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Thank you for everything, Mom!

MOTHER'S DAY  
MAY 10, 2026

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# North Shore largely spared as flood threat shifts elsewhere

**MATTHEW DALDALIAN**  
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While recent dramatic images of flooded roads, evacuations and overflowing rivers emerged across parts of Quebec, many North Shore municipalities escaped major damage after days of closely watched rising water levels.

Officials in Deux-Montagnes, Boisbriand, Saint-Eustache and Bois-des-Filion have said that no homes had been flooded gravely locally, though emergency teams remained on standby and protective measures stayed in place as spring runoff continues.

The relative calm came as the Quebec government warned flood season is far from over.

"We are in a situation that is concerning when it comes to flooding, but I would like to reassure the public that everything is under control at the present time," Premier Christine Fréchet said during a press conference in Saint-Eustache on April 19. "We are below the critical levels of precipitation."

Fréchet added that flooding "is going to be a phenomenon that becomes more and more common" and said it is now part of Quebec's reality because of climate change.

The broader provincial picture remained serious. Quebec authorities reported one major flood, several moderate floods and dozens of minor flooding events over the weekend, with regions including Outaouais, Argenteuil, Lanaudière and the Quebec City area under heightened watch. Around 600 residents across the province were reported isolated or affected by minor flooding as of Sunday morning.

On the North Shore, however, municipal preparations appeared to blunt the worst effects.

In an interview with *The North Shore News*, Deux-Montagnes Mayor Denis Martin said

investments made after the devastating 2017 floods paid off.

"We worked on the problem since 2017, which was our last big flood," Martin said. "So we installed a dike and also a retention basin for water."

Those projects helped the city avoid flooding despite the recent surge, he said.

"With the measures we have, we were completely spared, so we have no problem."

Martin said local water levels remained below the city's protection threshold. As of Monday morning, he said levels sat at 24 metres while municipal protections extend to 25.7 metres.

"The highest peak that's ever happened was 24.7 metres," he said. "So we're very, very well protected."

In Boisbriand, municipal officials said water rose on Avenue des Mille-Îles and Terrasse Robert, but did not reach any residences.

"No flooding of buildings has taken place on our territory as of today," communications adviser Gabrielle Malacké said in a written statement.

She added that crews were following the city's emergency measures plan, monitoring water levels daily and keeping sandbags ready for distribution if needed.

Saint-Eustache remained under an orange alert on April 20, according to officials. The city said it had installed pumps in strategic areas, continued field inspections, tracked weather forecasts and monitored telemetry stations.

Municipal officials also urged residents to keep checking city communications and call 911 in emergencies.

In Bois-des-Filion, officials said no flooding had occurred, but crews remained active in vulnerable sectors. Preventive barriers were installed on 49th and 59th avenues as well as Terrasse Jobin, while sandbags and polyethylene

were distributed to residents. Firefighters also went door-to-door in some areas to explain how to protect homes.

Hydrological conditions may have helped the North Shore avoid worse impacts. Meteorologist with Environment Canada, Julien Pellerin, speaking about regional monitoring, said no additional precipitation was expected and temperatures were not high enough to significantly accelerate snowmelt. Remaining water was expected to continue flowing toward Lac des Deux Montagnes.

Public Security Minister Ian Lafrenière also pointed to cooler weather as a stabilizing factor.

"The good news is that it's cold," Lafrenière told reporters on April 19. "We hope that with the cold weather, there will be less snowmelt."

Vincent Duquette, a security adviser with Quebec's Ministry of Public Security, said to media that regions facing heavier flooding were those where rivers and watersheds still held substantial snowpack. Weekend rain and warmth created added pressure on waterways in those areas. He said falling temperatures early this week could help stabilize or slightly lower river levels.

That does not mean local municipalities are relaxing.

Premier Fréchet previously said provincial teams are monitoring the situation hour by hour and remain in contact with mayors in closely watched areas.

"Our priority, of course, is to protect the public," she said. "I invite people to remain attentive to how the situation develops."

Montreal was also dealing with rising water in flood-prone areas.

In L'Île-Bizard-Sainte-Geneviève, the city closed the Île Mercier Bridge to vehicle traffic after water from the Rivière des Prairies rose over the crossing and affected nearby proper-



**Rising water levels hit Parc Moir in Deux-Montagnes, leaving infrastructure dipped in water on April 20, 2026.**  
(Photo: Matthew Daldalian, The North Shore News)

ties. The island has about 40 homes and 100 residents, according to local reporting.

Pierrefonds-Roxboro also kept its spring flooding information page active, urging residents in vulnerable areas to stay informed, prepare emergency plans and contact 311 if they needed shelter during an evacuation.

Elsewhere in Quebec, Rigaud, Gatineau and Mont-Tremblant were among the communities watching rising river levels, road closures and homes in known flood zones.

For North Shore residents, the past weeks served as a reminder that even when local impacts are limited, the region remains tied to a broader watershed system increasingly shaped by volatile spring weather.

Municipal leaders say infrastructure upgrades, planning and rapid communication made a difference this time. But they also acknowledge the season is not over.

For now, homes are dry and crews are watching the rivers so everyone else can attempt the increasingly rare modern luxury of sleeping quietly.

## Canadians want federal government to halt theft of news content by AI companies

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According to a new survey conducted for News Media Canada, 71 per cent of Canadians agree that the Government of Canada should take action to prevent artificial intelligence companies from taking and repackaging news content without permission or providing compensation.

"Canadians want the federal government to halt the theft of news content by AI companies, and there are immediate concrete steps the government can take," said Paul Deegan, president and chief executive officer of News Media Canada.

"First, the Minister of Industry should direct the Competition Bureau to conduct a market study into the state of competition with respect to search and AI, with a view

to separating Google's crawler into separate crawlers – one for AI and one for search.

Second, the Government should clearly indicate that the Copyright Act will not be amended to include a text and data mining exception.

Third, Public Services and Procurement Canada and Treasury Board should work together to ensure those on the Government of Canada's list of interested artificial intelligence suppliers (<https://www.canada.ca/en/government/system/digital-government/digital-government-innovations/responsible-use-ai/list-interested-artificial-intelligence-ai-suppliers.html>) commit to the principles of transparency, consent, and attribution with respect to all copyright-protected news content.

"Real news, created by real journalists, involves fact-gathering, fact-checking, as well as editorial and legal review, and that costs publishers like me real money," said Dave Adsett, chair of News Media Canada and owner of The Wellington Advertiser.

"We fully support building safe, trusted, and fair AI systems so long as they are not built and maintained at the expense of those who create the underlying intellectual property that feeds them."

The online survey of 2,404 adult Canadians was conducted by Totum Research between December 2025 and January 2026. The maximum margin of error is ±2.0% at the 95% confidence level.





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# Transit deal highlights Saint-Eustache

Canada-Quebec agreement will fund rural transit projects while drawing attention to Lower Laurentian manufacturers

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## Announcement puts transit with industry

A new Canada-Quebec transit agreement announced in Saint-Eustache has been presented as a mobility investment for rural communities and a chance to highlight the Lower Laurentians' role in bus manufacturing and regional industry.

The agreement, announced April 10 by the federal and Quebec governments, will provide \$6.7 million for projects in 14 Quebec communities under the Rural Transit Solutions Fund. The money is meant to support the planning and implementation of public transit infrastructure adapted to the needs of rural and regional communities.

For Linda Lapointe, MP for Rivière-des-Mille-Îles, the announcement was also an opportunity to point federal decision-makers toward Saint-Eustache's manufacturing base, including Nova Bus.

The Rural Transit Solutions Fund supports locally driven transit options in rural, remote, Indigenous and Northern communities, including fixed routes, on-demand transit and micromobility services such as e-bikes. The federal program is intended to help residents reach work, school, medical appointments, services and loved ones.

## Regional mobility remains a challenge

Although the North Shore and Lower Laurentians are connected to Montreal through commuter routes, Lapointe said transportation between municipalities remains harder for residents who do not have easy access to a car or direct transit routes.

"It is very important because here on the [Lower Laurentians], it is not so easy to transport between municipalities," Lapointe said to *The North Shore News*. "On the [Lower Laurentians], it is easy to go to Montreal if you have the electric train and then the buses, but inside it is more difficult."

That gap is the kind of issue the agreement is supposed to address. Rural and regional transit projects can include fixed-route service, flexible routes, demand-response transit, community shuttles and mobility-as-a-service models. The fund can also support vehicles and infrastructure connected to those [services](#).

The agreement was signed by Canada and Quebec to deliver Rural Transit Solutions Fund money in a way aligned with Quebec priorities. Both the planning and capital project streams of the program are currently closed, according to the federal government.

Gregor Robertson, federal Minister of Housing and Infrastructure, said the agreement is meant to strengthen transit networks outside major urban centres.

