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# THE NORTH SHORE News

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INTERNATIONAL  
**WOMEN'S DAY**  
 8TH MARCH

**More screening tests thanks to interns of the Work Integration program**



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## UPAC ends probe into Quebec Liberal Party fundraising



(NEWSFIRST) Quebec's UPAC anti-corruption police unit announced on Monday that an investigation it launched five years ago into alleged corruption into the Quebec Liberal Party's means of fundraising has concluded without charges being recommended.

In a statement issued Monday by UPAC, the agency said it wanted to limit its comments on the outcome of the investigation.

### Probe ended

"Considering the legal opinion obtained, as well as all the rigour and the resources already invested in this investigation, the commissioner

finds there is no reason to prosecute the latter and therefore puts an end to it," UPAC said.

"In order not to harm ongoing legal proceedings, and given the obligations of confidentiality applicable to the content of police investigation files, the commissioner must refrain from any other comment," the agency added.

The announcement came as former Quebec Liberal premier Jean Charest, who was among the senior Liberal Party brass investigated by UPAC, is contemplating running to become the federal Conservative party's new leader.

### Charest lawsuit

In the meantime, the former premier is suing Quebec's CAQ government, alleging that police leaked information related to the investigation to the media.

UPAC's Mâchurer investigation focused on the methods of financing the PLQ was alleged to have used between 2001 and 2012, looking into possible links between fundraising activities and the granting of public contracts.

Lawyers for Charest recently asked a judge to speed up the delivery of documents Charest requested for use in his lawsuit, which he launched in October 2020.



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## A satisfied population

*The population of Blainville satisfied with sports, cultural and community activities*



**MARIA DIAMANTIS**  
 Local Journalism Initiative Reporter  
 For The North-Shore News • info@newsfirst.ca

The City of Blainville has made available the results of a survey carried out among 630 adults in Blainville from May 10 to June 1, 2021. People had been invited to respond online.

This survey conducted by the firm Aramis aimed to measure the degree and profile of participation in sports, cultural and community activities offered in Blainville as well as the degree of satisfaction with these same activities. Ultimately, it helps to identify various ideas to improve them. This survey shows that respondents are very satisfied with the city's service offering.

"For sports, cultural activities and community activities, the satisfaction index fluctuates between 82% and 93%, which shows that our overall offer meets the current needs of the population. Moreover, this survey also reveals that users also practice a lot of free activities outside the associative framework, but which require the use of our infrastructures," said Mayor Liza Poulin.

### A high degree of satisfaction

In terms of sports activities, 85% of respondents expressed their satisfaction. The atmosphere, the proximity of the activities, the organization, the quality of the speakers and the accessibility to the facilities are the elements that garner the most satisfaction. The types of sports activities preferred by Blainvillois are very varied: jogging, running, walking, the outdoors, cycling, free skating, tennis, badminton, etc.

"We see it everywhere in our parks, our natural spaces, on our cycle paths and along the streets: people are exercising on their own and we must take this into account in our overall offer and in the planning of our capital works. However, we learn in the survey that parents favor associative sports for their children," noted the adviser responsible for associative life, Marie-Claude Perron.

In addition, respondents to the survey are satisfied with cultural activities in a proportion of 93%. While free weekend activities without registration are at 47%, supervised weekend activities that require registration also receive support of 41%.

Finally, community activities arouse the

satisfaction of 82% of respondents, who mainly engage in mutual aid and volunteering activities.

### Suggestions for improvement

The survey also aimed to identify options for improving the service offer. Thus, respondents would like more courses (41%), conferences (38%) or online cultural activities (38%).

Similarly, 70% of respondents would be willing to pay taxes or additional fees to improve the quality of sports, cultural and community facilities or to benefit from new interior infrastructures accessible year-round in a proportion of 82%.

"The message is clear: there is an openness for our administration to invest, over the next few years, in indoor facilities that will benefit the population and our associations throughout the year. This is why we are committed to carrying out a feasibility study to measure the viability of an indoor and multi-sport playing surface. Considering a project of such magnitude certainly requires that we rigorously analyze the needs, the state of the current infrastructures as well as the costs, and that we present them to the taxpayers in complete transparency," explained association life advisor, Marie-Claude Collin.

In the same sense, the current administration will assess the different possibilities that will allow residents to enjoy outdoor skating rinks that will withstand the weather.

### Improving services for seniors

In addition, the survey also measured the degree of interest in improving services offered in particular to seniors, such as prevention programs (100%), activities in living environments (100%), the facilitation of travel on the territory (97%), intergenerational activities (91%) and access to public spaces (88%).

"What we understand from the results of this survey is that the population feels very satisfied with the current offer, but that they are ready for their city to invest more in improving sports, cultural and community infrastructures and some services for seniors. Over the next few weeks, we will meet with our associations to discuss their current situation and their vision for the future. Actions will certainly result from the survey and our discussions. This is part of our mandate to improve our quality of life in Blainville and we intend to deliver the goods," concluded Mayor Liza Poulin.



# More gargling screening tests thanks to interns

Part of the CISSS des Laurentides disability programs

**MARIA DIAMANTIS**  
Local Journalism Initiative Reporter  
For The North-Shore News • info@newsfirst.ca

It was at the height of the 5th wave of COVID-19 that the interns of the Work Integration program for people with an intellectual disability, an autism spectrum disorder or a physical disability (DI-ASD-DP) have once again come to lend a hand to the teams at the Laurentides Integrated Health and Social Services Center (CISSS). Since January 10, between six and eight trainees have been preparing gargling screening kits, used to screen certain patients or employees.

This internship follows the positive experience achieved during the first wave. Indeed, a first internship at the CISSS des Laurentides warehouse had enabled DI-TSA-DP interns to collaborate in preparing orders for personal protective equipment for CISSS des Laurentides staff and regional partners. In the midst of the 5th wave, the objective was also to ensure internal production of COVID-19 screening tests in order to meet the increased demand.

