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Turning grief into action:
plea to ban energy drinks
for children under 16

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David Miron, father of Zachary Miron, speaks on what the ban means to the Rosemère community. (Photo: Alessandro Comisso, The North Shore News)

Local artist Carole
Laurence shines at
"Rosemère en Arts"

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Carole Laurence standing in front of her painting, sculptures and ceramics. (Photo: Alessandro Comisso, The North Shore News)



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Rosemère mayor implorés Quebec government to ban energy drinks for children under 16 “without delay”

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On June 2, Rosemère’s municipal council has unanimously adopted a resolution calling on the Quebec government to ban the sale of energy drinks to youth under 16.

For Mayor Marie-Elaine Pitre, the issue is not only political – it’s deeply personal.

“Zachary Miron was 15 years old, he was a student at l’Externat Sacré-Cœur, a school in our municipality,” said Pitre. “He passed away in January 2024 during a school outing after consuming a single can of energy drink. The coroner’s report is very clear — the interaction between that drink and his ADHD medication was fatal.”

What has shaken many families in Rosemère is not only the tragedy itself, but the lack of awareness surrounding the risks.

“This revelation has touched us directly,” Pitre continued. “What makes this even more shocking is that this risk is there. The interaction with ADHD medicine and energy drinks is largely unknown. I am a parent with a child who takes these medications, and I was not aware of this potential interaction.”

That personal connection has helped drive the town’s decision to act quickly in order to force the Quebec government’s hand.

A local response with provincial implications

On May 6, 2026, all parties in Quebec’s National Assembly unanimously adopted a motion calling for tighter regulation of energy drinks for minors. But for Rosemère officials, that signal of political will is not enough.

“Parents, trainers, children and health professionals do not know this – it has to change now,” said Pitre.

Through its resolution, the Town of Rosemère is formally urging Quebec to legislate “without delay” to prohibit energy drink sales to those under 16. At the same time, the municipality is moving forward with its own measures by mandating its administration to implement a ban on the sale of energy drinks in municipal sports and recreational facilities.

“The city of Rosemère sees this as support – our goal is really to support them and say that we are with you,” Pitre said. “If this can make its way, we will be very happy.”

The approach reflects a growing sentiment among municipalities that they cannot afford to wait for higher levels of government. The best time to take action is right now.

Community still grieving

The impact of Zachary Miron’s death continues to be felt strongly at l’Externat Sacré-Cœur, where school officials say the loss remains profound.

“The health of our youth is what’s most important,” said principal Jasun Taparaukas. “For l’Externat to lose a student, to lose a teenager, it’s an injury that will never heal in our community.”

Taparaukas described the tragedy as both devastating and galvanizing.

“It’s also the brutal reminder to take action, and I want to thank the city of Rosemère for taking action,” he said. “This gesture is very important for the health of our youth in our community.”

The school has since become an important voice in supporting awareness initiatives and the Zachary Miron Movement, founded by David

Miron and Veronica Martinez, the teen’s parents. “We can’t give up,” Taparaukas added. “We have to continue to be there to support the Zachary Miron movement and his parents.”

Youth voices call for awareness

Among students, the tragedy has sparked conversations about health risks that many say were previously unknown.

Emmy Moreau, student body president at l’Externat Sacré-Cœur, said the impact has been widespread.

“Zachary Miron’s movement has touched our student community immensely, especially the people that were close to him but even the people who weren’t.”

She emphasized that the issue extends beyond one school.

“His story touched all the students of our age group because we weren’t educated on this subject.”

Moreau believes that without increased awareness and regulation, nothing will be fixed.

“This kind of guidance opens our eyes,” she said. “It is important for us to have guidance to be enlightened and to make informed choices. Honestly, I think it’s a good majority that supports this new law. Thank you to the city of Rosemère.”

A family turning grief into action

For Zachary’s father, David Miron, the town’s resolution represents meaningful progress in a broader fight.

“To this entire team, thank you so much for everything you’re doing,” said Miron. “I think this is a very strong gesture.”

He hopes Rosemère’s leadership will inspire other municipalities to follow suit.

Pushing for change beyond Rosemère

Several other countries such as Lithuania, Latvia, and Norway have already banned the sale of energy drinks to minors, Quebec has yet to implement similar legislation.

Rosemère’s decision places it at the forefront of municipal action on the North Shore. By targeting municipal facilities first, the town is setting a precedent for what can be done locally.

For Mayor Pitre, the objective is simple: prevent another tragedy.

“Municipalities have a role to play. We have a responsibility to protect the young people who use our facilities. This is a concrete action, and we hope to inspire other municipalities to do the same,” the Mayor added.



Photo: Alessandro Commisso, The North Shore News

Rosemère council faces water cost concerns

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The Rosemère City Council meeting on June 8, 2026 highlighted the routine pace of municipal governance while revealing growing concerns among residents over development, public consultation, and rising service costs. Chaired by Mayor Marie-Elaine Pitre, the session combined technical planning decisions with strong financial results, but also exposed tensions between long term policy and its real-world impact.

Agenda and procedural business

Council opened the meeting by reviewing and approving the agenda, making several minor adjustments that included adding new items for discussion and removing others that were no longer required. This step ensures that all councillors agree on what will be discussed and in what order.

Council also formally adopted the minutes from its previous meeting held on May 12, 2025. The minutes are the official written record of what happened at that meeting, including the decisions made, motions passed, and key discussions. Councillors typically review them beforehand and approve them to confirm that the record is accurate.

While these steps are largely procedural, they are essential to maintaining continuity, accountability, and transparency in municipal decision making.

Public questions raise concerns

The public question period brought forward some of the most pointed exchanges of the evening.

Resident René Villeneuve questioned the handling of changes to the Programme particulier d'urbanisme, or PPU. After contacting the registry service, he said he was informed the modifications would be adopted that same evening.

