouse has been the pursuit of a career. That is what pulled your heart and mind. That's where your attention has been. There is nothing wrong with that, it's just not right for him.

Wayne & Tamara

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

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# One voice, many hands

## The Laurentians mobilize for a future without homelessness

**MARIA DIAMANTIS**

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

On May 16, the Laurentians came together for the 3<sup>rd</sup> edition of the Journée de mobilisation des connaissances en itinérance, or Knowledge Mobilization Day on Homelessness, a vital gathering dedicated to addressing one of the region's most pressing social issues. Organized by the Integrated Health and Social Services Center (CISSS) of the Laurentians, in collaboration with the Université du Québec en Outaouais, Le Café Parenthèse, and Trait d'union jeunesse, the event took place under the unifying theme: "Acting Together Against Homelessness."

More than 200 stakeholders attended the event in Saint-Jérôme, representing a broad cross-section of society — researchers, community organizations, health care professionals, and public sector representatives. Together, they delved into the intricate realities of homelessness in the Laurentians, fostering both a deeper understanding of the issue and the will to take concrete action.

### A day of dialogue and collective insight

The discussions throughout the day tackled the complex and sensitive issues surrounding homelessness, with a particular emphasis on vulnerable populations such as women and

seniors experiencing homelessness — groups whose needs often go underrepresented in traditional strategies.

The event concluded with a workshop focused on defining the roles and responsibilities of each sector and individual involved. Participants reflected on how to more effectively collaborate across disciplines and institutions, with the goal of creating a more cohesive and responsive network of support for those experiencing homelessness.

### A strong message from local leadership

Benoît Major, Deputy President and CEO of the CISSS des Laurentides, underscored the crucial need for sustained and unified efforts:

"This day of mobilization proves that homelessness is a priority for all community stakeholders in the Laurentians. Only by working together can we confront this significant collective challenge. I want to acknowledge the dedication of all participants and partners involved—not just today, but every day in the fight against homelessness. I am proud of the CISSS des Laurentides' unwavering commitment to this cause."

### Continuing the work beyond the event

The Knowledge Mobilization Day served not just as a platform for dialogue, but as a launching



point for future action. Organizers emphasized the importance of transforming discussion into policy, research into practice, and partnerships into tangible support networks for the region's most vulnerable residents.

To learn more about ongoing actions and available resources in the Laurentians, members of the public are invited to visit the Homelessness section of the Santé Laurentides website at [sante-laurentides.gouv.qc.ca](http://sante-laurentides.gouv.qc.ca).



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# HOROSCOPE

Week of June 15 to 21, 2025

The luckiest signs this week:  
TAURUS, GEMINI AND CANCER



## ARIES

Some of your friends will suggest doing some enriching activities this week. As an artist, you'll discover a wellspring of inspiration once you're in your own private space. Solitude can strengthen your creativity.



## TAURUS

You'll need to hold an immediate meeting regarding a delicate situation at work. Your colleagues recognize your leadership abilities and exceptional organizational skills; they rely on you for guidance.



## GEMINI

When planning your vacation, make sure to carefully organize every detail, especially if you're going abroad or taking a road trip. To have a smooth and enjoyable journey, you'll need to pay particular attention to several important elements.



## CANCER

You'll be in a good position to renegotiate the terms of your mortgage or any loans. This flexibility will allow you to treat yourself to a well-deserved getaway.



## LEO

You may soon be faced with a difficult decision. Even when weighing up the pros and cons, you may struggle to choose the right path. The answer is in your heart—listen to your inner voice.



## VIRGO

This summer, you may want to slim down, which would be good for your overall health. Now is the perfect time to try a new, healthier diet.



## LIBRA

Your voice will captivate the audience as soon as you share your point of view. Your words will resonate far and wide, amplified by the power of social media.



## SCORPIO

You have some exciting plans in the works for your home and relationships. You may be planning to move in with a new partner. You may consider starting a family, whether through traditional means or by blending families.



## SAGITTARIUS

You'll openly express what others are thinking. Fortunately, your wisdom and maturity will guide your choice of words, allowing you to communicate with tact and diplomacy.



## CAPRICORN

You may struggle with keeping your finances in check when visiting an attractive boutique. Having a more spiritual outlook on life will lead to greater fulfillment and align you with your true desires.



## AQUARIUS

You'll achieve a significant accomplishment that will fill you with pride. If you're single, your soulmate will steer you toward a promising new beginning. If you're in a relationship, your romantic efforts will rekindle the flame between you and your partner.