Once again, the tasks required to achieve this objective were completely appropriate, accessible and above all interesting for the trainees' learning.

"The collaboration of these interns has been noticed by all since September 2020. The efforts they put in preparing gargling screening sets led to achieving 8000-9000 tests weekly.

It is thanks, among other things, to this considerable contribution that we can respond to the strong demand for screening tests. Their autonomy for the task, their interest and their pride in helping to protect health care personnel and the population is simply worthy of mention," said the President and CEO of the CISSS des Laurentides, Ms. Rosemonde Landry.

People with an intellectual disability, an autism



spectrum disorder or a physical disability evolve easily in carrying out adapted tasks. For them, these responsibilities are rewarding, motivating and they accomplish them with both meticulousness and pleasure. Thus, interns in the Work Integration program have the chance to develop their autonomy and develop various professional skills.



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## Replacement of electronic billboards in Saint-Eustache

**MARIA DIAMANTIS**  
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For The North-Shore News • info@newsfirst.ca

The City of Saint-Eustache announced the replacement of the electronic billboards on its territory. New generation screens are equipped with state-of-the-art technology that allows for superior image resolution.

The electronic billboards represent an important means of communication for informing the population about programs, activities, practical information and for disseminating any general communication emanating from the City. In addition, they prove to be great allies for the dissemination of urgent messages. Messages are managed by the City's Communications Department.

These panels are placed in strategic locations in the city to be visible to as many passers-by as possible, at the corner of Arthur-Sauvé and Industriel boulevards, Arthur-Sauvé and Pie-XII boulevards, Arthur-Sauvé near the civic number 230 (Aquatic Complex), corner of 25th Avenue and Saint-Laurent Street and at the intersection of Grande-Côte Road and Lemay Terrace.

In other municipal news, in the wake of the

progressive deconfinement announced by government authorities and public health, the City of Saint-Eustache announced the end of mandatory reservations for public skating activities at the Walter-Buswell Complex and public swimming at the Aquatic Complex, as of February 28, 2022. This relief is attributable to the end of the measure limiting the number of people admitted simultaneously to sports facilities, which was in effect from the end of December 2021 to February 27, 2022.

### Maintenance of hygiene measures and vaccination passport

The instructions concerning the distancing and hand washing on arrival remain in effect. In addition, wearing a mask is always mandatory for people aged 10 and over entering the Walter-Buswell Complex or the Aquatic Complex. The mask can only be removed during the practice of the activity and must be put back on at the end of the latter. In addition, participants aged 13 and over must present proof of vaccination as well as an identity document, until further notice. The City also asks users to pay particular attention to respecting schedules in order to facilitate the verification work of on-site personnel.





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# OPINION & Editorial



## WAS THE EMERGENCIES ACT AN ACT IN SEARCH OF AN EMERGENCY?

*Despite its revocation, the damage has been done*

To paraphrase a well-traveled truth that if mistakes of the past are ignored, they return with a wallop far stronger than their original impact, creating precedents that could be abused by future generations.

Prime Minister Trudeau's revocation of the Emergencies Act this past week, before it barely became operative, leaves many questions unanswered. Where is all this heading?

A bit of history, many questions. In Canada, The War Measures Act of 1914, temporarily shifted power from parliament to executive branch of government, giving Prime Minister and Cabinet arbitrary jurisdiction in adopting emergency measures in times of war, invasion, or 'apprehended insurrection'. Understandably, the act was put into force during two world wars, but not so clearly understood is the reason why it was also invoked in the 1970 October Crisis, or more to the point – why it was passed, and then quickly revoked, last week, in response to the freedom convoy that hit Ottawa late January 2022, disrupting the city, according to some, for three weeks.

Potential and actual abuses of emergency powers were exposed in the 1970s, following Pierre Elliott Trudeau's controversial invocation of the act in 1970, a widely-criticized move, prompting comprehensive constitutional revisions that brought all emergency powers within constitutional provisions. When war, rebellions, and threats to peace and order erupt, most constitutional governments suspend usual procedures to deal with regime-threatening conflicts.

This is what Canada would have had to abide for at least a month, before the Prime Minister made an about face. Nonetheless, the situation regarding emergency powers is noteworthy.

Canada has faced substantive threats through most of its history. Nineteenth-Century rebellions were put down by expanding national governments. Twentieth-Century real emergencies were declared in two World Wars. Suspicious invocation of the act in 1970 engendered criticism of the government's use of emergency powers and led to reform efforts - The Constitution Act of 1982. In recent weeks, 'Emergency' – referring to common-sense approaches to crisis resolution - has escalated to heated debate over appropriate use of martial law.

Martial law is regarded as suspect by constitutional scholars who condemn its peacetime use because it rests upon no settled principles, entirely arbitrary in its application. It's not law, indulged rather than allowed, unjustified in peacetime, the illegitimate cousin of military law. A notion of legality inherited by modern-day Canada. However, Canada's martial law is now reduced to matters of executive declaration.

A good look at how the so-called trucker convoy emergency was defined and handled by government/political leaders provokes pertinent questions. The critical question, the answer to which is essential to the preservation

of the rights of all Canadians, is: Did the 2022 Canadian government overreact and then overreach/overact by ramming through the House of Commons the subsequently-suspended Emergencies Act? The proposed legislation became law with the support of only two-of-five sitting political entities in the House – the Liberals and the NDP in a rather tight vote of 185 to 151.