"Well, if they're going to be adopted today, what's the point of even holding a consultation period?" Villeneuve asked.

Mayor Pitre responded that the changes were "really minor," but Villeneuve disagreed.

"What you think is minor can be major for the citizens of Rosemère," said Villeneuve.

His remarks reflect broader concerns about how planning decisions are presented and whether consultation processes meaningfully influence outcomes.

Planning decisions move forward

Despite these concerns, council proceeded with several urban planning approvals.

Two minor zoning exceptions were granted, allowing a reduced side setback on Maplecrest Street and the construction of a detached front yard garage on Lucerne Street.

Council also approved design related modifications, including updated signage for the Walmart on boulevard Labelle and the repainting of a residential property. While modest in scope, these decisions contribute to shaping the town's visual and structural landscape.

Water pricing sparks big reaction

Water pricing emerged as a central issue during the meeting, reflecting growing frustration among residents.

Antonio Santos, citizen of Rosemère for the past 10 years, told council his latest bill came as a shock.

"My water bill tripled," he said, adding that others he spoke with reported similar increases.

Santos criticized not only the cost but the rollout of the new system.

"I would've appreciated a transition year to understand where I am consuming more and adjust accordingly," said Santos.

Under the new model, the first 40,000 imperial gallons are covered by property taxes, with additional usage billed at progressively higher rates. Because charges are based on the previous year's consumption, many residents were unprepared for the increase.

Mayor Pitre acknowledged the concerns and admitted communication could have been handled better.

"We dropped the ball," said Pitre referring to how the pricing structure was introduced.

However, she made clear the decision cannot be reversed, stating that once the tariff was adopted, the municipality could not provide retroactive relief.

Residents have been encouraged to reduce consumption through basic measures such as checking for leaks, but concerns about affordability remain.

Housing policy signals long term direction

The town also presented results from a citizen consultation that will guide the development of Rosemère's first housing policy.

More than 400 residents participated, with findings showing a highly rooted population. Most respondents intend to remain in Rosemère, though many expressed interest in smaller or more adapted housing options.

Across all groups, priorities were consistent. Residents emphasized access to services, walkability, proximity to nature, and overall quality of life.

Mayor Pitre thanked participants, noting that their input will directly shape the policy, expected later in 2026.

The results point to a community seeking stability while gradually adapting to changing needs, particularly as the population ages.

Strong financial position

Council also tabled its 2025 financial statements, reporting a surplus of 2.28 million dollars.

Revenues reached 42.9 million dollars, exceeding expectations due largely to property transfer taxes. Spending came in slightly below budget at 40.6 million dollars.

The town invested 9.47 million dollars in infrastructure, though some projects were delayed. Long term debt stands at 35.6 million dollars, with a portion offset by a dedicated infrastructure tax.

To strengthen financial flexibility, council allocated 1.2 million dollars of the surplus to its working capital fund.

Mayor Pitre emphasized that the results demonstrate responsible financial management and confirmed that the town received an unqualified audit opinion.

Future issues?

The discussions at the June 8 meeting highlight a growing tension between long term planning and the immediate realities faced by residents.

While Rosemère remains financially stable and continues to manage development, concerns around transparency, affordability, and communication are becoming more visible.

For residents like Antonio Santos and René Villeneuve, the issue is not just about individual policies, but about how decisions are communicated and experienced in daily life.

As new initiatives take shape, the challenge for council will be balancing technical decision making with public trust. Whether that balance can be maintained will likely define the tone of future meetings.



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OPINION & Editorial



Father, dear father, what's in it for you?

The changing mission of fatherhood in an age of uncertainty

Over the last 30 years or more, fatherhood has undergone profound transformations, once narrowly defined as provider and disciplinarian, it has evolved into something far more complex, demanding, and deeply human. Today's fathers are expected not only to provide, but increasingly nurture, guide, listen, comfort, and stand as steady emotional anchors in their children's lives. This evolution is not incidental. It reflects a quiet but powerful redefinition of masculinity itself, deserving far more recognition than it receives.

Furthermore, modern fatherhood is not as passive as it once was. It is now active, constant, and often too-often exhausting. Fathers are present at kitchen tables helping with homework after long workdays. They are the ones pacing the floor with a sick child in the middle of the night, showing up at parent-teacher meetings, attending medical appointments, coaching teams, and sitting through long early-morning practices in cold arenas and chilly soccer fields. They are not occasional participants in their children's lives. They are central figures, shaping their children's sense of security and belonging through everyday acts of consistency in love, patience, and acceptance of duty.

Yet much of what fathers do remains unseen and, too often, taken for granted. Behind the scenes, many fathers are making difficult choices that their children may never fully understand. They postpone their own needs, putting aside personal ambitions. They forego rest, hobbies, and sadly, even their health.

In many families, fathers work second jobs, take overtime shifts, often accepting physically demanding work so their children can participate fully in life whose benefits now cost exceedingly more.

They do this so their child can pursue character-building participation in sports, or go on expensive culturally-enriching school trips abroad without feeling excluded or different. These are not small decisions, they are sacrifices made quietly, without expectation-of-recognition.

However, in truth, there is a particular kind of dignity in this silence. Many fathers do not speak openly about pressures carried. They absorb financial stress, worry about providing, and navigate the emotional weight of responsibility without complaint. They do not always have the language or social permission to express

vulnerability, but that does not mean they do not feel it. The anxiety of making ends meet, fear of failing their children, exhaustion of constant responsibility are real and present burdens. Fathers feel deeply. They simply often feel in silence. And yet, they continue.

