

**PROFESSIONAL AUTO BODY  
REPAIR & PAINTING**

Insurance Work Accepted • All Work Guaranteed • Expert Color Matching • Factory Genuine Parts • Import Car Specialists • Major & Minor Repairs

**A2 AUTO**



**514 476-4565**  
1385, Boul. des Laurentides  
Local 103 Vimont, Laval

# THE NORTH SHORE News

Blainville, Boisbriand, Bois-des-Filion, Deux-Montagnes, Lorraine, Rosemère, Pointe-Calumet, Sainte-Marthe-sur-le-Lac, Sainte-Thérèse, Saint-Eustache

**ONGOING REGISTRATION**



**SHADD**  
Health & Business Centre

Choose Shadd.  
Choose Success.

**514-484-0485**  
1000 Old Orchard Avenue  
Located near Vendôme metro & train station  
[shadd.com/admissions](http://shadd.com/admissions)

**newsfirst**  
MULTIMEDIA

Vol. 21-05

March 7, 2025

450-978-9999

[www.ns-news.com](http://www.ns-news.com)

[editor@newsfirst.ca](mailto:editor@newsfirst.ca)

Page 2

## Nick Suzuki partners with Service Dog Program



Page 3

## Quebec sacrificing land in Blainville for U.S. waste



## Curé-Labelle redevelopment up for award



Page 3



**The Best Choice**  
*Since 1983*



# Nick Suzuki and Asista score a hat trick for Service Dog Program

*Habs team captain throws his support behind Laval-based mental health initiative*

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

As many dedicated fans of the Montreal Canadiens know well, Nick Suzuki has long been recognized for his leadership – both on and off the ice.

With that in mind, the Habs captain, along with the Asista Foundation, proudly began a third year of collaboration recently as partners in the Hero Within All of Us campaign.



**No, that's not the chairman of the Asista Foundation board seated with Habs captain Nick Suzuki, even if he seems to be calling the meeting to order. (Photo: Courtesy of Asista Foundation)**

Located along the eastbound Autoroute 440 service road in Chomedey, the Laval-based foundation promotes its work by highlighting community heroes, while also raising crucial funds for Asista's Facility Service Dog Program.

A native of London, Ontario, Nick has been a proud ambassador of the Asista Foundation since 2022, actively supporting the foundation's mission to provide life-changing service dogs to individuals and organizations in need.

## Overcoming challenges

Through his professional experience, Nick has been able to witness the various hurdles faced by people impacted by mental health challenges. He feels confident that his contributions to Asista will raise awareness, promote the cause to the public and have a meaningful impact in the community.

The A Hero Within All of Us campaign highlights the influence and power everyone has to positively change lives through concrete actions and positive support.

Collaborative partners like Nick also support the current fundraising activities of the Asista Foundation and join their voices to raise public awareness of the importance of the foundation's mission.

## Helping to transform lives

Founded in 2011, the Asista Foundation has been transforming lives through a dual mission.

It consists of giving a second chance to dogs emerging out of challenging situations, then training them as service animals for individuals facing challenges and organizations who support those with mental health needs.

With 104 service dogs currently in action, Asista serves communities across Quebec and Ontario, providing essential support thanks to the dedication of its volunteers, donors and partners. Continuing the success of previous years, the Asista Foundation is firmly grounded and remains committed to fulfilling its mission.

With Nick Suzuki leading the cause as a dedicated ambassador, the foundation is expanding its reach and impact even further with a mobile version of its Facility Service Dog Program.

## Nick's valuable assistance

"We're thrilled with how far we've come in just a few years," says the Asista Foundation's vice-president for public affairs John Agionicolaitis. "Nick's unwavering support has been instrumental in helping us reach more people in need and bringing new life to the conversation about our work and mental health."

According to the foundation, the second annual Nick Suzuki Heroes Golf Tournament, held in August last year, was a tremendous success, bringing together athletes, supporters and community leaders, while raising \$120,500 for the Facility Service Dog Program.



**With Nick Suzuki leading the cause as a dedicated ambassador, the foundation is expanding its reach.**

The 2025 version of the tournament, scheduled for August 21, aims to set new fundraising records with all proceeds from the flagship event and the Hero Within All of Us campaign supporting the Facility Service Dog Program.

## Making an impact

"I'm incredibly proud to support such an important cause," says Suzuki. "Through various initiatives, like the Hero Within All of Us campaign and our annual golf tournament, I'm excited to continue making a meaningful impact in the lives of those who need it most."

As the campaign grows, the Asista Foundation remains dedicated to rescuing more dogs, training them for service, and providing essential support to individuals and establishments supporting those who are struggling with mental health challenges.

The Asista Foundation invites individuals, businesses and communities to get involved by donating, volunteering or spreading the word. Every contribution – big or small – leads to a world where mental health resources and compassionate support are accessible to all.

## FOR SALE

### 2131 Av. Albert-Murphy

Beautiful ground floor condo, open concept with private entrance and garage. Offering 1 huge master, 1 bath with shower and tub, possibility of second bedroom. Rented semi-furnished with fridge, stove, dishwasher, washer, dryer. Close to highways and schools.



## FOR RENT

### \*MONTREAL\* Cote-Des-Neiges apartment for rent

4 ½ available for April 1st, and 5 ½ available for May 1st, with all appliances included. Many renovations are being done, to be completed soon. Please call me for more info.



**VOULA KOTTARIDIS**  
**(514) 993-5010**  
**AGENTVK@GMAIL.COM**

EXCELLENT SERVICE | EXCEPTIONAL RESULTS



**ROYAL LEPAGE**  
HUMANIA CENTRE

AGENCE IMMOBILIÈRE 450.682.2121



# Quebec government pushes to sacrifice wetlands for U.S. waste giant Stablex

MARIA DIAMANTIS

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

The issue of selling a plot of land in Blainville to the American company Stablex for the disposal of hazardous waste has sparked intense reactions from the mayors of Greater Montreal. The Legault government's proposal to force the sale through a bill, with an expropriation cost of \$17 million, has been described as "scandalous and inexplicable."

## "The state is doing the company a favour"

Blainville Mayor Lisa Poulin expressed her outrage at a press conference, stating, "The government is giving itself the right to do what the law normally prohibits. It is doing a favour for the company." Poulin was accompanied by other local leaders, including Laval Mayor Stéphane Boyer and Deux-Montagnes Mayor Denis Martin.

Stablex has been operating a major inorganic industrial waste treatment center in Blainville

since 1983. However, it now seeks to expand its facility onto a 70-hectare plot owned by the city, which would allow it to continue operations until 2065. The alternative would be constructing a new facility on government land, with an operational capacity only until 2040.