Agreed, on extreme occasions, every prime minister/head of government must be ready to risk going beyond the strict lines of law, when the preservation of public security requires it. As it turns out, Prime Minister Trudeau declared the equivalent of martial law, claiming the presence of a local insurrection. If so, why didn't Federal Public Security Minister Marco Mendicino act earlier, from the start? Why didn't the Prime Minister meet with the convoy leaders, at their request? His response: "Why should I meet with you? You're racist, misogynist, and terrorist. And if that's not enough, he painted all non-vaxxers and protest supporters with the same brush. Why did Trudeau in the House of Commons accuse an opposition Jewish Member of Parliament of supporting terrorists who carried Swastika flags (one flag, to be exact) when she said the Prime Minister was abusing his power

Was the government's handling of the freedom convoy an anachronistic understanding of the Constitution of Canada on the Prime Minister's part? Yes, the Constitution explicitly allows local legislatures to ask federal protection against domestic violence. But when is martial law, or its equivalent, presumably allowed or justified? Unquestionably, to stop armed insurrection too strong for civil authority.

Competent authorities must determine what degree of force the crisis demands and if the government must resort to wartime conditions to maintain itself to overcome unlawful opposition. After much deliberation - was the public safety really at stake during the truckers' demonstration? Was the emergency real? Why did Ottawa Chief of Police Peter Sloly reach a "mutually agreeable separation" with the Ottawa Police Services board amid heavy criticism for not being tough enough with truckers and protesters? Why would Canadians be subjected to privacy invasions legalized by Emergencies Act provisions allowing government to freeze their bank accounts?

It was reported by some non-compliant-to-government media, that the bank account of a Canadian single mom was frozen because she donated \$50 to the truckers through the GoFund campaign, donating when it was still legal. This isolated but potentially widespread act-of-invasion-of-privacy was morally doubtful at best and potentially criminal at worst, neither of which is acceptable in a supposedly free society such as Canada claims to be.

Although The War Measures Act gave sweeping powers to the executive, it stipulated that to

exercise these powers there "shall be conclusive evidence that war, invasion, or insurrection, real or apprehended, exists." The executive was also explicitly given the power to censor media; arrest, detain or exclude persons; control ports and transportation; control commerce; and appropriate, control, forfeit, and dispose of property.

The question now is: Why did the Canadian Civil Liberties Association question Trudeau for what it considered overreach and violation of constitutional rights? Why were some protesters roughed up by police (video evidence)? Why were convoy leaders denied bail after being charged with unsubstantiated crimes? Why does the Canadian population have to rely on non-Mainstream Media outlets to challenge Trudeau's questionable attempts to arbitrarily oppress all Canadians with The Emergencies Act, while most Mainstream Media, sang the same song, uncritically, without any healthy skepticism, continually reflects what appears to be an imbedded approach to reporting on the happenings in the nation's capital? Furthermore, why did the NDP support the Liberals by voting with them to pass the Act, exhibiting no respect for those of the party who have been fighting for human-rights-for-all since the 1930s.

No mainstream media pointed to problems arising from provisions of the Act. Since the defense of liberty and property of individuals rests with the provinces and not with the national government, the key constitutional question raised by many experts is whether the powers seized are within the range of federal power. This may be behind Alberta's intent to challenge the Act if it became operative. Are these extraordinary times which necessitate extraordinary measures? Peaceful, although boisterous, truckers? Extraordinary times? A real head-scratcher!

It's unthinkable that the Emergencies Act could have led to dictatorship and oppression, even in short spurts of time in 2022, yet there's clear evidence that democracy was in temporary perilous suspension under an authoritarian government. Is this what our forefathers fought for and died to avoid?

It's unclear if an emergency actually existed. Was there a real emergency, or was it fabricated by authoritarian forces who wanted to shackle everyone with the yoke of submission-to-authority. "You either do as we tell you, or you will have your rights curtailed. If you don't submit (to vaccines). You will lose your rights."

The one sacred thing in democracy is freedom from government oppression. There is protection under Canadian Constitutional Law that the governing class governs from the consent of the people. The people don't exist because of the government; government exists because of the people. Democracy must prevail.

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**ANGRY? FRUSTRATED? ANNOYED?**

# Provincial government loosens more Covid restrictions

*Bars and cinemas reopen to full capacity, but vax passes still required*



**MARTIN C. BARRY**  
marty@newsfirst.ca

Whatever else may be going on in the world right now, there is good news at least here in Quebec with the provincial government's ongoing plan to loosen Covid restrictions – beginning last Monday.

Since last Monday, bars, which had been closed since the beginning of the pandemic, are finally reopening, even though dancing and karaoke remain forbidden for now.

## Full operating capacity

According to the revised rules, theatres and events venues that can accommodate up to 10,000 people, including the Bell Centre in Montreal, can now reopen to 100 per cent capacity.

Since last Monday morning, cinemas and movie theatres have also been allowed to

operate to 100 per cent capacity, and the same applies to casinos. Bars, restaurants and casinos can now stay open until 1 am, although food and drink service must end at midnight.

But at the same time, the use of vaccine passports remains mandatory for admission to restaurants, bars, show venues and film theatres. For work places which are gradually reopening, the use of face masks is no longer mandatory in the work place.

## Sports events resume

Sports tournaments and competitions are being allowed to resume in municipal facilities as well as in schools. However, the use of face masks is still being recommended for youths 13 years of age and older.

Senior citizens living in CHLSDs and similar facilities for the retired may now gather in groups of up to 10 at tables in dining rooms. But at the same time, the government is recommending that visits be limited to a maximum of 10 persons.

somehow hostile to French in Quebec or that I'm part of some spontaneous army that has descended on Quebec in order to anglicize this corner of North America," he said in committee.

The red herring, he said, is that the number of people taking advantage of this theoretical loophole is probably marginal, although the minister failed to provide numbers.

"This discussion on temporary stays in Quebec is emblematic of the key issues before us in trying to find positive and inclusive ways to promote the French language," Birnbaum said in a phone interview.

The discussion so far has not been positive, nor inclusive, he said, pointing out that this reform could seriously hurt the Quebec economy.