"We're proud to deliver on investments that strengthen transportation networks in Quebec's rural and remote communities," Robertson said. "By working together, we're building our communities strong."

## Nova Bus placed in spotlight

Lapointe said bringing Robertson to Saint-Eustache was important because his portfolio includes infrastructure and federal transfers tied to transportation.

"To have the Minister Robertson with us, it's to show him what we have as the manufacturer of Novabus," Lapointe said. "In Canada there's only two places that we built buses. The first one is in Winnipeg and the second one is in Saint-Eustache."

Nova Bus, headquartered in Saint-Eustache, manufactures diesel, hybrid and electric public transit buses. Lapointe said the company's presence gives the region a direct connection to



the public transit sector being supported by infrastructure dollars.

She said the visit was meant to make clear that transportation investment is not only about service routes, but also about the workers and suppliers tied to vehicle production.

"For me it was very important to show that to [Robertson]," she said.

## Quebec says funding adds to existing programs

Quebec Transport and Sustainable Mobility Minister Jonatan Julien said the agreement builds on provincial work already underway to improve transit outside major cities.

"For several years, the Government of Quebec has been investing to improve rural public transit to meet mobility needs across all regions," Julien said. "The agreement reached today adds federal funding to our existing efforts through our regional public transit assistance programs."

Quebec supports rural public transportation through programs such as the Programme d'aide au développement du transport collectif and the Programme d'aide au transport collectif régional. Regional organizations may also be eligible for public transit capital project programs administered through Quebec infrastructure and transit funding mechanisms.

For local communities, the practical outcome will depend on which projects are selected and how they are implemented. The federal release said rural communities may explore solutions such as fixed routes, on-demand service and mobility services including e-bikes.

## Supply chain impact

Lapointe said the local impact of transit and infrastructure spending extends beyond a single manufacturer.

"If you sell buses, it's not only the buses, it's all the supply chain beside that," she said.

She added that many small and medium-sized businesses contribute to major manufacturers by providing parts, services

and support.

"So it's more than just a business," Lapointe said. "It's not only Novabus, you have to add all the supply chain."

Lapointe also linked the issue to larger federal spending priorities, including defence, manufacturing and procurement. She said businesses in the Lower Laurentians could benefit when federal departments buy vehicles, renovate facilities or invest in mobility-related equipment.

## MP pushes regional visibility

Lapointe said she regularly uses her role in Ottawa, including on the trade committee, to promote businesses in the Lower Laurentians.

"I want to be sure that in Quebec and the rest of Canada, they know what we have to offer," she said.

She mentioned companies in manufacturing, construction and agri-food as examples of regional strengths she raises when speaking with federal colleagues.

The Rural Transit Solutions Fund is not limited to buses or large infrastructure. It can also support planning work, design activities and smaller mobility tools that help people move within rural and regional areas. Its ultimate goal is to make communities more connected and reduce dependence on personal vehicles.

Joël Lightbound, federal Quebec lieutenant, said the agreement is also tied to economic stability.

"Intergovernmental collaboration and understanding helps us Build Canada Strong, prioritizing the economy, and enabling businesses to thrive amid global economic uncertainty," Lightbound said in a release. "This agreement will help support rural communities by investing in local transit solutions that fit their needs."

For the North Shore, Lapointe said the message is simple: improving transit and recognizing the region's industry should happen together.

"This is made here in the [Lower Laurentians]," she said. "In my riding."

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# OPINION & Editorial



## The family that reads together, thrives together

Two out of five Canadian adults – nearly nine million people – can't read well enough to perform everyday tasks. Reading difficulties start early. Children who aren't reading well by the end of Grade 1 are never likely to read well. Reduced literacy puts these children at a disadvantage for the rest of their schooling – and the rest of their life.

So, what can be done? Research from a cross-section of disciplines – including education, medicine, nursing and psychology – suggests that parents are children's first and most influential teachers. From temperament and personality, physical and mental health, to school achievement, literacy and more, the influence of parents and the environments in which children are raised is tremendous. As anyone with children can attest, the apple often doesn't fall far from the tree.

But are we harnessing parental influence in a meaningful and positive way where literacy is concerned? Are we empowering Canadian parents with the information and tools they need to ensure their enduring influence on literacy is the best it can be?

In the early 1990s, the concept of family-centred care was introduced as a new healthcare paradigm for children by the Association for the Care of Children's Health. The approach integrates patients and their families into treatment processes, recognizing that while family is constant, healthcare providers and systems change and fluctuate regularly. Fundamentally, the need to collaborate with families to ensure that they understand and support their child's care plan, for the overall health of the child, is recognized and valued with this new approach.

According to many observers, the family-centred approach has revolutionized how children are cared for in the health system, improved outcomes and reduced costs.

A family-centred paradigm should be replicated in other social areas, including throughout Canadian education systems – specifically in literacy.

Parent involvement in early literacy has been linked to children's eventual reading success, as well as their overall academic achievement. Literacy programs that involve the family, often called family literacy initiatives, seek to empower parents by positioning them at the centre of children's literacy education.

A key feature of family literacy initiatives is teaching parents about how children learn, and suggesting specific methods or activities that parents can engage their children with at home to support their development. While many Canadian parents have low literacy, most have the skills required to meaningfully support their preschooler or early elementary reader by reading simple story books together every day, pointing out letters in books and in the environment, and singing nursery rhymes.

A particularly innovative family literacy program from Stanford University researchers called Ready4K is an eight-month-long text messaging intervention for parents of preschoolers. It provides parents with research-based information and highly specific activities for parents to do with their children to foster literacy development. It does this by sending instructional text messages to parents three times a week. The results so far are positive, translating into statistically significant learning

gains among parents and children.

And it's scalable. This can't be said for all family literacy programs, the majority of which are developed by schools or community organizations that then struggle to fund and sustain them.

We need a cultural shift among educators and schools that recognizes that a family-centred approach is key to successful literacy. To support an integrated, ongoing involvement of families in children's literacy education, three actions are required:

- Before children enter school, parents be taught about the key language and literacy concepts their children should be acquiring in the early years.
- Parents learn to provide specific activities to promote children's literacy. For example, pointing out letter names and sounds on food items in the grocery store.
- When children begin formal schooling, parents must continue to receive an overview of the skills being targeted and specifically what they can do to help at home.

Across all these actions, educators must be specific and ensure all activity suggestions are rooted in the evidence.

Centring education on the child, but in the context of the family, is an idea whose time has come in literacy education. The family-centred approach dramatically changed pediatric healthcare and improved outcomes for children. Education and literacy outcomes would be similarly improved with more genuine valuing of the role of family in children's lives.

*Erin Schryer, PhD*

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# Rosemère PPU rules discussed in public consultation

Residents question buffer zones and give design input as town moves toward adoption

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## Town moves toward adoption

Rosemère is nearing adoption of new urban planning rules for the Place Rosemère sector, as residents weighed in on issues concerning quality of life, design input and environmental protections during a formal public consultation on April 27.

The consultation focused on concordance bylaws tied to the town's Plan particulier d'urbanisme (PPU) for the regional hub, adopted in October 2025, which plans out a long-term vision to redevelop the commercial hub into a mixed-use neighbourhood.

Addressing attendees in French, Mayor Marie-Élaine Pitre said the meeting marked a required step in the process.

"This evening, we are taking an important step, the official public consultation meeting required by law," she said.

She made note that the PPU itself would not be reopened, and that the discussion was limited to how the vision would be implemented through zoning and regulatory changes.

## From commercial hub to mixed district

The redevelopment plan aims to transform large parking areas into a more complete urban environment while maintaining Rosemère's identity as a green, active municipality.

The site is divided into three zones: an urban sector allowing medium-density housing and local businesses, a central commercial area anchored by the existing mall and a mixed-use sector where higher-density development is planned.

The bylaws introduce rules on building height, land use, design and environmental performance. They also include incentive zoning, allowing developers to build higher in exchange for public benefits such as infrastructure or additional affordable housing.

The bylaws would require 10 per cent of housing units to be affordable, social or family housing, depending on the sector, with some

requirements met through built units and others potentially through financial contributions.

The project also includes a target of at least 30 per cent green space, along with requirements to reduce surface parking and integrate sustainable design measures.

## Residents want earlier involvement

For Joanne Lafond, a longtime Rosemère resident with a background in architecture, the consultation process is a step forward but still limited.

"I liked that they prepared us for this consultation by holding another meeting in March," Lafond said in a French interview.

She said the process remains focused on what developers are allowed to do rather than what residents want the area to become.

"What I'm missing is what I want being put forward, what it could look like," she said. "I want to dream about this place together, not just developers with their imagination."

Lafond suggested involving architects, students and residents earlier in the process to explore ideas such as different housing types, green roofs and public spaces.