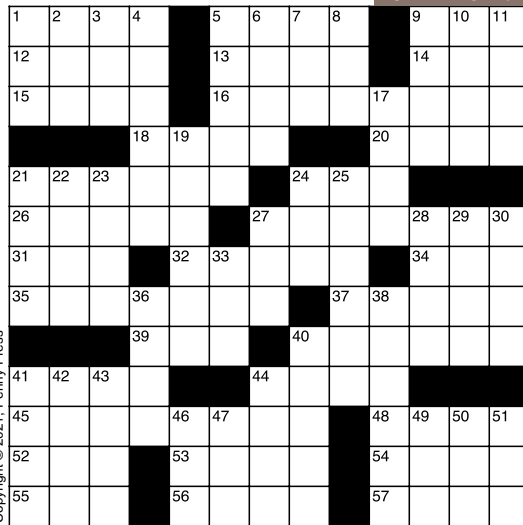
## PISCES

You're craving relaxation and rejuvenation. Prioritize a wellness-focused lifestyle to combat the health risks associated with stress.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 282



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### ACROSS

- Land measurement
- Sailor's cleaning tool
- Catch sight of
- Name word
- Skin, as an apple
- Gardener's aid
- Roman wear
- And so forth: 2 wds.
- Rap
- Lyric poems
- Clergyman
- Enjoyed a pizza
- Live
- Couple
- House addition
- Domain
- Fifth month
- Disappointment
- Clergy style: hyph.
- Picnic refreshment
- Uttered
- Bungle

### DOWN

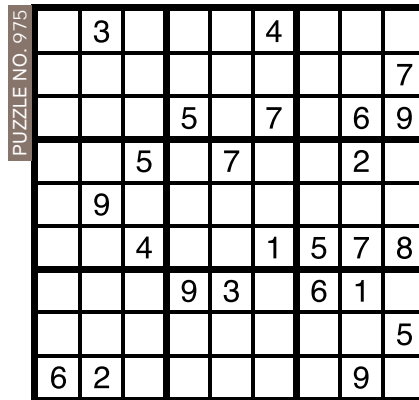
- Hill-dwelling insect
- Murmur softly
- Shag, e.g.
- Passes a statute
- Piece of pickle
- Electrical unit
- Rainbow's shape
- Second letter
- Lean-to
- over (read thoroughly)
- Affirmatives
- Foot digits
- Nautical call
- Provoker
- Division preposition
- advised
- Well
- Carol
- Apply henna to
- off (irritated)
- Alum
- Fast auto: 2 wds.
- Rind
- Shaft
- River deposit
- Leather punch
- Part of BLT
- Summer skin shade
- Exclude
- Horsehair
- Black- Susan
- Wool-giving mama
- Dizzy
- Placing
- Rip
- Damsel
- Unattractive
- Put away neatly
- The best: 2 wds.
- Nautical rear
- No-win situation
- Negative word
- Herbal brew
- Ancient

# Sudoku

## HOW TO PLAY:

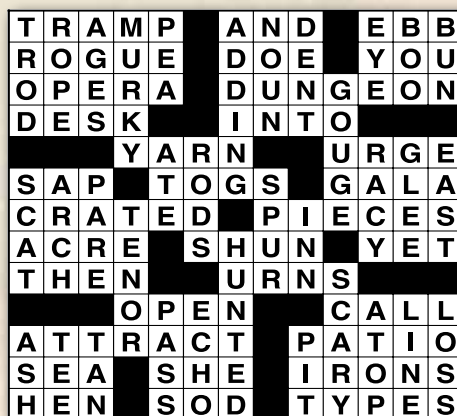
Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

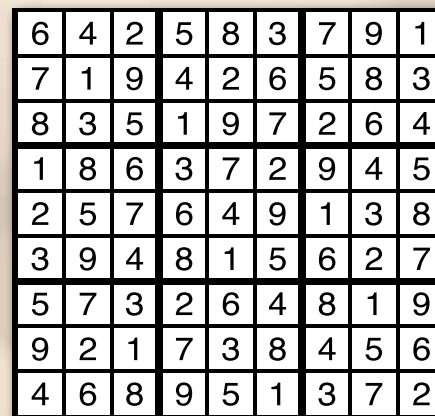


## Last Issue's Answers

### CROSSWORDS



### Sudoku



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