## Skilled workers may move elsewhere

The Bill 101 exemption for temporary stays encourages highly skilled workers, including academics and scientists to work in Quebec because they know they will be able to send their kids to school in English. In exchange, the province benefits from their expertise. However, without the possibility to renew the exemption, this highly skilled workforce may choose to move elsewhere.

The Liberal Party is proposing an amendment to allow for one renewal, so children of temporary workers could attend English school for a maximum of six years. However, Jolin-Barrette indicated he would not adopt this amendment. The article was included "because there's a hole in the law," he said.

Then switching to English, he asked Birnbaum directly, "There's a breach in the law. You don't want to fix it? You want to let it happen?"

In a cheeky retort, Birnbaum once again asked the minister to quantify the size of this supposed hole. "Is it a pothole or is it the Quebec tunnel?" he asked, referring to the government's controversial third link project for Quebec City.

The committee has been studying this bill for about 60 hours. It is a quarter of the way through the legislation. It has already adopted an article which gives immigrants a six-month window to learn French. After that, the public service must only communicate in French in written correspondence with immigrants.

Debate around even more controversial aspects of Bill 96 is yet to come, including special provisions for the Office québécois de la langue française to conduct searches and seizures.



**#NewsMatters:**  
The National  
Assembly Report

By Raquel Fletcher

## Controversial amendment to Bill 96 left hanging during break Modification sends shockwaves through college community

As the adage goes, the devil is in the details and Bill 96, the government's proposed French language reform legislation has a lot of details. The National Assembly committee studying the bill is in the clause-by-clause stage, a meticulous and methodic process of analyzing its 201 articles.

It didn't take long for things to get controversial. During its committee work Thursday afternoon, Liberal MNA David Birnbaum called out French Language Minister Simon Jolin-Barrette about an article concerning temporary foreign workers.

"I have to learn how to say, 'red herring' in French because there are 500 kilograms of it in this room," he said.

Under the current law, temporary foreign workers can apply for an exemption to Bill 101 to send their kids to school in English. Bill 96 aims to limit that exemption to three years. Jolin-Barrette said this modification would provide an incentive to workers who suspect they might stay longer or even apply to become permanent residents to send their kids to school in French from the beginning.

The minister argued it would facilitate their integration faster. It also closes a loophole in the law by which immigrants could theoretically use the temporary worker route instead of applying through the regular immigration process to strategically bypass Bill 101. Children who are granted exemptions could potentially gain an acquired right to be able to send their own children and grandchildren to English school.

Birnbaum said framing the issue this way is offensive because it paints immigrants as being antagonistic towards the protection of the French language.

"I have to say, if I was currently a temporary worker and I heard this, I would be pretty insulted by these allusions that suggest I am

# What to do before seeking medical attention during the pandemic.



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March 8, 2022

# International Women's Day

## How to celebrate International Women's Day

International Women's Day takes place every year on March 8. On this day, many organizations and companies around the world celebrate the role of women in society. Here are five ways you can mark this special occasion.

### 1. REFLECT ON THE HISTORY OF FEMINISM

Take a moment to remember all the people who fought for societal change and helped advance women's rights throughout history.

The theme chosen for International Women's Day on March 8, 2022, is Gender equality today for a sustainable tomorrow.

### 2. BRAINSTORM WAYS TO TAKE ACTION

Consider ways to help combat feminist issues like violence against women and gender inequality in

the workplace. Ask your friends and family to help you come up with things you can do to make a lasting difference.

### 3. HIGHLIGHT THE ACHIEVEMENTS OF OTHERS

Mark the social, economic, cultural and political achievements of women. Celebrate the important steps that have been taken to create a more fair and just society.

### 4. CHAMPION GENDER EQUALITY

There are many ways you can make a difference for women. You can wear a purple ribbon, participate in feminist rallies or take action to fight for gender equality.

### 5. CHALLENGE DECISION MAKERS

Call on elected officials and other influential people to join the fight for gender equality and take action to advance women's rights.

In addition, you can look for initiatives in your community that promote the role of women in society and contribute to the feminist struggle.



## Why gender equality is important

As of 2014, 143 countries guaranteed equality between men and women in their constitutions. However, legalizing gender equality doesn't necessarily mean that in practice women have the same opportunities as men.

International Women's Day is celebrated on March 8 and is the perfect time to highlight how gender equality benefits everybody.

### MULTIPLE INEQUALITIES

In many places, women have fewer employment opportunities than men and are denied fair access to health care and education. In fact, on average, women still earn 24 per cent less than men.

Every day, nearly 37,000 girls under 18 are forced into marriage, jeopardizing their education. In 2020, 32 million girls were unable to attend primary school.

### SERIOUS CONSEQUENCES

A lack of education means that young women aren't equipped with the skills needed to compete on an equal footing with men. However, giving women greater economic empowerment significantly increases economic growth.

### AN ESSENTIAL BALANCE

Gender equality is a fundamental right. In fact, advancing gender equa-



lity is critical to all areas of a healthy society, from reducing poverty to promoting the health, education, protection and well-being of girls and boys.

According to the United Nations, women have a critical role to play in the organization's sustainable development goals. Consequently, women's equality isn't only a goal, it's a solution.

*Find out how you can make a difference by visiting [un.org](http://un.org) or investigating initiatives in your community.*

## INTERNATIONAL WOMEN'S DAY MARCH 8

is an opportunity to take a look back at the progress of gender equality, but also to look forward to the actions needed for an equal future.

To all those women who have stood up, and to those who continue to defend their rights, thank you for being a part of the solution!

Your elected municipal officials:  
Melissa Monk, Marie-Elaine Pitre,  
Stéphanie Nantel and Carla Brown

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#BreakTheBias

## 6 women who made history

Throughout history, countless women authors, scientists, artists, activists and philosophers have accomplished amazing feats and changed the world for the better. To mark International Women's Day on March 8, here's a brief look at six inspiring women.