They continue to wake up early, show up, provide structure, offer guidance, and protect not only their children's physical well-being but also their sense of dignity. They are the ones who quietly ensure that their child has the right equipment for sports, even if it means going without something themselves. They are the ones who sit in the stands after long shifts at work, tired but attentive, because presence matters. They are the ones who encourage resilience, model perseverance, and teach, often without words, what it means to endure.

Clearly, fatherhood today is also more inclusive than ever, and this too must be acknowledged with clarity and respect. Fathers come in many forms - biological, adoptive, stepfathers, foster, gay, teachers, and uncles. Each brings commitment, care, and responsibility into children's lives. In Canada, and particularly in Quebec, this diversity is growing. By 2021, one in five same-gender couples raising children were two fathers. This reflects not only changing family structures but also a broader understanding that fatherhood is defined by presence and responsibility, not by biology alone.

At the same time, the rise of single fatherhood tells another important story. According to Statistics Canada, across Canada, nearly 330,000 families are headed by single fathers, with Québec among provinces where this is most common. These men face unique and often under-recognized challenges, balancing full-time work with full-time parenting, often without the same support networks more readily available to single mothers. They navigate childcare systems, legal frameworks, and social perceptions that are still catching up to their reality.

Single fathers aren't anomalies. They are committed parents who have stepped forward when circumstances demanded it. Whether through separation, divorce, loss, or choice, they have taken on the full responsibility of raising children, often in environments that still question their capacity to nurture. They deserve not skepticism, but respect.

In our city and across Quebec, these fathers

are part of the fabric of daily life. They are in schoolyards, daycare pickups, grocery stores late-in-the evening, managing both practical and emotional needs of their families, learning, adapting, and growing alongside their children. They are proof that fatherhood is not static. It evolves with courage and necessity.

Behind all of this, there are personal stories that remind us what fatherhood truly means. My own father, born in 1907, embodied forms of strength that still resonate today; strict, especially when it came to dating, he never hesitated to set firm boundaries. But beneath that firmness was a deep, unwavering commitment to my future. He did not offer material wealth, nor did he believe in dependency. His message was clear, "I will not give you anything except your education, and let that serve you well!" And it did.

He believed in independence long before it became common conversation. He was, in many ways, ahead of his time, a quiet champion of female autonomy. He taught me to rely on my own abilities, think critically, and build a life grounded in self-sufficiency. His love was not expressed through indulgence, but through principle.

Through expectation. Through belief. That, too, is sacrifice. The willingness to prepare children for the world rather than shield them from it. Father's Day should not be reduced to symbolic gestures. It should be moments of honest recognition; recognition that fathers today are carrying more than ever before, giving more of themselves, often without acknowledgement. That their sacrifices, both visible and invisible, shape the lives of their children in lasting ways.

In Québec, where we pride ourselves on progressive social values and strong family support systems, there is still work to be done. Fathers, especially single fathers, need greater support within our institutions, schools, and communities. They need to be seen not as secondary caregivers, but as equal and essential parents.

To you, the fathers of our community and beyond -working long hours, sitting in arenas and on sidelines, quietly paying for opportunities their children may one day lovingly appreciate instead of selfishly taking for granted -you matter, your sacrifices matter. Your presence matters. And even when it goes unspoken, it is felt. We honour you.

Renata Isopo

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Laurentides pain management program wins provincial innovation award

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A multidisciplinary pain management program developed by the Centre intégré de santé et de services sociaux (CISSS) des Laurentides has received provincial recognition for improving access to care for residents living with persistent pain.

The CISSS announced on June 5 that its Interdisciplinary Clinical Pain Management Program has won a Première ligne en santé (PLS) award in the category of Interdisciplinarity. The award was presented during the Première ligne en santé conference, an annual gathering that highlights innovations in primary care and community-based health services.

The recognition comes at a time when health-care systems across Quebec continue to face growing demand for chronic pain services. Persistent pain affects thousands of residents and can have significant impacts on quality of life, employment, mobility, and mental health. Access to timely treatment has long been a challenge for many patients.

According to the CISSS des Laurentides, the award-winning program was created to address these challenges by bringing together professionals from several disciplines to provide coordinated care. The team includes a clinical nurse, physiotherapist, occupational therapist, kinesiologist, and social worker who work collaboratively to help patients better manage chronic pain.

Rather than relying solely on medical interventions, the program combines individual follow-up appointments, group sessions, and targeted education designed to help participants develop long-term self-management strategies. The objective is to increase autonomy, improve daily functioning, and enhance overall quality of life.

Health officials say the approach has helped reduce barriers to care while providing support that is both structured and patient-centred. The model reflects a broader shift within Quebec's health-care system toward interdisciplinary primary care and prevention-focused services.

One participant, identified by the CISSS as Patrick, described



the program as a life-changing experience.

"My time at the pain clinic was an essential bridge that allowed me not only to heal, but also to learn lessons for life," he said.

The program was launched in October 2023 at a time when wait times for chronic pain services in the Laurentides region were a growing concern. Since then, more than 420 patients have received care through the initiative, according to the CISSS.

Julie Delaney, President and Chief Executive Officer of the CISSS des Laurentides, said the award recognizes both the expertise of the clinical team and the impact the program has had on residents.

"When the program was implemented in October 2023, wait times for these services were concerning," Delaney said in a statement. "Since then, more than 420 users have been able

to quickly obtain the care they needed. In the Laurentides, we innovate to transform access to care and services for the population."

The recognition highlights how local health-care innovation can improve access to essential services in growing regions such as the Laurentides, where demand for community-based care continues to increase. As governments and health authorities seek solutions to relieve pressure on the broader health-care system, initiatives that emphasize prevention, education, and interdisciplinary collaboration may serve as models for other regions across Quebec.

Residents seeking more information about the program can consult the CISSS des Laurentides website through its Pain Clinic services section.