Rosemère resident Joanne Lafond attended the consultation on April 27, 2026. (Photo: Matthew Daldalian, The North Shore News)



A presenter outlines the PPU for the Place Rosemère sector on April 27, 2026. (Photo: Matthew Daldalian, The North Shore News)

"Everyone has their expertise, their experience," she said. "Let's put that to use."

## Concerns over highway proximity

Other residents focused on more immediate planning issues, particularly the proximity of future housing to Highway 640.

Gianni Biagioni, an architectural designer and professional who has followed the project since its early stages, said the proposed 15-metre setback from the highway is insufficient.

"You're too close to the highway," he said. "There are sound issues, there is quality of life, health wise."

Under the proposed rules, sensitive uses such as housing would have to meet a maximum noise level of 55 decibels, with developers required to show mitigation measures where needed.

Biagioni said those measures do not address the eventual impacts.

"They're all good principles, but they're like the reactionary solutions," he said. "It confines people to their apartments."

He argued that the setback should be at least 30 metres, while saying studies suggest larger

green buffers for filtering noise and pollution.

## Street design and livability

Biagioni also raised concerns about street design within the future neighbourhood, particularly as the area transitions from a shopping centre to a residential district.

He said wider streets would allow for sidewalks, cycling infrastructure, greenery and traffic flow, reflecting the needs of a complete neighbourhood rather than a retail complex.

At the same time, Biagioni believed building height is less important than land use.

"The land coverage is something that's more important to me than actual height," Biagioni said, suggesting that taller buildings with smaller footprints could preserve more open space.

## Town signals limited changes

Following the consultation, Pitre believed the process has been well received by residents.

"I think people feel that we are listening to them," she said in a French interview with *The Laval News*.

She said the town had already reviewed submitted briefs and would consider feedback before final adoption.

"What impresses me is the work behind all these briefs, how hard our population works to provide relevant comments," she said.

However, she indicated that major changes are unlikely.

"I do not believe there will be major changes following today's consultation," she said.

The town now expects to adopt the bylaws as early as May, with an initial goal said to have been in June.

## What comes next

Once adopted, the bylaws will guide how developers can propose projects in the sector. Any proposal will need to meet zoning requirements and pass through a design evaluation process based on objectives such as sustainability, mobility and integration with surrounding neighbourhoods.

The project is expected to unfold over the coming years, beginning with large-scale planning of each sector before individual building permits are issued.

For residents, the consultation highlights an ongoing question: how to balance new housing and economic development with concerns about livability, environmental impact and community identity.

As Rosemère moves closer to formal adoption, the next phase will determine how those competing priorities are reflected in the built environment.

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# Thank you for everything, Mom!

MOTHER'S DAY  
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## Motherhood *after loss*: holding space on Mother's Day

showed you what care and love looked like, your experience is valid. Grief doesn't follow a calendar, and Mother's Day can reopen feelings that are often hidden the rest of the year.

### WHAT CAN YOU DO?

If this day feels heavy, give yourself permission to approach it differently. You don't have to attend every celebration, post on social media or explain your feelings to others.

- **Create a personal ritual.** Light a candle, write a short note to your loved one,

plant a flower or take a peaceful walk. Small acts can help acknowledge what words cannot.

- **Do something for your body and mind.** Buying yourself flowers, cooking your favourite meal, spending time outdoors or enjoying a quiet hobby can help regulate stress during emotionally charged days.
- **Limit social media.** Unplugging, logging off and stepping away from curated celebrations can reduce emotional overload and allow you to focus inward.

- **Set boundaries.** Let trusted friends or family know what you're comfortable with this year. That could mean keeping plans simple or spending the day privately.
- **Share your story safely.** Talk with a counsellor, support group or trusted person to help reduce feelings of isolation and validate your experience.

Mother's Day can look different after loss. Holding space for grief is an act of care for yourself and for the people you continue to carry in your heart.

If you find Mother's Day painful, you're not alone. For many women, this day brings complicated emotions. Whether you're grieving a child you carried, the mother who raised you or the person who

Mother's Day is an occasion intended to celebrate mothers. However, for many women, it can prompt feelings of self-doubt, negative comparisons and pressure to live up to an impossible standard. Instead of feeling appreciated, some moms find themselves questioning whether they're doing enough, giving enough or being enough.

### WHAT'S "MOM GUILT"?

Mom guilt is the persistent feeling that

## Letting go of "mom guilt" on Mother's Day

you're never "getting it right." On Mother's Day, those pressures can feel amplified as moms compare themselves to carefully curated images of perfect homes, smiling children and effortless celebrations.

However, real motherhood is far more complex. It includes stress, exhaustion, mistakes and learning as you go. None of these realities makes you less deserving

of recognition.

### HOW TO LET IT GO, AT LEAST FOR ONE DAY

This Mother's Day, give yourself permission to release the idea that you must earn appreciation through perfection.

- Write down one expectation you've been putting on yourself, and lower it

- Say aloud one thing you handled well this week, even if it feels ordinary
- Set a specific boundary for the day and stick to it
- Put your phone away for part of the day or mute your social media notifications
- Request a break, a walk alone, help with dishes or uninterrupted rest

This year, let Mother's Day be a reminder that you're already enough, exactly as you are.

# Happy Mother's Day!

Rosemère's municipal council members wish all mothers a day filled with warmth and tenderness.

To all of you who give unconditionally, take a moment to receive all the love and appreciation you deserve.



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# Saint-Eustache student recognized for national veterans' memorial initiative

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In a poignant ceremony on April 8, the torch of remembrance was officially passed to a new generation. Veterans Affairs Minister Jill McKnight stood before a crowded room to present the Minister of Veterans Affairs Commendation to 13 extraordinary Canadians. Among the recipients were four students whose vision for a travelling memorial is poised to bridge the gap between Canada's military past and its classroom future for the next century.

A Saint-Eustache student was among a group of young Canadians recognized by the federal government along with his peers **Caterina Arena-Saia, Pierce Schaefer, and Nelith Sigirige**. The quartet was recognized for the creation of **The Corporal François (Franck) Dupéré Legacy Memorial**, a student-led initiative that has evolved from a classroom leadership project into a national symbol of enduring gratitude.

## A century of stories

Launched in 2023 through the **Sir Wilfrid Laurier School Board's ASCEND Student Leadership program**, the memorial is not a static monument of stone or bronze. Instead, it is a living, breathing project designed to travel from school to school across Canada for the next 100 years.

The concept is as ambitious as it is intimate. At each stop on its cross-country journey, host students engage in deep-dive research into local military history. They are tasked with identifying a fallen soldier from their own community,



From left to right: Caterina Arena-Saia, Sean Esdon, Minister of Veterans Affairs Jill McKnight, Nelith Sigirige, Pierce Schaefer.

documenting their story, and presenting their findings to their peers. This hands-on approach transforms remembrance from a passive annual observation into an active pursuit of historical truth and empathy.

"These remarkable volunteers embody the compassion, dedication, and gratitude Canadians feel toward our Veterans," Minister McKnight stated during the presentation. "They remind us that service is defined not by age, but by the choice to show up for others. Through their commitment, they ensure that

the stories and sacrifices of our Veterans are never forgotten."

## Built by hand, rooted in heart

For Saint-Eustache's Sean Esdon, the project was an effort that extended far beyond the history books. To bring the physical memorial to life him and his teammates took to the school woodshop, learning woodworking skills to construct the vessel that will carry these stories through the decades.

Esdon, who serves as outreach chair for the project, helped make the initiative into what organizers describe as a "century-long journey" of education and national connection.

He worked with his team to design and physically build the memorial in their school's woodshop.

The students worked in close consultation with the family of Corporal François Dupéré and members of his regiment, the **4th Battalion, Royal 22e Régiment**. This collaboration ensured that the memorial remained grounded in respect and accuracy. By involving the families of the fallen, the students have created a bridge between the military community and the youth who will one day lead the country.

The memorial functions as a relay. Every November 11, the current host school presents the story of their chosen soldier during the **Operation Remembrance** ceremony, held both online and in person in Ottawa. Once the tribute is complete, the memorial is handed off



to the next school, creating an unbroken chain of youth leadership and communal memory.

## Bridging the generational gap

While the youth recipients represented the future of Canadian remembrance, the ceremony also honoured those who have spent lifetimes in service. The 13 recipients included veterans like **Gilles Landry**, who has spent over 30 years volunteering for veteran organizations, and **Pierre Pellerin**, recognized for nearly four decades of service through The Royal Canadian Legion.

The inclusion of the students alongside these veteran volunteers sent a clear message: the responsibility of memory belongs to everyone. The ASCEND students sought to reinforce values such as courage, sacrifice, and compassion, viewing their project as a way to stand up against the fading of history.

To ensure the project's longevity, the team secured funding through Veterans Affairs Canada's **Commemorative Partnership Program** and built strategic partnerships with the Royal Canadian Legion. These connections provide the structural support needed for a project intended to outlive its creators.