**1. Rosa Parks (1913 – 2005)** famously refused to give up her bus seat to a white man in Alabama in

1955. This action triggered a major turning point in the fight against racial segregation.

**2. Emmeline Pankhurst (1858 – 1928)** was a militant champion of women's suffrage in Britain and had a huge impact on women gaining the right to vote.

**3. Simone de Beauvoir (1908 – 1986)** was a French philosopher and writer. Her work has inspired many feminist movements and continues to empower women from all walks of life.

**4. Simone Veil (1927 – 2017)** was elected as France's Minister of Health in 1974 and fought hard to pass a law permitting voluntary termination of pregnancies.

**5. Wangari Maathai (1940 – 2011)** was a political and environmental activist. She was the first African woman to receive the Nobel Peace Prize for her contributions to democracy, peace and sustainable development.

**6. Malala Yousafzai (1997 – present)**

is the youngest Nobel Peace Prize winner in history and has advocated for girls' education in Pakistan since she was 11.

This International Women's Day, take time to learn more about these and other remarkable achievements made by women.



PHOTO: WWW.GLOBALPARTNERSHIP.ORG

## 4 tips for women who want to start a business

Entrepreneurship among women in Canada is on the rise. Of the nearly three million Canadians that are self-employed, more than a third are women. What's more, according to the 2016 Global Entrepreneurship Monitor (GEM) Canada Report on Women's Entrepreneurship, nearly 85% of Canadian women surveyed indicated they were interested in starting a business.

While starting your own business is challenging, it can also be very rewarding. Here's some advice every woman who wants to be an entrepreneur should follow.

**1. Find out what resources are available.** Federal or provincial funding and grants may be available for launching your business. Other orga-

nizations may also offer financing.

Mentorship programs are another type of resource that may prove valuable.

Business organizations at regional and national levels should also be explored. Many provide workshops and offer free resources for women starting businesses.

**2. Network with other entrepreneurs.** The connections you make with other entrepreneurs will play a big part in your success. Join business associations in your area to meet them. The connections you make with other women entrepreneurs are likely to be particularly valuable.

**3. Never stop learning.** Take all the steps necessary to become an expert in your field. Enroll in classes, attend seminars, go to conferences and read everything you can about your industry.

**4. Persevere.** Owning your own business is hard work. Most people aren't overnight successes and instead work for years to achieve their goals. Perseverance is the most important characteristic a businesswoman can have. Don't be discouraged by setbacks. Instead, learn from them and use them to make yourself and your company stronger.

The path to success for the entrepreneur isn't usually a straight one. However, passion, hard work and be-



lieving in yourself will help you overcome trials and get you through challenging times.



Manon Robitaille,  
conseillère district  
du Grand-Moulin



Micheline Groulx Stabile,  
conseillère district  
de l'Olympia



Margaret Lavallée,  
conseillère district  
du Golf

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*Women Inspiring Women* ✨

The City of Deux-Montagnes wishes to celebrate all the women and girls who inspire us in their day-to-day lives and recognizes their contribution to the social, economic, cultural, and political spheres.

Together, let's continue to promote women's empowerment and to pursue our efforts to achieve a society with even more gender equality.







# DIRECT? ANSWERS

From Wayne & Tamara

## Between A Rock And A Hard Place

**Q** I am a 26-year-old married woman, and we are expecting our first child. My husband and I used to go out every weekend and play cards with friends or have a few drinks. I am unable to do this now. Since I became pregnant, I have lost my energy level and been sick a lot.

I trusted my husband and told him he should still go out and have fun, just don't forget about me. Everything was fine, or so I thought. One night after I went to bed I heard my husband on the computer, so I came out to see what he was doing. When I walked into the computer room, he downsized what he was doing and asked me why I was up.

Curiosity killed the cat, but not me. Next morning I read his email, both sent and received. My husband had written a friend about how he wanted to hook up with her, and that he had great dreams about the sex they would have together. Her emails neither encouraged nor discouraged him. They haven't slept together yet, but I know my husband's mind and eyes are straying.

I continued to read his mail and found several more with sexual hints or lies. One Saturday we spent the evening together, a romantic dinner and cozied up with a movie, followed by what married people do best. In his email he apologized to his friend and said he was sick and throwing up all night. This really hurt.

My dilemma is I am not sure how to tell him I know. I have printed out copies of his emails. Should I stay and constantly worry, or should I leave and wonder what he would have done. Maybe I am reading too much into this. Can you give me some advice?

Francesca

**A** Francesca, at this point in your marriage, your husband should be thinking and talking about being a father. He should be thrilled, sharing his excitement with you. He should be nest-building and preparing for this child, another part of him on the planet.

Instead your husband is lying, the prelude to cheating. A person about to cheat fantasizes about it, plays it out in his head, and makes tentative efforts to bring it about. Your husband has done all of these. He is practicing to make it happen. You can't spend your whole life trying to stop him from doing this.

Nothing—no marriage contract, no sense of duty, no outside pressure—can force him to be what he is not. You must let him know that you know. If you don't, it will be a lie on your part. Hang on to copies of those emails. Put them in a safe place. You don't want their contents to be denied.

Just as your husband is thinking about himself, so you must think about yourself and the best interests of your child. The first step is telling your husband. There is no easy way to do this, and only you can decide the manner in which it should be done. You needn't use words, just show him the email.

Wishing, hoping, and false promises aren't going to aid you and your baby. Look at your situation in the harshest light of reality. The hard reality is that you can't undo what you know, and you know your husband is actively undermining your marriage.

Wayne & Tamara

## His and His Alone

**Q** I have been dating a man for eight months, and we are in love. We began living with each other four months ago in an effort to explore the possibility of a lifelong relationship. We talked about purchasing a home together, began to share dreams, and made plans for our future.