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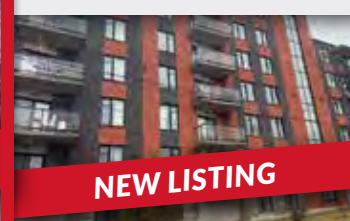
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"Rosemère en Arts" celebrates creativity and passion

ALESSANDRO COMMISSO

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The fifth edition of Rosemère en Arts brought colour, creativity, and a strong sense of community to the town this past weekend, as artists and visitors gathered for a vibrant showcase of talent on June 6 and 7.

Held across the grounds of the Recreation Department building, Sainte Françoise Cabrini Church, and the H. J. Hemens Public Library, the event featured nearly sixty artists from across Quebec, including members of the Rosemère Artists Gathering (RAR).

Throughout the weekend, visitors explored a wide variety of works, from painting and sculpture to mixed media, while also engaging directly with the artists behind them.

A growing cultural event

Over the years, Rosemère en Arts has become a key cultural fixture in the region, drawing both dedicated art enthusiasts and families looking for an accessible introduction to the arts.

Mayor Marie-Elaine Pitre emphasized the importance of the symposium in fostering both cultural appreciation and community engagement.

"Rosemère en Arts has become a must-see event in our cultural calendar. It's an artistic gathering that draws a passionate and enthusiastic audience. I warmly invite you to this event celebrating art in its many forms. It's a wonderful opportunity to discover local artists and celebrate spring!" said Pitre.

Nature inspires

Among the exhibitors was Rosemère-based artist Carole Laurence, a painter and ceramicist with more than 35 years of experience. Her work is deeply rooted in her connection to the natural



Christine Claveau's sketchbook shows her creative process, combining reference photographs taken in Terrebonne with studies and adjustments that led to her final painting, where hollyhocks and added elements reshape the original scene. (Photo: Alessandro Commisso, The North Shore News)



Christine Claveau's painting reimagines a Terrebonne scene with the addition of hollyhocks in the foreground. (Photo: Alessandro Commisso, The North Shore News)

world, especially through her love of animals and trees.

"I'm a painter and ceramicist that lives in Rosemère. Animals and trees speak to me a

lot," said Laurence.

Laurence's pieces often feature layered textures and incorporate natural materials, giving her work a tactile and distinctive quality.

"Nature inspires me, but all my paintings or sculptures will have little pieces of wood attached to it," she explained. "I even put little butterfly jewelry in my paintings whenever I can."

Her work has been shown in Rosemère, Boisbriand, Ste-Rose, Hawkesbury, Paris and even as far away as Japan. By exhibiting her collection all around the world, it's helped her build tangible connections.

"With all those places I've shown my work, I've been fortunate to make lots of friends there," she said.

Laurence also highlighted the collaborative atmosphere of events like the symposium.

"It's amazing to work with other artists, to perfect your craft and learn from them. Either I get inspired from the other artists or they get inspired from me. It's a fantastic exchange."

Capturing light and emotion

Painter Christine Claveau, from Saint-Michel-de-Bellechasse, approaches her work through a careful balance of observation and interpretation. Using her own photography as a starting point, she captures natural scenes that later evolve into expressive paintings.

"I draw inspiration from my own photography. I take a lot of pictures of flowers, especially in my backyard where I grow them myself. I've learned to wait for the right moment, because the light from the sun makes all the difference when capturing them," she said.

Claveau then transforms those images, reshaping them into compositions that reflect both memory and emotion.

"After that, I add a background to create a bit of a countryside feel alongside something more human and lived in. I'm really drawn to the complementary colours."

For Claveau, emotion plays a central role in the final work.

"For me, it's really about looking for contrasts in the light. When I look at my photos, they awaken an emotion in me, and when I paint, my

intention is to bring that emotion back to life."

During the symposium, Claveau also gave visitors a glimpse into her creative process by sharing pages from her sketchbook. The pages included reference photographs taken in Terrebonne, along with notes, studies, and compositional adjustments that showed how she develops a scene from its original moment into a finished piece.

"I took part in a symposium in Terrebonne, and every time I go there, I have an amazing time. The atmosphere on the island is truly beautiful," she said.

"One morning, on my way to the event, I took a photo, and when I looked at it later, I knew right away that I had to turn it into a painting."

From that original image, she reworked the composition, introducing new elements and building the scene into something more personal.

"It's a 30 by 40 piece. I incorporated some hollyhocks, adding a bit of ourselves into the scene."

The finished work, titled Simple Moments Where the Earth is Good, Terrebonne, reflects both the physical setting and the memory attached to it, blending observation with artistic interpretation.

Claveau describes her artistic philosophy simply.

"Deep down, I see my work as the art of making light bloom."

A living artistic exchange

Throughout the weekend, the symposium emphasized interaction and accessibility, encouraging visitors to engage directly with artists. The result was an atmosphere that felt open, collaborative, and welcoming.

"Beyond the artworks themselves, we're offering a genuine human connection: opportunities to talk with the artists, live demonstrations, and moments of discovery for the whole family," said RAR President Caroline Foley. "This symposium is a vibrant space where art becomes accessible, unifying, and deeply human."

Families also enjoyed a range of activities, including workshops and performances designed for younger audiences, reinforcing the event's inclusive approach.

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ity to chat, have a bite to eat and enjoy a drink.

SEND A PERSONALIZED CARD

At a local store, pick up a greeting card or postcard that reminds you of your father or his interests. Comedy, nature, travel or a hobby of his—you have plenty of options. In it, write a message from the heart. Depending on where in the world you are, you may need a plan to mail the

card well ahead of the actual day.

CREATE A DIGITAL PHOTO ALBUM

While you're abroad, contact your father's loved ones and ask them to send you a photo of themselves with him. Compile the photos into a digital album or slideshow that you can share with your beloved dad on the day of the celebration. Emotions guaranteed!