## A growing legacy

As the Corporal François Dupéré Legacy Memorial begins its long trek across the provinces, it serves as a reminder that the most powerful tributes are often those, we build ourselves. For the students of the Sir Wilfrid Laurier School Board, the goal was to make sure that the names of the fallen are not just etched on cenotaphs but spoken in hallways and classrooms.

Since its inception in 2001, the Minister of Veterans Affairs Commendation has been awarded to over 1,400 Canadians. The award—featuring a gold maple leaf on a red poppy topped with the Royal Crown—is a symbol of "above and beyond" service. This year, by recognizing the Sir Wilfrid Laurier School Board students, the government has acknowledged that "above and beyond" can start as early as high school.

For local communities looking to follow in these footsteps, the message from Ottawa was simple: remembrance is a choice we make every day. Whether in a Legion Hall or a high school woodshop, the act of telling a story is what keeps the flame alive.

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# Rolling recreation: new mobile sports unit brings free gear to North Shore residents



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Residents across parts of the North Shore will soon see a new set of wheels rolling into their neighbourhoods, but this time, it is not a food truck or library van. It is a mobile recreation unit packed with sports equipment, designed to make staying active easier and more affordable for families.

A new mobile equipment loan service has officially launched as part of the province-wide Circonflexe – Prêt-pour-bouger initiative, bringing free access to sports and recreational gear to residents in Blainville, Boisbriand, Rosemère and Sainte-Anne-des-Plaines.

The concept is simple, but potentially powerful. Instead of purchasing costly equipment that may only be used occasionally, residents will be able to borrow a wide range of items at no charge. The selection includes balance bikes for younger children, snowshoes, pétanque sets, disc golf equipment, fat bikes, kick scooters and yoga mats, among others.

For many families, especially those with growing children, the price of sports gear can be a barrier to participation. Municipal leaders involved in the project hope this new service will remove some of those obstacles and encourage residents to try new activities.

## A regional collaboration with local impact

What makes this initiative notable is not only the equipment itself, but the collaboration behind it. The four municipalities partnered with Loisirs Laurentides to bring the mobile unit to life, marking the first time such a travelling Circonflexe service has been launched within an MRC in the Laurentians.

The project stems from a broader provincial effort that began in 2023, when Quebec's Ministry of Education mandated regional



recreation and sports organizations to expand access to physical activity through the Circonflexe program. In the Laurentians, that responsibility falls to Loisirs Laurentides, which coordinates the rollout across participating communities.

The arrival of the mobile unit reflects a shift in how municipalities are approaching recreation. Instead of expecting residents to travel to centralized locations, services are being brought directly into communities, making participation more convenient and accessible.

## Encouraging movement at every age

Beyond convenience, the initiative carries broader health and social goals. Public health experts have long highlighted the importance of physical activity in preventing chronic illness, supporting mental health and strengthening community connections. Programs like Circonflexe are designed to make movement feel less intimidating and more inclusive, particularly for people who may not consider themselves athletes.

The equipment offered through the program is described as durable and safe, suitable for individuals of varying ages and abilities. Adaptive equipment options are also part of the broader Circonflexe network, allowing people with different mobility needs to participate in physical activities.

For younger residents, access to items such as balance bikes and scooters may spark early interest in outdoor play. For adults, the chance to borrow snowshoes or yoga equipment without financial commitment may encourage experimentation with new forms of exercise.

## More than just equipment

While the mobile unit itself may appear modest, the idea behind it reflects a larger movement toward shared resources and community-based recreation.

Programs like this also highlight the growing role municipalities play in promoting public health. By investing in access rather than infrastructure alone, local governments are finding ways to meet residents where they are, literally and figuratively.

If successful, the mobile model could inspire similar initiatives across other regions, particularly in areas where transportation or cost limits participation in recreational programs.

For North Shore residents, however, the impact will likely be measured not in policy reports, but in everyday moments: a family discovering disc golf for the first time, a child learning to ride a balance bike, or neighbours gathering for a casual game of pétanque on a summer evening.



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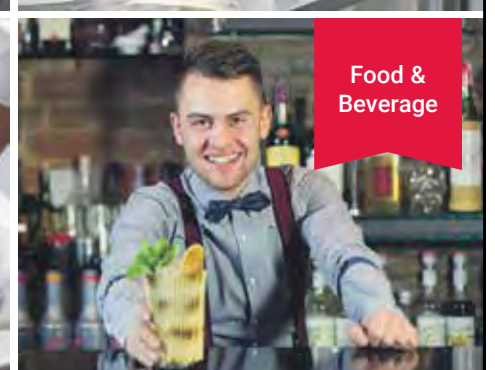
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# “Big bang” tax reform

## Unleashing growth in the Canadian economy

continued from previous edition

NICHOLAS DAHIR, ALEXANDRE LAURIN, JACK M. MINTZ  
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The Irish approach would involve reducing the federal corporate income tax rate to 10 percent. At the same time, accelerated depreciation, investment tax credits, the Scientific Research and Experimental Development (SR&ED) credit, and the small business deduction would be eliminated. This would raise the small business rate from 9 percent to 10 percent. Eliminated incentives would also include the Atlantic Investment Tax Credit, clean economy tax credits, film and video credits, and flow-through shares. Together, these measures total \$14.7 billion in 2026/27.

Lowering the corporate income tax rate (while raising the small business rate by one point) would also reduce the dividend tax credit that is provided to offset the corporate tax on profits before they are distributed. Similarly, since corporate taxes reduce the capital gains earned by shareholders, the exclusion rate for capital gains could be reduced as well. We do not include these revenue effects without further analysis.

### The retained earning exemption (distributed profits) corporate tax

We now explore a different approach: a corporate tax that exempts retained profits invested in business activities and, in other words, applies only when profits are distributed.<sup>18</sup> This system defers corporate income tax until the income is paid out to shareholders. It would eliminate the need for preferential corporate income tax rates on manufacturing, clean energy investments, and small businesses. All types of investment – in land, structures, inventories, machinery, exploration, development, and research and development, and net financial assets – would qualify, since retained profits used to finance investment would not be taxed. Accelerated depreciation that also defers tax is redundant. To discourage corporations from accumulating cash so as to avoid personal income tax, the system would tax investment income and corporate capital gains, with a refund when profits are distributed as dividends or share buybacks.

Under a distributed profits tax, book profits from investment activities would be taxed only when they are distributed. Shareholders would then pay personal tax on net-of-corporate-tax dividends, share buybacks, or deemed corporate distributions such as non-business expenses and, if desired, certain tax haven payments.

### Why exempt retained earnings?

Exempting retained earnings is a departure from a comprehensive shareholder tax on corporate income. One argument to do so is based on informational market imperfections. Outside investors have less information about firms than insiders. As a result, investors put a premium on companies that have more retained profits to fund investment (Myers and Majluf 1984). Strong firms signal quality through their ability to accumulate earnings. Corporate taxation reduces retained earnings and thereby hurts investor confidence in strong companies. Further, financial constraints can have a powerful effect in discouraging investment (Fazzari, Hubbard and Petersen 1998). A recent Canadian study finds that financial constraints have a more powerful effect on investment than the user cost of capital (Bilicka 2020).

This proposed model is not perfect, but it is better than the current system. A distributed profits regime would make corporate income taxation fairer and simpler, reducing administrative and compliance costs substantially without significantly eroding corporate tax revenues. Some distortions remain, including profit-based mining taxes and oil and gas royalties. Governments might still introduce refundable investment tax or grants to support business, but the

exemption of taxes on reinvested profits reduces the political pressure for other incentives.

With retained earnings as a marginal source of finance, corporate taxation is not relevant since the tax saved by reinvesting rather than paying out dividends is equivalent to the discounted future tax payments on dividends earned from the investment. Retained earnings finance is also better than debt finance since the latter imposes bankruptcy costs on the business without reducing corporate tax payments associated with reinvested profits. On the other hand, the distributed profits tax favours retained earnings finance over new equity financing. While this puts startup companies at some disadvantage initially, companies will be able to accumulate faster cash flow to finance future investment.

Evidence from Estonia, which introduced its system in 2000, is informative for estimating revenue impacts below (Masso, Meriküll and Vahter 2013). With the elimination of the corporate tax on reinvested profits, debt as a share of assets fell from 49.4 percent to 42 percent, and the profit base expanded by 18 percent between 1999 and 2008. Retained earnings as a share of assets rose from 24 percent to 35 percent due to the elimination of tax, but also a shift from paying dividends. Investment growth increased by 0.378 percentage points annually, cumulating to roughly one-third over eight years. Corporate tax revenues initially fell from €105 million in 1999 to €55 million in 2000 (partly reflecting a recession) but recovered to €138 million in 2003 and averaged €205 million from 2004 to 2010.