Now we are having a disagreement that is pushing both of us to take a step back. My boyfriend, previously married and divorced, owns the home in which we live. During our conversations about building our dream home, he informed me he intends to keep his current home to fall back on in case something happens to our relationship. He wants to keep it "separate from our relationship."

I have a real problem with this. This is not what

I feel love and lifelong commitment are about. It sounds like he is already planning for our divorce by keeping a home apart from our dream home.

Bonnie

**A** Bonnie, it doesn't matter if you don't match up with him, or if he is carrying baggage from the past. Your boyfriend is not ready to get married. He is clinging to a separate, side life away from you.

The two of you have been fantasizing about a home you can share, but the reality is he wants to keep a home of his own. When something goes wrong, he will run away from you, not toward you.

He has doubts about your relationship. Doubts as big as a house.

Wayne & Tamara

## Conserving a precious commodity

Sainte-Thérèse updates its regulations for the use of drinking water



MARIA DIAMANTIS  
Local Journalism Initiative Reporter  
For The North-Shore News • info@newsfirst.ca

During the public meeting of February 7, the City of Sainte-Thérèse made changes to the municipal regulations concerning the use of drinking water. These follow the 2020 report of the Ministry of Municipal Affairs and Housing (MAMH) resulting from its Quebec Strategy for Drinking Water Conservation.

In doing so, Sainte-Thérèse's by-laws now harmonize with the Model municipal by-law on the use of drinking water developed by the MAMH, in collaboration with the municipal, technical and ministerial partners concerned. The City regulations are adjusted as follows:

Filling swimming pools and spas  
Filling a swimming pool or spa is now prohibited from 6 am to 8 pm. However, it is permitted to use water from the distribution network when installing a new swimming pool to maintain the shape of the structure.

Air conditioning systems without a recirculation loop

It is prohibited to install any air conditioning or refrigeration system, as well as any compressor using drinking water. Any system or equipment installed before the entry into force of the by-law must be replaced before January 1, 2025 by a system that does not use drinking water. It is permitted to use systems or devices connected to a water recirculation loop on which regular maintenance is carried out.

Urinals with an automatic flushing tank

It is prohibited to install any automatic flushing urinal equipped with a flushing tank that uses drinking water. Any urinal of this type installed before the entry into force of the regulation must be replaced before January 1, 2025 by a urinal with manual flush or presence detection.

Time limit for repairing defective private supply pipes

Any occupant of a building must notify the City as soon as they hear an abnormal noise or notices any irregularity in the service connection. Municipal employees will then be able to locate the defect and repair it. If the defect is on the private piping, between the shut-off valve and the meter, or between the shut-off valve and the building's interior shut-off valve, if there is no meter or if the meter is installed in a room near the street line, the City then advises the owner to make the repair within 20 days.

In 2020, the City of Sainte-Thérèse had already modified the watering schedule in collaboration with the cities of Blainville, Boisbriand and Mirabel in order to better distribute the consumption of drinking water necessary for watering lawns and landscaping.

"Drinking water is an invaluable asset that we must preserve. Individually, we can do many small things to avoid wasting it. But cities also have a role to play in this regard. The regulatory changes that we have made based on the new requirements of the MAMH demonstrate the will of the City of Sainte-Thérèse to participate in the preservation of this precious resource," said the mayor of Sainte-Thérèse, Mr. Christian Charron.

## The City of Blainville's "Heroes of Evacuation" shortlisted for an Ovation Municipale Merit Award

MARIA DIAMANTIS  
Local Journalism Initiative Reporter  
For The North-Shore News • info@newsfirst.ca

On February 22, the Union of Quebec Municipalities (UMQ) unveiled the list of 26 finalist projects within the framework of the 2022 edition of the municipal Ovation merit awards. Among these projects, one can find "Heroes of Evacuation" produced by the Fire Department of the City of Blainville, in collaboration with several other departments and the Department of Public Security.

The Fire Safety Department and its partners have proposed an innovative means of educational communication in the form of videos aimed at primary and secondary school students.

In the context of the pandemic and in the impossibility of carrying out evacuation drills in schools, the Fire Safety Department wanted to reach as many students as possible and in 2021 produced a first video aimed at elementary school children. Then, a second video was developed for secondary school students. These videos present the actions to recommend in order to evacuate a school in a safe manner, but also the behaviors to avoid, the various situations that make evacuation complex and the right actions to take. The project has generated such enthusiasm that several municipalities, and even the Quebec Ministry of Public Security, has used it.

Timeless, easily exportable, inexpensive and above all very useful, the two videos have generated more than 40,000 views on social networks alone. The finalist projects will be presented on May 12 and 13 as part of the UMQ 2022 Assises and a jury will determine the winners who will be honored at the May 13 gala which will take place in Quebec City.



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# Sainte-Thérèse is looking for works of art

*Supporting the community artists*

**MARIA DIAMANTIS**  
Local Journalism Initiative Reporter  
For The North-Shore News • info@newsfirst.ca



The City of Sainte-Thérèse invites professional artists in the region to submit their portfolios as part of its Art Acquisition Policy. The selected artists will have the opportunity to sell their works so that they can be integrated into the municipal collection and distributed to the Teresian community.

“The municipal collection is an integral part of the Town’s history and heritage. Thanks to the works that compose it, citizens have the chance to immerse themselves in the sensational universe of the visual arts. It is also a unique dissemination opportunity, allowing professional artists from the region to share their works with the public and to allow the entire community to benefit from their artistic

talent!”, said Mr. Christian Charron, mayor of Sainte-Thérèse.

To be eligible, artists must:  
Be residents of Sainte-Thérèse or the region;  
Hold the status of professional artist and be recognized as such by their peers;  
Submit works from one of the following disciplines: graphic arts (drawing, printmaking, digital art, photography) or painting (water-color, acrylic, oil, mixed media).