## Ecological disaster and Ottawa's potential intervention

Mayor Poulin warned that the Montreal Metropolitan Community (CMM) might seek Ottawa's assistance to protect the ecosystem. The requested plot lies at the heart of Grande Tourbière, an area of high ecological value.

"There is no study or analysis that justifies the concession of public land to a private company," Poulin declared. Laval Mayor Stéphane Boyer emphasized that this case should serve as a "model" for preserving the natural areas of Greater Montreal.

Montreal Mayor Valérie Plante also voiced her opposition to the plan, stating that "we cannot destroy natural areas for the burial of waste imported from the United States." Plante stressed that the economic benefits for Greater

Montreal would be negligible.

## The government's argument: "a necessary decision"

On the other hand, Quebec's Natural Resources Minister, Maïté Blanchette Vézina, defended the bill, claiming that Blainville's alternative proposal would have greater consequences for residents, as the new facility would be just 300 meters from residential areas. "This decision is difficult but absolutely necessary," she stated.

Blanchette Vézina argued that without the bill, many cities, businesses, and hospitals would soon run out of space for hazardous waste disposal. The minister called on opposition parties to cooperate for the swift approval of the bill to prevent a disruption in services.

## Environmental threat and critics

Opposition leader and MP Virginie Dufour criticized the minister for her audacity in claiming to act in favour of environmental protection while "sacrificing a natural area of great ecological value." The CMM reminded

that the requested area is part of one of the few remaining wetland complexes over 500 hectares in Greater Montreal.

The targeted area includes 67 hectares, of which 9 are wetlands and 58 are forested zones. The Montreal Metropolitan Community demands the immediate withdrawal of the bill and the initiation of a meaningful dialogue with local authorities and environmental organizations.

## The unfolding controversy

The controversy surrounding the bill to expropriate the plot in Blainville seems poised to continue with undiminished intensity. Local authorities, environmental organizations, and residents appear determined to defend their natural areas, while the Legault government insists that the decision is necessary for the safety and continuity of waste disposal services.

The outcome of this dispute will not only determine the fate of the plot in Blainville but also shape the broader framework for waste management and the protection of natural areas in Quebec.

# Curé-Labelle Boulevard redevelopment competes for Canadian Urban Planning Excellence Awards

MARIA DIAMANTIS

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

The Canadian Institute of Planners has recently unveiled the list of finalists for the 2025 Canadian Urban Planning Excellence Awards, and among them is the Special Urban Planning Program (PPU) for Curé-Labelle Boulevard in Blainville. This ambitious project, which aims to redefine the primary commercial artery of the city, stands out as a model of urban innovation and civic responsibility.

The PPU for Curé-Labelle Boulevard is more than just a redevelopment plan; it represents a comprehensive vision for transforming the heart of Blainville. Focused on enhancing both the commercial vibrancy and the quality of life for residents, the project aligns with sustainable urban development practices, integrating mobility solutions and ecological transition strategies. Being named a finalist for such a prestigious award is a testament to the project's quality and the city's commitment to advancing urban planning standards in Canada.

Key members of the team behind this initiative will soon receive a digital badge, a recognition given to individuals or organizations whose projects demonstrate exceptional contributions to the field of urban planning. This badge not only highlights the team's expertise but also underscores the positive impact that thoughtful urban design can have on the community's welfare. The accolade serves as a symbol of excellence, innovation, and public interest—a set of values that Blainville has clearly embraced.

Leading the charge was Annie Lévesque, the Director of Urban Planning, Mobility, and

Ecological Transition, whose strategic oversight was crucial to the PPU's success. Working alongside her were Véronic Villeneuve, Head of Planning and Regulation, and a team of dedicated urban planning advisors including Jean-Bernard Adam, Alexandre Lavallée, and Brigitte Cantin. Their combined efforts, supported by Patrick Lépine, Director of Engineering Services, and Sacha Fournier, Head of Project Division, created a collaborative environment that fostered innovative solutions to the city's urban challenges.

The PPU's nomination not only shines a spotlight on Blainville but also reinforces the importance of forward-thinking urban policies that prioritize sustainability, mobility, and community well-being. As cities across Canada grapple with the complexities of urban growth, the Curé-Labelle Boulevard project offers a blueprint for balancing economic development with ecological stewardship.

The winners of the Canadian Urban Planning Excellence Awards will be announced publicly in May 2025. Regardless of the outcome, the recognition as a finalist already places Blainville at the forefront of urban planning in Canada, highlighting a path forward that other municipalities might well look to for inspiration.

Blainville's moment in the national spotlight is a reflection of the broader civic importance of urban planning that goes beyond infrastructure. It is about shaping communities that are not only livable and resilient but also capable of reflecting the aspirations of their residents. As the city awaits the final results, the PPU for Curé-Labelle Boulevard has already established itself as a milestone in urban planning excellence.



From left to right: Brigitte Cantin, Jean-Bernard Adam, Alexandre Lavallée, Sacha Fournier, Véronic Villeneuve, Patrick Lépine, and Annie Lévesque.

**The War Amps**  
Protect your keys and support amputees with a War Amps key tag.

Order free key tags at [waramps.ca](http://waramps.ca)

March 7, 2025 • The North Shore News • 3



Distributed to the  
North Shore region



**Publishers:**

George Bakoyannis  
George S. Guzman

**General Director:**

George Bakoyannis

**VP Sales & Marketing:**

George S. Guzman  
sales@newsfirst.ca

**Graphic Design:**

Lareine Zakhour  
Elena Molter  
Thomas Bakoyannis

**Advertising:**

Jean Paul Chamberland

**Editorial Staff:**

Martin C. Barry  
Dylan Adams Lemaçon  
Maria Diamantis  
Renata Isopo

The views, opinions and positions expressed by columnists and contributors are the author's alone. They do not inherently or expressly reflect the views, opinions and/or positions of our publication

Layout: MEDIA TREK

Distribution: DIFFUMAG

Printing: TC. TRANSCONTINENTAL

Project funded in part by



Member of **QCNA** Quebec Community Newspapers Association & Canadian Community Newspapers Association

**National Representation:**  
**RS** RÉSEAU SÉLECT  
2007 WINNER  
CNA 50TH  
ANNIVERSARY  
NEWSPAPERS  
COMPETITION  
info@reseausselect.ca

ISSN number : 1923-0648

Annual subscription : \$97<sup>38</sup> tax incl. • Per copy : \$1

**Publishers' Liability for Error:** The publishers shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The publishers' liability for other errors or omissions in connection with any advertisement is strictly limited to publication of the advertisement in any subsequent issues or the refund of any monies paid for the advertisement. Articles published reflect writers' opinions, but not necessarily the opinion of this newspaper.