### Impact of a retained earnings exemption

Our analysis includes several other provisions:

- Intercorporate dividends between resident companies would be tax-free.
- The current 2 percent tax on share buybacks would no longer be applied.
- Profit distributions from affiliates in treaty countries, with at least 10 percent ownership (votes and value), would be exempt.<sup>22</sup>
- Canadian shareholders would receive a dividend tax credit for distributions subject to corporate income tax.<sup>23</sup> Ignoring provincial taxes, if a corporation earns \$100 in distributable profits, it would pay \$13 in corporate tax and distribute \$87. The \$87 would be grossed up to \$100, with a \$13 credit applied against personal tax.
- If a corporation is reorganized, existing rules would apply, enabling deferral of distributions if they are retained in the new entity.
- An ordering rule would apply to dividend distributions to first exhaust current profits, followed by past undistributed profits. Retained earnings prior to the start-up of the system would be exempt upon distribution after the exhaustion of post-retained

earnings paid out in dividends.

- Similar to European corporate tax systems, book profits would be a starting point with some adjustments needed for contingencies, reserves, and non-deductible items (e.g., club fees, stock options, and life insurance payments). For small firms, an alternative presumption approach (such as a presumed margin on revenues) could be optional for simplification.
- Under the global corporate minimum tax that is levied at a tax rate of 15 percent, Canada would apply a qualifying minimum top-up tax on book profits earned by large multinationals that would be paid if the distributed profits tax were less than the minimum tax (with appropriate carry-forward amounts).

Additional issues would need sorting out, especially with respect to taxation of foreign income, financial companies, and trusts.

Table 8 provides an estimate of distributed profits tax if it is in place for five years. With no behavioural impacts, federal taxes paid would be equivalent to the existing system. While less corporate tax is paid with exempt retained earnings, the 13 percent tax on distributed book profits exceeds the current effective rate of roughly 9 percent. Taxes on deemed dividends, investment income, and capital gains would add to revenues.

Once incorporating behavioural impacts, we estimate that the distributed profits tax at 13 percent would result in a loss of \$15 billion in revenue (although in Estonia, the corporate tax on profits and capital gains returned to previous levels due to the growth in the tax base). Book profits would expand by 20 percent due to an increase in equity financing to replace debt. We assume that profits grow due to a growth in investment by 3 percent annually over five years, resulting in a total expansion in profits by 40 percent. The dividend payout ratio would drop from 57 to 3 percent. Overall, the corporate tax base would fall from \$776 billion to \$631 billion after accounting for share buybacks as deemed distributions and including investment income and capital gains. If the distributed profits tax were levied at 15 percent instead of 13 percent, the revenue loss would only be \$3 billion.

A distributed profits tax that exempts retained earnings at 13 percent would improve the incentive to invest in Canada by 2034 (Table 9) if both federal and provincial governments adopt the same base with a federal-provincial combined rate of 26 percent. Compared to the corporate tax as of 2025, the METR on capital would decline by about a quarter from 12.6 percent to 9.4 percent if the distributed profits tax were adopted (Table 9).

Variation across non-resource sectors would be minimal because targeted incentives, including investment tax credits, would no longer apply. For mining and oil and gas, we assume the mining profit taxes and oil and gas royalties remain in place, which results in low marginal effective tax rates on mining and higher ones on oil and gas compared to other industries. Most industries would benefit from the exemption of retained earnings from tax, unlike the existing confluence of tax preferences. Forestry and manufacturing would be exceptions, as they currently receive special manufacturing and processing incentives.

As with the Irish-style reform, shifting to a retained earnings exemption under the corporate tax would require provincial agreement under existing Tax Collection Agreements. Some issues are simpler: the small business deduction would no longer be needed. Provinces keeping their existing general rates (averaging 11 percent for large firms) do not lose much revenue if rates do not change. The small business deduction would also become redundant. Even if dividends are subject to a higher corporate tax, the tax credit at the personal level will fully offset the increase.

Between the two options, the Irish reform is consistent with Canada's existing approach to taxing corporate income. It simplifies the system by broadening the tax base and lowering rates sufficiently to eliminate the small business deduction at the federal level (provincial action would still be required). The distributed profits tax is a much more significant change. It enables companies to defer corporate income taxes if they reinvest earnings in business activities. This is not consistent with the income approach,

Table 8: Revenue Estimate from Exempting Retained Earnings from Corporate Profit Tax at 13 Percent, Billions

	Static Estimate*	With Behavioural Effects
Federal Corporate Tax - current	97	97
Book Profits Before Tax	1,063	1,099
Distributed Profits as Dividends	+696	+495
Deemed Distributions	+125	+72
Investment Income and Capital Gains	+45	+64
Total Tax Base	776	631
Corporate Tax on Distributed Profits at 13 Percent	101	82
Change in Tax Revenue	+4	-15

Notes:  
\*Tax base and federal corporate tax payments averaged for 2021-2022 based on Statistics Canada Table 53-10-0489-01 with adjustments to book profits by adding back interest and deferred income tax expense. The average dividend payout ratio from book profits is estimated to be 57 percent. Deemed distributions exclude share buybacks based on the FTD estimate of revenue from that share buyback tax (FBI's 2022).

▶ Continued on page

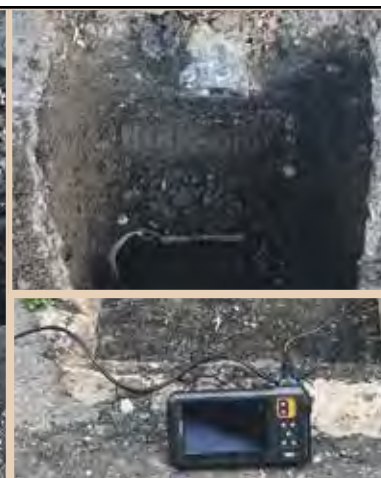
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but it is a simpler, more efficient, and fair approach for deferring capital expenditures compared to expensing them. It also improves corporate liquidity and enhances investor confidence by overcoming adverse selection in capital markets.

**Table 9: METR by Sector for Current Corporate Income Tax as of 2024**

Sector	Existing Corporate Tax (With Accelerated Depreciation)	Distributed Profits Tax (Exempting Retained Earnings)
Agriculture	11.9	8.2
Finance	-4.7	8.2
Mining - Non-critical (Steel)	12.9	-4.5
Mining - Critical (Energy)	4.0	-4.7
Oil and Gas	28.0	24.3
Manufacturing	-4.4	9.0
Utilities	12.0	8.2
Construction	9.0	8.1
Transportation	11.8	8.0
Communications	11.3	8.2
Wholesale Trade	19.6	8.1
Retail Trade	20.4	8.2
Other Services	11.8	8.1
Aggregates	12.6	8.4

Note: \*With the assumption of retained earnings, it is assumed that investment tax credits are not being applicable.  
Source: Calculated by J. Reed based on the School of Public Policy (SPP) model. Estimates include corporate income tax, income payroll tax, and public health and social insurance.

### Making the reform revenue neutral

Our big bang reform is designed to make the tax system more efficient and less complex by minimizing the economic and compliance costs of raising each dollar of revenue. The objective is to improve tax design, not to reduce the overall size of government. That said, we expect the long-run economic gains from the reform to help boost revenues and, in turn, reduce the deficit.

On the PIT side, after factoring in taxpayers' responses to lower rates and a simplified credit structure, the reform would cost about \$24.5 billion (Table 6). On the CIT side, shifting to an Irish reform would reduce revenues by about \$11 billion. A shift to a 13 percent distributed profits tax would reduce revenues by roughly \$15 billion. Combined PIT and CIT reforms would therefore cost between \$35 billion and \$39 billion, depending on the corporate tax reform adopted.

To make up the shortfall, we propose either increasing the GST or introducing a new employer payroll tax dedicated to healthcare.

### Raising the GST rate

Consumption taxes are generally shown to have a less harmful impact on the economy, particularly when they make up a smaller share of revenues than income taxes, as in Canada.<sup>24</sup> As noted earlier, the costs of raising an additional dollar of revenue vary by tax bases once economic distortions are taken into account. The efficiency cost of value-added consumption taxes, such as the GST, is much lower than that of income taxes. Shifting toward greater reliance on the GST would therefore support economic growth. Increasing the GST rate by 2.8 percentage points – from 5 percent to 7.8 percent – would raise approximately \$35.5 billion in 2026 after accounting for small behavioural responses.

### A new employer-paid payroll tax

Employer-paid payroll taxes typically have flatter rate structures and, when combined with direct benefit linkages in the case of social security contributions, are generally less distortionary than progressive income taxes. Deslauriers et al. (2021) find that payroll taxes in Canada have no measurable impact on employment or sales but reduce wages. This implies that payroll taxes are passed almost entirely from employers to workers through reduced wages. Although workers ultimately absorb the cost, payroll taxes have smaller effects on economic activity and GDP than do higher income taxes.