This year, celebrate your father no mat-



ter where you are in the world. Let your heart speak and enjoy this moment to the fullest.

3 DIY Father's Day gift ideas: easy projects to do yourself or with your kids

Father's Day is coming up! Want to give the dad in your life a gift that's truly one of a kind? Why not unleash your creative side? Here are three gift ideas you can make yourself or with your kids.

1. PERSONALIZE A COFFEE MUG

Purchase a plain white mug and let your imagination run wild. Use porcelain markers or a few drops of nail polish diluted in hot water to create fun designs or beautiful marbled effects.



2. PAINT CUSTOM COASTERS

Find some small ceramic tiles or wooden squares and get out your paintbrushes. First, apply a base coat of paint. Then, have fun decorating them in a way you think Dad will like. Use stencils if needed.

3. MAKE A COLOURFUL TRINKET TRAY

Using multi-coloured FIMO clay, make a ball.

Then, flatten it with a rolling pin. Press it into a small oven-safe bowl to shape it. Bake at 230 F for 10 to 30 minutes, depending on the size of the object.

This Father's Day, express your gratitude with a handmade gift you've personalized yourself or with your children. Visit your local stores to find everything you need.




Happy Father's Day!

The members of the Municipal Council wish all fathers and father figures a wonderful day filled with happiness, joy, and love. Through their presence, support, and kindness, they help foster the growth and well-being of the young people in our wonderful community every day.

Today is your day.
Thank you for everything.




*Joyeuse fête des pères !
Happy Father's Day!*




LINDA LAPOINTE
RIVIÈRE DES MILLE-ÎLES
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450-623-7714



Blainville opens inclusive playground as part of accessibility and social development goals

MARIA DIAMANTIS
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The City of Blainville has officially opened a new inclusive playground at Parc Blainville, marking the latest step in the municipality's efforts to improve accessibility and create public spaces that better serve residents of all abilities.

The project was inaugurated during Quebec Week for Persons with Disabilities and stems from a proposal submitted through the city's participatory budget process, highlighting the growing role residents can play in shaping municipal infrastructure and services.

The idea was originally put forward by Blainville resident Julie Trubiano during the 2023 participatory budget process. Inspired by the experiences of her daughters, Élisabeth and Annabelle, Trubiano proposed the creation of a playground designed to be more accessible to children with varying physical, sensory and developmental needs. The proposal was ultimately selected through a public vote.

Municipal officials say the project reflects a broader commitment to ensuring that public facilities are designed to accommodate a diverse range of users.

The new playground incorporates several accessibility features intended to support inclusive play. The layout provides progressive circulation routes and a variety of activities that can be accessed at ground level or elevated platforms, encouraging independence and participation among children with different abilities. Equipment is arranged to allow multiple children to engage in similar activities simultaneously, while textures and colour accents help improve sensory exploration and orientation, particularly for individuals with visual impairments.

According to city representatives, these design choices aim to create an environment where children can play together regardless of their individual challenges or abilities.

The project also aligns with Blainville's Municipal Social Development Policy, adopted in 2025. One of the policy's objectives is to ensure that municipal facilities and activities respond to the needs of different groups within the community, including young children and residents living with disabilities.

Municipal officials noted that accessible public infrastructure plays an important role in promoting social inclusion, physical activity and community participation. Accessible parks and



Annabelle and Élisabeth, accompanied by their father Guillaume Charlebois, participate in the ribbon-cutting ceremony for the new inclusive playground at Parc Blainville. Holding the ribbon are municipal councillor Philippe Magnenat and Acting Mayor Jean-François Pinard. Standing at the centre are accessibility advocate and municipal councillor Michèle Murray, project initiator Julie Trubiano, the girls' grandmother Diane Bruneau, and municipal councillor Jade Laporte.

recreational facilities can help reduce barriers that often prevent individuals with disabilities from fully participating in community life.

The initiative is also included in the city's 2025-2026 Action Plan for Persons with Disabilities, which outlines measures intended to improve accessibility and enhance quality of life for residents living with disabilities. The plan forms part of a broader municipal effort to identify and remove barriers in public spaces, services and programs.

As municipalities across Quebec continue to update infrastructure to meet evolving accessibility standards, projects such as the new

playground illustrate how local governments are increasingly incorporating universal design principles into public facilities.

For Blainville, officials say the project demonstrates how citizen-led initiatives can influence municipal priorities and result in tangible improvements to community spaces. Through participatory budgeting and accessibility planning, residents are being given a greater voice in determining how public funds are invested and how municipal services evolve to meet community needs.

The new playground is now open to the public at Parc Blainville.



MARIA DIAMANTIS
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Residents will have an opportunity this month to learn more about and comment on a proposed residential development near the Sainte-Thérèse commuter train station as the city moves forward with plans to increase housing density in one of its key transit-oriented sectors.

The project, proposed for 156 Turgeon Street, would include 292 residential units distributed across two buildings connected by an underground parking facility. Municipal officials say the development is being studied as part of the city's efforts to support growth within the transit-oriented development (TOD) zone

surrounding the Sainte-Thérèse station.

TOD sectors are areas targeted by the Communauté métropolitaine de Montréal (CMM) for higher-density development in order to encourage the use of public transit and reduce dependence on private automobiles.

According to information released by the City of Sainte-Thérèse, the proposed development would be located within walking distance of the commuter rail station, commercial services and other amenities. City planners indicate that concentrating housing near existing transportation infrastructure can help accommodate population growth while limiting urban sprawl.

The proposal also includes measures intended to support sustainable mobility and environmental objectives. Municipal documents highlight planned landscaping, pedestrian-friendly design elements and infrastructure aimed at encouraging alternative transportation options.