ENTIRE CONTENTS COPYRIGHT 2025

# OPINION & Editorial



## Light sleep and dreaming

What have our governments done to protect us from the highly predictable situation that has now arisen? In essence, our biggest ally from the south is threatening our national sovereignty through its unpredictable and egotistical president and his group of super-billionaire "friends." We knew him who he was, almost a decade.

Did our politicians believe that with Biden, America was going back to its good old self? How much does one have to bury one's head in the sand to understand that when half of America votes for MAGA, Trump's re-election was a one-way street?

Our dependence on American trade is still enormous. Normally, Canada was supposed to be a superpower. We should have invested long ago in other markets for our vast mineral wealth, rare earths, timber, energy and all the other commodities we produce. Now, in Saturday's cake, when we are threatened with tariffs, we remembered the EU, Indonesia and China. At the same time, with its enormous mineral wealth, our heavy industry must expand and grow if we want economic independence.

The decision of the provincial premiers to visit the White House was a complete failure and a disgrace. What a sad sight was this, where our leaders stayed out for an hour, supposedly passing a check, only to meet a few petty thugs? The result? Niette! But they were assured that Trump really wants us to be the 51st U.S. state, while insisting on calling Trudeau governor.

Militarily, we are now paying for Canada's

peace-loving reputation for decades. Canada had to be a nuclear power. Its military power is equal to that of France at least. The U.S. protected us for so long to call us here and now Anschluss. Blind to the "enemy" Russians! Our government's lukewarm reactions to the 51st state were disheartening. Why accept the accreditation of the new American ambassador when his country threatens your country's sovereignty?

As for NATO, it now seems to have lost its unified strategic orientation, functioning as a leaderless alliance. Europe must recognise this reality, it can no longer rely solely on the Atlantic Alliance for its security. It urgently needs to play its part and create a truly operational Euroarmy that is independent of US strategic choices, but at the same time capable of working with the West's traditional allies.

Such an initiative must not be confined to the borders of the European Union. The creation of an institutional framework for defence cooperation with Canada would give greater strategic autonomy to both Europe and North America, strengthening the transatlantic relationship on a new footing. Canada's strategic geographical location, combined with its know-how and defence capabilities, could be a cornerstone for a stronger and more autonomous Euro-Atlantic cooperation.

Canada's relationship with the United Kingdom must not stagnate, nor be based solely on historical and cultural ties. On the contrary, more substantial defence and economic cooper-

ation is needed if Canada is to maintain its active role on the international stage, both in security matters and in trade and investment.

At the same time, Canada's membership of the Commonwealth cannot be merely symbolic. Although it is one of the oldest institutions of international cooperation, its potential remains largely untapped. Strengthening Canada's defence and trade ties with Commonwealth member states, particularly India, could add new value to the alliance, making it a more functional and effective organisation capable of meeting the challenges of the 21st century.

It's time for Canada to be self-critical and make its big decisions. The fury of Canadians against everything American, Buy Canadian, the recent glorious victory in hockey, must not be defeated by the apathy, boredom and golden rule of many movements, which have an expiration date when social media stops engaging with them. It is encouraging that already in the tourism sector the Canadians have given a solid slap to their neighbours. The EU, UK, Australia and other countries have similar democracies to us. To exploit neighbouring ideologies in the mutual interest of our countries commercially and defensively, especially now that the US is now a hostile state.

The nonsense about the separation of Quebec and other provinces must now give way to facilitating trade between the provinces. Parliament must let go of its childish antics and suspension and come to its senses and face the danger.

*Dimitris Elias*

## ANGRY? FRUSTRATED? ANNOYED?

You've got a place to vent!



Send a letter  
to the editor  
and get your  
opinion heard  
loud and clear.

[editor@newsfirst.ca](mailto:editor@newsfirst.ca)



# MARCH 8 International Women's Day



## WOMEN IN THE WORKPLACE How to *claim your seat* at the table

There are a variety of obstacles that can prevent women from achieving their career goals, whether it's assumptions about their leadership potential or a lack of support for work-life balance. Here's some advice to help women thrive in male-dominated fields and claim their seat at decision-making tables.

- **Redefine expectations.** The bias about "bossy" women persists, but pushing yourself to be assertive and not hold back in discussions can boost your self-confidence and change how these traits are perceived in female employees.



- **Find your own voice.** While it's important to be confident, women should avoid trying to emulate "masculine" leadership traits if that isn't who they are. Instead, recognize the value in the unique strengths and perspectives you bring to the table.

- **Forget about perfection.** Women have a tendency to only apply for a job if they think they meet all the criteria for the position. Don't be afraid to take risks and seek opportunities where you can learn as you go.

- **Build a support system.** Women can benefit from finding a mentor as well as sharing resources and knowledge with other women in their field. In addition, having a supportive partner who takes on an equal amount of responsibility at home is key.

Adopting these attitudes in the workplace can help you achieve your career goals and empower other women to do the same.

## Women in politics: advice for getting started

An increased presence of women in government has been associated with a number of benefits, from improved confidence in democratic institutions to greater public spending on health and education. Here's some advice for women who want to get into politics.



### FIND A CAUSE AND START LOCAL

Reflect on the problems that affect your community and how you could fix them if you were in government. Even if you don't run for office right away, identifying causes you care about will give you the drive you need to pursue a career in public life. Additionally, this will help you identify where you should direct your efforts to have the most impact. Consider different levels of government, school boards or lobbying groups.

### GET TO KNOW THE PEOPLE AND THE PROCESS

Volunteering for a political campaign or working for an elected official is a great way to gain practical skills and learn the ropes. You'll also have plenty of opportunities to interact with people from all walks

of life, hear their concerns and familiarize yourself with the issues that matter most to the community.

### AVOID LINGERING ON THE SIDELINES

You don't have to wait until you're the "perfect" candidate to run for public office. If you have decent public speaking skills and a passion for making a positive difference in your community, you can have a real impact. Besides, the best public servants are those who continuously learn from their constituents and colleagues.

Finally, women who are successful in politics don't go it alone. Find a mentor, reach out to family and friends for support, and get assistance from organizations that offer training and advice.

**VOULA KOTTARIDIS**  
**(514) 993-5010**  
**AGENTVK@GMAIL.COM**

EXCELLENT SERVICE | EXCEPTIONAL RESULTS

HUMANIA CENTRE  
AGENCE IMMOBILIÈRE 450.682.2121

**International Women's Day** is an opportunity for people around the world to celebrate how far women's rights have come and to shine a spotlight on the progress women have made on the social, sports, political, economic and cultural fronts.

We are proud that women make up the majority of our workforce here at the Town of Rosemère.

Together, let's keep working to ensure gender equality in every aspect of our lives.

*The Women on  
Rosemère's  
Town Council*





# Local news makes a difference for English-speaking communities

**T**he importance of local media is a topic that has been the subject of many discussions in the last decade as news outlets across North America struggle to stay alive.