We propose a new employer payroll tax of 3.2 percent of pay, dedicated to a fund for healthcare costs. This would improve political acceptability and limit distortionary impacts. Similar taxes exist in countries such as the United States, France, and

Germany (MacKinnon, Mintz and Khanal 2024). The tax would be applied to payroll and self-employed earnings above \$15,000 for each individual and would raise about \$35.5 billion annually, earmarked for healthcare. Provinces could participate through an arrangement similar to the Canada Pension Plan.

### Reducing business subsidies

Reducing business subsidies could also help finance reform. John Lester (2025) notes that business subsidies in Canada have risen sharply from about \$17 billion in 2015 to \$37.4 billion today and are projected to climb another 20 percent by 2028/29. While our suggested corporate tax reforms eliminate many investment tax preferences, business subsidies as grants could be moderated to help grease tax reform's wheels including regional development grants, supply management, clean energy grants, and export subsidies.

### Distributional impacts of reforms

The personal income tax rate reductions, combined with the simplified tax credit, would lower taxes across all household income quartiles, though the percentage reduction grows with income (Table 10). One reason is that low-income seniors benefit less than low-income workers because the gain from the simplified credit is largely offset by the reduction in the age credit. Another is that higher earners benefit more because they pay more tax and gain more from a cut in the top rate.

When revenue-neutral measures are incorporated, the overall package is distributionally neutral. We assume that the new payroll tax, although remitted by employers, is ultimately passed on to employees over time through lower wages. Because this adjustment takes time, however, the personal income tax reforms would initially feel like a tax cut for employees. Since the payroll tax applies only to workers – and workers, on average, gain more than retirees from the PIT package – and has a basic exemption, this option is closer to being distributionally neutral than a GST increase.

Corporate income tax reform would have some impact on income distribution. The lower METR will increase both income paid to labour and, in the case of small Canadian-controlled private corporations, income accruing to investors. Under either the 10 percent Irish corporate tax rate or the 13 percent distributed profits tax, and assuming a 50 percent pass-through, the loss in corporate tax revenues could boost wages by over 1.2 percent. As discussed below, potential economic impacts are expected to generate roughly \$26 billion in additional annual tax revenue over the long run due to investment and efficiency gains. We expect these gains to be relatively distributionally neutral, with about half of the benefit accruing to lower-income workers.

### Potential economic impacts

The tax reform would have positive effects on employment, investment, and overall economic growth. Over time, these benefits would raise incomes and government revenues, providing relief for deficit-challenged governments.

On the PIT side, Dahlby and Ferede (2022) estimate that raising an extra dollar of federal tax revenue imposes an economic cost of \$1.86 in the long run, reflecting changes in how people adjust their economic activity. Adjusting for the efficiency cost of the GST and payroll taxes, which is much lower (see Table 4), the PIT reform could increase GDP by up to \$23 billion annually over time.

On the corporate income tax side, the reform modifies the tax base, not just the tax rate. So, we cannot directly use the efficiency costs computed by Dahlby and Ferede. Focusing on the distributed profits tax, the reform would have two major impacts: reducing the impact of taxation on the incentive to invest and making the corporate income tax more neutral across assets and industries.

The investment effect is significant. A 13 percent distributed profits tax would reduce the effective tax rate on capital by nearly one-quarter compared to the 2025 system (Table 9). The cost of capital would fall by 4.6 percent. Total non-residential capital stock in Canada is \$3.66 trillion. The long-run increase in capital stock (investment flow) would reach \$140 billion. This increase would raise GDP by \$56 billion (1.8 percent of 2025 GDP) and federal revenues by \$9 billion. Provincial and municipal revenues would also rise

by about \$9.5 billion, assuming no changes in their tax policies.

GDP also improves with a more neutral corporate income tax (assuming the aggregate effective tax rate is the same). The reduction in the dispersion of the METR across business activities under the distributed profits tax would yield potential increases in GDP as well.

In total, the PIT and CIT reforms could add roughly \$79 billion to the GDP in 2025 dollars, or about 2.5 percent of GDP in the long run. Since total tax revenue represents approximately one-third of GDP (Table 2), this growth effect from our big bang reforms could increase federal, provincial, and municipal tax revenue by about 0.8 percent of GDP annually – more than \$26 billion in 2025 dollars in new-found tax revenues.

**Table 10: Household Federal Taxes as a Share of Total Income, by Household Total Income Quartiles, 2026, Percent**

Total Household Income Quartile*	Existing	PIT Reform	PIT Reform with a 7.8 Percent GST Rate	PIT Reform with a 3.2 Percent Employer-paid Payroll Tax
Q1	11	11	14	15
Q2	14	13	15	14
Q3	16	15	17	17
Q4	19	17	18	19
Total	17	16	17	17

\*Note: \*Total household income includes market and transfer income. Federal taxes include federal income, payroll, and provincial taxes as well as social security payments. PIT reform includes any reduction in the optional simplified credit. The 10% assumes the pass-through tax, although remitted by employers, is ultimately passed on to employees.  
Source: Authors' calculations using SPP2024 v. 10.1.

### Conclusion

Canada's economic performance over the past decade has been disappointing. Per capita income growth, business investment, and productivity have all lagged peer economies, while the tax system has grown more inefficient, complex, and uncompetitive.

At the same time, Canada has achieved strong income redistribution. After taxes and transfers, it has the lowest income inequality among G7 countries. This strong redistributive outcome, however, has come at a cost: an overreliance on personal income taxes that discourage work, saving, entrepreneurship, and the retention of talent and capital.

On the business side, empirical evidence consistently shows that high corporate tax rates constrain economic activity, while lower and more neutral tax structures encourage investment, innovation, and job creation. Canada's business tax system is riddled with distortions that misallocate capital across sectors and erode competitiveness. Given Canada's climate and dispersed population, the country has lost the crucial corporate tax advantage it held in 2012 over the United States and other peers.

Simply trimming tax rates by a few points here and there will not reverse these trends. Canada needs a more fundamental, growth-oriented reform: one that simplifies the system, broadens the base, and lowers the marginal tax burden where it most constrains productivity.

The "big bang" reform proposed in this study would meet these objectives. On the personal side, lower rates combined with a simplified, broad-based basic allowance would reduce reliance on income taxes while preserving progressivity. On the business side, either an Irish-style reform or a distributed profits tax (exempting retained earnings) would encourage reinvestment and substantially lower the effective tax rate on capital. Together, these changes would make Canada's tax system more efficient and easier to administer, without reducing revenues once growth effects and offsetting measures such as a modest GST or payroll levy are considered.

In total, the reforms could lift GDP by roughly 2.5 percent over time, strengthening the country's fiscal position and laying the foundation for a more dynamic, competitive, and prosperous Canadian economy.

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May 1, 2026 • The North Shore News • 11

# New geriatric hub opens in Sainte-Thérèse, offering seniors a path back home

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A new healthcare service aimed at helping seniors recover and remain independent has officially opened in Sainte-Thérèse, marking an important step in how aging care is delivered across the Lower Laurentians.

The Pôle gériatrique Sud, located within the CHSLD Drapeau-Deschambault, welcomed its first patients in March and was formally inaugurated in April. The facility brings together two specialized units designed to support seniors who need temporary care, rehabilitation or relief services after hospitalization.

While the opening may appear modest on paper, healthcare workers say its impact could be felt widely, particularly among families caring for aging relatives at home.

The new hub includes an 11-bed respite unit and a 10-bed transitional functional recovery unit. The respite beds provide short-term stays for seniors experiencing loss of autonomy, offering family caregivers a temporary break while ensuring their loved ones continue to receive attentive care in a safe environment.

For many caregivers, such breaks are essential. Supporting an aging parent or spouse often means balancing employment, family life and medical needs, a responsibility that can quickly become overwhelming without structured support.

The transitional recovery unit serves a different purpose but addresses an equally pressing challenge. Seniors who leave hospital after illness or surgery frequently require additional rehabilitation before they can safely return home. Instead of remaining in hospital beds longer



From left to right: Patients Alice Paquet, Diane Gagné and Gertrude Vaillancourt are joined by physicians and members of the CISSS des Laurentides team, including Dr. Noura Kaadi, Camille Lafrenière, Geneviève Bélanger, Dr. Stéphane Lévesque, patient Huguette Guilbault, who performed the ribbon-cutting ceremony, Chrystel Delisle, Marlène Simard, Patrick Brassard, Dr. Catherine Bonin and Josée Legault.

than necessary, patients can continue their recovery in a setting focused specifically on regaining strength, mobility and independence.

Health officials say the goal is clear: help seniors return home whenever possible, rather than entering long-term care prematurely. Supporting recovery outside hospital settings can also reduce pressure on emergency departments and inpatient services, an issue facing healthcare systems across Quebec.