Water management is another component

of the project under review. Plans call for the installation of stormwater retention facilities designed to improve rainwater management on the site and reduce pressure on municipal infrastructure during periods of heavy precipitation.

Housing availability remains a major concern across the Laurentians and the Greater Montreal region, where municipalities continue to face growing demand for both market-rate and affordable housing. The project documentation references social and affordable housing considerations among the elements being examined as part of the planning process.

Before any final decisions are made, residents will have the opportunity to ask questions and provide feedback during a public consultation session organized by the city.

The consultation will take place on June 17 at 6 p.m. in the municipal council chamber at Sainte-Thérèse City Hall. According to municipal officials, the meeting will provide an over-

view of the project, its integration within the surrounding neighbourhood, and its principal design features. Citizens will also be able to discuss concerns and exchange views directly with city representatives.

Public consultations have become an increasingly important component of municipal planning as communities across Quebec confront issues related to housing demand, densification, transportation infrastructure and environmental sustainability.

The proposed development at 156 Turgeon Street illustrates many of the challenges facing growing suburban municipalities: balancing the need for additional housing with concerns about neighbourhood integration, transportation, environmental management and quality of life.

Following the consultation process, city officials will continue their evaluation of the proposal before determining the next steps for the project.

Sainte-Thérèse seeks public input on proposed 292-unit housing development



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DIRECT ANSWERS

FROM WAYNE & TAMARA

COLD TURKEY

Q I dated a girl two years. The first time it ended because she started doing drugs and wouldn't stop. When she began dating a druggie friend, I continued giving her rides, a place to crash for a night, and money. Then she left him and came back to me.

Cautiously I decided to give it another try. Unfortunately I found out she had been dating this other man and me at the same time. It ended once more. Later we started to talk again, but that ended with her taking my time and money, and then leaving.

My conscious mind can recognize she is all-around not a good person, much less good for me. I know she has taken much from me and given little in return. My mind seems to have completely gotten over her, but my body can't seem to.

Whenever I see any white car remotely resembling hers, I turn and stare. If I see a girl with the same skin complexion, I can't help but gaze. When I hear her name, my stomach tightens, and if I see her, I feel immensely downtrodden.

I would say without a doubt I am over her, but I can't help feeling queasy and even jealous when I hear news of her, good or bad. These

are all instinctual, involuntary actions. I don't understand.

It is as if my brain has moved on, but my body is still going through the motions of breaking up. I know time is probably the best cure, but it is difficult living like this.

Dylan

A Dylan, warnings not heeded, conscience not listened to, red lights driven through. Sooner or later, they all catch up to you. So will you heed another warning, or will you boldly go where no man should go?

Don't be a lemming, or just another mouse for the snake. Warnings we don't heed are snakes we feed. When you were with her, you were way overmatched. This is a woman who charms men to support her habits.

The queasiness and jealousy you feel are textbook symptoms. Twice you were given ample reason to sever contact, and twice you refused. It's not her you need to get out of your system, it's your personal weakness.

By spreading out the pain of breaking up, you reinforced it. Like Pavlov's dog, you trained yourself to salivate at the very thought of her. If you hadn't spent so much time trying to turn ground beef into steak, you would be over this.

Wayne & Tamara

PERSONAL PROPERTY

Q I have been with my husband four years, married for two. He has never accused me of cheating but insists that every man in a 10 mile radius is hot on my trail. At least once a month we fight about this.

I always ask why he doesn't trust me, and he says he does trust me, it's everyone else he doesn't trust. I don't know how to fix this. I have tried so hard. He offered to go to counseling but hasn't saved money for it, and I can't afford it either. I pay for everything else.

I am afraid my only option is divorce. I hate that I am tearing apart our family, but I don't know if I can continue. I feel alone, yet we have

talked about this many times. I don't think he is capable of change.

Vonna

A Vonna, your husband is trying to exert property rights over you. He is not in love with you, but he is afraid of claim jumpers. Every time he suggests you could be unfaithful he smirches your character. Every day you stay tells him he has the right to do what he is doing.

Like all good people you think this is your problem to fix. But it's not up to you. The only fix is letting him suffer the consequences.

Wayne & Tamara

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF (www.yourotherhalf.com)

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

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Regional collaboration expands free cultural opportunities across the North Shore

MARIA DIAMANTIS
info@newsfirst.ca

Residents across the MRC de Thérèse-De Blainville will have access to more than 50 cultural activities this summer as municipal leaders and cultural organizations collaborate on a regional initiative aimed at increasing access to arts and entertainment throughout the North Shore.

The 2026 edition of *Une journée, une ville, un spectacle!* was unveiled this week by the MRC de Thérèse-De Blainville in partnership with the municipalities of Blainville, Boisbriand, Bois-des-Filion, Lorraine, Rosemère, Sainte-Anne-des-Plaines and Sainte-Thérèse, along with cultural partners Odyscène and Petit Théâtre du Nord.

The program will run from June 26 to September 10 and includes more than 50 cultural events presented across the region. Organizers say the initiative is designed to ensure residents of all ages can access cultural programming close to home while encouraging greater use of parks, public squares and community gathering spaces.

Among the activities planned are 38 free outdoor concerts, an open-air performance by the Montreal Symphony Orchestra, two theatre productions, five comedy shows, a music festival, various artistic performances and a summer public market. Events will take place throughout the seven municipalities, transforming public spaces into venues for cultural and civic engagement.



For municipal officials, the initiative is about more than entertainment. It reflects a broader effort to strengthen community life and improve residents' access to cultural services.

MRC Prefect and Blainville Mayor Liza Poulin said the program demonstrates the value of collaboration among municipalities and cultural organizations while helping ensure that high-quality cultural activities remain accessible to the public at no cost. She noted that the initiative also helps strengthen residents' sense of belonging to the region and highlights the cultural vitality

of the MRC.