But nowhere is the topic more important than within the English-speaking community of Quebec.

As the provincial government has moved to systematically reduce the amount of information in English available, the need for English media becomes more vital.

“We are the only ones explaining basic services and issues,” said Nikki Mantell, publisher of *The Low Down to Hull and Back News*, which covers the Gatineau hills region in western Quebec.

As elements of Bill 96 approved in 2023, which has reinforced the Charter

of the French Language, are implemented and enforced, the amount of information in English in all sectors of Quebec is diminishing.

Quebec-based companies must now ensure that all information on their websites are in French.

The provincial government itself has reduced information available in English.

And at the municipal level, only towns with bilingual status retain the right to provide some services and information in both French and English. Although, this includes offering English on their websites, many reports and some documentation

are often available in French only.

For English-speaking residents who live in municipalities that do not have bilingual status, the information available to anglophones in English is disappearing.

“Now more than ever we need a place where the community comes together,” Mantell said. “It’s like a Joni Mitchell song,” Mantell continued. “You really don’t know what you’ve lost until it’s gone.”

In this climate, ensuring that English-language media survives in these communities, she said, is that much more important now.

But it is not just information in Eng-

**“We are the only ones explaining basic services and issues.”**

– Nikki Mantell, publisher of *The Low Down to Hull and Back News*

lish that is important, said Brenda O’Farrell, president of the Quebec Community Newspaper Association. It is also having journalists on the ground, doing the research, asking the questions and providing the context of what is happening at the municipal level that is crucial.

“Journalism puts issues in context,” said O’Farrell, who is also the editor at three community newspapers.

“We can’t lose sight of what is happening with public administration,” she added. “If local media is not doing it, it simply doesn’t get done, and the majority of residents will never learn about what is going on at town halls, where public money is being managed.”

“It takes work,” said Mantell, referring to covering town councils.

Owners and publishers of local independent newspapers don’t take anything for granted. But neither should readers, said Ilka de Laat, manager of the QCNA. Especially, she explained, when we see so much of the media disappearing.

**“Journalism puts issues in context.”**

– Brenda O’Farrell, QCNA president

## Canada only G7 country where media is banned on Facebook

The cat videos are still there. The questions from new homeowners looking for recommendations for a reliable contractor pop up every so often. And posts that highlight a new chicken-and-orzo recipe continue to appear, complete with a list of ingredients in the comments. But the link to the story about the hike in your municipal tax bill is not. Neither is the link to the article about the impact on the economy of the little town of Les Cèdres, west of Montreal, in the days after Amazon announced it planned to shutter its Quebec operations.

It has been a year and a half since Meta, the owner of Facebook and Instagram, has banned news from its social media platforms, making Canada the only G7 country where news from legitimate me-

dia sources cannot be seen.

The ban is a result of federal legislation, Bill C-18, the Online News Act, which came into force in June 2023. The aim of the legislation was to force large tech giants like Meta and Google to pay media outlets for news content shared on their platforms. But Meta opted to deny news outlets access to its social media sites, making it exempt from the new law. The move created another hurdle for community newspapers to get over. Meanwhile, a deal struck with Google to provide \$100 million in funding to Canadian media, will see most of the money go to large media companies.

The result is the struggle for the smallest media outlets has become more difficult, as it no longer has the ability to engage

with their readers on the biggest social media platforms.

“As a society that cares about the truth and cares about having a population that’s informed to ensure better democratic outcomes and to hold politicians to account, this is extremely bad news,” said Aengus Bridgman, director of Media Ecosystem Observatory, which published a study last June, marking the one-year anniversary of the Meta news ban.

“Less news is being consumed by Canadians,” the report stated, which highlighted the increasing risk of Canadians being informed on politics and current affairs through a “more biased and factual lens than before.”





“News no longer flows down from the big media outlets.”

# Shifting the directional flow of news

## COMMUNITY NEWSPAPERS AT EPICENTRE OF A REVOLUTION

**I**n the first 11 months of 2024, 36 local news outlets closed in Canada. Twenty-nine were community newspapers, while seven were privately owned radio stations, according to the Local News Research Project at Toronto Metropolitan University’s School of Journalism.

That is in addition to the more than 500 news outlets that have ceased operations in Canada since 2008.

For those that remain, surviving does not mean striving – not by any means. Just about every other news operation in the country that remains – from Bell Media to the CBC, Postmedia to the Torstar group of papers – have slashed jobs and pulled back on coverage.

Canadians across the country are losing their news media, bit by bit, reporter by reporter, newspaper by newspaper – except for you, at least for now.

### What makes you so different from a growing number of Canadians?

The mere fact that you are reading this, means you are served by a community newspaper that is still in operation. In fact, in a few very rare instances, you are reading a newspaper that just started publishing in the last few years.

If these areas were to be located on a map, they would be identified as “the starting point.” It’s where news begins.

And this is where the one bright light in the story

of the Canadian media shines. It is where a little revolution has started to rumble. It’s the epicentre that is shifting the directional flow of news in Canada.

“News no longer flows down from the big media outlets,” said Brenda O’Farrell, the president of the Quebec Community Newspaper Association. “It flows up, from the small, independent community news operations that still have reporters in communities outside the big city areas.”

O’Farrell calls it the “Trickle Up Theory of News.” “No longer are major news outlets covering all areas. They are only focusing on major metropolitan centres,” she explained. “But so many people live outside of those regions.”

The stories that reflect these communities – stories that are important to these Canadians – are being covered by community newspapers.

“And these stories are trickling up to the major news operations – the CBC, the nearby daily, the Bell Media or Global News television stations. They pick up on our stories,” O’Farrell explained.

If it wasn’t for community news outlets, Canada’s major media outlets would only cover the big cities and nothing else. They no longer have the resources to do it.

That is why community newspapers are so important and need support, says Ilka de Laat, manager of the QCNA.

They also deserve your support, De Laat said, adding, “Your local newspaper reflects your issues,

because the journalists live in the same community. They are your neighbours. This is how accountability and trust works. A big-city reporter being sent to your small community from a corporate media outlet, they won’t appreciate your situation.”

Which brings us to context. Local reporters understand the local context – what is important to residents and why.

But for this “trickle up” to succeed, readers in all these communities that still have a community newspaper have to buy in. They cannot take their newspaper for granted. The stories from their towns are important. Readers have to become stakeholders in the process. And the way to do that is to subscribe.

“Look at what is happening in the U.S.,” O’Farrell said. “We can’t rely on social media platforms that are ready to drop fact-checking, ban news like Meta has done in Canada, and change the name of the Gulf of Mexico as they pander to a president who will allow them to avoid regulations that could affect their bottom lines.”

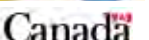
And on this side of the border, in Quebec, where municipalities that do not have bilingual status will soon have to eliminate information in English from their websites as aspects of Bill 96 are enforced, access to information in English is going to become more crucial.