The new Sainte-Thérèse facility builds on services already operating inside the same building, including a geriatric day hospital that provides

rehabilitation to mobile seniors. By bringing multiple services together, healthcare teams can tailor care more closely to each patient's needs while ensuring continuity from hospitalization through recovery.

The Pôle gériatrique Sud is the second facility of its kind in the Laurentians. The first, opened in Saint-Jérôme in 2021, can accommodate up to 74 seniors requiring specialized geriatric care. Expanding the model southward helps distribute services more evenly across the region and reduces travel time for families living closer to Sainte-Thérèse and surrounding communities.

With Quebec's population aging rapidly, the demand for specialized geriatric services continues to grow. Facilities like this one represent a shift toward preventative and recovery-focused care, aimed at preserving independence rather than simply managing decline.

For families on the North Shore, the new hub offers something both practical and reassuring: a place where seniors can rebuild strength after illness, where caregivers can find relief when needed, and where returning home remains the central goal.

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MLS: 23852845

**Chomedey:** Step into this beautiful family residence, 3 +1 bedrooms, 1 ½ bathrooms, grand kitchen, showcasing an open concept layout and impressive high ceilings. Designed for comfortable and functional family living, this home is ideally located in the heart of a vibrant area near schools, shopping, transportation, and more. With a private backyard and inground pool, in a harmonious community, this property offers an exceptional opportunity you won't want to miss.

MLS: 21585233

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MLS: 19933966

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# DIRECT ANSWERS

FROM WAYNE & TAMARA

## FULL CIRCLE

**Q** I started dating Philip, a man nine years my senior. We dated three months, and he kept our relationship a secret from everyone. Later I dated one of his friends, and we fell in love and married.

It was not until I dated my husband that I learned while I dated Philip he was living with one woman and dating another. Yes, three women at one time. But since I was happy, in love, and married to the man of my dreams, it was of no consequence.

Three years later Philip has no job and no place to live. My husband says he can live with us until he gets on his feet. He lives with us a year and a half, free of charge, with no job until the last two months. When we asked him to pay a modest rent, he agreed.

He makes the first payment, then moves out...and in with my mother! My mother has a history of bad relationships. Her typical man moves in, takes everything she has, and moves on. Needless to say, I am floored. Philip contributes next to nothing to her financially.

He's cheated on my mother twice that I know of. On Monday my mom tells me they are getting married. I tried talking to her and I tried begging, but she thinks he is perfect. I know she is about to make the biggest mistake of her life, but she thinks I am trying to hurt her. We are not even allowed to know when or where the wedding will occur.

Brenda

**A** Brenda, your mother's lack of good judgment shaped your life. She raised you as a woman who would consider dating a man in secret, and she made you a woman who would share her home with a scoundrel and mooch.

When you kept Philip in your circle of friends and sphere of influence, you in effect vouched for him as a good person and trustworthy man. Now this cad is about to be your stepfather. That's regrettable, but it's poetic justice for your mother.

The lesson here is that bad things not squelched in the beginning come back to haunt us. You saved a snake from the cold, and when he warmed up, he bit both you and your mother.

Tamara

## BULLSEYE

**Q** I've been dating a man almost a year. The only problem is I am extremely affectionate, but he is the opposite. He says he has always been like this. He is generous and kind to me, but the lack of affection leaves me feeling unloved.

I have tried to let this go because everything else works so well, but it always comes back around in my mind. After our first date, when my best friend asked me how it went, my answer was, "He is emotionally unavailable."

I feel he stays with me because we get along so well, but he is still in love with the ex-wife who left him. Their relationship was miserable, but everyone seems to know how much he loved her, including me. I don't think he loves me like he loved her.

Kathryn

**A** Kathryn, many women see a wedding as not just a goal but a magical gate. They think when they enter the gate, everything will be splendid. You have the wisdom to look over the gate and see what a future with this man holds.

There is a story from India about an archery teacher who put a target in a tree. When he asked each of his pupils to say what they saw as they aimed, most said they saw the tree, the target, and the other archers. That answer angered the teacher.

One archer, however, won the teacher's praise. He said when he aimed he saw only the target. That is what you must do. Adjust your aim and shoot for love.

Wayne

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

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

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# PSYCHOLOGY FOR ALL

EMMANUEL ALIATAS, MA, PSYCHOLOGIST  
emmanuelaliatas@gmail.com

## Toxicity in the workplace

The toxic workplace is something I encounter in my practice all the time yet, so little is discussed about this topic. You would believe that someone is silencing the victims. The toxic workplace leads to burn-out, depression and anxiety. I have people in my office who cannot walk in front of the building they work at without experiencing a panic attack.

Today I am discussing the culture and behaviors of toxic people in the workplace. Make no mistake about it, this article is about toxic "people" asking too much of their employees. Usually, the owners of the business or high up their supervisors are good at hiding exactly who they are by putting numerous layers of people in front of themselves making it difficult to see who is in real power. This will make someone give up trying. It is all a ploy of the manipulator (the toxic individual) to hide behind his layers of "flunkies". I could not find a more suitable word for those people who cloak those individuals.

There is constant negativity in the company keeping the levels of dissonance high as well as gossip and blame. One of the main sources of the trouble that is happening in the workplace is to install a supervisor to micromanage good employees who know the job better than the supervisor knows it. It is a common ploy these days according to what my clients are saying in my office.

They come to me in tears and believe that they are literally being bullied and have no recourse. This confusion that these employees are experiencing is sometimes warped by the company as stirring up trouble and imagination. It is a clever way of making someone's reality appear to be a hallucination. This is a destructive way to treat employees who must get that paycheck and pay their bills.

This is where we may touch on a little bit of alleged bullying. I wrote in previous articles about this phenomenon. I had clients

tell me to write an honest article about my practice and the people I have encountered over the years who have been in that place. We need a little bit of truth, is how they put it, in this society. I will attempt to tell it like it is in this article however I know it is just not possible to cover all the bases. The abuse going on in these companies and they know who they are is so vast that no one article can cover it but a few books on the topic are needed for a real exposé to weed out these abusers and more importantly to name them. I believe that would put the brakes on them and maybe come back to the time when the employer valued their good employees.

Here are just a few suggestions for these abusers that ignore bad behavior and reward it instead. Perhaps they should prioritize people over results. If the work is done, they have done their job. There is no reason to micromanage people if they are getting the necessary results. If the night before was bad due to their child being in an accident do not bring it to work. If their spouse is cheating on them do not bring it to work. See a therapist and perhaps if they can alleviate a touch of their out-of-control lives and release it in the office of a good psychologist they may get the help they need and once again join humanity. Unfortunately, it is often the victims of these abusers that end up in my office and not the abusers.

This may sound like I live in a land of rainbows and unicorns. However, I believe that unrealistic workloads, micromanagement, gossip and blame are just too much pressure for the average worker. Seek out workers who collaborate and do not compete to create a harmonious workplace. Encourage your employees to speak up and do not intimidate them into silence. There is a lot of that going on in our society and that is for another article all together. Seek help if you are experiencing anything discussed in this article. Help is available. You do not have to suffer because you choose to be employed.

## Lorraine celebrates the quiet heroes who keep the community moving



MARIA DIAMANTIS  
info@newsfirst.ca

Behind every successful community event, youth league or neighbourhood gathering, there is usually a team of volunteers working quietly in the background. Last week in Lorraine, those behind-the-scenes contributors stepped into the spotlight.

On April 25, the Town of Lorraine hosted its annual Volunteer Recognition Evening at the Centre culturel Laurent G. Belley, marking National Volunteer Week with a celebration dedicated to honouring residents who donate their time and energy to community life. The evening drew dozens of volunteers representing local organizations that help shape the town's cultural, recreational and social activities.

The event served as a reminder that while municipal services often rely on professional staff, much of the vibrancy residents experience day to day depends on volunteer support.

Mayor Jean Comtois addressed the crowd, emphasizing the broader meaning of volunteerism beyond simple acts of service. He noted that volunteering is about building relationships and strengthening the sense of belonging that holds communities together. According to Comtois, volunteers play a central role in keeping Lorraine active and connected, helping bring people together through shared activities and events.

Those sentiments were echoed by municipal councillor Martine Guilbault, who works closely with community organizations. She highlighted how volunteers contribute skills, experience and personal values that allow local groups to offer a wide range of accessible activities to residents of all ages.

For many organizations, volunteers are not just helpful, they are essential. Without them, youth programs, sports leagues and community events would be far more limited in scope, or in some cases impossible to deliver.

### Honouring a cornerstone of youth sports

One of the evening's highlights was a special trib-

ute to the Association de baseball mineur BLRT, an organization that has become a cornerstone of youth sports in the region.