### Applications must contain:

The completed registration form, available at [www.sainte-therese.ca](http://www.sainte-therese.ca) > Services for citizens > Culture > Services for artists and artisans as well as an up-to-date curriculum vitae, a description of the artistic process, a short biography, a press kit (if applicable), the asking price for the works and a visual documentation of the proposed works (jpeg format in 300 dpi).

Duly completed applications must be sent before April 30, 2022. The city recommends that artists use the free WeTransfer platform to send their files to the email at [appelledossiers@sainte-therese.ca](mailto:appelledossiers@sainte-therese.ca). Only the artists selected for the final selection will be contacted.

The City of Sainte-Thérèse’s art acquisition policy aims to increase the municipality’s heritage and contribute to the promotion of works by local artists. Used for dissemination and cultural mediation purposes, the municipal collection raises awareness among the Thérèse population of the various artistic practices in the visual arts, while supporting local creators. Discover all the works in the collection.

# The Ciné-Eustache is back



**MARIA DIAMANTIS**  
Local Journalism Initiative Reporter  
For The North-Shore News • info@newsfirst.ca

After a forced break last year, due to the epidemiological situation, the mayor of Saint-Eustache, Mr. Pierre Charron, the municipal councilor responsible for cultural issues, Mr. Raymond Tessier, as well as Éric Bouchard, owner of Cinéma Saint-Eustache, announced the reopening of Ciné-Eustache for a 5th time.

This activity, for which Eustachian families are showing great interest, will be offered at the Cinéma Saint-Eustache in the morning during spring break, from February 28 to March 4, 2022. Eustachian children and their parents or grandparents will be able to attend free at 10 a.m. performances.

To take advantage of the free admission reserved for the residents of Saint-Eustache,

### A varied program that promises to delight

Here, in order of projections are the films that will be on show:

- February 28: 100% Wolf
- March 1: The Addams Family
- March 2: Poly
- March 3: Tom & Jerry – The Movie
- March 4: Space Jam: A New Era

the young people or adults who will accompany them must present proof of residence in Saint-Eustache, either a Citizen’s Card or a driving licence, at the entrance to the cinema. They will also have to comply with the sanitary measures in force. To date, the vaccination passport and proof of identity are required for people aged 13 and over and wearing a mask is required at all times inside. It should be noted that to attend the performances scheduled in the Ciné-Eustache program, the principle of first come, first seated applies, no reservation is possible.

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# Canada is one of 10 countries which citizens have no idea how their data is collected by Facebook

*Ways in which Facebook collects your data even if you don't have an account*

In April of 2018, Facebook's CEO Mark Zuckerberg confirmed that the social network collects data from people online even if they don't have a Facebook account.

Even though this might sound like old news, research by the leading virtual private networks shows that a lot of people are still unaware of this privacy issue. Residents across the world have the least knowledge about the kind of data Facebook collects. Canada is one of those countries: only 55.2% of respondents from the country knew about the possibility of their data being collected.

"Facebook currently has over 2.85 billion monthly active users, which makes it the most popular social media platform in the world. However, many people avoid using it because of the numerous data leak scandals the company

had in the past. Unfortunately, even if you are not an active user or don't even have an account, your data is probably still not as private as you would expect," experts explain.

## Which countries should be worried

The countries whose residents took the National Privacy Test and turned out to be the least informed about the issue include: Australia (55%), Canada (55.2%), United Kingdom (57.7%), France (62.6%), India (43.8%), Denmark (57.7%), Turkey (26.1%), Saudi Arabia (48.5%), Sweden (57.8%), and South Africa (31.8%).

Interestingly, residents of the same countries were the least aware of the tools that can help users to stay private online (like VPNs, proxy servers, TOR browser, etc.)

## How Facebook can collect your data if you are not using it

Facebook can collect data from non-users in two ways: from their browsing history and their friends' activity.

The company has officially explained only one of these options. There are numerous sites on the internet that use Facebook's plugins (the "Like" or "Share" buttons), logins (which help users register on certain websites using their Facebook account), and ads analytics tools (which help website owners to understand the effectiveness of their ads on Facebook). Facebook collects data on everyone who visits websites like these, whether they're a registered user or not.

The non-user data is less valuable to the social network, because Facebook doesn't sell targeted ads based on that browsing history like it does if the user is registered. But Facebook can still use that information, which includes the user's IP address, to show ads encouraging people to join Facebook.

The other way Facebook gets information about non-users is from its contact upload feature. When people sign up for Facebook, many of them are encouraged to upload their contacts to the service so they can find other people to connect with. It's likely, though, that some contacts in a user's phone aren't on Facebook — but he or she is still giving this info over to the company. Depending on how detailed users are with their contacts, this data could include a lot more than just a phone number — it could be the name, surname, workplace, email, or even address.

## But, if you use Facebook regularly, you can still do something to stay more private:

- Follow security protocols on the platform. Go to your Facebook account settings and go through the "Security and Login" as well as "Privacy" settings. Change any of the settings that seem to be a threat to your privacy.
- Don't reuse passwords. With the multiple data breaches Facebook has had, it's more important than ever not to reuse passwords. This is because any passwords that are compromised through Facebook will put all other accounts that share the same password in jeopardy.
- Don't overshare. Facebook can't leak any data if a person doesn't share that data online. Make sure that the photos you post cannot be used for malicious purposes. For example, don't share photos that can help criminals to identify where your home is or what your holiday plans are so they don't know when you are away.
- Don't sign in with Facebook. Third-party apps are a huge security hole for Facebook. So, don't log in to other apps or websites using Facebook, as they will then have direct access to all of your data.

## Things you can do to be more private

"You may think it's not that big of a deal if a social network knows your IP address, workplace, or telephone number. But what if a cybercriminal does? Considering Facebook's sad history of data leaks (including the latest, which happened in April 2021), you can never be sure where your data may end up once you give it to Facebook," digital security experts explain.