Having reporters cover municipal councils will be crucial for the English-speaking community. And only your local community newspaper does that.

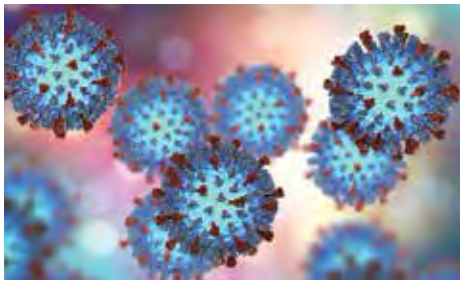


Content provided by QCNA

Funded by the Government of Canada  
Financé par le gouvernement du Canada







# Measles outbreak in the Laurentians sparks urgent vaccination push

**MARIA DIAMANTIS**

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

A growing measles outbreak in the Laurentians has public health officials on high alert, urging residents to check their vaccination status as cases continue to climb. Since mid-December, 17 cases have been confirmed, including five unvaccinated children between the ages of 1 and 14 infected since the start of February. The outbreak has spread to multiple schools and even reached post-secondary institutions, heightening concerns about further transmission.

Health authorities are now making a strong appeal to parents of school-aged children and those frequenting daycares, schools, and universities to ensure they are adequately protected against the highly contagious virus. They are

directing residents to verify their immunization records on [Quebec.ca/rougeole](http://Quebec.ca/rougeole) to curb the spread.

## Temporary bans for the unvaccinated

In a bid to contain the outbreak, the Public Health Department for the Laurentians has begun checking vaccination records at schools and daycares where cases have emerged. Those without adequate protection may face temporary bans from these settings—a measure officials say is necessary to safeguard unvaccinated individuals and prevent further transmission. In some cases, getting vaccinated promptly could help avoid exclusion, health experts noted.

## How to get vaccinated

Vaccines are being offered for free at local health service points throughout the region. Appointments can be made online via [www.clicsante.ca](http://www.clicsante.ca) or by phone at 1-877-644-4545. According to Quebec's vaccination schedule,

children are supposed to receive the measles vaccine at 12 and 18 months. However, anyone born after 1970 who has never been vaccinated or had the disease can still get the shot for free. Those born before 1970 are generally considered immune.

## Lingering concerns and preventive measures

The Public Health Department has also published a list of exposure sites and dates on [Quebec.ca/rougeole](http://Quebec.ca/rougeole). People who were at these locations and are not vaccinated are being urged to self-isolate immediately. Vulnerable groups, including infants, pregnant women, and those with compromised immune systems, are advised to call Info-Santé at 811 for guidance. Preventive treatments may be available to reduce the risk of severe complications.

The symptoms of measles are unmistakable and can appear up to 21 days after exposure: fever, nasal congestion, cough, red and watery eyes, light sensitivity, and a general feeling of

malaise. Typically, a red rash follows, starting on the face and spreading to the body.

For those already showing symptoms, the message is clear—stay home. Public health officials recommend wearing a mask if you need to visit a doctor, avoiding public transit, and calling ahead to alert healthcare providers about your symptoms.

## A preventable crisis

Public health officials are stressing that the outbreak was preventable. Vaccination remains the most effective way to stop measles in its tracks, and they are urging residents not to wait for more cases to emerge. “Measles is one of the most contagious viruses out there, but it’s also one of the most preventable,” a spokesperson said. “We have the tools to stop this—it’s just a matter of using them.”

As the outbreak unfolds, all eyes are on the region’s vaccination clinics, where the lines have started to grow—a sign that, perhaps belatedly, the message is getting through.

# Empowering tomorrow's leaders: the impact of the *grande journée des petits entrepreneurs*

**MARIA DIAMANTIS**

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



**Laval's brand- Creative Steam Center**



Age group	Activity
5 to 7 years old	Arts & Crafts class
8 to 11 years old	Arts & Crafts class
5 to 11 years old	Dollhouse-making class
5 to 11 years old	World of Slime class
5 to 7 years old	Science & Technology class
8 to 11 years old	Science & Technology class
12+ years old	Science & Technology class
to 4 years old	STEAM MeliMelo Explorers class
to 7 years old	Painting Adventure class
to 11 years old	Painting Adventure class
12+ years old	Abstract Art class with Emart
Adults 5 to 7 years old	Abstract Art class with Emart
8 to 11 years old	Glee Style Choir class
12+ years old	Glee Style Choir class

March & April Sessions online!

**[www.fun2do.ca](http://www.fun2do.ca)**

2202 Autoroute 13 Chomedey 0, Laval, H7X 4G8 514.506.4430

matter.

“It’s not just about selling a product,” says one of the event organizers. “It’s about teaching kids that they have the power to make things happen — that they can build something from scratch and see it thrive.”

## The challenges and rewards of youth entrepreneurship

Running a booth at the market is not without its challenges. Participants must budget for supplies, manage inventory, and interact with customers — all while navigating the pressures of the day. These obstacles, however, are the very things that make the experience invaluable. By facing these challenges head-on, young entrepreneurs gain a realistic understanding of what it takes to run a business.

For parents, seeing their children embrace these responsibilities is a powerful reminder of the potential that lies within their communities. It’s not uncommon to hear parents express surprise at how resourceful and determined their kids can be when given the chance.

## Why civic engagement starts young

Encouraging entrepreneurship in children is, at its core, an exercise in civic engagement. Young people who learn to identify and solve problems, communicate effectively, and manage resources are better equipped to become active, responsible citizens. The *Grande journée des petits entrepreneurs* plants these seeds early, showing participants that their contributions matter.

As Sainte-Marthe-sur-le-Lac prepares to welcome its next generation of business leaders, one thing is clear: investing in young entrepreneurs is about more than just fun — it’s about building a community where everyone has the tools to thrive.

So, if you find yourself near Liberté-Jeunesse High School on June 7, stop by and support these young trailblazers. You might just be witnessing the start of something big.

In a world where innovation drives progress, fostering entrepreneurial skills from a young age has never been more important. The *Grande journée des petits entrepreneurs* is doing just that by transforming young dreamers into doers, providing a platform for thousands of children across Quebec to bring their business ideas to life.

In 2024, the event drew more than 8,000 young participants and nearly 200 markets across the province, highlighting an encouraging trend: the entrepreneurial spirit among Quebec’s youth is thriving. This year, Sainte-Marthe-sur-le-Lac is gearing up for its third edition of the *Marché des petits entrepreneurs* on Saturday, June 7, at the Liberté-Jeunesse High School parking lot.