Christine Beaudette, Chair of the MRC's Culture and Heritage Action Table and Mayor of Boisbriand, emphasized the role cultural programming plays in community development. According to Beaudette, the summer schedule supports artists and cultural presenters while creating opportunities for residents of different generations to gather in accessible and welcoming settings. She described culture as an important tool for social cohesion and regional development.

Several major events are expected to draw visitors from across the North Shore, including the *OSM dans les parcs* concert in Rosemère, productions presented by Petit Théâtre du Nord, Odyscène's comedy evenings, and the *Un air d'ici et d'ailleurs* music festival in Boisbriand.

The initiative also illustrates how municipalities are increasingly working together to provide services and activities that might be difficult to offer individually. By pooling resources and coordinating programming across municipal boundaries, the seven cities are able to create a regional cultural offering that serves a population of nearly 168,000 residents.

Printed schedules will be distributed to households throughout the MRC, and the complete program will also be available through municipal and MRC websites. Organizers hope the summer lineup will encourage residents to explore neighbouring communities while supporting local artists and cultural institutions.

Regional police increase summer safety presence in licensed establishments

MARIA DIAMANTIS
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As summer festival season begins across the North Shore, the Régie intermunicipale de police Thérèse-De Blainville is expanding its presence in bars, restaurants and other licensed establishments as part of a public safety initiative aimed at preventing alcohol-related incidents and maintaining safe environments for residents and visitors.

The initiative, known as Project Sentinelle, will see police officers working directly with business owners and staff throughout the summer months in communities served by the intermunicipal police force. The program focuses on prevention, compliance with liquor regulations, and reducing behaviours that can place patrons or the public at risk.

According to the police service, officers will conduct visits to licensed establishments to help ensure responsible alcohol service, verify occupancy limits, monitor the presence of minors, and address situations that could lead to disturbances or public safety concerns.

The project comes as municipalities across Quebec prepare for an increase in social gatherings, outdoor events and nightlife activity during the summer season. Police services often experience higher volumes of calls related to alcohol consumption, disorderly conduct and interpersonal conflicts during this period.

Rather than relying primarily on enforcement, Project Sentinelle is designed as a collaborative effort between law

enforcement and local businesses. Police officials say the objective is to work with owners and employees to identify potential issues before they become public safety problems.

The initiative reflects a broader trend in community policing that emphasizes prevention and education alongside traditional enforcement measures. By maintaining a visible presence and providing guidance to establishments, police hope to reduce incidents involving excessive alcohol consumption, altercations and other risky behaviours.

Public safety experts frequently note that licensed establishments play an important role in local communities and entertainment districts. Ensuring that staff are aware of their responsibilities regarding alcohol service and occupancy management can help reduce pressures on emergency services while improving safety for patrons and neighbouring residents.

While the emphasis will be placed on cooperation and prevention, the Régie intermunicipale de police has indicated that enforcement measures will remain available when necessary. Officers may issue tickets or make arrests when violations are identified or when public safety is compromised.

The police service is also participating in a province-wide coordinated enforcement campaign taking place from June 8 to June 14. Such operations are intended to raise awareness of safe behaviour and encourage compliance with laws designed to protect road users and the public.

For residents of the Thérèse-De Blainville region, police officials say the message is simple: enjoy the summer responsibly. Whether attending festivals, dining out, or meeting friends at

local establishments, responsible behaviour remains one of the most effective ways to ensure that community celebrations remain safe and enjoyable for everyone.

The Régie intermunicipale de police Thérèse-De Blainville serves several municipalities on the North Shore and is responsible for policing services that support public safety, crime prevention and community well-being throughout the region.

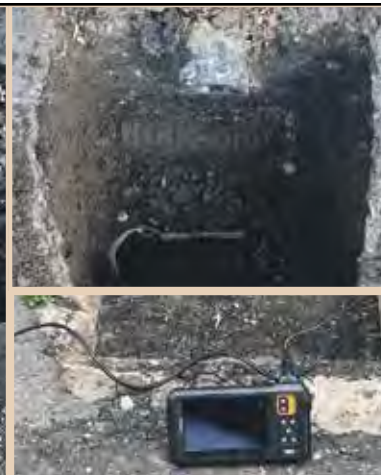


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HOROSCOPE

Week of **JUNE 14 TO 20, 2026**

The luckiest signs this week:
VIRGO, LIBRA AND SCORPIO



ARIES

You'll begin a new life phase by selling the family home. Now that your children have left the nest, you're ready to embrace new challenges. You'll approach these changes with optimism, curiosity and serenity.



TAURUS

Careful budgeting can make your vacation plans a reality. Whether you travel alone, with your partner or with friends, the experience will bring discovery, fun and lasting memories. It will also improve your personal and material well-being.



GEMINI

Your spontaneous nature pushes you to act quickly, which is attractive but sometimes misleading. Be observant, seek advice from loved ones and avoid rushing decisions. Thoughtful planning will prevent overspending and regret.



CANCER

A revealing dream may clear away your doubts about the future. This intuitive message could guide your career toward new heights. Pay close attention to subtle signs. They'll bring clarity to your professional direction.



LEO

Feeling under pressure, you'll have a strong urge to pause. Express your creativity with home improvements. You'll indulge in new ornamental pieces, fun hues or original ideas to create a comforting space that reflects your real desires.



VIRGO

You'll be responsible for organizing a casual event for many people. Your hospitality, diplomacy and creativity will ensure success. This challenge will strengthen your personal relationships and boost your confidence in your ability to spread joy.



LIBRA

Every project starts with an inspiring dream. You'll find the drive to turn your dreams into reality. This momentum will help you grow both personally and professionally, fueling your desire for a prosperous and fulfilling future.