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## Arrest following an armed attack in Sainte-Thérèse

**MARIA DIAMANTIS**  
Local Journalism Initiative Reporter  
For The North-Shore News • info@newsfirst.ca

The police officers of the Thérèse-De Blainville police department arrested a 29-year-old man on the morning of Friday the 25<sup>th</sup> February 2022, following a call at the emergency room at the 911 central by the victim. The latter, a woman in her sixties, was transported to a hospital in the region to treat injuries that were not life-threatening.

The police are currently with the victim in order to obtain a first version of the events. Witnesses will be interviewed shortly, and the crime scene will be thoroughly analyzed by investigators and the forensic identification



service. "The most plausible hypothesis at present is that the suspect assaulted a neighbor on the landing, armed with a blunt object. The reason for this attack has not been determined at this stage," explained Martin Charron, spokesperson for the RIPTB.



# HOROSCOPE

Week of **MARCH 6 TO 12, 2022**

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



## ARIES

You'll find a solution to all your financial and emotional problems. At work, you'll be promoted and get a raise. This will make you very happy.



## TAURUS

Your life feels a little out of control right now. You'll go shopping for high-end clothes, and if you're a foodie, you'll go out to eat at nice restaurants. You'll take advantage of this time to refresh your wardrobe and give yourself a new look.



## GEMINI

You'll put your fears aside and go for it. You'll feel creative, which will put you on the right track to create a masterpiece.



## CANCER

You're in high demand this week. Your friends and colleagues will want your attention. You'll attract many new clients that want to do business with you.



## LEO

After a long negotiation, you'll finally get the green light from your bank to buy a property or finance a project you've been dreaming about. You must reassess or end some of your friendships.



## VIRGO

You need to recharge your batteries and focus on what's bothering you. Life is beautiful, and you owe it to yourself to reconnect with your inner child.



## LIBRA

Adjusting your goals will allow you to reach your full potential. You'll do everything you can to make your dreams come true. If you're in a relationship, you and your significant other will reconnect on a romantic getaway.



## SCORPIO

You'll entertain the idea of getting married. At work, avoid becoming emotionally involved in negotiations. Doing so could lead to confusion.



## SAGITTARIUS

You'll sign up for a training course that opens new doors; abundance will soon follow. You must work on your relationship by breaking free from your everyday routine. Simply walking hand in hand with your partner could do the trick.



## CAPRICORN

You'll become a hero after saving someone from an unfortunate position, even if you only listened to them for a few moments. At work, you'll lead a team.



## AQUARIUS

You'll hear about a birth in the family. You'll find a home that meets your needs and budget. At work, don't be scared of success. If you're afraid to succeed, change your perspective.



## PISCES

You'll want to purchase a new vehicle. You may have to negotiate with people who don't speak the same language as you. At the very least, you may have to act as an interpreter to decode a hidden message.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 115

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
18				19			20	21			
			22		23	24					
25	26	27		28				29	30	31	32
33			34		35			36			
37				38			39		40		
			41	42							
43	44	45			46		47	48	49	50	
51				52	53	54		55			
56				57				58			
59				60				61			

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## ACROSS

1. Fine sand
5. Donate
9. Offbeat
12. Smell
13. Generations
14. Very small
15. Be overly fond
16. Clears, as prof
17. Type of wood
18. Proclaim
20. Video's partner
22. Side streets
25. Toward the back, matey
28. Some toothpastes
33. Depict
35. Wrestler's surface
36. Chance
37. Nitwit
38. Send forth
40. Bodybuilder's place

41. Change the title of
43. Defame in print
46. Hinted
51. Verse poem
52. Work on copy
55. Acclaim
56. Bar order
57. Road marker
58. Applies frosting to
59. Animal's shelter
60. Lean
61. \_\_\_ up (make lively)

11. Salesman's model
19. Cloth shred
21. Employed
23. Pack animal
24. Guessed roughly
25. State further
26. To's counterpart
27. Knock
30. Price mark
31. Blubber
32. Sewn edge
34. No longer are
39. Bo Derek's number
42. Vote into office
43. Pack
44. Do nothing
45. Has-\_\_\_ (one-time star)
47. Clasp
48. Fancy fabric
49. At any time
50. Student's need
53. John \_\_\_ (everyman)
54. Stopover spot

## DOWN

1. Fizzy beverage
2. Wedding vows: 2 wds.
3. House sites
4. Birch or willow
5. Well-mannered guys
6. Ill temper
7. Large tank
8. Short composition
9. Was in debt
10. Salami seller

# 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.**

	3		8	4		6		
		4						
	1			2		3	9	
	8		3		7			
			2	1			3	
			5				8	
	4					6		
		9			3	8		2
		8						7

PUZZLE NO. 840

## Last Issues' Answers

## CROSSWORDS

R	A	P		S	C	A	M		D	A	F	T		
E	W	E		H	O	L	E		O	G	L	E		
C	E	N	S	O	R	E	D		N	O	U	N		
				H	E	R			I	M	A	G	E	S
L	A	D	Y		A	S	C	O	T					
O	U	R		F	L	U		S	E	V	E	R		
A	T	E		E	S	S	E	S		E	V	E		
D	O	W	E	L		H	A	Y		A	I	L		
				L	O	U	I	S		A	L	L	Y	
A	P	R	O	N	S				I	O	N			
C	O	O	P			I	D	E	N	T	I	T	Y	
I	S	L	E			N	O	S	E		V	I	A	
D	E	E	R			G	E	T	S		Y	E	P	

## Sudoku

4	3	8	9	7	5	6	2	1
1	7	6	2	3	4	8	5	9
9	2	5	8	1	6	3	4	7
2	6	1	4	5	3	9	7	8
3	4	7	1	8	9	5	6	2
8	5	9	7	6	2	1	3	4
7	9	3	6	4	1	2	8	5
5	1	4	3	2	8	7	9	6
6	8	2	5	9	7	4	1	3



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