## Beyond lemonade stands: building future leaders

At first glance, the sight of children selling homemade candles, baked goods, or handcrafted jewelry might seem like simple fun. However, the impact runs much deeper. Events like these serve as a training ground for young people to learn about financial literacy, customer relations, and the basics of running a business. More importantly, they instill confidence and resilience — qualities that are crucial for civic engagement and leadership.

By encouraging young people to transform their ideas into tangible products, the event not only celebrates creativity but also promotes a sense of responsibility and independence. For many participants, this experience becomes the first step in a lifelong journey of entrepreneurship and community involvement.

## A community's investment in its youth

Local governments play a pivotal role in nurturing these talents. By supporting events like the *Marché des petits entrepreneurs*, Sainte-Marthe-sur-le-Lac is making a deliberate investment in its future citizens. The city’s continued involvement sends a powerful message: young voices and ideas





# DIRECT ANSWERS

FROM WAYNE & TAMARA

## GO ASK ALICE

**Q** I am involved with a woman whose husband abandoned her. At first our relationship revolved around her heartbreak over his actions. He was unfaithful to her and moved out of the house twice. The first time he left she begged and begged for him to return, and he eventually did.

He promised he would be the perfect husband, but less than a year later he left a note in the kitchen saying he was leaving again and took all his stuff. He abandoned her completely. He had emotionally abused her in too many ways to mention.

I met her four months later. Initially, I provided a sympathetic ear for all her problems. Slowly we became closer until one day she told me I made the pain go away and she loved me. I fell in love also, and she filed for divorce.

After he was served papers, I overheard a telephone conversation and was shocked to hear the abuse coming from him. He screamed profanities and made threats. I watched as she listened and afterwards told her his behavior was awful. She stated, "He's just mad," no big deal.

I was leery that she was so prepared to rationalize for him, but she swore everlasting love to me. About six weeks ago her ex found out about our relationship. He promised he would do anything, including go to church, if she would take him back. He kicked it up a notch and confessed he was the worst husband ever.

He called and cried, playing the I'm-still-your-husband card. He kept her on the phone and dragged out the conversation. Last week she

agreed to see him. More tears and begging. I told her this was pure manipulation and so did every friend and member of her family.

After a day of agony we recommitted our vows to each other, and I thought we were going to get through this. Last night we had a wonderful evening together. Then when she got home, he was waiting for her.

Around noon, I received this email. "Real love requires risk, putting one's feelings out there in the most vulnerable state. The thought of risking another chance with him scares me to death, but in reality, the risk would be no less with anyone. I believe this with all my heart." She is ignoring my phone calls, and I need advice.

Tyler

**A** Tyler, she is an abused woman who is not ready to break the cycle of abuse. Framing her decision in terms of love makes sense to her, but that is a measure of how distorted her thinking is. Real love has nothing in common with her relationship to her ex.

A person eases into abuse one small step at a time. No one step seems large, but over time a person's perception of reality is changed. The leap from where she is to where you are is too great for her to make. It will be years before she can choose a healthy relationship over an abusive one. If there was something you could do to change her behavior, we would gladly share it, but the best thing you can do is accept her decision and move forward with your life.

Wayne & Tamara

## A WEEK LATER

**Q** Wow, you guys were right on the money. I learned today she let him move back in! How does one move from one bed to another so quickly? I don't know who is the bigger idiot, her or me.

Tyler

**A** Tyler, without warning you were dropped into Oz, and like Dorothy, you are disoriented. You found yourself in a world where the rules most of us share don't apply. It is easier for her to leave her interior world intact than to step into your world. Life is simple in Oz, once you know the rules and decide not to question the man behind the curtain.

Wayne & Tamara

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

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

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

[WAYNEANDTAMARA.COM](http://WAYNEANDTAMARA.COM)

## Doggie Daycare

- Boarding/Home Environment
- No cages
- Interacts with our family and pets

**Julie's Pet Sitting Services**

Will walk your dog or take care of your animals in your home while you are away.

(\*Price may vary on location and pet)

Call Julie Laver  
450.491.7637

# CLASSIFIEDS • NOTICES • JOBS

News PARC-EXTENSION THE LAVAL news Call 450 978.9999 Payment:

# newsfirst

MULTIMEDIA

**WANTS you!**

## Full time journalist

If you are a writer, and you can take photographs to illustrate what you write about, then it is about time we meet you.

3860, boul. Notre-Dame, #304, Laval, QC H7V 1S1

TEL: 450-978-9999 • FAX: 450-687-6330

E-mail: [editor@newsfirst.ca](mailto:editor@newsfirst.ca)

Your message travels farther with us.

ADVERTISE WITH US.

THE NORTH SHORE  
**News**  
450-978-9999



## WE BUY GOLD AND DIAMONDS

450-681-1363

- For over 38 years -

Before selling elsewhere, come see us!

Mon. to Wed. - 10am to 5:30pm  
Thurs. and Fri. - 10am to 7:00pm  
Saturday - Closed  
Sunday - Closed

[achatorlaval.ca](http://achatorlaval.ca)

Same address since 1989

1799, boul. Curé-Labelle,  
Chomedey (North of St-Martin)





# When love turns to violence...



*Launch of a campaign to raise awareness about violence in young people's relationships — Supported by the Régie intermunicipale de police Thérèse-De Blainville (RIPTB)*

**MARIA DIAMANTIS**

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

On February 14, 2025, the Secrétariat à la condition féminine launched an awareness campaign aimed at young people aged 12 to 17 to prevent violence in romantic relationships. This initiative is proudly supported by the Régie intermunicipale de police Thérèse-De Blainville (RIPTB), which adds significant weight and credibility to its mission. All too often, behaviors such as manipulation, control, or threats go unnoticed or are downplayed. However, these can be the first warning signs of a toxic and dangerous dynamic.

This campaign is crucial for several reasons. First, it seeks to help young people recognize the signs of psychological violence and coercive control. Understanding these early warning signs is essential for preventing relationships from escalating into more severe forms of abuse. Additionally, the campaign aims to encourage victims and witnesses to seek help. Breaking the silence surrounding abusive relationships

is the first step towards recovery and safety. By addressing the issue openly, the campaign hopes to rebuild trust and empower those affected to reach out for support.

The support of the RIPTB emphasizes the importance of a unified approach to combating violence in young people's relationships. As a law enforcement organization, we are committed to protecting young people and preventing violence in all its forms. For those who find themselves or someone they know in a difficult relationship, resources are available to provide assistance. The mission of SOS violence conjugale is to contribute to the safety of victims of domestic violence and to reduce domestic violence and its impact by offering services to victims, the general population, and anyone affected by such violence.

This campaign is not just about prevention; it is about creating a safer, more informed community where young people can recognize harmful patterns and feel empowered to seek help. With the backing of the RIPTB, this initiative gains a stronger voice and the capacity to reach even more individuals across Quebec.