SCORPIO

An unexpected event will upset your emotional balance, causing you to reconsider your choices. You may feel called to travel, especially on a spiritual level. You'll uncover important answers about your destiny and your desired path.



SAGITTARIUS

Align your goals with your partner's desires to protect your relationship. Taking a step back will help you recognize your accomplishments and desires. Together, you can build a shared path grounded in calm and mutual understanding.



CAPRICORN

A stressful negotiation will test your nerves. Meanwhile, an unexpected romantic declaration may disrupt your daily life, especially if you're already in a relationship. This confession will require clarity and sensitivity to avoid conflict or misunderstanding.



AQUARIUS

Setting your ego aside will lead to more genuine self-confidence. Even if facing others' opinions of you feels challenging, you'll learn to trust yourself and affirm your worth as you pursue your ambitions.



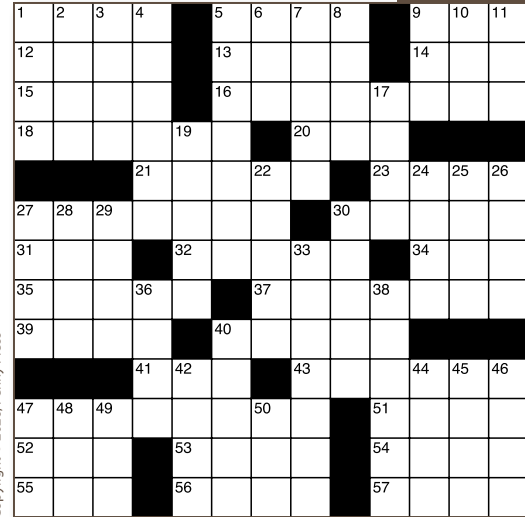
PISCES

You'll feel pride in the achievements of one of your children, such as a first success or a diploma. At work, your honesty and openness will be acknowledged, bringing well-earned appreciation and praise.

Coffee Break

CROSSWORD

PUZZLE N° 306



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ACROSS

- 1. Spiders' works
- 5. Component
- 9. Inquire
- 12. On the pinnacle
- 13. PBS science show
- 14. Game cube
- 15. "The Lion King" villain
- 16. Light
- 18. Group of words
- 20. Barely passing grade
- 21. More inferior
- 23. Madden
- 27. Dashing
- 30. Recluse
- 31. Anger
- 32. Australian animal
- 34. Paving liquid
- 35. Skating areas
- 37. Piano classes
- 39. Not on schedule

DOWN

- 1. Hornet
- 2. Clearly outline
- 3. Wild pig
- 4. Spread out awkwardly
- 5. Raging fire
- 6. Finger's opposite
- 7. Steer clear of
- 8. Better half
- 9. Summer cooler
- 10. Term of address

- 11. Crucial
- 17. Sub
- 19. Douses
- 22. Fair booth
- 24. Involved with
- 25. Lacking fat
- 53. Take out, as text
- 54. Cleo's river
- 55. Retrieve
- 56. Convinced
- 57. Hearty meat dish
- 26. Does wrong
- 27. Lass
- 28. Opera solo
- 29. Period preceding Easter
- 30. Cowboy's need
- 33. Educated
- 36. Ship bottom
- 38. Stirring utensils
- 40. Minor role
- 42. Cincinnati nine
- 44. Barbecue attachment
- 45. Fish story
- 46. Large number
- 47. Pester
- 48. Be in arrears
- 49. Put money on
- 50. Addition shape

Sudoku

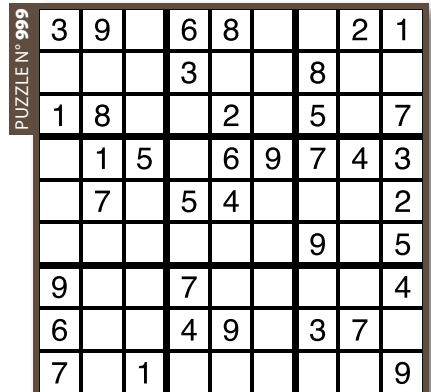
HOW TO PLAY

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.

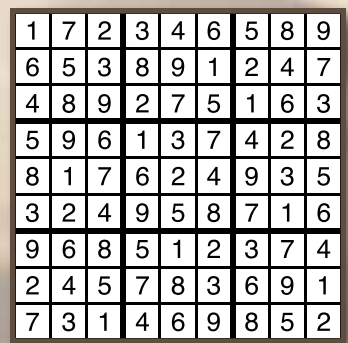


LAST ISSUE'S ANSWERS

CROSSWORD



Sudoku





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BIG BASKET (\$40)

- | | |
|---------------------------|---------------------------|
| 1. Strawberries (2 packs) | 11. Zucchini (2) |
| 2. Sweet Corn (3) | 12. Bell Peppers (2) |
| 3. Fresh Spinach | 13. White Mushrooms |
| 4. Cauliflower | 14. English Cucumbers (2) |
| 5. Lychees (12) | 15. Avocados (2) |
| 6. Dragon Fruit | 16. Pineapple |
| 7. Lettuce | 17. Apples (3) |
| 8. Radishes | 18. Bananas |
| 9. Small Potatoes (3 lbs) | 19. Fresh Almonds (12) |
| 10. Tomatoes (3) | |

SMALL BASKET (\$22)

- | | |
|---------------------------|---------------------------|
| 1. Strawberries | 8. Tomatoes (2) |
| 2. Blueberries (6 oz) | 9. English Cucumber |
| 3. Pineapple | 10. Zucchini |
| 4. Bananas (3) | 11. Avocado |
| 5. Sweet Corn (2) | 12. Small Russet Potatoes |
| 6. Broccoli (1 crown) | 13. Litchis / Lychees (6) |
| 7. Mixed Bell Peppers (2) | |

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