Over the years, the association has built a strong presence in Lorraine and neighbouring communities, supporting hundreds of young athletes each season. Beyond teaching baseball skills, organizers say the program plays an important role in developing teamwork, discipline and confidence among young players.

The recognition acknowledged not only the organization itself, but also the network of volunteers behind its success, including coaches, parents and board members who dedicate countless hours to organizing practices, tournaments and community events.

Their work, municipal officials noted, helps create positive experiences that shape young athletes both on and off the field.

### More than recognition, a reflection of community values

Volunteer appreciation evenings have become a longstanding tradition in many municipalities, but in smaller communities like Lorraine, their meaning can feel especially personal.

Residents often recognize one another not just as volunteers, but as neighbours, parents or familiar faces at local events. The relationships built through volunteer work often extend well beyond the organizations themselves, strengthening ties across the broader community.

As communities across the North Shore continue to grow, maintaining that sense of connection can become more challenging. Events like Lorraine's Volunteer Recognition Evening serve as both celebration and reminder, highlighting the individuals who help sustain local traditions and create welcoming spaces for residents of all ages.

For many in attendance, the evening was less about awards and more about appreciation, an opportunity to pause and recognize that behind every thriving community is a network of people willing to give their time for the benefit of others.

And in Lorraine, that spirit of generosity remains one of the town's strongest foundations.

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# HOROSCOPE

Week of **MAY 3 TO 9, 2026**

The luckiest signs this week:  
**PISCES, ARIES AND TAURUS**



## ARIES

An unexpected opportunity tied to a spiritual journey or physical activity will transform your worldview. This moment will mark an important turning point where your personal growth and professional potential will align, strengthening your confidence.



## TAURUS

Your emotions will drive you to make bold decisions. An unexpected move or career change could disrupt your daily routine. These choices will mark a fresh start and initiate a new cycle of opportunities.



## GEMINI

A major dilemma will slightly interfere with your plans. Avoid making impulsive decisions. Step back and carefully weigh your options. A rushed decision could cause you to backtrack unnecessarily. Choose caution and balance above all else.



## CANCER

You may be tasked with new responsibilities this week, including a project that could generate significant financial benefits. You may also start your own business, leading to independence, recognition and unexpected personal growth.



## LEO

A surprise whirlwind romance may brighten your everyday life. You'll feel an intense and immediate attraction. However, you may need to resolve certain family issues before you can fully commit to this promising relationship.



## VIRGO

Choose your words carefully this week to avoid tension or misunderstandings. On another note, a move is on the horizon, bringing with it the joy of creating and personalizing a new living space.



## LIBRA

Someone will trust you with a secret that will weigh on your conscience. Should you reveal it or keep it to yourself? You may need to rethink some of your friendships, especially around issues of money or loyalty. This will put the trust of some people to the test.



## SCORPIO

An unexpected job promotion could finally improve your financial situation. An earnest conversation with a superior will support this advancement. In your love life, prioritize sincere communication to deepen your harmony and connection.



## SAGITTARIUS

You need rest to regain your energy. You'll have a powerful spiritual awakening that will guide you toward a more meaningful, fulfilling and sustainable way of life.



## CAPRICORN

Your boundless creativity will be your driving force this week. Launching a promising artistic project could lead to real success. To avoid spreading yourself too thin, seek the right balance between spending time strengthening your friendships and focusing on work.



## AQUARIUS

You'll be given the task of organizing an important event or meeting. Although it's stressful, this responsibility will highlight your interpersonal skills. As soon as you dare to step outside your comfort zone, you'll truly shine.



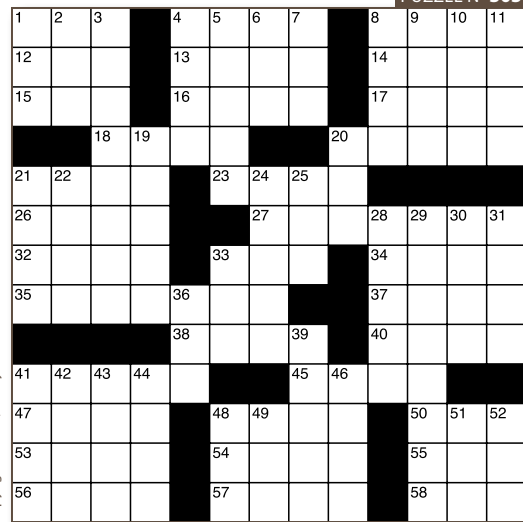
## PISCES

New professional responsibilities and enriching challenges are on the horizon, offering you the chance to reveal hidden talents. Financial recognition is coming soon, along with renewed confidence in your abilities.

# Coffee Break

## CROSSWORD

PUZZLE N° 303



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### ACROSS

1. Unmatched
4. Angel's headwear
8. Slosh through water
12. Pelt
13. Surrounded by
14. Very dry
15. Toll
16. Roomy
17. Bell sound
18. Boats like Noah's
20. Picture
21. Gold-threaded fabric
23. Reach
26. Outlet
27. Pleasing
32. Dog's woe
33. Spoiled
34. Pottery material
35. Land
37. Carry along
38. Mislaidd
40. Was in the red

### DOWN

41. Hollywood's Clark \_\_\_\_
45. Plucked instrument
47. Realty unit
48. Sailor's hail
50. Annoy
53. Debtor's burden
54. Only
55. Pumpkin dessert
56. Does sums
57. Limbs
58. Coop product
1. Switch position
2. Now payable
3. More visionary
4. Falcon's cousin
5. Wrong
6. Container top
7. Lyric poem
8. Somewhat hot
9. Concert solo
10. Dent
11. On \_\_\_\_ (tense)
19. Patch the roof, again
20. Squid squirt
21. Departed
22. Spindle
24. Designs
25. Assistance
28. Performer
29. Glassmaker's tool
30. Delayed
31. Gazed upon
33. Life story, for short
36. Brewery beverage
39. Sandal
41. Colorful
42. Biting
43. Brought up
44. Telescope glass
46. Yes votes
48. 100 percent
49. Gardening tool
51. Oil derrick
52. Small cask

# Sudoku

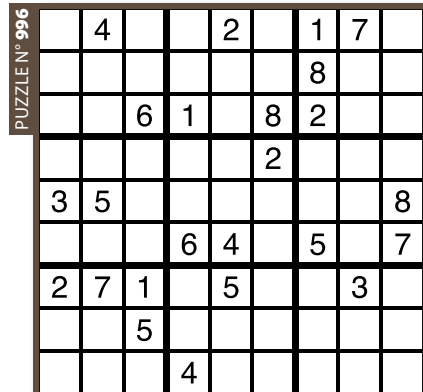
## HOW TO PLAY

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

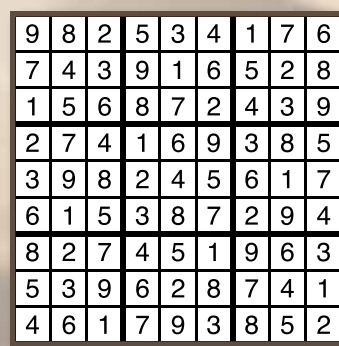
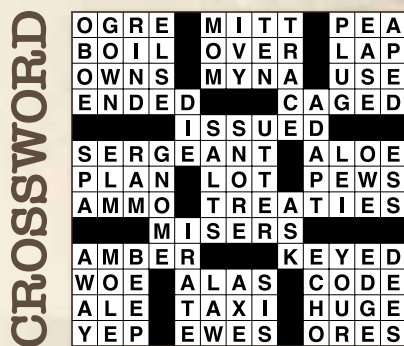
Each 3x3 box is outlined with a darker line.

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



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| 1. Cherries (bag)             | 9. Green Beans            |
| 2. Watermelon (organic)       | 10. Yellow Zucchini (2-3) |
| 3. Green Grapes (1 lb)        | 11. Garlic (Argentina)    |
| 4. Blackberries               | 12. Potatoes              |
| 5. Corn (3)                   | 13. Bananas (4)           |
| 6. Honeydew Melon             | 14. Clementines (4-5)     |
| 7. Plums (4)                  | 15. Apples (3)            |
| 8. Small Peppers (suntan) (2) | 16. Mini Onions (7)       |
|                               | 17. Boston Lettuce        |
|                               | 18. Cucumbers (pack)      |

## **SMALL BASKET (\$22)**

- |                          |                        |
|--------------------------|------------------------|
| 1. Broccoli (crown)      | 7. Oranges (2)         |
| 2. Boston Lettuce        | 8. Lemon               |
| 3. Blackberries          | 9. Avocados (Hass) (2) |
| 4. Bananas (3)           | 10. Mango              |
| 5. Grape Tomatoes (pack) | 11. Garlic             |
| 6. Bell Pepper (suntan)  | 12. Potatoes           |
|                          | 13. Yellow Zucchini    |

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