# Financing hurdles, red tape among challenges facing newcomer businesses

*CFIB/Scotiabank report suggests more support would 'empower' immigrant entrepreneurs*

**MARTIN C. BARRY**

marty@newsfirst.ca

As Canada navigates economic challenges — including heightened Canada-U.S. trade tensions this week — a new economic report commissioned by the Canadian Federation of Independent Business concludes it is essential for all entrepreneurs — including immigrants — to be set up for success.

## Assisting newcomers

With that in mind, the report (*From Challenges to Opportunities: The Newcomer Entrepreneurial Experience in Canada*), looks at the leading hurdles facing newcomer entrepreneurs and their motivations for starting a business in Canada.

It also includes recommendations to policymakers and financial institutions on how to better support these important contributors to the country's economy.

Sponsored by Scotiabank, the report notes that newcomer entrepreneurs — those who have been in Canada less than 10 years — own more than 7 per cent of enterprises in Canada, although they face unique challenges impacting their entrepreneurial growth and integration in the broader business community.

## Entrepreneurial experience

"It takes a lot of courage and resilience to move to another country and open a business," says Marvin Cruz, CFIB's director of research and the report's co-author. "Newcomer entrepreneurs play a crucial role in enhancing the Canadian business landscape and economy by bringing in diverse perspectives and skills."

The top challenges facing newcomer entrepreneurs include securing financing (considering their limited credit history in Canada), navigating government regulations and compliance, building trust and networks, overcoming culture and communication differences, and accessing information and resources.

## A range of backgrounds

Newcomer entrepreneurs choose to start a business in Canada for a wide range of reasons, including their previous entrepreneurial experience from their country of origin, access to market opportunities, the country's strategic location, the pursuit of autonomy and financial success, and the appeal of a high quality of life and safety.

"As Canada navigates economic challenges, including Canada-U.S. trade tensions, strengthening entrepreneurship is more important than ever," says Francesca Basta, CFIB's research analyst, who was also a co-author of the report. "To enhance Canada's productivity and global competitiveness, it's essential that all entrepreneurs, including newcomers, are set up for success," she continues. "That's why it's important for policymakers and financial institutions to provide better and ongoing support to Canada's newcomers in their entrepreneurial journeys."

## Role of policymakers

CFIB recommends that policymakers work to increase awareness of existing government grants and support programs, create an easily accessible and centralized platform to host critical information on tax rules, labour laws,

and licensing requirements, and simplify regulatory compliance while enhancing customer service.

CFIB also recommends expanding immigration options for foreign entrepreneurs in Canada and to continue to support and promote newcomer organizations and settlement agencies that have proven to be effective.

As well, it is suggested that financial institutions should continue to promote mentorship programs and financial literacy resources, remove barriers to improve access to capital for newcomer entrepreneurs and simplify the banking setup process.

## Immigrant entrepreneurs

According to the report, immigrants are more likely to be entrepreneurs than individuals born in Canada. While immigrants make up 23 per cent of the population, they own 28 per cent of Canadian enterprises. Additionally, immigrant owned businesses have similar longevity to those owned by Canadian-born entrepreneurs, with 80 per cent lasting two years and 58 per cent lasting seven years.

"As the country seeks to enhance its global competitiveness, the role of newcomer entrepreneurs — those who have immigrated to Canada within the past 10 years and are starting, managing, or expanding a business — has become increasingly important," the report states.

## Perspectives and innovation

"They bring diverse perspectives and innovative ideas which enrich and contribute to the vibrancy of Canada's business landscape. For many, entrepreneurship is a conscious and empowering choice, allowing them to not only forge their own path to success in Canada, but to create jobs and contribute to local economies."

"Considering most businesses in Canada are small, supporting newcomer entrepreneurs is crucial for driving growth and innovation in this sector," the report maintains. "As Canada's productivity remains stagnant, and business openings are struggling to outpace closures, immigrant entrepreneurs play an essential and needed role in strengthening the Canadian business landscape."

## Favourable survival rates

In addition to underlining their resilience, the report says immigrant entrepreneurs play an important role leveraging their international background and knowledge to expand Canadian trade opportunities. It found that the survival rates of immigrant-owned businesses are comparable to those of businesses owned by Canadian-born entrepreneurs.

After two years, on average, 78 per cent of businesses owned by immigrants remained in operation, compared to 80 per cent of those owned by Canadian-born entrepreneurs. After seven years, the survival rate was 56 per cent for immigrant-owned businesses, closely mirroring the 57 per cent for Canadian-born entrepreneurs.

The report notes that newcomer entrepreneurs bring immense potential to Canada's economy, but face unique barriers that can impact their growth and integration. It concludes that strengthening support systems for newcomer entrepreneurs "would empower them to thrive, unlocking their full potential and enriching Canada's business landscape."

## DRAIN REPAIR



**CRACKS  
POT HOLES**

**EDGES OF GARAGE ENTRANCES AND FOUNDATIONS  
REPLACEMENT OF DRAINS**

**Scellant Propre**

Call Natale for a  
**FREE ESTIMATE**  
**(514) 777-3774**



# HOROSCOPE

Week of March 9 to 15

The luckiest signs this week:  
LIBRA, SCORPIO AND SAGITTARIUS



**ARIES**  
You'll captivate an audience with your natural charisma, even if you're shy. You'll receive a medical treatment that surprises you, helping to resolve a long-standing health concern.



**TAURUS**  
It's not in your nature to relish being in the spotlight. However, you must remember that many accomplishments deserve applause and could bring you extra attention for a period of time.



**GEMINI**  
You'll begin the process of buying a new home or finding a place to live. Your children will bring you immense joy, especially as they take their first steps or get accepted into university.



**CANCER**  
You're known for being talkative and have a knack for making jokes, no matter the context. You'll crack a joke to lighten a tense mood. Your goofy side will be welcome at work or home this week.



**LEO**  
You may succumb to the urge to make an impulsive purchase. You'll also likely feel the need to move around and explore new horizons. However, you must keep an eye on your finances.



**VIRGO**  
Make sure you get enough rest to start your week off right. Take full advantage of your beauty sleep to improve your performance and achieve your goals.



**LIBRA**  
As an artist, you'll draw inspiration from the diverse cultures around you to enrich your work. If you're feeling tired, consider taking a vacation to recharge your batteries and give you a change of scenery.



**SCORPIO**  
You'll start building a remarkably loyal clientele at work. You'll be working on various tasks this week, strengthening your financial stability and motivating you to pursue interesting projects.



**SAGITTARIUS**  
You may plan a spontaneous trip this week. You may also explore opportunities to work in a different area that will offer new and rewarding experiences. Taking a course could also provide valuable insights.



**CAPRICORN**  
Embrace the call of change and let your inner voice guide you to live life to the fullest! You'll broaden your horizons and let yourself be carried from one discovery to the next.



**AQUARIUS**  
Life will present you with challenges that align with your aspirations. You'll surprise yourself with your enthusiasm and joy. Your boldness will lead you toward fulfilling your destiny.

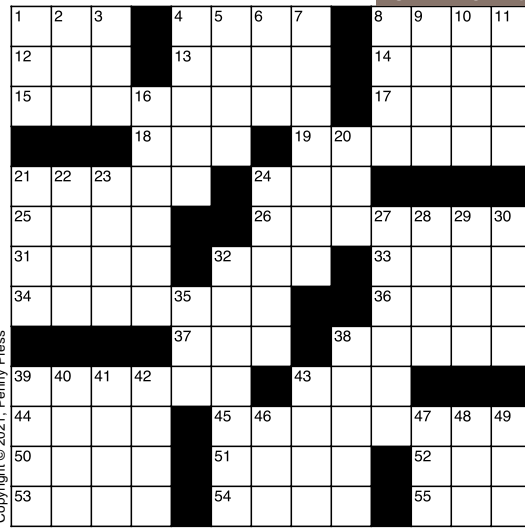


**PISCES**  
You'll need to negotiate at work to reach an agreement following a disagreement. You'll likely take an active role in trade unions or community activities.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 275



Copyright © 2021, Penny Press

### ACROSS

1. Jump
4. Choice word
8. Hit sharply
12. Hot temper
13. Harness strap
14. Clock cycle
15. Ocean's shoreline
17. Small bit
18. Kooky
19. Give a job to
21. Signal
24. Half of a bikini
25. Not theirs
26. Restoration
31. Appoint
32. Covered up
33. No part
34. Cleaning utensil
36. Be stuck (on)
37. Seeded loaf
38. Autumn beverage
39. Place of learning

### DOWN

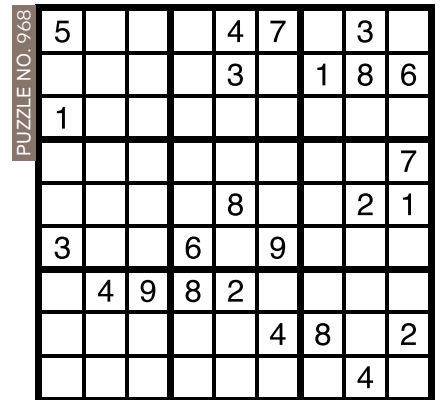
1. Towel monogram
2. Valuable dirt
3. \_\_\_ soup (dense fog)
4. Wear down
5. Clue
6. Family member, for short
7. Enrolled
8. Transport
9. Fleece
10. Car
11. Cafeteria item
16. Old-time girdle
20. Game piece
21. Affectionate
22. Hawaiian gala
23. "A Farewell to \_\_\_"
24. Pickling solution
27. Finale
28. Knock on \_\_\_
29. Contribute a share
30. Look suggestively
32. Barn area
35. Major-leaguer
38. Egyptian capital
39. Phase
40. Blacken
41. "Spenser: For \_\_\_"
42. Lone
43. Somersault
46. Small gulf
47. Abbott \_\_\_ Costello
48. Moreover
49. Easter edible

# Sudoku

## HOW TO PLAY:

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

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

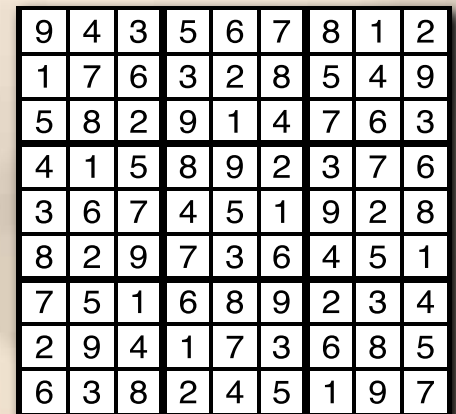


## Last Issue's Answers

### CROSSWORDS



### Sudoku



YOUR COMPANY NAME  
ADDRESS P.C.  
DATE Y Y Y Y M M D D

PAY to the order of

Your banking institution  
Address of your bank  
City (Province) P.C.

# SAVE MONEY

Print your cheques with us with confidence

## MEDIA-TREK

Communications - Promotions - Marketing

info@mediatrek.ca | mediatrek.ca

Call us for more information 450-978-0070

March 7, 2025 • The North Shore News • 11

We print all kinds of cheques:  
**Business, Canada or USA**  
Fast delivery!

Amazing prices!

200 for \$84  
400 for \$134  
600 for \$164

Full Banking Security Features





# BASKET OF *Fruits and Vegetables*

16 to 20 VARIETIES

**THURSDAY ONLY from 10am to 7pm**

**In-Store with no reservations needed!**

**Fresh of the day at amazing prices!**

**Reserve yours today!**



A value of  
**\$70+**  
at the supermarket  
You pay only  
**\$40**

*Fresh products!  
Nice variety!  
Excellent value!*

**THIS WEEK'S BASKET:**

- **Strawberries** (Canada)
- **Honeydew** (Honduras)
- **Cantaloupe** (Honduras)
- **Broccoli** (Mexico)
- **Green Beans** (Mexico)
- **Mini Sweet Peppers (bag)** (Mexico)
- **Potatoes (~3lbs)** (Canada)
- **Celery** (Mexico)
- **Carrots (~2lbs)** (Canada)
- **Bananas (4)** (Costa Rica)
- **Blood Oranges (3)** (Italy)
- **Tomatoes (Pack)** (Canada/Mexico)
- **Avocados (2)** (Morocco)
- **Lettuce** (Mexico/Californie)
- **Onions (2lbs)** (Canada)
- **Minis Cucumbers** (Canada)
- **Mango** (Peru)
- **Limes (2)** (Peru/Mexico)

Our weekly customers

**save**  
**\$1,700**  
up to  
per year

**(514) 244-9885**  
panierdufermier@gmail.com

VISIT OUR FACEBOOK AND INSTAGRAM PAGE!

  @PANIERDUFERMIER

**Sainte-Marthe-sur-le-Lac**  
(Bocaux & co.)  
2949 Boul. des Promenades  
Local 105, J0N 1P0

**Saint-Eustache**  
(Pasta Deliziosa!)  
148, 25e Av.  
J7P 2V2

**Mascouche**  
(Eco-Boutique  
un Monde à vie)  
160 Mnt Masson, J7K 3B5

**Sainte-Anne-des-Plaines**  
(Dubeau Vrac)  
196 Boulevard Ste Anne  
J5N 3P2

**2 EASY STEPS:**

- 1 Book your basket online or by phone from Monday to Thursday
- 2 Pickup Thursday, Friday or Saturday. Delivery available

**PANIERDUFERMIER.CA**

